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 Presentional 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

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Time</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marta Carvalho</td>
<td><a href="mailto:marta_carvalho1992@hotmail.com">marta_carvalho1992@hotmail.com</a></td>
<td>36 dias 19 horas</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Luciana Carvalho</td>
<td><a href="mailto:luciana_carvalho13@gmail.com">luciana_carvalho13@gmail.com</a></td>
<td>35 dias 23 horas</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Begoña Cerda</td>
<td><a href="mailto:bcerda@usc.edu">bcerda@usc.edu</a></td>
<td>Nunca</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Ana Coelho</td>
<td><a href="mailto:anaamac1@gmail.com">anaamac1@gmail.com</a></td>
<td>42 dias 18 horas</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Ana Cruz</td>
<td><a href="mailto:aincruz1@gmail.com">aincruz1@gmail.com</a></td>
<td>36 dias 1 hora</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Rita Dória</td>
<td><a href="mailto:rdtocas_angadonha@hotmail.com">rdtocas_angadonha@hotmail.com</a></td>
<td>Nunca</td>
<td>Aluno X</td>
</tr>
<tr>
<td>Raquel Duarte</td>
<td><a href="mailto:raquel21@hotmail.com">raquel21@hotmail.com</a></td>
<td>34 dias 21 horas</td>
<td>Aluno X</td>
</tr>
</tbody>
</table>
Annex 3

A complete list of participants
1 – Daniela Abreu - 25858@ufp.edu.pt
2 – Ângela Soares - sofiaalves_93@hotmail.com
3 – João Andrade - jrebelloandrade@gmail.com
4 – Ana Areias - ana.areias4@gmail.com
5 – Joana Barbosa - jbbarbosa93@gmail.com
6 – Filipe Barbosa - falex_barbosa@msn.com
7 – Marta Carvalho - marta_carvalho1992@hotmail.com
8 – Luciana Carvalho - lucianacarvalho13@gmail.com
9 – Ana Coelho - anajmac1@gmail.com
10 – Ana Cruz - aiccruz1@gmail.com
11 – Rita Dória - ritocas_aragaodoria@hotmail.com
12 – Raquel Duarte - raqueld21@hotmail.com
13 – Ana Faria - lusafaria1@hotmail.com
14 – Luís Garcia - luis.ed.campos.garcia@gmail.com
15 – Catarina Geão - catarinageao@gmail.com
16 – Maria Henriques - m.ineshenriques@hotmail.com
17 – Ana Lemos - aluisa_lemos@hotmail.com
18 – Susana Lopes - susie.mirandalopes@gmail.com
19 – Sofia Magalhães - sofia_m93@hotmail.com
20 – Tomás Marques - tomassobralmarques@gmail.com
21 – Raquel Martins - rgcsmartins@gmail.com
22 – Tânia Melo - tania_isabel_melo@hotmail.com
23 – Joana Pinto - jisabelcp@hotmail.com
24 – Franco Ramirez - franco.cr77@gmail.com
25 – Tânia Ribas - taniaribas@portugalmail.com
26 – Jéssica Ribeiro - jessicaribeiro77@hotmail.com
27 – Tânia Rocha - taniafilipa_rocha@live.com.pt
28 – Ângela Santos - angela_carina14@hotmail.com
29 – Ricardo Serôdio - auditore.rserdio@gmail.com
30 – Miguel Silva - miguelshrtz47@gmail.com
31 – Francisco Silva - francisco.agss@gmail.com
32 – Joana Silva - joanafreitasdasilva@gmail.com
33 – Patricia Silva - patriciabarrossilva93@gmail.com
34 – Gonçalo Soares - goncalo.soares@live.com.pt
35 – M. Helena Soares - helena._s@hotmail.com
## Annex 4

### List of Trainees that finished the Course

<table>
<thead>
<tr>
<th>Name</th>
<th>Surname</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daniela</td>
<td>Abreu</td>
<td><a href="mailto:25858@ufp.edu.pt">25858@ufp.edu.pt</a></td>
</tr>
<tr>
<td>Angela</td>
<td>Alves</td>
<td><a href="mailto:sofiaalves_93@hotmail.com">sofiaalves_93@hotmail.com</a></td>
</tr>
<tr>
<td>João</td>
<td>Andrade</td>
<td><a href="mailto:jrebeloandrade@gmail.com">jrebeloandrade@gmail.com</a></td>
</tr>
<tr>
<td>Ana</td>
<td>Areias</td>
<td><a href="mailto:ana.areias4@gmail.com">ana.areias4@gmail.com</a></td>
</tr>
<tr>
<td>Joana</td>
<td>Barbosa</td>
<td><a href="mailto:jbbarbosa93@gmail.com">jbbarbosa93@gmail.com</a></td>
</tr>
<tr>
<td>Luciana</td>
<td>Carvalho</td>
<td><a href="mailto:lucianacarvalho13@gmail.com">lucianacarvalho13@gmail.com</a></td>
</tr>
<tr>
<td>Marta</td>
<td>Carvalho</td>
<td><a href="mailto:marta_carvalho1992@hotmail.com">marta_carvalho1992@hotmail.com</a></td>
</tr>
<tr>
<td>Ana</td>
<td>Coelho</td>
<td><a href="mailto:anajmac1@gmail.com">anajmac1@gmail.com</a></td>
</tr>
<tr>
<td>Ana</td>
<td>Cruz</td>
<td><a href="mailto:aicrcruz1@gmail.com">aicrcruz1@gmail.com</a></td>
</tr>
<tr>
<td>Raquel</td>
<td>Duarte</td>
<td><a href="mailto:raqueld21@hotmail.com">raqueld21@hotmail.com</a></td>
</tr>
<tr>
<td>Ana</td>
<td>Faria</td>
<td><a href="mailto:luisafaria1@hotmail.com">luisafaria1@hotmail.com</a></td>
</tr>
<tr>
<td>Luís</td>
<td>Garcia</td>
<td><a href="mailto:luis.ed.campos.garcia@gmail.com">luis.ed.campos.garcia@gmail.com</a></td>
</tr>
<tr>
<td>Catarina</td>
<td>Geão</td>
<td><a href="mailto:catarinageao@gmail.com">catarinageao@gmail.com</a></td>
</tr>
<tr>
<td>Ana</td>
<td>Lemos</td>
<td><a href="mailto:aluisa_lemos@hotmail.com">aluisa_lemos@hotmail.com</a></td>
</tr>
<tr>
<td>Sofia</td>
<td>Magalhães</td>
<td><a href="mailto:sofi_m93@hotmail.com">sofi_m93@hotmail.com</a></td>
</tr>
<tr>
<td>Tomás</td>
<td>Marques</td>
<td><a href="mailto:tomassobralmarques@gmail.com">tomassobralmarques@gmail.com</a></td>
</tr>
<tr>
<td>Raquel</td>
<td>Martins</td>
<td><a href="mailto:rgcsmartins@gmail.com">rgcsmartins@gmail.com</a></td>
</tr>
<tr>
<td>Joana</td>
<td>Pinto</td>
<td><a href="mailto:jisabelcp@hotmail.com">jisabelcp@hotmail.com</a></td>
</tr>
<tr>
<td>Jessica</td>
<td>Ribeiro</td>
<td><a href="mailto:jessicaribeiro77@hotmail.com">jessicaribeiro77@hotmail.com</a></td>
</tr>
<tr>
<td>Tânia</td>
<td>Rocha</td>
<td><a href="mailto:taniafilipa_rocha@live.com.pt">taniafilipa_rocha@live.com.pt</a></td>
</tr>
<tr>
<td>Ângela</td>
<td>Santos</td>
<td><a href="mailto:angela_carina14@hotmail.com">angela_carina14@hotmail.com</a></td>
</tr>
<tr>
<td>Ricardo</td>
<td>Serôdio</td>
<td><a href="mailto:auditore.rserodio@gmail.com">auditore.rserodio@gmail.com</a></td>
</tr>
<tr>
<td>Francisco</td>
<td>Silva</td>
<td><a href="mailto:francisco.agss@gmail.com">francisco.agss@gmail.com</a></td>
</tr>
<tr>
<td>Joana</td>
<td>Silva</td>
<td><a href="mailto:joanafreitasdasilva@gmail.com">joanafreitasdasilva@gmail.com</a></td>
</tr>
<tr>
<td>Miguel</td>
<td>Silva</td>
<td><a href="mailto:miguelshrtz47@gmail.com">miguelshrtz47@gmail.com</a></td>
</tr>
<tr>
<td>Gonçalo</td>
<td>Soares</td>
<td><a href="mailto:goncalo.soares@live.com.pt">goncalo.soares@live.com.pt</a></td>
</tr>
<tr>
<td>Maria</td>
<td>Helena</td>
<td><a href="mailto:helena._s@hotmail.com">helena._s@hotmail.com</a></td>
</tr>
</tbody>
</table>
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

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.

Coordination: Maria da Conceição Hogg | mhogg@porto.ucp.pt | Tel: 225580053 | www.esb.ucp.pt
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 180ºC.

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