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Project updates

The TRACEUS project continues to evolve and develop. The online platform is being updated and technical issues identified by the trainers have been resolved. As the training progresses in each country, the platform, which includes numerous quizzes, unique recipes, the history of the countries' cuisines, and tips on filming and editing videos, is being presented to citizens all around Europe! All of the partners are carrying out great dissemination events, UCLM - Spain and Mediter - Belgium in June and the Cardet foundation in Cyprus has just had theirs last week. Some of the project partners have tried out the recipes with some success over the past months and this has been a really interesting experience. Everyone is looking forward to visiting Madrid this coming October for the final transnational meeting, where we will be able to visit the UCLM University and speak with TRACEUS participants and partners face to face for the first time because of COVID.

Make sure to stay tuned and keep up with all the project updates by following us on Instagram @trace_us and on Facebook @Traceus where you will also be able to watch the first videos filmed and published by the participants' thanks to the TRACEUS project.

In this issue of our newsletter, we're happy to introduce you to one of our Bulgarian participants Pervina Todorova. Pervina is a homemaker who has been living in the village of Dolni Vadin near the Danube river for ten years. She has loved cooking ever since she was little (she remembers how she cooked her first beans at the age of 8, of course with the expert guidance of her mother).

Later, she started experimenting in the kitchen herself. She likes to prepare traditional dishes from the Danube region and also new recipes she finds on the Internet. She is always ready to try something new and share it with her friends.



Danube fish soup

Her favourite dishes are chicken porridge, Dobrudzhan banitsa, grape sarmi, baklava, and carrot cake. She is famous for her preparation of kokochi, a pillowy flatbread. Her husband Bozhidar is always the first to taste her delicious meals, but everyone who visits them remembers the aroma and taste of her food for a long time as well as the memory of her warm and hospitable home.

The Danube River is near the northern border of Bulgaria. It is believed that the river god "Eager", father of the great musician Orpheus, lives at the bottom of the Danube. Traditionally, the people living along the Danube River enjoy fishing and so there is a lot of fish in their dishes. This recipe for fish soup is passed down from generation to generation.



Ingredients

- 5-6 types of Danube fish, washed, cut into pieces and salted (the fish can be crucian, catfish, carp, perch, pike, or sturgeon)
- 5- 6 roasted peppers;
- 2-3 roasted tomatoes (you can also use canned tomatoes)
- 1 head of finely chopped garlic
- a bunch of parsley
- around 30 ml of oil
- water
- salt (season to taste)
- flour

• STEP 1

Chop the roasted tomatoes and the sliced roasted peppers in a pot three quarters filled with salted water and let it boil, then set aside to simmer.

• STEP 2

In the meantime, roll the salted fish in flour and fry (preferably on a wood stove).

• STEP 3

While still hot, immediately drop the fried fish into your tomato sauce.

• STEP 4

Afterwards, let it simmer for 5 minutes, then heat a little oil and pour it into the pot.

• STEP 5

Add finely chopped garlic and parsley.

Let it cool down before eating, this fish soup is consumed cold. Alternatively, this soup can be prepared with roasted or dried fish, but in this case do not roll the fish in flour, do not add oil but do add some crushed chilli peppers to taste.

