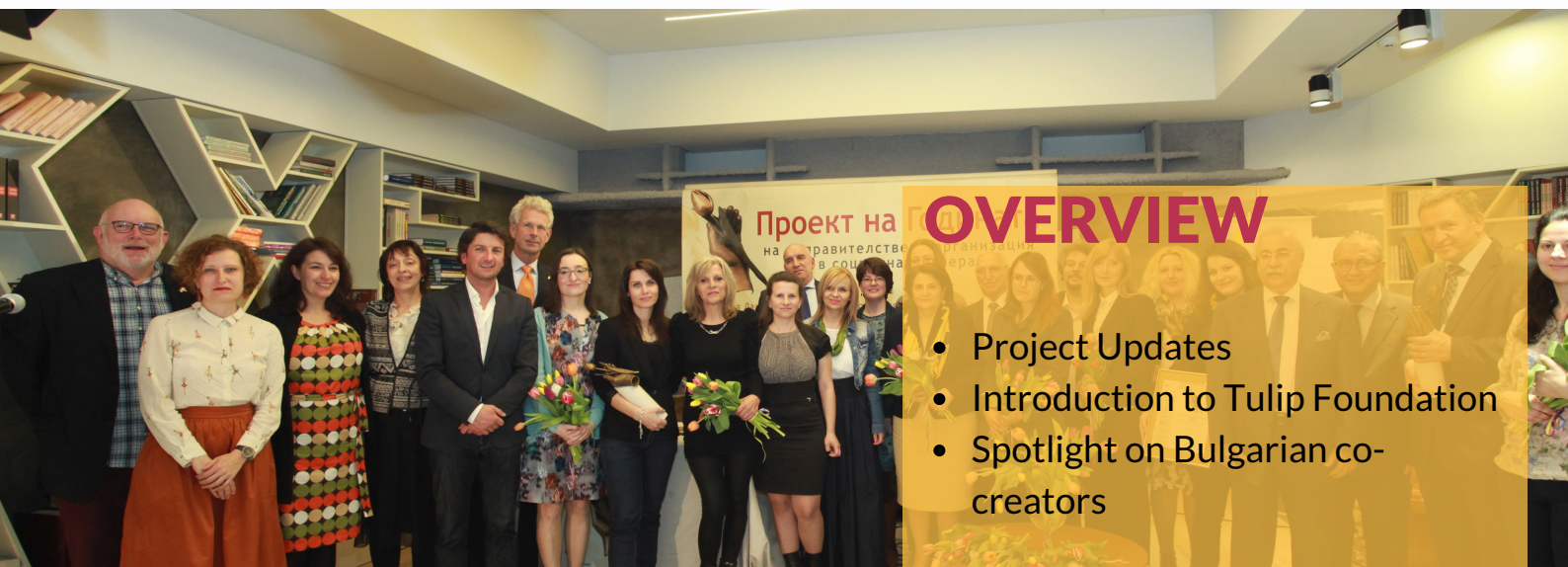


# VOL. 5 | JUNE 2021

# IN THE LOOP



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



## OVERVIEW

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- Introduction to Tulip Foundation
- Spotlight on Bulgarian co-creators

## Introduction to Tulip Foundation

Since its establishment in 2004, Tulip Foundation has been working to improve the quality of life and development opportunities for people in Bulgaria. The Foundation supports the activities of civil society organizations throughout the country with materials, trainings, grants, thematic meetings for exchange of experience. Tulip's programs and projects reflect the understanding that meaningful participation of people in society is important for all. The Project of the Year and Volunteer Initiative awards encourage professionalism in the NGO sector and the activation of volunteers to support groups of people and solve local problems. National campaigns - Days of Good Deeds, Day of Solidarity between Generations, Being a Father and Society of All Ages emphasise the importance of connectedness between people.

Maria Petkova, Director of the Foundation since its establishment and Miroslava Georgieva, Project Coordinator in Tulip since 2008 are responsible for the activities of Traceus project in Bulgaria.



## Project Updates

Summer has come in most of our countries, more timidly in some than others... As restrictions are easing throughout Europe, we hope you are enjoying these first days of summer.

In Traceus, we are hard at work on our training modules, from Unit 1 (Before you start) which will contain some general information on smartphones and on cooking videos (from the best to the hopeful), Unit 2 on Recipes, Culture and Traditions from all the countries in the partnership, Unit 3 where we will look at how to tell the story of your recipe, all the way to Unit 6 when you will be shown how to send or upload your video.

Our social media team in eSeniors is very active, so if you are on Facebook, Twitter or Instagram, make sure you follow us for some information and some fun facts about food and recipes in Europe.

## Spotlight on Bulgarian co-creators

Anelia and Mariana are friends from Sliven who are interested in making bread with natural leavens. They are members of FB group "Passion with Yeast" and are both eager to learn new recipes and meet people from other countries.

Mariana is an abstract art-photographer with 2 solo and other exhibitions in the country and abroad. Her interest in highly varied, well prepared and good looking food has always accompanied her. She uses recipes from cookbooks, personal notebooks, family and recipes from friends and acquaintances, culinary shows. Mariana is excited about the history of food and prefers simple food - small but quality products that bring the taste of nature. She shares A. Bourdains thought: "Good food very often, even more often, is simple food."

In her garden she grows with no chemicals the vegetables, fruits and spices that she cooks.



**Mariana**

Anelia graduated in cultural studies, works at the Youth Centre. She is excited about different cultures, loves to cook, often visits farmers markets and eco-festivals. But doesn't think of herself as a professional chef. Anelia is a fan of healthy eating and organic products as alternatives to industrial food.

She has recipes from her mother and grandmother. She uses also recipes from the Internet, follows the measures exactly, but always adds something of her own. She prefers homemade food with minimum fat, without E and preservatives- "I love food with short way from nature to the table." Her favourite dish is "Veal Eingemacht" as well as her grandmother Nedelya's chicken kavarma and handmade bread with yeast - "This is a Bulgarian tradition that will last."



**Anelia**

## Tarator

*Mariana's recipe for traditional Bulgarian cold soup*

### Ingredients

1 big cucumber  
2 cloves garlic  
1 teaspoon salt  
½ bunch of Dill  
½ bunch of Parsley  
2 tablespoons sunflower oil  
400 g of Bulgarian yogurt  
200 g of water

### Method

Peel and chop the garlic and crush it together with the salt. Add the finely chopped parsley and dill and crush again. Add the oil. Peel a cucumber and cut it into small cubes. Add it to the mixture and mix well. Add the yogurt. Stir again. Finally add the water. Refrigerate for about an hour. If you like you can add some finely crushed walnuts on top. Enjoy your tarator!

