



In every partner country a European roadmap of events on culinary and curative traditions in Europe took place in November 2013. These five events in Paris, Kaunas, Palermo, Liverpool and Innsbruck were organized by the trainers and the participants and were very successful. A lot of participants attended the events and they had the opportunity to taste different dishes and to see how to prepare them.



FRANCE; Paris

On Saturday, 9th November the participants in Paris were able to show their creations in front of a large public. The special guests were three participants from Verein Multikulturell, Austria.

In different cooking workshops the participants of the project were able to present different dishes and the guests gathered around the large kitchen table and curiously observed the preparation of dishes, while taking notes and posing questions to our 'cooks' at the same time. There was for example a fusion of Colombian and Italian culinary traditions called "Constellation of flavours", "Pasion Mole" ("Boles of passion"), a delicious mixture of Korean, Mexican and Colombian tastes, "Wiener Schnitzel" and "Apfelstrudel" (apple strudel) from the Austrian participants. In the next workshop the invited were able to learn how to combine Chinese -Colombian tastes, gathered in a dish called "Asian Sancocho", which was followed by the presentation of "Couscous Paisa": the innovative recipe that included something from French, Colombian and Bolivian cuisine.

After each of those cooking workshops, there was the time given to one of the sweetest and most anticipated moments: the tasting! Participants and guests dived into the flavours and enjoyed the prepared 'delicacies'. Parallel to our 'culinary' activities, various other workshops and expositions were taking place in the large room next to the kitchen.



LITHUANIA, Kaunas

Seniors Initiatives Centre (Lithuania) held the 'Fair of Cultural and Intergenerational Flavours and Tastes' on Saturday 16th November, 2013 in Kaunas. Here the guests were women from CESIE, Italy.

Preparation for the event was part of ALCE active learning training course. In the last sessions of ALTC the participants generated the idea of the event, made a detailed plan, decided on the dishes to be cooked, calculated the amounts of ingredients, shared the responsibilities, and maintained frequent communication afterwards. The event attracted Tartar and Russian communities, children from foster home Atzalynas, EVS volunteers working in Kaunas, African students studying at the University of Agriculture, and family and friends of the participants.

The ALCE women decided to make stuffed dumplings, a dish eaten by many Eastern European nations and called koldūnai or virtiniai in Lithuanian, pierogi in Polish, pelmeni in Russian, and quite similar to Italian ravioli, or Chinese jiaozi or wonton. The availability of a similar dish in many parts of the world proves the polycentric origin of this culinary idea, i.e. boiled or baked dumplings with different stuffing were independently invented in different cultures. This dish was chosen because it takes many hands to cook it and everyone could have a try. The dumplings were stuffed with beef and potatoes and served with boletus sauce. Children from foster home and EVS volunteers especially enjoyed making the dumplings using special moulds and a friendly chat in the kitchen.



ITALY, Palermo

On 23rd November 2013, the Italian women group, supported by CESIE staff, organised the cultural event 'Around the world on a carpet of flavours'.

The event was divided in two phases: the cooking workshops in the morning at Palazzo Branciforte and the final event in the afternoon at the Palab Association, with also some workshops of food education for children.

All the activities were organized by the women who participated in the project. At the end of the day a buffet was offered with the food prepared during the workshops and the live cuisine at Palab.

The event involved more than 100 participants belonging to different communities in Palermo.

In the framework of active training, some women took part in a learning mobility that allowed them to get to know the women who made the same experience in the other partner countries.

The first mobility experience was the EUROPEAN ACTIVE LEARNING TRAINING COURSE that took place in Innsbruck, Austria, from September 29th to October 2nd 2013. Two women from each partner country met to share their training path and their ideas for the organization of the cultural event. The objective was to collect the best ideas and share them with their group in their own country.

The second mobility experience was included in the ROADMAP of cultural events that took place in November 2013. Each partner organised a cultural event in their city, hosting three women from a country and sending three other women to another partner country. The Italian cultural event took place in Palermo on 23rd November, with a group of French women attending, while the women representing the Italian group took part in the event held in Kaunas, Lithuania.



UNITED KINGDOM, Liverpool

On 23rd of November 2013 the event in Liverpool was attended by women from Lithuania taking part in the project with Lithuania partner organisation Seniors Initiatives Centre in Kaunas. The event was visited by over 70 people from Liverpool communities. The event was officially launched by Ex Lord Mayor of Liverpool and Councillor Hazel Williams. The women from the project lead on the organisation and delivery of this event which brought local communities together for an interactive day of cooking, tasting, dancing, art and non formal learning workshops.

The event held a tasting buffet to showcase a wide range of different dishes and natural remedies that were presented by the women during the project. There was also a food bazaar to demonstrate the different recipes, remedies and ingredients that were explored during the project and the different cultures they represented. The event also had community dance performances by children participating in youth projects at the centre, world dance performances from Sri Lanka, belly-dancing, henna art demonstrations and stalls displaying clothes and jewellery from the different countries.

Visitors were given a copy of the ALCE recipe book which showcases recipes and remedies from each partner country in celebration of the projects innovative approaches to stimulate inter-generational and intercultural learning.



AUSTRIA, Innsbruck

The last event of the European roadmap took place on 29th of November 2013 at the College of Tourism in Innsbruck. The participants of the project from Innsbruck and three women of the partner organisation "Merseyside Expanding Horizons" from Liverpool, United Kingdom cooked different dishes for the numerous guests. An exhibition of local remedies and herbs as well as traditional cooking utensils of the past and present could be seen between the individual dishes. Three of the participants from Innsbruck also had the opportunity to take part at the public event from the french partner „ELAN Interculturel“ in Paris. In addition to numerous delicacies and interesting tips on remedies from the French participants, some traditional dishes were also prepared by the Austrian group, which were offered to the visitors of the event for tasting.



For more information and recipes go to: www.appetiteforlearning.eu



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This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.