

**European Food Education Season**  
**Spring School in Toruń, Poland, 24-28 April 2017**

Spring School of European Food Education Season in Toruń, Poland, was held from 24 to 28 April of 2017 (program included below). The main subject was fresh water fish and seminars, degustation and workshops were organized around this theme. The first day (24<sup>th</sup> April) started with a visit of already arrived students and teachers of Torun historical Old Town, registered in the UNESCO list of World heritage. A guided visit was devoted to the history of city as an center of food trade (“Old Town of Toruń: history, tourism and food”).

The visit was followed by a seminar *The return of sturgeon. The forgotten richness of rivers* and public degustation of sturgeon and fresh water fish. The history, zooarchaeology, ecology and culinary knowledge were discussed with prof. Jaroslaw Dumanowski and Daniel Makowiecki as keynote speakers.

25 April started with seminar *Fish, fasting and old dietetics. Forgotten culinary traditions and 5 presentations* of researchers from Poland and France on history and culture of Fresh water fish consumption. Students participated in their seminar and presentations concerning their work and experience with use of fresh water fish and traditions of this branch of culinary art.

An afternoon session was organized around media and their significance for cuisine and on the topic of pairing food with drinks and was followed by a public seminar and degustation of freshwater fish.

The same day Project Meeting *Research, education, tradition. EFES perspectives* was organized.

Wednesday, 26 April students participated in culinary workshop devoted to snails, dumplings and mamaliga: symbolic national dishes from France, Poland and Romania. After their theoretical presentations they learned and cooked dishes of their partners from another countries under a control of professional cooks. The main goal of the workshop was not only to learn how to cook national dishes of different countries but also how to cooperate in international milieu.

The same day a seminar on the theme *Food in Museums* was organized. Representatives of museums from Warsaw (Museum of King Jan III Palace at Wilanów, Polish Vodka Museum), Toruń Gingerbread Museum and doctorant NCU representing also Club for History of Wine in

Warsaw presented activities and plans of their institutions especially as a mean of food education.

27<sup>th</sup> April was devoted to the field excursion to Barbarka forest with activities concerning recognizing and culinary use of wild plants as an important field of nowadays gastronomy and central issue of ecology, botanical knowledge and food heritage.

Also a discussion on gastronomic education was organized in the gastronomy school of Torun. Meeting with students and teachers was used to present EFES plans and main subject of the next spring school. After a quite long discussion a majority of students was for a theme concerning game and forest, emphasizing especially a difficult access to products and exceptional opportunity to develop very appreciated skills.

Last day was devoted to culinary competition in Grudziądz culinary school where mixed international teams prepared freshwater fish dishes according to old historical recipes.

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MCSM, Międzynarodowe Centrum Spotkań Młodzieży, Toruń, ul. Łokietka 3  
(International Youth Meetings Center, Toruń, ul. Łokietka 3)

**Monday, 24th April**

MCSM

**13.00** Lunch, MCSM Restaurant, 1<sup>st</sup> floor

**15.00** Visiting the Old Town of Toruń: history, tourism and food

Collegium Maximum of Nicolaus Copernicus University (NCU)

**17.00** *The return of sturgeon. The forgotten richness of rivers.* Seminar and public degustation

- Daniel Makowiecki, Institute of Archaeology, NCU, *Kiedy przybył, zniknął i czy rzeczywiście powrócił? Czyli historia jesiotra w szczątkach kostnych zapisana.*  
(*When it arrived, when disappeared and did it really return? A history of sturgeon recorded in bone remains*)
- Jarosław Dumanowski, Centre of Culinary Heritage, NCU „Bigos” z jesiotra. *Czy historia może być nauczycielką gotowania? (Sturgeon „bigos”. Can history be teacher of cooking?)*

**20.15** Dinner, MCSM

**Tuesday, 25 April**

MCSM

**9.00** *Fish, fasting and old dietetics. Forgotten culinary traditions.* Seminar

- Daniel Makowiecki, Institute of Archaeology, NCU, *Medieval fish of western Slavs. An archaeoichthological overview*
- Jarosław Dumanowski, Centre of Culinary Heritage, NCU, *Tasty fasting. Historical recipes as documentation, inspiration and educational resource*
- Loïc Bienassis, European Institute for the History and Culture of Food, *Is it relevant to index species of fishes in an inventory of food heritage? A critical perspective*
- Marta Sikorska, Centre of Culinary Heritage, NCU, *Polish pike. The most famous polish recipe*
- Stanisław Cios, Department of Economic Cooperation, Ministry of Foreign Affairs, *Gefilte fish in Polish culinary tradition*

**9.00** Students presentations, *Traditional fresh water fish dishes in France, Poland and Romania*

**13.00** Lunch

**14.00** Workshops for students

- Artur Michna, culinary critic, *How to become a culinary star? Media and gastronomy*
- Gabriel Kurczewski, Centre of Culinary Heritage, NCU, *Wine, vodka or beer? Pairing drinks with fish*

**14.00** Project Meeting *Research, education, tradition. EFES perspectives*

Collegium Humanisticum of NCU

**17.00** *Fish, fasting and old dietetics. Forgotten culinary traditions.* Culinary presentation and degustation,

- Daniel Makowiecki, Institute of Archaeology, NCU, *Ryby w menu ludów nadwiślańskich w czasach prehistorycznych i w średniowieczu (Fish in menu of the prehistoric and medieval societies in regions adjacent to Vistula)*
- Jarosław Dumanowski, Marta Sikorska, Centre of Culinary Heritage, NCU, *Na szczupaku do nieba. Kulinarne zastosowanie historii (On pike to Heaven. Culinary applications of history)*

**20.15** Dinner, MCSM

### **Wednesday, 26 April**

Culinary Academy Studio A (Students' activities)

**9.00** *Snails, Dumplings, Mamalyga. Presentations and workshops*

- **9.00** Students presentations
- **10.00** Culinary Workshops, by students for students

**13.30** Lunch

**14.30** Workshops for students

- Gabriel Kurczewski, Centre of Culinary Heritage, NCU, *Wine, vodka or beer? Pairing drinks with fish*
- Józef Siadak, artisanal food producer, *Laboratory of taste. Homemade mustards, sauces and vinegar*

**17.00** Students competition: *Snails, dumplings, mamalyga*

MCSM

**9.00** *Food and museums. Seminar.*

Participants:

Paulina Szulist and Maciej Nowicki, Museum of King Jan III Palace at Wilanów,  
Anna Kornelia Jędrzejewska and Krzysztof Lewandowski, Museum of Toruń Gingerbread,

Grażyna Szelałowska, The Ethnographic Museum in Toruń,  
Elżbieta Kwiecińska-Pryślopska, Polish Vodka Museum,  
Gabriel Kurczewski, Club of History and Culture of Wine, The Society of Arts Historians and NCU

Chair: Wojciech Goszczyński, Institute of Sociology, NCU.

**20.00** Dinner, MCSM.

### **Thursday, 27 April**

Barbarka Forest

**9.00-13.00** Workshop for students

- Anna Rumińska, wild plants expert, Chwastożercy, Slow Food, *Wild plants, forgotten vegetables* - foraging edible plants in the forest

**13.00** Making (and eating) lunch of wild plants with Filip Malinowski

Technical High School of Hotel Management and Catering Industry in Toruń

**9.00** *The problems and challenges of gastronomic education.* Discussion

**13.00** Lunch

Museum of Toruń Gingerbread

**16.00** *Regional or exotic? Spices, gingerbread and cookery.* Workshop of taste

**20.00** Dinner, MCSM

### **Friday, 28 April**

**8.00** *Natural and cultural heritage of the Low Vistula river.* Excursion to Grudziądz.

- Fresh Water Fish: culinary workshop and competition in Grudziądz

13.00 Lunch in Grudziądz

20.00 Dinner, MCSM

Important addresses of EFES 2017

Accommodation

**International Youth Meetings Center (Międzynarodowe Centrum Spotkań Młodzieży, MCSM)**

Address: ul. Łokietka 3, 87-100 Toruń

e-mail: [recepcja@mcsm.torun.pl](mailto:recepcja@mcsm.torun.pl) phone: 56 656 70 20, cell (+48) 530 854 952 webpage:

<http://mcsm.torun.pl>

**Hotel “Meeting”.**

Address: ul. Generała Józefa Bema 73-89, 87-100 Toruń  
e-mail: [recepca@hotelmeeting.pl](mailto:recepca@hotelmeeting.pl) phone: 56 665 00 50 webpage: [www.hotelmeeting.pl](http://www.hotelmeeting.pl)

Program of EFES 2017 will be realized in following locations:

**International Youth Meetings Center (MCSM)**

Contacts are given above

**Collegium Maximum** of Nicolaus Copernicus University in Toruń (Collegium Maximum Uniwersytetu Mikołaja Kopernika w Toruniu)

Address: Collegium Humanisticum UMK, Plac Rapackiego 1, 87-100 Toruń

**Collegium Humanisticum** of Nicolaus Copernicus University in Toruń (Collegium Humanisticum Uniwersytetu Mikołaja Kopernika w Toruniu)

Address: Collegium Humanisticum UMK ul. W. Bojarskiego 1, 87-100 Toruń  
webpage: [www.facultyofhistory.strikingly.com](http://www.facultyofhistory.strikingly.com)

**Technical High School of Hotel Management and Catering Industry in Toruń**

Address: ul. Osikowa 15, 87-100 Toruń

e-mail: [sekretariat@zsgn.torun.pl](mailto:sekretariat@zsgn.torun.pl) tel. 56-650-82-40 webpage: [www.zsgn.torun.pl](http://www.zsgn.torun.pl)

**Culinary Academy Studio A (Akademia Kulinarna Studio A)**

Address: ul. Lelewela 33 (hala targowa, Ip.), 87-100 Toruń  
tel. +48 506 177 366 email: [biuro@akademia.cooking](mailto:biuro@akademia.cooking) webpage: [www.akademia.cooking](http://www.akademia.cooking)

**Maria Curie-Skłodowska Technical High School Of**

**Hotel Management And Catering Industry in Grudziądz** (Zespół Szkół Gastronomiczno-Hotelarskich im. Marii Curie-Skłodowskiej w Grudziądzu)

Address: ul. Curie-Skłodowskiej 22/24, 86-300 Grudziądz

phone 56 642 77 42 email: [sekretariat@zsgn.eu](mailto:sekretariat@zsgn.eu) webpage: [www.zsgn.eu](http://www.zsgn.eu)

**Museum of Toruń Gingerbread** (Muzeum Toruńskiego Piernika), branch of District Museum in Toruń

Address: ul. Strumykowa 4, 87-100 Toruń tel. 56 656 70 87 webpage: [www.muzeum.torun.pl](http://www.muzeum.torun.pl)

PARTNERS

Uniwersytet Mikołaja Kopernika w Toruniu

Ville de Tours

Université de Tours

Institut Européen d'Histoire et des Cultures de l'Alimentation

Centre de formation par alternance, apprentissage et formation continue – CFA Tours Nord

American Hotel Academy Brasov

Miasto Toruń (logo)  
Zespół Szkół Gastronomiczno-Hotelarskich w Toruniu (od tej pozycji już tylko nazwy)  
Eko Snails Garden  
Muzeum Toruńskiego Piernika  
Towarzystwo Przyjaciół Dolnej Wisły  
Gospodarstwo Rybackie Sugajno  
Studio Herba-Cafe Złotoria