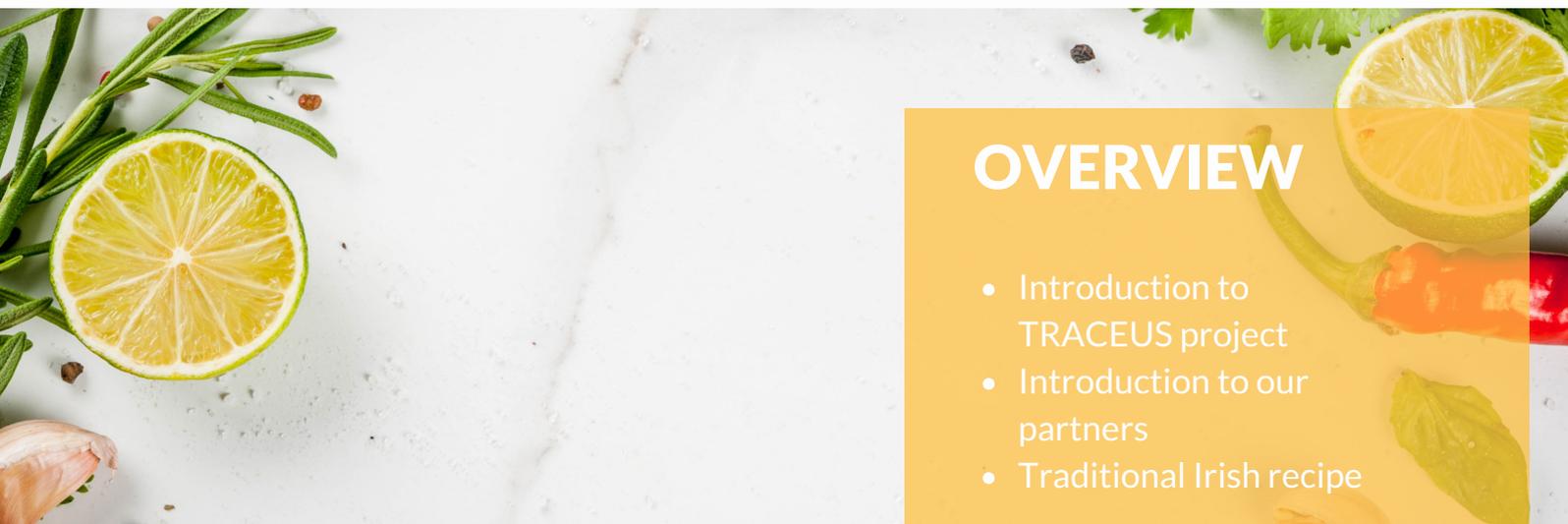


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IN THE LOOP



Monthly newsletter for TRACEUS, co-funded by the Erasmus+ programme of the EU



OVERVIEW

- Introduction to TRACEUS project
- Introduction to our partners
- Traditional Irish recipe

A bulletin will be distributed monthly which will give updates on the progress of the project, spotlight project participants, and will include some bonus recipes.

The project is headed by Dublin City University in Ireland. Therefore, the first bulletin will feature a traditional Irish recipe.

Introduction to TRACEUS

Traditions, Recipes and Cuisines of Europe using Smartphones (TRACEUS) is a 24-month long project comprised of 6 organisations who work with and for older adults and migrants representing Ireland, Cyprus, France, Spain, Bulgaria, and Belgium. This innovative project uses food culture as the vehicle for mobile learning and social integration. The aim of this project is to conserve our roots through food traditions, and safeguard them for future generations.



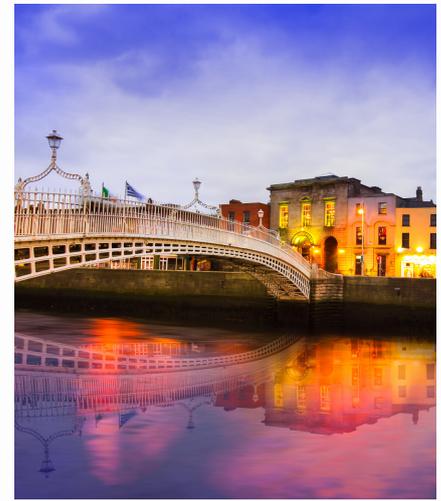
Introduction to our partners

Dublin City University (DCU), located in Ireland, is a research-focused facility. It leads the Age-Friendly University Global Network made up of over 60 universities. The aims of the project are in line with DCU's strategic plan, engaging older people and promoting the voice of older people. DCU will lead this project.

Centre for Advancement of Research and Development in Educational Technology (CARDET), located in Cyprus is a research and development centre. CARDET has experience building capacity for higher education and collaborating with universities.

E-Seniors, Initiation des Seniors aux NTIC Association, located in France aims at fighting exclusion by providing ICT access to older people and migrants. Its main goals are to bridge the digital gap between generations, and to encourage social participation.

Universidad de Castilla, La Mancha (UCLM), located in Spain supports the José Saramago University for Mature Students. This is a supplementary service which responds to the demand for education from people who are over fifty and who may enter with no requirements other than to be fifty or over and have a willingness to learn.



Tulip Foundation, located in Bulgaria has a mission to encourage social responsibility in Bulgarian society by enhancing co-operation among civil society, the corporate sector and national and local authorities. Tulip Foundation strives to improve the quality of life and developmental opportunities for the people.

Mediterranean Network for European Cooperation (Mediterranean Network for European Cooperation A.I.S.B.I), located in Belgium is a network of actors that encourage the sharing and transfer of knowledge, strategic skills and good innovative practices in the Euro-Mediterranean space.

Family Irish Stew

By Donal Skehan

Ingredients

2 tbsp rapeseed oil
1kg lamb shoulder, trimmed and cut into 2.5cm chunks
2 onions, peeled and roughly chopped
3 celery stalks, trimmed and sliced
1 bay leaf
4 large carrots, peeled and roughly chopped
1 litre beef or lamb stock
900g potatoes, peeled and cut into 1cm slices
Good knob of butter
Sea salt and ground black pepper



Method

Place a large, flameproof casserole pot over a high heat, add 1 tablespoon of the oil and brown the lamb pieces in two batches. Remove and set aside on a plate. Reduce the heat to medium, add another tablespoon of oil and fry the onion, celery and carrot for 4-6 minutes or until the onions are soft. Preheat the oven to 160°C /325°F/Gas Mark 3. Return the meat to the pot, along with the bay leaf and stock, season with sea salt and ground black pepper and bring to the boil. Remove from the heat and push the slices of potato down into and across the top of the stew, dot with a little butter and give a final seasoning of sea salt and ground black pepper. Cover and place in the oven to cook for about 1½ hours or until the meat is tender, then remove the lid and cook for a further 10 minutes until the potatoes have coloured. You can serve the stew straight away or leave it covered overnight in the fridge for the flavours to develop, then reheat.