OVERVIEW

- Project updates
- Recruitment
- Spotlight Irish food

The leaves on the trees are starting to turn yellow and brown, there is a slight chill in the morning in some of our countries. We are all looking forward to different types of food as Autumn comes in, fewer salads, many more soups.

In Traceus, it is time to recruit participants for our programme. Training will start in January, but before then, our new participants will take part in 2 meetings to talk about the Traceus and start laying foundations for their own projects.

Keep an eye on your emails, each partner will contact people in their country to take part in our big food and video adventure!

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.
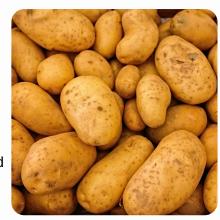
Food and history in Ireland

Irish culinary tradition's best known element is the humble potato. Indeed, it can be said that there are two eras in Irish food: before the potato, and after the potato. This also intimately links food and history.

By 1841, a few years before the Famine, there were approximately 8.4 million people in Ireland, making it one of the most densely populated countries in Europe.

The potato blight of 1845-1847 led to the Great Famine, which decimated the population and left an indelible mark on Irish culture. One million people died, and one million emigrated. In 1851, the population had dropped to 6.5 million, and a downward trend continued with high levels of emigration. By 1931, it was down to 4 million.

Food in Irish tales and myths

The Salmon of Knowledge (An Bradán Feasa) is in the Fenian Cycle of Irish Mythology.

The first thing to ever come into creation was a hazel tree; all the knowledge of the universe was contained in its branches . This hazel tree grew over the Well of Wisdom (Tobar Segais) where lived a great speckled salmon. The story tells that the salmon ate some hazelnuts which had fallen into the well, thus acquiring all the wisdom of the universe. It was foretold that the first person to catch and eat the salmon would gain this knowledge and that a man by the name of Fionn would be the one to do so.

Many tried and failed, until a poet named Finnegas caught it, after he had fished the river Boyne for seven long years. Finnegas told his apprentice to prepare the salmon for him. The apprentice was a young Fionn McCool (Fionn mac Cumhaill) the great Irish warrior and hero. He burnt his thumb while cooking the salmon, creating a blister. When the blister burst, without thinking, he put his thumb into his mouth to ease the pain and in an instant acquired all its knowledge.

Potato cakes

INGREDIENTS

- 450 g cooked potatoes
- 25 g butter (melted)
- 3 tblsp flour
- 1 tsp salt
- 40 g butter (for frying)

METHOD

- Mash the potatoes until smooth.
- Add the melted butter and stir in the flour, salt and pepper.
- Turn the mixture onto a floured surface and roll it with a rolling pin (or flatten it with your hands...)
- Using a pastry cutter - or the rim of a glass, cut the mixture into rounds.
- Melt the butter (or vegetable oil) in frying pan, and cook the potato cakes for about 3 minutes on each side, or until they are golden.
- Lift them out with a spatula and drain on kitchen paper.