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IN THE LOOP



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



Introduction to MEDITER

Euro-Mediterranean Network for Cooperation - MEDITER is an NGO network of actors that promote the sharing and transfer of knowledge, strategic skills and good innovative practices in the Euro-Mediterranean space. We strongly believe in cooperation as a strategic factor for development and peace. We have extensive experience in designing and supporting programs that address contemporary social needs, at the European level and between the two shores of the Mediterranean. MEDITER has developed measures to prevent and tackle financial, cultural and socio-economic exclusion of vulnerable groups (lone parents, displaced persons, war widows, refugees, migrants). Special attention is paid on gender dynamics. We are based in Brussels and have office in Beirut. Victor Matteucci is the President of Mediter, He is engaged in strategic cooperation in the the Mediterranean Region and in the Middle East - solidarity and local development, social and cultural engagement - strategic planning. He is an expert in the EuropeAid DEVCO program -management and senior coordinator of actions external cooperation of Europe and an expert of actions in the Mediterranean region and in the Middle East - transfer of strategic skills, support to gender dynamics, subsidiarity, relations between local authorities and NGOs, knowledge economy. Michela Valentini is a European project manager, she is in charge of Mediter for TRACEUS. She has a wide expertise in the field of social inclusion and equality. She is a trade unionist, too.



OVERVIEW

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Project Updates

Spring is well and truly here, with the beautiful month of May – although for many of our partner countries, it did not live up to its promises, more like a last burst of winter than a start of summer. Maybe that's why we are late with our newsletter this month, hoping for summer

This was the month when our second partners meeting was meant to take place, and it did, but we went to Paris virtually only. It was a great visit though, following a map to wonderful restaurants, watching one of the French co-creators make a dish for us, and finally taking a quiz on European food (this was a keeper, you will find it in your course next Autumn).

Finally, we now have a learning platform, designed by Cardet in Cyprus; we will now work to produce and translate the material for the course.

Spotlight on Belgian co-creator

Abibata Konate, also called Mama Africa, is one of our co-creators. She is from the Ivory Coast. She arrived in Italy in 1994, she lived in Palermo for a few years before moving to Belgium. She immediately decided to dedicate herself to activities and projects aimed at children and women. She is involved with associations and projects to improve the living conditions of Burkinabè, becoming a point of reference and a valid link between European culture and that of Central and Eastern Africa.

She has carried out many projects, starting with a small tavern in the Ballarò district, the historic center of the Sicilian capital, where in 2000 she offered hot dishes and dishes to many compatriots and immigrants nostalgic for their cuisine.

This experience ended, from which her passion for cooking has increasingly developed. Being an excellent Ivorian cook, she won two editions of the "Cous Cous Fest", an international festival of



Mediterranean culture and food and wine, which takes place every year in San Vito Lo Capo (Trapani).

This experience continues in Belgium, where cultural multiplicity is one of the foundations of civil society.

She is happy to join our project to share her passion for cooking and also her experience as a migrant. Today she also is a cultural mediator, a point of reference for Ivorian citizens who leave their country to take root in Europe.



FONIÒ DELLA GRANDNA

This is a dish prepared for important celebrations. Grandmothers are the ones responsible for preparing it, for example during weddings, baptisms, special occasions, even during evenings when the whole family gathers. This is a recipe that brings harmony and creates cohesion.

Foniò is a cereal that is cooked like cous cous, so it will be essential to have a couscoussiera (the specific pot for the preparation of cous cous).

Serves 4

Spinach 250 gr.
Chilli (to taste)
Black pepper (a pinch)
Salt.
Baobab powder (for the Foniò)

Method

Cut the meat into small pieces, but not too small. Cook it slowly. To prevent it from drying out too much, add a little water, then the onion. Brown well, then add the tomato concentrate. As soon as a nice pink color is obtained, here is the turn of the peanut butter which, during cooking, will release its oily part. It will also serve to make the sauce softer, which will then be served with the Foniò. Five minutes from the end of cooking, throw in the spinach (vegetables are your choice, but spinach is typical). If you like spicy, add the chilli, then a pinch of black pepper and salt.

In the meantime, you will have washed the Foniò to remove the typical sand it contains. It will take at least three washes (the last one should be moderate, neither too much nor too little water). After the last wash, add the Baobab powder (the Baobab leaves are pulverized) and mix using the classic couscous for cooking. Once ready, the party will be kicked off for everyone with the grandmothers who will have the task of bringing the Foniò to the table, combining it with the meat previously enriched with the chosen ingredients to make the evening full of color and warmth.



Ingredients

Foniò 500 gr.
Veal or lamb (the fattest part) 500 gr.
Concentrated tomato (50 gr.)
1 onion
Peanut butter (half a jar)