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IN THE LOOP



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



Introduction to UCLM

The University of Castilla-La Mancha (UCLM), which was created in the academic year 1985/1986, is a modern and competitive institution. Its study programme is adapted to the needs and requirements of its potential students from degrees to official masters, through to postgraduate programmes and lifelong learning. Social responsibility is a strategic aim for the UCLM community, an institution sensitive to the challenge of training not just the best professionals but also making a contribution towards the development of socially committed individuals.

This is illustrated by the 50 + José Saramago University Program, which provides an alternative for those people who enjoy studying and believe it is never too late to learn.

Raquel Cervigón, University Professor and Coordinator of the 50 + José Saramago University Program (JSUP) in Cuenca is responsible for the activities of Traceus project in Spain.



OVERVIEW

- Project updates
- Introduction to UCLM
- Spotlight on Spanish co-creators

Here comes the sun, here come summer and holidays! Although restrictions continues throughout Europe, vaccinations have allowed some of us to move, and we hope you are all enjoying this summer.

In Traceus, we are hard at work on our training modules and we continue with our monthly meetings to prepare workshops that will start later in autumn.

To prepare for this, we are already **looking for participants** – if you know anyone interested in taking part in our training, and interested in sharing their recipes and stories about traditional dishes, please get in touch with us!

You are invited to follow us in our Facebook, Twitter or Instagram, there you can find information and some fun facts about food and recipes in Europe.

Spotlight on our Spanish Co-creators

Meet our Spanish co-creators, Enrique and Ana. They are friends and they are interested in cooking traditions. Enrique is a very active person. At the age of 65, he is involved in projects like TRACEUS. Many years ago, he studied law, and has now been studying with the 50 + JSUP for 6 years. This past year, despite the pandemic, he attended English and German workshops.

He is interested in everything that has to do with culture, history and literature. He has always been interested in gastronomy. It seems to him that it says a lot about the country to which it belongs. He, in particular, likes home cooking as well as slightly more elaborate dishes with his family and friends. And he continues to ride his motorcycle.



When Ana was 3 months old, she emigrated with her family to Germany and lived there for 18 years. Living in different countries has allowed her to enrich herself with different gastronomic cultures and she wants to continue doing so. For her, this project is a great opportunity to do so.

She has always loved to paint and sometimes dreams come true, she was able to study fine arts in Cuenca for 3 years and is now part of an intergenerational group of painters that includes adults and children. She also loves to paint at the JSUP with a very famous painter in the region. Now, 58 years later, she is delighted to share experiences with people studying at 50 plus JSUP, in Cuenca, her home. Finally, she can say: imagine it! Just do it!



How to make Alajú

INGREDIENTS

- 1 kg honey
- 200 gr. sugar
- almonds
- finely grated breadcrumbs
- 4 drops of orange essence
- 20 cm diameter round wafers

METHOD

Heat the honey with the sugar and cook until firm. Once this is done, add the breadcrumbs, the almonds and the orange essence, stirring it all together until a uniform, thick paste is obtained.

With the wafers, make the cake, placing one wafer on the table, sprinkle with flour so that it does not stick, place the mixture in the centre and the other wafer on top, pressing on the sides and shaping it so that the cake about two centimetres thick.

Put on a clean cloth, put some weight on top so that the shape of the wafer does not curve with the filling, leave it to rest for approximately two hours and it is ready to eat. It should always be served neither too cold nor too hot, room temperature is ideal.