



Past-Times

**WEBQUEST – IO4
AEVA**

Introduction

Gastronomy is part of a region's heritage. It reflects the natural resources that were available during the times in that region but also people's creativity, the way people use and combine all those resources in new recipes and dishes.

Portugal is a small country with a wide range of flavors in its diverse gastronomy.

By doing some research about it, namely the reason why some ingredients had been chosen, we can learn part of a region's history and sometimes discover touch points with distant other parts of the world - the same ingredient used in a different way or different ingredients with the same use in different parts of the world.

Aveiro, being next to the sea and the river estuary, has a landscape dominated by water. Therefore, fish has an important role in its gastronomy. But there are also some traditional sweets that should be considered.



Tasks

The purpose of this project is to do a brief presentation about Aveiro traditional gastronomy and, by doing this, identify the main differences and similarities with the gastronomy of your original country. Additionally, when possible, try to document some information only available in direct contact with people, through oral report.

To do this, you must:

- get in contact with Aveiro and its characteristics, as a kind of framework;
- research about some traditional dishes of Aveiro gastronomy, based on its natural resources, their origins and relation to Aveiro history;
- try to find out some legends or tricks associated to those recipes and ingredients, not documented;
- present some traditional dishes or ingredients of your own gastronomy and compare to Aveiro gastronomy.

Process

Step 1: An overview of Aveiro

Aveiro is a city located on the Atlantic coast of Portugal, in the Central Region. The city is crossed by canals and it is surrounded by beaches and by an extensive coastal lagoon called *Ria de Aveiro*.

Originally founded in the time of the Roman Empire, Aveiro is the second most populous city in the Central region.

It was a centre of salt exploration since the Romans and even nowadays we can find salt pans in the region and get artisanal salt in form of prettily packaged top quality salt crystals and "*flor de sal*".

It is also known for its “*moliceiros*”, the colorful boats with typical decorations, traditionally used for seaweed-harvesting, which was used as fertilizer in the area. These traditional boats now are mainly used in tourism, for canal cruises.

Regarding Aveiro gastronomy, it is renowned for its richness, with the delicious eel stew, a variety of fish soups and cod fish recipes - by the way, dried cod is closely related to the history and daily lives of this region.

“*Ovos moles*” (sweet eggs), sweetened egg yolk shaped like fish or barrels is one of the well-known sweets of Aveiro.

Take a look at the content available in these links and talk to your Host about some local traditions that may not be available in the internet:

<https://www.visitportugal.com/en/NR/exeres/1A6C66E5-D08D-4F03-8787-A55B89679230>

<https://www.visitportugal.com/en/destinos/centro-de-portugal/73753>

<https://www.visitportugal.com/en/destinos/centro-de-portugal/73762>

<http://www.riadeaveiro.pt/experiencias/gastronomy/>

Step 2: The importance of fishing

Ria de Aveiro was formed in the sixteenth century as a result of a sea retreat and, later, of a building of coastal cords that originated a lagoon. It smells like fish and calls upon the fishing skills.

The lagoon waters are the habitat of different fish species: the gilt-head bream, the flounder, the shad, the sole, the sea bass, the turbot, the catfish and the eel, being the eel one of the most required delicacies in this regions, in particular the renowned eels' stew.

Also abundant are the cockles and the crabs, which are easy to catch in the low tide, and also numerous seaweed species.

But we can't forget the codfish, that has even a museum in Ílhavo about cod fishing with lines and hooks in single man dories in Newfoundland and Greenland. The cockles, the shrimps, the clams, the oysters and the mussels are frequently cooked by locals.

See the links below to find out the activities related to fishing in this region and some recipes. Then, talk to your Host about the dishes and recipes that usually people do with these ingredients.

And what about the gastronomy of your original country, what kind of fish do people usually use? What are the similarities and differences with Aveiro gastronomy?

<http://www.riadeaveiro.pt/ria/fishing-sea-and-ria/>

<http://www.riadeaveiro.pt/ria/ria-de-aveiro-en/>

<http://www.riadeaveiro.pt/ria/ria-table/>

<http://www.museumaritimo.cm-ilhavo.pt/pages/140>



https://www.touristicroutes.com/recettes_culinaires_aveiro_portugal_fr.html?newLang=en
<https://portugueseecooking.wordpress.com/2014/08/10/eel-stew-caldeirada-de-enguias-2/>
<https://tradicional.dgadr.gov.pt/en/categories/fish-based-dishes/835-caldeirada-de-enguias-2>

Step 3: Influence of salt pans

Salt and “*flor de sal*”, made through a process of extraction which is still done in an artisanal way, are part of brand image of Aveiro.

In the past, salting was, in fact, a way of preserve some food. As a result of that, canned products are still popular, keeping tradition alive that comes from previous centuries, when the salting and the fish preservation were necessary and valuable for the population's livelihood.

Talk to your Host and try to identify the importance of this resource in Aveiro gastronomy. Is there any dishes that were keeping until now because of the salting process? And in your original country, is there any natural resource with high impact in gastronomy?



Step 4: Sweets time

Aveiro is known for its traditional sweets: “*ovos moles*” (sweet eggs), often served in hand-painted wooden “*barriquinhas*” (little barrels), “*trouxas de ovos*” (muggles eggs), “*fios de ovos*” (angel hair) and the “*castanhas de ovos*” (sweet chestnuts), all made from eggs. But also the “*pão-de-ló*” (kind of sponge cake) or “*Raivas*” (angers), a traditional biscuits.



As you can see, although eggs seems to be an indispensable ingredient, there are a lot of options.

The major part of this traditional pastry comes from the ancient feminine convents in Aveiro and its preparation is made according to traditional knowledge. After the nun communities were extinguished, the recipes passed on from generation to generation and it has been kept alive until today.

Use the links below to read more about Aveiro pastry. List also the traditional sweets of your original country and then talk to your Host and try to find some local legends about Aveiro pastry.

<https://ondacolossal.pt/en/2018/02/03/6-doces-de-aveiro-que-nao-vai-resistir/>
<http://www.aveirolovers.pt/receita-da-tripa-doce-de-aveiro/>
<https://nelsoncarvalho.com/ovos-moles/>
<https://www.qualigeo.eu/en/prodotto-qualigeo/ovos-moles-de-aveiro-igp/>
<http://www.aveirolovers.pt/receita-de-ovos-moles-de-aveiro/>

Step 5: Making your presentation

Now it is time to summarize all the information you have collected about Aveiro gastronomy. Not only the one you've read in the internet but also what you've got from your Host. You should consider the information your Host shared with you that is not documented or recorded.



Besides that, you should compare Aveiro gastronomy with the one from your original country, when applicable, namely eventual differences and similarities.

Resources

- IT equipment: computers and software
- Office and/or stationary materials
- Media, Internet

Evaluation

Knowledge	Skills	Attitude
Reflect about Aveiro, its characteristics and natural resources, and how that affected its gastronomy	Apply research skills to look for data	Contribute to document the oral information about Aveiro gastronomy and related legends
Proactive look for information about Aveiro gastronomy	Identify main similarities and differences between the gastronomy of own original country and that of Aveiro	Promote a mutual understanding and a respect attitude through traditional gastronomy from different parts of the world
Actively search for recipes of Aveiro's traditional dishes	Create presentation, selecting the relevant information	

Conclusion

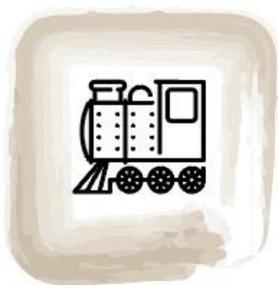
Gastronomy may be a way of getting in contact with a different culture. Trying different flavors can not only broaden our palate but awaken our senses to another culture.

And, if additionally, we try to understand the origins of that gastronomy and its relation to the community itself - why those ingredients were mixed, being *in loco*, in the places that produce those ingredients - maybe we can feel closer to that community or even being part of it.

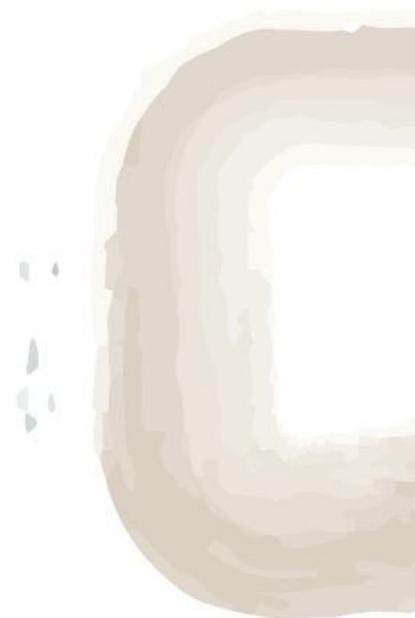
Note: All images used in this document were taken from www.pixabay.com and are free to use.



PAST-TIMES



Stories, Tales and Customs to Raise Intercultural Awareness



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