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Project's updates

The Traceus project is moving forward! The online platform, designed and elaborated by the project partners, have been finalized and made available to the participants. As the trainings are starting progressively in each country, the platform, which includes numerous quizzes, unique recipes, the history of the countries' cuisines, and tips on filming and editing videos, is being presented to seniors all around Europe! Having collected the first feedback from the partners and participants, the Cyprus partner will apply some of the modifications to make the platform as more user-friendly as possible.

The training organized for seniors by the partners is based on five modules which help the participants with different levels of digital skills to learn how to film and edit videos with their smartphones, learn interesting facts about different European cultures and even discover some of their local countries' recipes. Each module includes numerous quizzes and self-assessment questions to ensure a simple and interactive learning process and apply the acquired knowledge into practice. In addition, each session is followed by some home activities, such as readings, TV shows' watching, script writing, DIY, videos filming and editing. Some of the partners use social communication platforms to assist the participants in all the stages of their learning process and engage them in ideas' exchange and after-sessions' discussions.

Using food as a bridge between different cultures and technologies, the participants dive into a complex but bright and interesting digital world of culinary videos and online stories' sharing.

Even more is coming! Stay tuned and check the first videos filmed and published by the participants thanks to the Traceus project.

Leek and bacon quiche

A classic, indispensable and basic French recipe is in today's newsletter! Welcome Leek and bacon quiche!

Brief history

Quiche is a savory pie filled with eggs beaten in cream which almost 70% of French, reportedly, know how to cook! Since the Middle Ages, it has known numerous variants changing from one region to another. The Quiche Lorraine, probably the most well-known version of quiche, became a specialty of French cuisine in the 19th century. During the 20th century, the recipe went worldwide gaining even more diversity and creativity. Nowadays, there are hundreds of ways to cook quiche with various ingredients, e.g. salmon, champignons, tomatoes, to name but a few.



Ingredients

- Shortcrust pastry (or 3 tablespoons of flour to add to the following ingredients if you don't have any pastry)
- 25 cl of milk
- 4 leeks
- 100 g grated Gruyere cheese
- Pepper & Salt
- 4 eggs
- 20 cl of liquid cream
- 100 g smoked or plain lardons

- STEP 1

Preheat your oven to 200°C. Cut the leeks into thin slices and steam them for 10 minutes.

- STEP 2

Brown the lardons in a frying pan, add the cooked leeks, continue cooking over medium heat for 5 minutes and set it aside.

- STEP 3

In a large bowl, mix the eggs, cream, milk, flour (if you are not using shortcrust pastry) and gruyere cheese.

- STEP 4

Butter a pie pan, cover with the pastry or line the bottom directly with the leek-bacon mixture.

- STEP 5

Pour over your mixture made with the rest of the ingredients. Bake for about 30 minutes, keeping an eye on the cooking time.

Voilà ! Enjoy your quiche with your friends and family.

