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Educational programme for adults

Culinary Heritage of the Cistercian Monasteries

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Annotation: A guided tour of the basilica, the paradise court and the cross corridor focusing on the daily life of Cistercian monks in the Middle Ages and early modern period with an emphasis on the Central European area.

From the ritual and rules of life in the monastery and the architectural layout of the buildings, interpretation and activities are directed towards the economy and culinary life of the Cistercians; these themes form the core of the programme.

Sources of information: see text and reference list Culinary Heritage of the Cistercians in Central Europe (Background study for the project)

Target group: Adults

Programme length: 90 minutes

Materials: Graphics of the daily routine of life in the monastery, vignettes of monasteries including the monastery of Žďár, spices with scents, smoked pottery, books, photographs and transcripts of contemporary menus and recipes

Schedule and programme topics:

1. Basilica (30 minutes)

A. Introduction - introduction to the programme, introduction to the Cistercian Order and the functioning of the monastery

B. The Cistercian monastery as an independent economic unit (landscape elements of the economic landscape); the daily routine of a Cistercian monk - meals in the monastery

2. Paradise Court (20 minutes)

A. Medieval monastery kitchen: crops, fish farming, herb and kitchen garden, economic activities in the monastery

Olfactory activity: lavender blossoms in season in the paradise courtyard, otherwise prepared spices with typical scents: lavender, cumin, fennel, nutmeg, etc.

B. Description of the monastic convent with the search for the location of the kitchen and refectory of the monks and laymen

3. Cross corridor of the monastery (40 minutes)

A. Types of kitchen and tableware, materials and production methods - demonstration of smoked pottery

Opportunity to feel the shapes of period vessels, to estimate their use.

B. Rules of dining on different occasions (fasting, celebrations, feasts for guests, church holidays), demonstration of menus from Czech (Vyšší Brod, 18th century) and Austrian monasteries (menu from Benedictine monastery Salzburg, 18th century)

C. Insight into literature and cookbooks, photographs of refectories

D. Final discussion of the topic

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