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IN THE LOOP



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



Introduction to



CARDET is an independent, non-profit, non-governmental organization based in Cyprus. CARDet is one of the leading institutions in the Euro-Mediterranean region for research and development. Our team strives to offer the highest quality services to benefit society. We collaborate with local and international organizations, public and private bodies, and across diverse disciplines in designing solutions for local and global challenges.

CARDET has long-standing experience in digital learning and has completed more than 100 projects focusing on adult education at the national and European level. We have developed and implemented education projects and conducted large scale evaluations of education programs around the world.



Dr. Charalambos Vrasidas is the Executive Director of CARDet. He has more than 25 years of global expertise in research, education, social inclusion, e-learning, literacies, innovation, and project management. He is a world expert on the design of e-learning, gamification, online communities of practice, and innovative teaching and learning.

Charis Shiakallis is the European project manager and CARDet's representative for the TRACEUS project. He has experience in the field of social inclusion and equality. He has conducted research, organized events, and delivered training and psychoeducation to various stakeholders.



OVERVIEW

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Project updates

The consortium is feeling positive as it is summer and because the situation of the Covid-19 pandemic is improving. Our project is also progressing at a very satisfactory pace. We are in the final stages of recruiting the project co-creators, and the feedback we have received so far has been particularly positive. Our co-creators appear to be very excited and ready to share their culinary talents.

All the partners are actively involved in developing the educational material that we will hopefully start uploading to the e-learning platform soon.

In the meantime, you can follow us and be informed about the latest project news on our social networking sites, where we often upload quizzes and delicious traditional recipes. Please find the links in this email.

Spotlight on the Cypriot co-creator

Meet our Cypriot co-creator, Anthoulla Charalambous.



Anthoulla is a retired housewife. This is the first time she will participate in such a project and she feels happy to be part of this challenge.

In the past, Anthoulla used to cook for big family gatherings of 20-30 people at a time.

She currently cooks for her children and herself, passing on her recipes and Cyprus' traditional food to her children, especially her son. It is worth mentioning that her son is keen to gain this knowledge.

Since her husband passed away, she spends many hours alone during the day and she considers this project an opportunity to socialize and to pass on her knowledge to others.

Anthoulla describes herself as a culinary enthusiast who loves to eat and cook dishes made from different meat varieties. She mostly cooks traditional Cypriot dishes and sweets, with some of her favourite being "Makaronia touournou" (oven-baked pasta), "koupepia" (stuffed vine leaves), "mousakka", "pourekia", "daktyla" and "kattimerka".

Anthoulla was a child when her father brought home a traditional encyclopedia of cooking, written by a famous chef.

She vividly remembers it circulating through the neighbourhood, with housewives eagerly copying recipes for their families and friends.

Being an experienced cook, she rarely uses recipe books, because she remembers most of the recipes by heart. Still, she notes that following precise measurements from recipes is essential when making cakes and sweets.



How to make koupepia (stuffed vine leaves)

Serves 5



Ingredients

- 50 fresh or brined vine leaves
- 500g (1.10 lbs) ground pork
- ¼ cup olive oil
- 3 onions, finely chopped
- ½ cup parsley, finely chopped
- 3 - 4 tbsp dried mint
- 2-3 leaves fresh mint
- 2 cups fresh ripe tomatoes
- ½ cup concentrated tomato juice and 1 cup water
- 1 ½ cup short grain rice
- Salt
- Vegetable stock
- Freshly ground black pepper
- ¼ tsp cinnamon
- 1 ½ cups water

Method

- Place the vine leaves into just-boiled water to soften. Drain well.
- Heat 60 ml (¼ cup) of the oil in a saucepan over medium heat. Place the finely chopped onion into the pot once the oil has heated up and cook for 5-6 minutes or until soft. Remove from the heat. Do not over fry it. Add the minced pork. Before the mince is too browned add the tomatoes and chopped mint. Add pepper, cinnamon, dry and fresh mint and vegetable stock. After having washed and drained the rice in a bowl combine the onion, mince, tomato, herbs, salt, spices, passata and rice in a bowl.
- Place 1 tbsp of the mixture in the centre of each leaf and roll up to form a parcel, tucking in the ends as you go. Snugly fit the koupepia in a flameproof casserole dish and add just enough water to cover. Place a plate on top to keep the koupepia submerged and hold their shape. Pour the lemon juice and the remaining olive oil over the koupepia, then cover and simmer over low heat for 30-45 minutes.
- Serve with a squeeze of lemon juice.
- Koupepia are usually accompanied by a village salad and tzatziki.