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IN THE LOOP



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



OVERVIEW

- Project update

The TRACEUS platform is being finalised, and will be ready in the beginning of March.

We are also glad to be welcoming two more partners in France and Spain, who are motivated and looking forward to the project.

The French partners continue to promote the project on social media through innovative and engaging quizzes on food. Don't forget to follow us on Instagram and Facebook.

Volunteers in our TRACEUS project

Our volunteers are more motivated than ever to help out and help build the project. One of our own Brenda has said that she wanted to join and help the project to help preserve cultural heritage.



"I love the idea of compiling a record of old recipes and the recollections that go with them. Food, like music from your teenage years, can evoke such lovely memories of good times in the past. But it's not just about looking back, looking to the future is just as important...so I'm nervous but pushing myself to learn the new recording skills that will be needed too."

It is very important to us to support all the people that are willing to learn to make sure this project is successful, so we would like to thank all the volunteers working on this project, from everywhere around Europe.



Guinness and cheddar shepherd's pie

INGREDIENTS

2 tbs olive oil
1kg lamb mince
2 onions, finely chopped
2 carrots, finely chopped
2 celery sticks, finely chopped
3 cloves garlic, crushed
1½ tbs plain flour
440ml can Guinness
2 cups (500ml) beef stock
¼ cup (60ml) Worcestershire sauce
3 tsp dried mint
2 tsp ground cumin
1 kg desiree potatoes, peeled, chopped
¾ cup (180ml) milk
2 egg yolks
Pinch of nutmeg
150g vintage cheddar, coarsely grated

METHOD

- Heat oil in a heavy-based saucepan over medium-high heat, add mince and cook, breaking up lumps with a wooden spoon, for 8 minutes or until liquid has evaporated. Add onion, carrot, celery and garlic and cook, stirring often, for a further 5 minutes. Sprinkle in flour and stir for 1 minute or until well combined. Stirring continuously, add beer, stock, Worcestershire sauce, mint and cumin, bring to the boil and cook, stirring often, for 20 minutes or until sauce has thickened and lamb is tender. Season and pour into an 8-cup (2-litre) baking dish.
- In a saucepan, cover potato with cold salted water, bring to the boil and cook for 15-20 minutes until very tender. Drain in a colander. Add milk to saucepan, bring to a simmer, then take off heat, add potato and mash until smooth. Fold in yolks, nutmeg, two-thirds of the cheese and season.
- Preheat oven to 200°C. Top lamb with mash, scatter with remaining cheese and bake for 30 minutes or until potato is golden and sauce bubbling. Cool slightly for 15 minutes before serving.