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IN THE LOOP



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



About TRACEUS

First impressions from the co-creators side are very encouraging in terms of how they are experiencing their initial journey in the online space. As they shared with us, even though some of them had no previous knowledge and experience, they are very excited not only to have the opportunity to experiment and acquire new digital skills but also to get in touch with different cultures and traditions of other European countries.

In addition, to achieve the intended objectives and increase the number of people involved in project activities and dissemination, the partners organise multiplication events at each country's level. The partners also hope to achieve a longer-term objective, namely to emphasise the active participation of older people and migrants. We look forward to seeing the two videos that our co-creators have already started to develop, the recipe of their choice, and the executed recipes.

Stay tuned for more on our social media!

KOLOKASI

This vegetable, which comes from Southeast Asia and Malaysia, grows in Cyprus as the *Colocasia Esculenta* variety. However, diners must exercise caution while eating kolokasi in its raw form, as it can be deadly. Nonetheless, because it's a thick and hearty vegetable, it's a highly popular dish on the island, especially during the winter. The veggie is cut into small parts and stewed in a tomato sauce with onions, herbs, and chicken. Some people choose to use pork instead of chicken.



HOW TO COOK KOLOKASI

FOR 5 PEOPLE



INGREDIENTS

- 3 bulbs Kolokasi , about 2.5 kg
- 2 tablespoons tomato paste, diluted with 300 ml of tomato juice
- 2 large Onions , halved and sliced as thin wedges.
- 3 cups Celery leaves , roughly chopped
- 80 ml Extra Virgin Olive Oil
- 10 ml Lemon juice
- Water
- 1 ½ teaspoon Salt
- 1 teaspoon freshly ground Black Pepper

INSTRUCTIONS

- Peel the bulbs of kolokasi
- Please start at the top of the bulb by putting the knife in the side of the bulb and twisting it to break it into little bits the size of a chestnut.
- Pour the oil into a big saucepan over medium heat. Allow about a minute for the onions to cook up before adding them. After 4 minutes, add the kolokasi, celery leaves, and diluted tomato paste to the pan. Cook for another 5 minutes, then add just enough water to cover the kolokasi. Bring to a boil, then reduce to a low heat for 30 minutes
- Pour in the lemon juice and season with salt and pepper.
- Serve either warm or even cold.