

**3-DAY TRAINING "TRADITIONAL CULINARY AND WINES" IN GREECE
WITHIN THE PROJECT „PROMOTION AND DEVELOPMENT OF NATURAL AND CULTURAL
HERITAGE OF BULGARIAN – GREEK CROSS-BORDER REGION THROUGH SMART AND
DIGITAL TOOLS“, ACRONYM „eTOURIST“, SUBSIDY CONTRACT № B2.6C.07/09.10.2017**

A 3-day training "Traditional culinary and wines" within the project „Promotion and development of natural and cultural heritage of Bulgarian – Greek cross-border region through smart and digital tools“, with acronym „eTOURIST“, Subsidy contract № B2.6c.07/09.10.2017 was held between 22/06/2020 - 24/06/2020 in Alexandroupolis, Greece. The training was organized by PB4 – Active Citizens Partnership (PB4).

20 people participated in the 3-day training connected to wine-tasting and traditional culinary of Haskovo-Evros region. The twenty participants were split into two groups because of Covid 19 pandemic. PB4 provided masks and disinfectant and a big room was used so physical distance to be kept.

The topics that were covered during the training are:

- General information about eTOURIST project.
- Aims of Interreg Program.
- Traditional Culinary and wines.
- Study of traditional culinary & wine in Haskovo and Evros region to present traditional cuisine & recipes, herbs & spices, traditional food products.
- Common traditional recipes from Bulgaria and Greece and how can be incorporated in the menu
- Menu Composition.
- Trends and Nutrition Trends
- Advanced culinary techniques
- Specialty and regional cuisines.
- Traditional food products, traditional culinary events
- Promotion of cultural & natural sites for traditional culinary & wine
- Study of traditional culinary and wine
- Promotion of traditional foods and wines of the area.

