



## CULINARY WORKSHOP SCENARIO “SLOVENIAN FLAVORS”

The scenario prepared by the Stowarzyszenie Kobiet Wsi Mszanka as part of the project  
“Sustainable Development – Healthy Cuisine – Healthy Society”  
Project no. 2023-2-PL01-KA210-ADU-000184622.

**Date:** 8 July 2025

**Venue:** Community Centre (Dom Ludowy) in Mszanka

**Participants:** Residents of Mszanka and the surrounding area, members of the Association, and adults interested in healthy cuisine and ecology.

### **Workshop Objective:**

To promote a healthy and ecological lifestyle through the joint preparation of traditional Slovenian dishes and the exchange of cultural experiences.

### **Specific Objectives:**

- popularising the principles of healthy and sustainable cuisine,
- learning traditional recipes of Slovenian cuisine,
- using local products and gifts of nature in everyday cooking,
- developing participants' culinary skills,
- strengthening social integration and activating adults,
- disseminating the results of international mobility within the Erasmus+ programme.

### **Working Methods:**

- culinary demonstration,
- step-by-step instruction,
- joint cooking,
- teamwork,
- discussion and tasting of the prepared dishes.



### **Workshop Programme:**

- presentation of the project idea and partners,
- discussion of the importance of healthy, ecological cuisine in the context of sustainable development,
- a short introduction to Slovenian cuisine and culinary traditions.

Working in teams, participants prepare dishes inspired by traditional Slovenian cuisine:

- pork loin stuffed with vegetables,
- eggs filled with herbal paste,
- vegetable tartare,
- vegetable salads,
- onion bread stuffed with sausage,
- vegetable purées,
- homemade black bread baked with the addition of fruit charcoal.

Further activities include:

- joint tasting of the prepared dishes,
- exchange of participants' impressions and experiences,
- discussion on the possibilities of using the learned recipes in everyday cooking,
- highlighting the values of ecology, tradition and a healthy lifestyle.

A special attraction of the workshop will be the preparation of black bread according to a recipe learned during mobility in Slovenia, accompanied by a story about the traditional production of charcoal in earth mounds.

### **Workshop Results:**

- acquisition of practical knowledge in healthy and ecological cooking,
- learning about Slovenian culture and culinary traditions,
- strengthening social bonds,
- promotion of the Erasmus+ project and international cooperation.



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**Evaluation:**

- summary discussion with participants,
- observation of participants' engagement,
- photographic documentation.

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