



Project Code: 2024-1-DK01-KA210-VET-000253675

Erasmus+ KA210 – Small-Scale Partnerships (VET)

Implementation Meeting – Syros, Greece

Hosted by Lazareta Cultural Association

Report of Forgotten Fish

1. Project Vision and Concept

Cooking Forgotten Fish is an innovative European VET initiative that bridges gastronomy, sustainability, and cultural heritage. The project brings together artisanal fishermen, vocational education providers, cultural organisations, and leading chefs to rediscover and reintroduce underutilized and forgotten fish species into contemporary cuisine.

Across Europe and especially in the Mediterranean many edible fish species remain overlooked due to market demand focusing on a limited number of “popular” fish. This imbalance contributes to overfishing of certain species, while others are discarded or undervalued.

The project responds to this challenge by promoting a “sea-to-plate” philosophy, where ecological responsibility meets culinary creativity.

2. Core Objectives

Environmental Sustainability & Responsible Consumption

- Promote sustainable fishing practices that respect marine ecosystems
- Encourage the consumption of underutilized fish species, reducing pressure on overfished stocks
- Raise awareness about biodiversity and seasonality in seafood consumption
- Support local, small-scale fisheries and reduce food waste

Culinary Innovation & Knowledge Development

- Develop innovative recipes and modern culinary techniques using forgotten fish species
- Combine traditional knowledge with contemporary gastronomy
- Experiment with preservation, fermentation, and zero-waste cooking approaches
- Elevate lesser-known fish into high-value gastronomic products

Education & Capacity Building (VET Focus)

- Engage VET students in hands-on training experiences
- Facilitate knowledge exchange between fishermen, chefs, and educators
- Develop learning materials based on real-life practices
- Strengthen skills in sustainable gastronomy and food systems

Cultural Identity & European Cooperation

- Preserve and promote maritime culinary heritage
- Strengthen the gastronomic identity of coastal regions, particularly in the Cyclades and the South Aegean
- Build long-term networks between European partners
- Promote local traditions at an international level

3. The Role of Gastronomy: From Tradition to Innovation

At the heart of the project lies the transformation of forgotten fish into gastronomic assets.

Historically, many Mediterranean communities consumed a wide variety of fish species, using simple, seasonal, and resourceful cooking methods. Today, this knowledge is fading.

The project reactivates this heritage by:

- Documenting traditional recipes from fishermen and local communities
- Reinterpreting them through modern culinary techniques
- Creating dishes that meet contemporary fine-dining standards
- Showcasing how sustainability can drive culinary excellence

4. Leading Culinary Figures

A key strength of the project is the active involvement of renowned chefs:

Dimitris Plitas

A leading figure in high-level gastronomy, Dimitris Plitas is known for:

- His refined approach to Mediterranean cuisine
- His ability to transform simple ingredients into elevated culinary experiences
- His commitment to local sourcing and sustainability

Within the project, he:

- Leads cooking demonstrations and training sessions
- Develops innovative recipes using forgotten fish species
- Mentors young chefs and VET learners

Konstantinos Bouyuris

A prominent culinary ambassador of Syros and the wider Aegean region, Konstantinos Bouyuris:

- Promotes Cycladic gastronomy and local identity
- Bridges traditional techniques with modern presentation
- Actively supports regional producers and fishermen

His contribution focuses on:

- Strengthening the link between gastronomy and local culture
- Promoting authentic flavors of Syros
- Supporting the international visibility of local cuisine

Combined Impact

Together, these chefs:

- Position Syros as a gastronomic innovation hub
- Demonstrate how forgotten fish can become premium culinary products
- Inspire both professionals and students to adopt sustainable culinary practices

5. Sustainable Consumption & Environmental Awareness

The project actively promotes a shift in consumer behavior by:

- Educating participants about which fish are overfished vs. underutilized
- Encouraging the consumption of seasonal and locally available species
- Demonstrating how to cook less popular fish in appealing ways
- Reducing waste through nose-to-tail (whole fish) cooking techniques

Workshops and tastings allow participants to:

- Experience the flavor diversity of forgotten fish
- Understand the environmental impact of food choices
- Connect directly with fishermen and producers

6. Methodology & Activities

The project adopts a hands-on, experiential learning approach, combining theory and practice:

Key Activities

- Cooking workshops and live demonstrations
- Tastings and sensory evaluation sessions
- Field visits to fishing communities and markets
- Study visits to local producers (e.g., wineries, artisanal shops)
- Cultural tours linking gastronomy with heritage

Learning Approach

Participants engage in:

- Observation (watching chefs and fishermen)
- Practice (hands-on cooking and preparation)
- Reflection (discussions on sustainability and innovation)
- Collaboration (cross-sector knowledge exchange)

7. The Syros Implementation Meeting

Hosted in Syros, the implementation meeting is a central milestone of the project.

It combines:

- Strategic coordination between European partners
- Practical engagement with local stakeholders
- Cultural immersion in the island's heritage

Key highlights include:

- Collaboration with fishermen and chefs
- Cooking demonstrations using local fish species
- Visits to Hermoupolis and traditional markets
- Cultural experiences such as Apollon Theater
- Exploration of local production, including Makrionitis Winery

8. Expected Impact

Short-Term

- Increased awareness of forgotten fish species
- New recipes and culinary techniques developed
- Stronger collaboration between stakeholders

Long-Term

- Sustainable consumption habits among younger generations
- Revitalization of local fishing economies
- Preservation of maritime gastronomic heritage
- Establishment of a European network for sustainable gastronomy

9. Conclusion

Cooking Forgotten Fish is more than a culinary project—it is a holistic initiative that connects sustainability, education, culture, and innovation.

By combining:

- The knowledge of fishermen
- The creativity of chefs like Dimitris Plitas and Konstantinos Bouyuris
- The energy of young learners

Expected Results

- Meeting documentation (agenda, presentations, notes, participant lists)
- Outcomes from cooking demonstrations and tastings
- Identification of forgotten fish species and related recipes
- Planning of future workshops and training sessions
- Strengthened collaboration between European and local stakeholders
- Photo and video documentation
- Framework for local community engagement

AGENDA

26/1/2026

10:00 – 10:30

Welcome & Meeting Objectives

Introduction of participants and overview of project goals

10:30 – 11:30

Internal Partner Meeting

Coordination among Danish, Italian, and Greek partners

11:30 – 12:15

Project Video Presentations

Showcasing fishermen, chefs, and forgotten fish species

12:15 – 12:30

Coffee Break

12:30 – 14:00

Chef & Fishermen Meeting + Lunch / Tasting

Discussion and tasting of local fish-based dishes

14:00 – 16:00

Chef Presentations

Led by Dimitris Plitas, with participation from the Syros Gastronomy Association

16:00 – 17:00

Cultural Sightseeing

Guided exploration of Syros

17:00 – 18:30

Study Visit

Visit to Makrionitis Winery and local shops

18:30 – 20:00

Cooking Demonstration

Hands-on session at Peritinos Restaurant

AGENDA

27/1/2026

10:00 – 11:00

Outcomes, Insights & Dissemination

Review and discussion at Lazareta Association

11:00 – 11:30

Fish Market Visit

Visit to the central fish market in Hermoupolis

11:30 – 12:00

Municipality Visit

Meeting with local authorities

12:00 – 13:00

Traditional Sweets Preparation

Loukoumia and Halvadopites demonstration

13:00 – 14:00

Sightseeing & Free Time

14:00 – 14:30

Finalization Session

14:30

Departure

Cultural & Social Activities in Syros

To enrich the experience, participants will also enjoy:

- Visit to Ano Syros
- Meeting at the Municipality of Syros
- Visit to Apollon Theater, known as the “mini La Scala”
- Exploration of coastal villages:
 - Kini
 - Galissas
 - Finikas

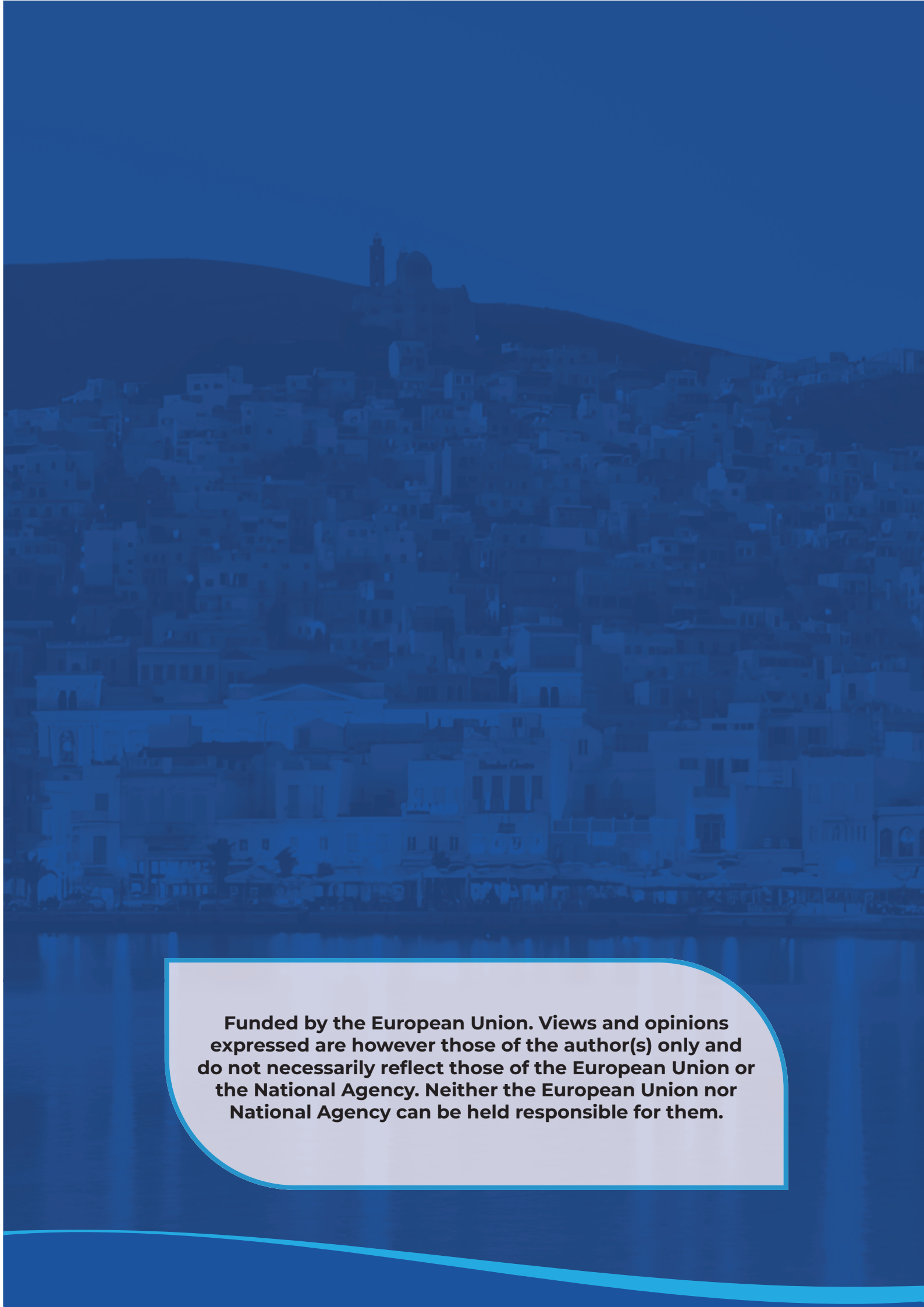
The project creates a powerful model for the future of sustainable European gastronomy where every fish has value, every tradition has meaning, and every meal tells a story.

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