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Project's updates

As we move through the summer holiday season, we are entering the final stages of our TRACEUS project, having started in December 2020 we will be wrapping up this December. We are very proud of the work of the partnerships, which has produced an online learning platform, a website, an Instagram and Facebook account and now a workbook in the making. This two year project has certainly flourished since it started with of course the wonderful expertise of our partners, co-creators and participants. Most partner countries are nearing the end of their training sessions and we are all looking forward to seeing the amazing videos created.

Even though Covid has brought along its fair share of difficulties and struggles, we are happy that it did not interrupt the project too much and so much has been achieved in adversity and challenging conditions. Cardet, our Cypriot partner, has hosted their multiplier event which was very successful. They were able to bring together many people, including older adults and refugees. They hosted traditional dancers and played traditional music. One of the co-creators was able to show off her culinary skills - it was a refreshing get together after three years of covid meaning isolation for many.



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

This month, we will be sharing with you a traditional summer dish straight from Ireland: Ham salad. Every family has their own version of this dish, and you can use leftover baked home Ham for this traditional tea time meal.

It is an ideal light dish for the end of a Summer day in the park, the garden or the beach - perfect for those hot summer days when you are too lazy to cook!



Ham salad recipe

Ingredients



The main ingredient here is your **ham - boiled or baked.**

As well as **boiled eggs** and Mayonnaise

Then your **vegetables** which you can change depending on what you have in the fridge: Lettuce, tomatoes, radish, scallions, cucumber, sliced beetroot or whole baby beets.

Then you can accompany this with boiled baby potatoes or cold mashed potatoes mixed with spring onion and mayonnaise, coleslaw and grated cheese.

Then add your seasonings to taste: salt, pepper.

Method

- STEP 1

Finely slice your ham

- STEP 2

Boil eggs until hard boiled and slice into 4

- STEP 3

Wash, grate or slice all the other ingredients

- STEP 4

Arrange nicely on a plate



Serve with fresh brown bread slathered with butter. There is no extra salt required in this recipe as ham is already salty. Taste and season to your liking. You can add any extra ingredients to your liking. Follow this up with a slice of apple tart and fresh cream.

