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IN THE LOOP



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



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Introduction to DCU: The Age-Friendly University Initiative

DCU is a research-intensive university that has pioneered a number of national initiatives since it opened in 1986. In 2012 DCU launched Ten Principles of an Age-Friendly University. This developed into a global network of over 70 universities in Europe, North America, South America, South East Asia and Australia. The Age-Friendly University Global Network, led by DCU, highlights the role that higher education can play in societies with an ageing demographic around the world. The AFU offers opportunities for older adults to engage in educational, research, wellness, social and cultural opportunities across the DCU campus.

DCU Age-Friendly office is delighted to be leading the TRACEUS project. The Irish project team comprises Christine O'Kelly, Age-Friendly Global Network Coordinator; Grainne Reddy, who looks after the administration for the Age Friendly office; Dr Cathy Fowley, researcher and collaborator with the AFU office, who works closely with Christine on managing the TRACEUS project, and Caoimhe Gilmartin, who is doing a marketing internship for DCU AFU.

Project Updates

After a round of initial meetings, Traceus has truly started! Cardet, our partners in Cyprus, have created our website, which will go online very soon.

The most exciting news is that co-creators have joined the project in all participating countries. This will make our project different and more relevant to the audience we are hoping to reach. The insights and experience of all our co-creators will guide us to produce accessible learning material, and ultimately, will help to produce interesting and engaging recipes and cooking videos.

From talking to them, we already know that one of the reasons for participating is their interest in cuisines and recipes from other European countries. Many have travelled, and enjoyed eating local dishes and meals, and they are looking forward to hearing more about the food traditionally prepared in Belgium, Bulgaria, Cyprus, France, Ireland, Spain and beyond, through the participation of people from other lands and cultures.

We will now devote our time to the preparation of a learning platform and a learning module which will concentrate on how to talk about recipes and food traditions, and on using smartphones for video.



Spotlight on Irish co-creators

Meet our Irish co-creators, Maura and Sean! They feel this is a time of change in their life, and they want to make the next era meaningful. Covid has stopped all their future projects, so they feel that TRACEUS is one they can work on and enjoy. Both Maura and Sean are from a farming background, and Sean is still a cattle farmer.

Good and safe food is central to their lives. Both their mothers were excellent cooks, their kitchen was the heart of the home. Sean's mother was a daily bread maker, and she passed on the skills and recipe to Sean's sister. She also used to make butter, as did Maura when she was a child on her grandmother's dairy farm.

Maura still owns a cookery book belonging to her mother, her recipes handwritten between the printed recipes. The book is full, old and well used, with handwritten recipes sometimes hidden by grease marks.



The dishes Maura's mother passed on are mostly cakes, but there is also a very good turnip soup. Maura cooks and enjoys it, although she says she wouldn't miss it if she stopped.

Sean's signature dish is tea and chips – the best in Ireland. Sean learned to cook chips from his mother, who grew up on a potato farm, Pinks were her favourite. She preferred her potatoes boiled and served with homemade butter.

What Maura and Sean hope to get from this project is to discover new recipes from other nations, and also to meet people from other European countries.



To make good chips

Sean's Recipe

Ingredients

3 litres of cooking oil
2 potatoes per person (For best results use Queens or Pinks)

Method

Heat good quality cooking oil in a chip pan (about 3 litres). Allow 2 potatoes per person depending on their size and how hungry each person is. Wash the potatoes before peeling. Peel and chip your potatoes.

Each chip should be approximately 1-1.5 cm wide and the length of the potatoes. Place the chips in a colander and wash thoroughly with hot water from the electric kettle. Once washed give the chips a good shake to get rid of the excess water and dry in a towel a tea towel or paper towel. Ensure the oil is hot, about 190°C. Put the chips carefully into the heated oil. Remove after 5 minutes. Allow the oil to come back up to 190°C. Put the fried chips back into the re-heated chip pan for 7-8 minutes. When the chips are cooked place them onto absorbent kitchen paper to dry off the excess oil. Eat and enjoy!

