



Different generations and cultures merge in the fair of flavours and tastes



Looking back at 2013, some of the most memorable reminiscences were ALCE culinary events in partner locations. Seniors Initiatives Centre (Lithuania) held the *Fair of Cultural and Intergenerational Flavours and Tastes* on Saturday 16th November, 2013 in Kaunas. Our guests were women from CESIE, Italy. Almost 80 people gathered in the hall of Public Catering Department of Kaunas College, where ALCE international culinary event took place from 1 p.m. until 6 p.m.

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.

Meanwhile, in the hall the guests, entertained by the folk-rock band *Midula*, were enjoying a variety of pies and pastries, herbal teas and natural remedies. Public Catering course students demonstrated table laying and food decoration ideas. In multimedia room the visitors could see the moments of ALCE project on the screen: ALTC sessions in Kaunas and Palermo, international meeting and training in Innsbruck.

After the dumplings disappeared in hungry stomachs, the ladies from Palermo, helped by an Italian volunteer now working in Kaunas, cooked an Italian and Ghana fusion dish: pasta with stewed beef and lentil sauce. The dish was a real success and also vanished in no time.

The roadmap event was a good occasion for ALCE participants to test communication, mathematical, digital, interpersonal and civic, and entrepreneurial competencies, cultural expression, creativity, teamwork, presentation and other skills built in ALCE active learning training course.

The evaluation session was held 16th December 2013. The learners made a reflection and self-assessment based on the provided grids and were interviewed by the trainer in order to evaluate the competences and skills gained in ALTC. The session ended by official awarding of certificates, tasting of delicious trial Christmas pastries and sharing the recipes and cooking know-how.



SIC – Association Seniors Initiatives Centre
Krevos g. 9-2 | 44236 Kaunas | Lithuania
+37 (0) 37200178 | virgisedita@takas.lt | www.senjoru-centras.lt



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.