

ARTS, CREATIVITY
AND CULTURE

PASTEL DE NATA WORKSHOP



Your Mobility Partner

COURSE OVERVIEW

This one-day hands-on workshop offers participants an engaging introduction to the iconic Portuguese pastry, Pastel de Nata. Combining cultural insight with practical skills, the course guides learners through the history, key ingredients, preparation techniques, and baking processes essential to creating authentic Pastéis de Nata. Participants will have the opportunity to prepare and bake their own pastries, followed by a sensory tasting session to develop their appreciation of texture, aroma, and flavor. Designed for pastry enthusiasts, culinary students, and anyone interested in Portuguese gastronomy, this workshop provides a unique culinary experience that celebrates one of Portugal's most beloved treats.

TARGET AUDIENCE

This workshop is designed for Erasmus participants and international visitors eager to experience authentic Portuguese culture through its culinary heritage. It suits anyone interested in learning how to make the iconic Pastel de Nata, from food enthusiasts and young professionals to cultural explorers seeking a hands-on, immersive experience. Whether you have prior baking skills or are new to pastry making, this workshop offers a unique opportunity to connect with Portuguese traditions, develop practical skills, and enjoy a rich cultural exchange in an interactive and welcoming environment.

REQUIREMENTS

To take part in the course, participants must meet the following requirements:

- Have at least a B1 level of English (independent user);
- Complete and submit the registration form before the start of the workshop;
- Bring a laptop or tablet to use during the sessions;
- Commit to active participation.

COURSE OBJECTIVES

This workshop offers a hands-on and engaging experience focused on the iconic Portuguese Pastel de Nata. Participants will gain both theoretical knowledge and practical skills in preparing this traditional pastry, while exploring its rich cultural significance. The aim is to provide learners with a deeper appreciation of Portuguese culinary heritage and the techniques that make Pastel de Nata unique.

General Objectives:

- Teach the history and cultural importance of Pastel de Nata.
- Develop practical skills for making authentic Pastel de Nata from start to finish.
- Introduce key ingredients and techniques that define the pastry's flavor and texture.
- Encourage sensory evaluation and appreciation of Portuguese pastry traditions.
- Create an immersive, accessible workshop experience for a diverse audience, including food lovers, culinary students, professionals, and international participants.

CONTACTS AND REGISTRATION

For registrations, additional information, or budget requests, please contact our team by email at trainingcourses@mobilityfriends.org or visit our website at www.mobilityfriends.org.

LEARNING OUTCOMES

By the end of the workshop, participants will be able to:

- Understand the history and cultural importance of Pastel de Nata.
- Identify the main ingredients that give the characteristic flavor and texture.
- Prepare, assemble, and bake Pastéis de Nata achieving the traditional appearance and taste.
- Evaluate their pastry through a sensory tasting focused on texture, aroma, and flavor.

METHODOLOGY

The workshop emphasizes hands-on learning combined with brief theoretical explanations. Participants actively engage in every stage of the process, from preparation to baking. The sensory tasting and group discussion reinforce knowledge and appreciation of the pastry. The pace is accessible and interactive to ensure everyone gains confidence and skill in making this icon of Portuguese pastry.

ASSESSMENT

Participant assessment is based on active participation and engagement throughout the workshop. To successfully complete the workshop and receive the Certificate of Participation, attendees must demonstrate consistent commitment and involvement in all activities. Feedback will be provided to support the learning process and ensure a meaningful and enriching experience for everyone.

DURATION

The standard duration of our workshop is 8 hours (1 day), designed to provide a focused and immersive learning experience. However, this duration can be adjusted, in specific cases, to meet the particular needs of each group, in order to optimize outcomes and better suit the learning context.

For further details or to discuss a customised schedule, please get in touch with us.

PRICE AND FUNDING

Each quotation is personalised and depends on several factors, such as the number of participants, the number of training hours, the location of the course, and any additional services requested (accommodation, transport, meals, cultural activities, etc.).

To receive a tailored quotation for your group, please get in touch with us.

The workshop can be funded through programmes such as Erasmus+ (KA1 – Learning Mobility), among other European support mechanisms.

For more information about funding, participants should contact their sending organisation or their country's National Agency directly.

LOCATION AND COURSE LANGUAGE

We have training rooms in several cities in Mainland Portugal, such as Barcelos (headquarters), Braga, Póvoa de Varzim, and Porto. We also have spaces in the islands of Madeira (Funchal) and the Azores (Ponta Delgada). Additionally, we have facilities in Valencia, Spain.

The workshop is delivered in English.

CERTIFICATION

A Certificate of Participation is awarded to all participants who demonstrate active engagement and commitment throughout the workshop. Upon completion, certificates will be presented during a brief closing session to formally acknowledge each participant's involvement.

OTHER SERVICES

To enrich the training experience, Mobility Friends offers a range of additional services, subject to availability and additional cost, which can be arranged for individual participants or groups.

Services include:

- Accommodation in partner residences or hotels
- Meals (lunch and/or dinner)
- Transfers between the accommodation and the training room
- Airport transfers
- Cultural visits

All services are subject to availability and must be requested in advance. For more information and personalised quotes, please contact our team.

COURSE CONTENTS

MODULE 1: INTRODUCTION TO PASTEL DE NATA

- Brief history and cultural context of Pastel de Nata.
- Main ingredients and their role in flavor and texture.

MODULE 2: PREPARATION AND ASSEMBLY

- Techniques for preparing the pastry base and filling.
- Demonstration of assembling the pastries.

MODULE 3: BAKING AND FINISHING

- Baking process to achieve the golden crust and perfect filling.
- Practical session: each participant prepares and bakes their own Pastéis de Nata.

MODULE 4: TASTING AND FEEDBACK

- Sensory evaluation focused on appearance, texture, and flavor.
- Presentation tips and serving suggestions.
- Group discussion and closing.

MOBILITY FRIENDS TRAINING CENTER



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