



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



Christmas in Europe

Christmas is the main holiday celebrated in Europe. This time is full of traditions and celebrations, no country or family in Europe does it exactly the same. But the spirit of sharing and caring is there everywhere. In this newsletter we will share a recipe from each of our partner countries to spread the holiday cheer! So if you're looking to shake up your holiday table or are just curious to see how other countries eat this time of year, read on!

Christmas in the Philippines

Europe is a melting pot of cultures, to showcase that Co-Creators for Belgium, who come from the Philippines, volunteered to share their Christmas with you!

On Christmas Eve, the Noche Buena comes alive, a real banquet in which everyone collaborates with the aim of enjoying the delicacies that belong to the Filipino gastronomic tradition. Fundamental rule? A table full of all good things, which you can draw on without time.

Many dishes based on rice, veal, pork, coconut that make the Christmas lunch such as **lechon** (roast pork) or **bulalo** (a beef dish); while the **palitaw**, coconut-based balls, are inevitable on the tables of Filipino houses on New Year's Eve, like lentils in other cultures, as a wish for more money income.

OVERVIEW

- Christmas
- Project Update
- December holidays throughout Europe

Traceus Partners wish you a merry Christmas, Kwanza, Hanukah and a happy New Year!

Partners will take a break to celebrate the holidays with family and friends and come back fresh and rested in the new year.

The project platform is being updated and units are being finalized. Just in time for the spring when we plan to bring our training to you!

If you are interested in taking part in the training there is still time, you can reach out to our partners in your country and register.



We wish you a Merry (and delicious) Christmas!



1 kg of potatoes • 25 cl of liquid cream • 15 cl of milk • 1 clove of garlic • 50 g of butter • 3 pinches of nutmeg • salt and pepper

1. Preheat the oven to 180°. Peel and wash the potatoes. Wipe them and cut them in slices of 5 mm thickness. Peel the garlic and rub it into a baking dish. Butter it with half the butter.

2. In a bowl, mix the cream and milk. Place half the potatoes in the dish, pour in half the cream and milk

mixture, add nutmeg, salt and pepper. Stir to combine.

3. Cover with the remaining potatoes and the cream and milk mixture. Season with salt and pepper and nutmeg. Divide the remaining butter in parcels and bake for 1h30. If the gratin browns too quickly, cover with aluminum foil. Serve hot.



French Gratin Dauphinois (potato)



15 dried red peppers • 1 large tea cup of white beans • 3-4 leeks • 1 clove garlic • 70 ml. oil • Spices: 1 tsp. dried mint • 1 tsp. dried savory • 1 tsp. red pepper, pinch black pepper • salt to taste • 1 tsp. flour

Wash the beans, soak it in the evening in a bowl. The next day, wash it again and boil it in a deep pot with 2 and 1/2 tea cups of water. Finely chop the leeks and the garlic and stew them in oil with a little water until soft. Add the spices. Finally, fry the flour. Add salt to taste. Transfer the prepared cooked beans to the onion and stir. Cook together for another 5 minutes

and turn off the heat.

Preheat the oven to 200 degrees. Soak the dried peppers in boiling water for a few minutes and remove with a slotted spoon. Pierce the tip of each pepper with a needle. Carefully fill them with the stuffing of beans and leeks. Arrange them in a tray. Pour a stream of oil, pour a glass of water and bake the peppers for 30 minutes until done.



Bulgarian Stuffed Red peppers with beans



½ k. Beef, thinly sliced • 6-8 pcs squeezed calamansi or 1 squeezed lemon • 2 tbsp soy sauce • 1 tsp garlic, pounded • ¼ tsp. Ground black pepper • 2 slices cooked ham, stripped • 1 chorizo di bilbao, cut into 4 strips • salt to taste • 2 slices pork fat, stripped • 2 pcs Gherkins, halved (pickled cucumber) • 5 tbsps. Cooking oil • 3 harboiled eggs, halved • 5 cups water • 1 pc bayleaf • 2 tbsps. Chopped onions • ½ cup tomato sauce • parsley and carrot flowers

Marinate beef in calamansi juice, soy sauce, garlic and pepper for 15 minutes. Spread beef, arrange ham, chorizo, pork fat, gherkins, and eegs in a row. Roll and tie with string. Fry until golden brown. Add water, bayleafe, onion, tomato sauce, salt and pepper. Simmer until roll is tender. Untie roll, garnish with parsley and carrot flowers.



Morcon



For the dough: 275g flour • 150 ml milk • 40g butter • 18g fresh baker's yeast • 50g sugar • 1 egg yolk • 15ml Orange Blossom Water flavouring • 3 - 4 slices of candied orange • For the filling: 400 ml whipping cream • 60 g sugar • Natural Madagascar vanilla flavouring • To decorate: Icing sugar • Sliced nuts and dried fruit

1. Preheat oven: Electric: 180°C (top and bottom). Ventilation: 170°C. Gas: position 2-3.

2. Dissolve the yeast with half of the warm milk.

3. In a separate bowl, mix the butter at room temperature with the sugar, orange blossom water and remaining milk.

4. Add the milk with the yeast and mix, the sifted flour and knead for 5-6 minutes until an elastic consistency is obtained.

1. Cover the dough and leave it to rest in a cool and dry place for 1h, until it has doubled in volume. Then, cut the dough in half and form 2 long strips.

2. Join the ends and form 2 crowns on a baking

tray lined with baking paper. Cover with a cloth and leave to rise for 40-50min.

Brush the surface of the cake with the egg yolk beaten with a bit of water and distribute the orange slices cut in half.

5. Bake in a preheated oven at 180°C for 30-35 minutes. Leave to cool on a wire rack.

6. Using a whisk, whip the cream with the cream whipping cream, sugar and vanilla flavouring until stiff. Pour into a piping bag with a curly nozzle and set aside in the fridge.

8. Cut the crown horizontally with a serrated knife, fill with the cream and put in the fridge until ready to serve. Decorate with cream rosettes, dry fruits, nuts and icing sugar.



Roscon de Reyes with cream

300 gr butter, preferably clarified • 120 gr almonds, unpeeled • 0.50 tsp baking powder • 1 pinch of vanilla powder • 110 gr icing sugar & extra for sprinkling • 25 gr black rum or cognac • 600 gr all-purpose flour

Toast the almonds on a baking sheet at 160°C (preheated oven) for 8min. Once cooled, pound them in a mortar and pestle into coarse pieces or break them by pressing them with a rolling pin between two pieces of parchment paper.

Beat the butter and icing sugar in an electric mixer on high speed for about 20min. Add gradually the flour, baking powder and vanilla and continue to beat at a lower speed



for 10min. Add the almonds and rum. Shape round currants to 3cm in diameter and press them slightly on top with your finger. Bake them in a preheated oven at 170°C for 20-30 min. Leave them to cool and pour them onto a baking tray filled with icing sugar. Turn them over to coat them well and transfer them to a platter, where they can be served in a pyramid, sprinkling each row with extra icing sugar.

The origin of the Three Kings cake goes back to the Romans and a non-religious tradition, the Saturnalia also known as the Feast of the Slaves. Celebrated in December to commemorate the birth of a new period of light and the end of hard work in the fields, the slave who found the broad bean in the Three Kings' cake was set free during Las Saturnales.



Kourabiedes

They are known in Turkey as kurabiye: "kuru" (dry) and "biye" (wet) and means "biscuit"