

VOLUME 12 | JANUARY 2022

IN THE LOOP



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



From Tunisia to Belgium

SOUHAILLA HEDHLI is a Tunisian co-creator from Belgium. She's a great lover of cooking. For this newsletter she wants to let us know how couscous is prepared in her country.



OVERVIEW

- Project update

The TRACEUS platform is continuing the development under the leadership of Cyprus and will be finalised by mid-February. In the meantime, we are continuing our recruitment programme for volunteers and planning our multiplier events.

Our Spanish partner has finalised a digital literacy questionnaire which will be applied to all participants at the beginning and end of the training period. This will give us a greater knowledge of participant needs.

The French partners continue to promote the project on social media through innovative and engaging quizzes on food. Don't forget to follow us on Instagram and Facebook.

Cous Cous is obtained from wheat grains and is steamed. It has Berber origins and predates the arrival of the Arabs. It mainly spread among the populations living along the Mediterranean coast.

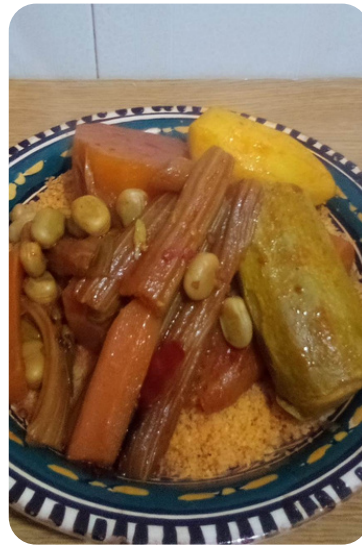
A favorite dish for everyone, which is eaten only at certain days of the week, for example on Sundays when the whole family is reunited.

It is also prepared for large parties and ceremonies such as weddings.

Cous Cous is a dish widespread nationally, prepared in different versions, with vegetables and slices of fish, with chicken, lamb or beef. The winter version of this dish consists of vegetables and smoked meat (*kadid*).

The spicy flavor is given by the **Harissa**, a typical Maghrebian sauce, widely used in Tunisia, Libya, Morocco and Algiers. This sauce is homemade with dried red hot pepper and garlic.

Moreover, especially during the month of Ramadan, a sweet version "*Masfouf*" with dates and pomegranate.



Couscous (6 people – vegetarian version)

INGREDIENTS

1 kg. of Cous Cous
100 g of chickpeas soaked one night before
2 cabbages
4 carrots
3 potatoes
2 green courgettes
100 g of pumpkin
4 white onions
2 tablespoons of concentrated tomato
2 glasses of olive oil
Sweet or spicy paprika
Chilli or Harissa
salt, pepper

METHOD

- wash and peel the vegetables
- place 2 large spoons of oil and two onions cut in half in the lower part of the pot used to prepare the Cous Cous;
- Sauté adding the Harissa or the chilli pepper, stirring constantly for 5 minutes. Add the concentrated tomato, the vegetables pour 1 and half liters of water so that all vegetables are covered in water, and boil for 10 minutes.
- put the Cous Cous in the pot and pour over 5 table spoons of olive oil and half a glass of water, then stir until the grains have separated. Brown for a while.
- when the water boils, put the Cous Cous in the couscous pot and steam for about 25 minutes. After this time pour the Cous Cous into a bowl and wet it with cold water, separating the beans with your fingers. Then put it back in the couscous pot for another 25 minutes.
- In the meantime cook the chickpeas
- when the vegetables, chickpeas and Cous Cous are ready, pour the Cous Cous into a large bowl "crumbling" it. Add the tomato sauce until the mixture turns red and cover it for a while.
- take a large plate and form a hill using the Cous Cous. In the middle of the hill add the cooked vegetables (or the meat/fish and vegetables around). Then add the chickpeas all over the couscous and serve while it is warm.