



GoodHerbs e-Learning Course Program – Pilot Training Portugal

In Portugal, for the First Pilot Experience, an e-Learning Environment Prototype in the Moodle platform (Portuguese Course) was piloted at UCP-ESB on the Topics described below. Spices and herbs play an essential role in creating food's essence and benefiting consumer's health. In this course, participants learned how and why spices and herbs have become such an important part of modern cuisine. The main objective were to educate, train and inform on the differences between herbs and spices, their applications to build flavor, what can affect food safety and how spices and herbs can have positive impact on health.

In Portugal, UCP-ESB also organized a Pilot Training Presential Pratical Session on its Experimental KitchenLab. A significant number of Participants was present and had the opportunity to face different settings, procedures and advanced trainers and technical staff in the areas of Medicinal and Aromatic Plants.

The Content of Topics in Portugal Pilot Training

Chapter 1

Introduction – Herb, Spices and Flowers in the kitchen

Chapter 2

Spices and Culinary Herbs applications

Chapter 3

Food Safety since Spices and Culinary Herbs production until their consumption

Chapter 4

Spices and Culinary Herbs for a better health

Each chapter is composed by a Powerpoint presentation, a Word supporting text and an exam. Additional resources were added and made available throughout the course.

A Forum was created to allow the participants to discuss various topics and the topic "Reducing salt" was added.

UCP-ESB used a set of tools for dissemination and recruitment of participants, including specific approaches through press releases, specialized information channels, digital media environments as well as their own databases, networks, and contacts in order to recruit people for the pilot.

Development of training:

First GoodHerbs Portuguese Training Course started and was developed during May 2016. The pilot course was implemented in Portugal during the entire month of May 2016 and its evaluation was performed early June.

Attendance and Evaluation report

Portuguese trainees were both employed personnel and students from different courses. There were 35 trainees registered on the Portuguese Training Course, which 27 answered the 4 exams with positive grades and finished the course.

The average grades from the 4 Exams were:

Test Chapter 1 - Introduction – Herb, Spices and Flowers in the kitchen – 95.06%

Test Chapter 2 - Spices and Culinary Herbs applications – 93.21%

Test Chapter 3 - Food Safety since Spices and Culinary Herbs production until their consumption – 97.44%

Test Chapter 4 - Spices and Culinary Herbs for a better health – 98.08%

Satisfaction Evaluation report

The objective of the GoodHerbs Pilot Training course in Portugal was to provide the trainees an increase in their knowledge on Spices and Culinary Herbs, make them the training interesting and assure a good educational environment. Thus, in order to detect areas of improvement. At the end of each training course, trainees were asked to assess the training course in the following terms:

- I. In general, this activity has been satisfactory for you
- II. Aims and Knowledge
- III. Tutors/Facilitators
- IV. Documentation
- V. Infrastructure and coordination
- VI. Schedule and Length
- VII. Comments and Suggestions

Averages scores of Evaluation of On-line training activities (Portugal), one can see that:

The course has been described by all the Trainees as **Satisfactory**.

Regarding the different sections of the Questionnaire, in general:

In Aims and Knowledge: The aims of the course were considered well defined; The knowledge and skills acquired are of immediate usefulness; The course adjusted to what trainees were waiting.

In Tutors/Facilitators: It promotes student participation and Answers /resolves issues quickly.

In Documentation: The quantity of documentation was described as Good-Excellent; The quality of documentation considered Good-Excellent and For its utility, the documentation was described as Good - Excellent.

In Infrastructure and Coordination: The organization and management of the course was classified as Good-Excellent.

In Schedule and Length: The length of the course was considered Good as well as its schedule.

Annex 1

Portuguese GoodHerbs Moodle Platform

Annex 2

Registered Trainees in Portuguese GoodHerbs Moodle Platform

Marta Carvalho marta_carvalho1992@hotmail.com	36 dias 19 horas	Aluno ✕
Luciana Carvalho lucianacarvalho13@gmail.com	35 dias 23 horas	Aluno ✕
Begona Cerda bcerda@ucam.edu	Nunca	Aluno ✕
Ana Coelho anajmac1@gmail.com	42 dias 18 horas	Aluno ✕
Ana Cruz aicruz1@gmail.com	36 dias 1 hora	Aluno ✕
Rita Dória ritocas_aragaodoria@hotmail.com	Nunca	Aluno ✕
Raquel Duarte raqueld21@hotmail.com	34 dias 21 horas	Aluno ✕

Annex 3

A complete list of participants

- 1 – Daniela Abreu - 25858@ufp.edu.pt
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- 35 – M. Helena Soares - helena._s@hotmail.com

Annex 4

List of Trainees that finished the Course

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Annex 5

QUESTIONNAIRE OF EVALUATION OF ON-LINE TRAINING ACTIVITIES

We present this questionnaire, in order to improve the future training activities. For this reason, we request you to complete it with the major accuracy and objectivity.

In general, this activity has been satisfactory for you:*

- Yes
- No

AIMS AND KNOWLEDGES

The aims of the course are well defined*

- Totally Disagreement
- Enough Disagreement
- Enough In agreement
- Totally In agreement

The knowledge and skills acquired are of immediate usefulness*

- Totally Disagreement
- Enough Disagreement
- Enough In agreement
- Totally In agreement

The course adjusts to what you were waiting*

- Totally Disagreement
- Enough Disagreement
- Enough In agreement
- Totally In agreement

TUTORS/FACILITATORS

It promotes student participation*

- Totally Disagreement
- Enough Disagreement
- Enough In agreement
- Totally In agreement

Answer / resolves issues quickly*

- Totally Disagreement
- Enough Disagreement
- Enough In agreement
- Totally In agreement

DOCUMENTATION

The quantity of documentation seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

The quality of documentation seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

For his utility, the documentation seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

INFRASTRUCTURE AND COORDINATION

The organization and management of the course, seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

SCHEDULE/LENGTH

The length of the course, seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

The schedule of the course, seems to you:*

- Incorrect
- Acceptable
- Good
- Excellent

COMMENTS/SUGGESTIONS

Annex 6



Kitchen Lab

Experimental Kitchen Lab

Concept

The *KitchenLab* is a true atelier of food possibilities. It is an experimental kitchen lab with all that is necessary for the design, handling and preparation of food, framed in a research center equipped with the most advanced scientific resources in the areas of chemistry, biology, physical and sensory analysis, dedicated to food science and technology and human nutrition. With professional equipment and finishes, the *KitchenLab* is perfectly sized and designed to frame teaching, experimentation, research, development and innovation related to food and nutrition.

Objectives

The *KitchenLab* is a space for learning and experimenting new and traditional cooking techniques, exploring the potential of ingredients and research and development of new food products, based on scientific knowledge. On the other hand the space invites you to discover science and technology that exists in a familiar space as the kitchen and to understand the physical, chemical and biochemical processes inherent to different stages of food confection and design proposals adjusted to the challenges of human nutrition. It has an important place in the various components of courses sponsored by the Escola Superior de Biotecnologia – Universidade Católica Portuguesa (ESB-UCP), as a stage of learning and experimentation. It also provides crucial support to several research lines and projects at the Centro de Biotecnologia e Química Fina (CBQF) - the Associate Laboratory and recognized Research and Development Center of the same institution. It is intended that the *KitchenLab* be considered an essential resource for professionals of all branches and dimensions in the various borders in the food field.

Capacities

The *KitchenLab* consists of a large laboratory space that contains most of the equipment found in commercial kitchens, allowing performing all operations associated with the preparation of raw materials, product formulation, dining confection, packaging and conservation, including refrigeration, freezing, smoking, dehydration, candying, fermentation, etc. It is also equipped with instruments for measuring parameters such as temperature, pH, color, concentration, etc. and also includes a taste and discussion room. This space is designed to comfortably accommodate theoretical/expository sessions and practical/experimental sessions.

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Recipes included in Forum

RECIPES WITH AROMATIC AND MEDICINAL PLANTS – REDUCING SALT

Chef Hernani Ermida

Turkey leg stuffed with herbs

Ingredients for 8 people

- 1 boneless turkey leg
- 1 sprig of thyme
- 1 branch of Vietnamese coriander
- 2 oranges
- 1 lemon
- 1 star anise
- 600g peeled chestnuts
- 1 fennel sprig
- 400g small Portobello mushrooms
- 2 dl white wine
- 1 onion
- 10 garlic cloves
- 7 shallots
- 3 sp. oil
- freshly ground black pepper grinders
- kitchen wire

Preparation

Start by putting a leg up on the cutting board with the skin side down, scrape 1 orange and remove its juice. Drizzle the leg with the juice of the orange then sprinkle with the zest of the orange and add a pinch of freshly ground black pepper grinding. Peel 2 shallots and chop them and spread up the leg, add the thyme and the

previously washed Vietnamese coriander (do not need to chop the herbs!). Wrap the leg and tie with kitchen wire. Put the leg in an oven dish and let it stand for about 40 minutes covered with aluminum foil. Turn the oven to 180 °, peel the onion and cut it into wedges, add to the leg 7 garlic cloves and shallots with the peel, add the star anise, lemon and orange, cut into thick slices and squeezed with peel, wine, a little freshly ground black pepper to grind and bake for 1 hour and 20 minutes, basting occasionally with the sauce dish.

Bring to the boil a pot with water, add the nuts and fennel and cook for 10 minutes then drain. Wash and dry the cut mushrooms in half and throw them into a frying pan, add 3 cloves of garlic with the peel and let them cook until all the water has evaporated and the mushrooms become coloured, add the nuts, a pinch of black pepper freshly ground and cook at low heat for 10 minutes. Sprinkle with chopped thyme and serve the leg with the mixture of mushrooms and chestnuts accompanied by boiled cabbage, and decorated to taste.

Octopus with sweet potato

Ingredients for 7 people

- 1 clean Octopus with about 2 kg
- 1 bunch of herbs (celery, Vietnamese coriander, bay leaf and parsley)
- 1 kg Sweet potatoes
- 1 sprig of thyme
- 3 tablespoons olive oil
- 4 garlic cloves unpeeled
- 1 pinch pepper freshly ground

Sauce

- 5 thin minced garlic cloves
- 1 bunch of chopped herbs (parsley, Vietnamese coriander and chives)
- 1 paprika teaspoon
- 1 dl oil

- 2 tablespoons wine vinegar
- 1 pinch of freshly ground black pepper

Preparation

1. Bring to boil a pot with water.
2. Dip the octopus three times in boiling water and then leave it in the water. Add the bouquet of herbs and cook for 40 minutes.
3. Turn the oven to 180 degrees. Wash the sweet potatoes with the peel and cut into wedges. Put them in an oven dish and add the oil, garlic, whole thyme and a pinch of freshly ground black pepper.
4. Mix all ingredients well and take to the oven for 40 minutes, gently stirring occasionally.
5. Meanwhile, drain the octopus and put it in a dish.
6. Bring to boil a pot with olive oil, add the garlic and allow it to warm and get popped. Then add the pepper, vinegar, pepper and herbs. Turn off the heat, pour the octopus with the mixture and serve with sweet potatoes.

Spiced chicken, no salt

Ingredients for 4 people

- 1 Chicken 1.5kg broken into small pieces
- 1 onion
- 5 large cloves of garlic or a small head
- Tomato sauce
- 2 tablespoons olive oil

- 1 ginger piece the size of your thumb
- paprika to taste
- 1 coffee spoon of saffron (or not spicy curry powder)
- chopped dried thyme
- 1 Beer
- Juice of half a lemon
- 1 little dry Malagueta (if you like)

Preparation

1. Start by peeling ginger.
2. Chop the onion, garlic and ginger into the pan with the olive oil (2 tablespoons).
3. Place the chicken in a pan and season with paprika, curry, thyme, tomato sauce and beer.
4. Bring the chicken to boil for 20 to 25 minutes. If you have little sauce, add boiling water.
5. When the chicken is almost cooked, add the lemon juice.
6. Boil another 5 minutes and is ready to serve. Serve with vegetable rice or baked potatoes and salad.

RECIPES WITH AROMATIC AND MEDICINAL PLANTS – REDUCING SUGAR

Chef Hernani Ermida

Aromatic wafers

Ingredients

- 4 tablespoons of butter, softened
- 4 tablespoons of sugar.
- Zest of 1 lemon

- 4 tablespoons lemon juice
- 1 egg yolk
- 200 g flour
- 1 tablespoon of lavender tea or 2 tablespoons of fresh chopped rosemary tea

Preparation

- 1: Beat butter with sugar until light and fluffy.
- 2: Add the zest of 1 lemon, juice and egg yolk.
- 3: Kneading all, along with flour and lavender.
- 4: Make a ball with the dough, wrap in cling film and take to the fridge for half an hour.
- 5: Roll out the dough, cut with a biscuits cutter and bake about 12 minutes at 180 degrees.

English cake

Ingredients

- 1/3 cup (tea) of light margarine
- 2 eggs
- ½ cup (tea) chopped Stevia
- 1 teaspoon (tsp) grated lemon peel
- 2 cups (tea) of wheat flour
- ¾ cup (tea) of skim milk
- 1 teaspoon (tsp) of essence of rum
- ½ teaspoon (tsp) grated nutmeg
- 1 teaspoon (tsp) ground cinnamon
- 1 spoon (soup) of baking powder
- 2 tablespoons (soup) of raisins
- 2 tablespoons (soup) of dried prunes chopped

Preparation:

Mix light margarine and Stevia until creamy. Add the eggs one by one. Add the remaining ingredients, mixing until a homogeneous mass. Butter a large form of pound cake and sprinkle with flour. Pour the batter and bake in preheated oven

moderate for about 50 minutes or until inserting a toothpick into the cake comes out clean. Allow to cool before serving and sprinkle a little Stevia mixed with skimmed milk powder.

Chocolate Fondant with mint and stevia

Ingredients

- 180 gr of cooking chocolate
- 180 g of melted butter
- 70 g flour
- 1 teaspoon baking breakfast pastries
- 4 peppermint, mint leaves
- 2 tablespoons leaves of stevia
- 3 eggs

Preparation

Preheat oven to 180°C.

Start by melting the butter in the microwave and add the mint leaves and stevia. Mix and let stand for butter to absorb aromas.

Also melt the chocolate in the microwave, check scheduling 1 minute each time and stirring to melt the better.

In a bowl beat the eggs, mix the flour, the melted chocolate and butter previously strained without the mint leaves and stevia. Wrap all ingredients until a homogeneous mixture.

Put on a previously greased with butter and sprinkled with flour form.

Bake about 20 minutes. Check the cooking with a toothpick.

Remove and let cool on a wire rack before unmolding.

When c