



# REPORT: Work Package 2

## Cooking-based events and intercultural meetings



As part of **Work Package 2: Cooking-based events and intercultural meetings (WP2)**, all five partners successfully organized the events aimed at fostering intercultural exchange and community inclusion. These events are key components of the **SOUL Food** project.

One of the main objectives of the SOULFood project is to promote **inclusivity and accessibility** in adult education, particularly by addressing language barriers and supporting intercultural engagement. These cooking-based events are the first step towards creating a **modular educational pathway**, to open up new opportunities for migrant women in the partner countries.

Each partner country organized one or more of these events. Some took a more theoretical approach to culinary exchange, and some took a more practical approach by organizing inclusive cooking sessions for participants. With a total number of **302**





WP2-A2.4 Cooking-based events and intercultural meetings

## Protocol of the 2<sup>nd</sup> Open Cooking Session Special Edition series

### Turkish Cooking Session

#### SOULFOOD

15.02.2025 from 10:00 – 13:00

Calle de San Braulio 5, 50003 Zaragoza

**Moderators from Geinnova:** Naomi Nervo, Anna Frigo

**Facilitators & translators from Geinnova:** Naomi Nervo, Anna Frigo

**Workshop Leaders:** Anıl Güzelmansur

**Participants:** 14 (Please refer to the list)





### **Arrival of session's leaders: (9:30 – 10:00)**

Naomi and Anna arrived at the kitchen and began setting up the space, ensuring everything was organized and ready for the session. As part of the initial preparations, they arranged the necessary ingredients and cooking tools. At the same time, they finalized the event plan, going over every detail to ensure a smooth and well-structured experience for all participants.

### **Arrival and Introduction : (10:00-10:30)**

As participants began to arrive, the Geinnova moderator welcomed them, making sure they felt at ease and had the chance to interact with one another. Once everyone was present, Naomi took charge of introducing the SOULFOOD project. She explained its core objectives and provided an outline of the day's activities. In her introduction, Naomi emphasized the project's deeper mission—honoring cultural heritage, strengthening community bonds, and discovering culinary traditions. Afterward, each participant had the opportunity to introduce themselves, sharing insights about their background, their personal connection to food, and their reasons for taking part in the workshop. This exchange helped create a warm and inclusive atmosphere, encouraging meaningful connections and open engagement among the participants.



## Recipe

# CROQUETAS DE PAPA Y BULGUR 4

## Ingredientes

- 2 papas grandes
- ½ taza de bulgur fino (usado para hacer tabulé)
- 1 cebolla grande
- 1 cucharada de pasta de tomate
- 1 cucharadita de pasta de pimiento picante
- Una pequeña cantidad de aceite vegetal
- Sal (al gusto)
- Copos de pimiento rojo (al gusto)
- Zumo de ½ limón
- ½ manojo de perejil

## Receta

- Corta las papas en cubos, añade suficiente agua para cubrir las ligeramente y hiérvelas hasta que estén completamente cocidas.
- Una vez cocidas, escurre las papas y colócalas en un tazón para mezclar.
- Agrega el bulgur fino a las papas calientes y aplástalas juntas con un tenedor. Cubre el tazón y deja que el bulgur absorba el calor y se hinche.
- Mientras tanto, pica finamente la cebolla y sofriela en un poco de aceite vegetal junto con la pasta de tomate y la pasta de pimiento picante.
- Añade la mezcla de cebolla salteada a la mezcla de papa y bulgur.
- Incorpora el perejil picado finamente, sal, jugo de limón y copos de pimiento rojo al gusto si lo prefieres picante. Mezcla todo bien.
- Amasa ligeramente la mezcla, forma pequeñas hamburguesas y sirve.





## Collaborative Cooking and Cultural Exchange (10:30 – 11:30)

With everything ready, participants settled into their assigned cooking stations, excited to get started. Anil introduced the recipes, guiding them through each stage of preparation while also discussing the cultural significance of the dish and the importance of key ingredients. As they followed along, participants actively took part, asking questions and sharing anecdotes about similar dishes from their own traditions, making the session both engaging and enriching.

Once the instructions were clear, everyone began their tasks, each person handling a specific role. Under the chef's careful guidance, they cooked together, meticulously following the steps while exchanging stories and laughter.

Many worked in pairs or small groups, which not only streamlined the process but also fostered social connections. As they collaborated, they naturally shared personal experiences, discussing family food customs and the deeper cultural value of cooking. Before long, the kitchen was alive with the sounds of sizzling ingredients, animated chatter, and the warmth of a collective culinary experience.



## Sharing the Meal and Closing the Experience (11:30 - 12:00)

As soon as the meal was ready, everyone gathered to enjoy it together. They snapped photos to capture the occasion, admired the final presentation, and shared their thoughts on the taste and texture of the dish. The atmosphere was filled with laughter and lively conversation as participants reflected on the cooking process and the cultural significance behind the recipe. Once they had finished eating, the group worked together to clean up. Some took care of washing the dishes, while others wiped down the counters and put utensils back in place. By the end, the shared effort reinforced a strong sense of connection and collaboration, leaving everyone with a meaningful and rewarding experience.





WP2-A2.4 Cooking-based events an intercultural meetings

## Protocol of the 2<sup>nd</sup> Open Cooking Session Special Edition series

### Asiatic Cooking Session

#### SOUL FOOD

08.02.2025 from 10:00 – 12:00  
Calle de San Braulio 5, 50003 Zaragoza

**Moderators from Geinnova:** Anna Frigo

**Facilitators & translators from Geinnova :** Anna Frigo

**Workshop Leaders:** Pablo Ruiz Peciña

**Participants:** 17 (Please refer to the list)





### **Arrival of session's leaders: (9:30 – 10:00)**

Anna and Pablo arrived at the community kitchen to begin preparations. They had discussed how to organize the cooking session, including the presentation of the project, setting up the kitchen, and handling initial preparations.

### **Arrival and Introduction : (10:00-10:30)**

As participants started arriving, the Geinnova moderator greeted them, ensuring they felt comfortable and had the opportunity to get to know one another. Once the group was complete, Anna took the lead in presenting the SOULFOOD project. She outlined its main objectives and provided an overview of the day's planned activities. In her introduction, Anna highlighted the project's deeper purpose—celebrating culture, fostering community, and exploring culinary traditions. Following this, each participant had a chance to introduce themselves, sharing details about their background, their relationship with food, and their motivation for joining the workshop. This exchange helped establish a welcoming and inclusive environment, encouraging everyone to connect and engage more openly.





## Recipe

# 地三鮮-DÌSĀNXIĀN 4

### Para las verduras:

3 cucharadas de aceite de sésamo 2 berenjenas asiáticas (300g)  
2 patatas medianas (500g) 2 pimientos verdes (300g)

### Para la salsa:

2 cucharadas de aceite de sésamo 2 cucharada maicena  
3 ajos tiernos Media cucharita de azúcar  
4 dientes de ajo Media cucharadita de pimienta blanca  
4 cucharadas de salsa de soja clara 6 cucharadas de agua  
1 cucharada de vino de arroz

## Receta

- Cortar la berenjena en trozos oblicuos.
- Dejar en un bol con agua y sal abundante.
- Cortar patatas en trozos oblicuos.
- Cortar pimientos en un tamaño similar a las patatas
- Mezclar en un cuenco los ingredientes para la salsa. Excepto ajos, ajos tiernos y aceite.
- Freir patatas a fuego medio alto en un wok con aceite de sésamo y dejar a parte.
- Freir los pimientos y al bol con las patatas.
- Secar bien la berenjena y rebozarla de maicena.
- Freir en wok con un poco de aceite. Separar al bol con las verduras.
- Para terminar freimos los ajos y ajos tiernos en un poco de aceite.
- Cuando ya estén aromático y no huelan a crudo añadimos las verduras y al momento añadimos la mezcla de la salsa.
- Salteamos un par de minutos hasta que la salsa coja textura.
- Servir con una base de arroz y decorar con un poco de ajos tiernos y semillas de sésamo





## **Collaborative Cooking and Cultural Exchange (10:30 – 11:30)**

With everything set up, participants took their places at their assigned cooking stations, eager to start. The chef introduced the recipes, walking them through each step of the preparation while also highlighting the cultural significance of the dish and the role of key ingredients. As they listened, participants engaged in conversation, asking questions and sharing their own experiences with similar dishes, making the session both interactive and enriching.

Once the instructions were clear, everyone began working, each taking on a specific task. Under the chef's attentive guidance, they cooked together, carefully following the steps while exchanging stories and laughter.

Many formed small teams or paired up, making the process more efficient and naturally fostering social interaction. As they collaborated, they shared personal experiences, discussing food traditions in their families and the deeper meaning of cooking in their cultures. The kitchen soon came alive with the sizzle of ingredients, animated conversations, and the warmth of a collective culinary experience





## **Sharing the Meal and Closing the Experience (11:30 - 12:00)**

Once the dish was ready, everyone gathered around to share the meal together. They took photos to capture the moment, admired the final presentation, and exchanged thoughts on the flavors and textures of the dish. Laughter and conversation filled the space as participants reflected on the cooking process and the cultural significance behind the recipe.

After enjoying the meal, everyone pitched in to clean up the kitchen. Some washed dishes, while others wiped down surfaces and organized utensils. The collaborative effort reinforced the spirit of teamwork and community, leaving everyone with a sense of accomplishment and shared experience.





WP2-A2.4 Cooking-based events and intercultural meetings

## Protocol of the 2<sup>nd</sup> Open Cooking Session Special Edition series

### Italian Cooking Session

#### SOUL FOOD

30.01.2025 from 15:00 – 18:00

Calle de San Pablo, 42, Casco Antiguo, 50003 Zaragoza

**Moderators from GEInnova:** Naomi Nervo, Emanuela Viglione

**Facilitators & translators from GEInnova :** Naomi Nervo, Emanuela Viglione

**Workshop Leaders:** Emanuela Viglione

**Participants: 17** (Please refer to the list)





## **Host Organization: SSVP Sociedad de San Vicente de Paúl**

SSVP served as the host organization for this event. Located in the San Pablo barrio of Zaragoza—one of the most multicultural areas of the city—SSVP plays a vital role in promoting social inclusion, with a strong focus on supporting marginalized communities. Thanks to its close partnership with Geinnova, SSVP generously provided the kitchen space free of charge, making the event possible. The participants came from diverse backgrounds, representing countries such as Morocco, Algeria, Nicaragua, Colombia—nations from which a large number of migrants in Spain originate—as well as Iran and Poland.

### **Arrival of session's leaders: (14:30 – 15:00)**

Naomi and Emanuela arrived at the community kitchen to begin preparations. They had discussed how to organize the cooking session, including the presentation of the project, setting up the kitchen, and handling initial preparations.

### **Arrival and Introduction : (15:00-15:30)**

Participants began to arrive, and the Geinnova moderators welcomed them, helping them settle in and get acquainted. Once everyone had arrived, Emanuela and Naomi introduced the SOULFood project, outlining its objectives and providing an overview of the day's activities. They explained the significance of the project, emphasizing its focus on culture, community, and culinary traditions. Then, everyone introduced themselves, sharing a bit about their background, their connection to food, and what inspired them to join the workshop. This helped create a warm and inclusive atmosphere, encouraging participants to engage with one another.

## Recipe

# GNOCCHI ALLA SORRENTINA



4 - 5

500 g de patatas                      150 g de harina                      Una pizca de sal  
Salsa de tomate                      Albahaca                      Mozzarella                      Queso parmesano

## Receta

1. Hierva las patatas en agua durante unos 20 minutos. Tritura las patatas con un tenedor en un bol, luego transfírelas a una superficie plana y continúa triturándolas hasta que queden suaves. Deja que se enfrien.
2. Agrega sal, incorpora gradualmente la harina y amasa la masa hasta que sea elástica y suave. He sugerido la cantidad típica de harina, pero puede variar dependiendo del tipo de patata utilizada. Cuando se hierven en agua, las patatas absorben más agua y pueden necesitar más harina.
3. Sobre una superficie enharinada, extiende la masa con un rodillo hasta que tenga aproximadamente 2 cm de grosor, luego córtala en tiras. Enrolla cada tira sobre la superficie plana para formar una forma alargada, luego córtala en pequeños trozos - ahora tienes tus gnocchis. Colócalos sobre una superficie o bandeja enharinada para evitar que se peguen.
4. Pon los ñoquis en agua hirviendo y déjalos cocinar hasta que floten a la superficie.
5. Cocina la salsa con albahaca durante unos 30 minutos, luego mézclala con los gnocchis. Espolvorea con mozzarella fresca y queso parmesano.



¡Buen provecho!



## **Collaborative Cooking and Cultural Exchange (15:30 – 17:30)**

With all the preparations in place, participants settled into their designated cooking stations, eager to begin. The chef introduced the recipes, explaining not only the step-by-step preparation but also the cultural significance of dish and the importance of key ingredients. As they listened, participants asked questions and shared their own experiences with similar foods, creating an engaging and interactive atmosphere.

Once the instructions were clear, everyone got to work, each person assigned a specific task. Under the chef's careful supervision, the women cooked together, following the instructions while exchanging stories and laughter.

Many chose to collaborate in pairs or small groups, which not only made the process smoother but also encouraged social interaction. As they worked side by side, they naturally bonded over shared experiences, discussing their personal connections to food, family traditions, and the significance of cooking in their cultures. The kitchen soon filled with the sounds of sizzling ingredients, lively conversations, and the warmth of a shared culinary journey.

## **Sharing the Meal and Closing the Experience (17:30 - 18:00)**

Once the dish was ready, everyone gathered around to share the meal together. They took photos to capture the moment, admired the final presentation, and exchanged thoughts on the flavors and textures of the dish. Laughter and conversation filled the space as participants reflected on the cooking process and the cultural significance behind the recipe.

After enjoying the meal, everyone pitched in to clean up the kitchen. Some washed dishes, while others wiped down surfaces and organized utensils. The collaborative effort reinforced the spirit of teamwork and community, leaving everyone with a sense of accomplishment and shared experience.





## WP2-A2.4 Cooking-based events and intercultural meetings

### SOULFood “Protocol” of Cooking Event - Athens GR

***Mind2Innovate & ODYSSEA - MARCH 19, 2025***

**Duration:** 11:00h – 13:00h, **Venue:** *Nikiforou Mandilara 17, Renti, Athens*

**Moderators from Organizers:** Nikitas Kastis (Mind2Innovate), Penny Anastassaki (Mind2Innovate), Zoe Dimopoulou (ODYSSEA), Iro Baka (ODYSSEA)

**Facilitators/Translators (ODYSSEA):** Zoe Dimopoulou (ODYSSEA), Anastassia Leontariti (ODYSSEA)

**Workshop Leaders (Women Migrants/Refugees):** As List of Certificates attached hereby (and uploaded)

**Minutes during the Event by:** Zoe Dimopoulou (ODYSSEA) and Penny Anastassaki (Mind2Innovate)

**Participants:** 28 Participants' list attached (& uploaded), 14 Women Refugees

**Cooking Mentor:** Nikos Kondilis (Chef)



**Arrival in time:** between 10:30-11:00h EST

Nikos (K.), the cooking mentor welcomed the participants, joined by the moderators, Zoe (D.) and Iro (B.), while two of the refugee women with cooking experience available, Mohadisa (Nabizada) and Sanar (Younisi), had already started the preparations in the community “Kitchen Workshop” space. While organizing the team and arranging for the cooking materials, the participants were discussing about the concept of the event, being brought up to serve as a cooking workshop, as well as about the project idea to facilitate the sharing of cultural traits and corresponding recipes regarding the food dishes they were about to prepare. Participants that had joined previous “Kitchen Assistant” upskilling



cooking sessions in Odyssea had been joining, but also there have been newcomers. And the “Cooking Event” started with a marginal 10/15min delay.

### **Introduction** (Mind2Innovate & Odyssea)

Zoe, Iro and Penny started with the introductions, first to the “SOUL FOOD” project idea, and referring the participants to the (weekly) “Kitchen Assistant” cooking sessions. They also briefed especially the new comers and other “observers” and volunteers about the regulations of the kitchen workshops to be met also during the “cooking even” and the steps to be followed to run a collaborative and hygiene event. Since Mohadisa (Nabizada) and Sanar (Younisi) had been joining previous “Kitchen Assistant” course sessions this time they have been leading the SOUL FOOD Event. They presented the recipes’ origins and their cultural relevance, after having presented themselves and their cultural and national origin.

### **Recipes** (2): Cameroon & Kabul (Afghanistan)

[As having been attached & uploaded & available]

### **“Cooking part” of the session** (duration): ~90min

The participants have been allocated to their cooking spaces and started cooking, while being guided by the cooking mentor and being facilitated by the session moderators. The participation of the volunteers and the colleagues from the project team have proven to be of help both for the organization and for the facilitation of the activities, being available to address requests and respond to questions. The cooking part took some 90 minutes and then some of the participants took the initiative to set up the table for the “eating part” following to be introduced by the presentation of the cooked dishes.

### **“Eating part” of the session** (duration): ~30min

And in the aftermath of the cooking session the participants joint a collective session to further share their cultural background and culinary legacy by having an eating experience!

### **Observations on the atmosphere and facilitation** (brief):

As already presented above, the participants started cooking together with the guidance of the session moderators, while the participation of volunteers facilitated an inspiring environment which proved and facilitating by engaging the refugee and migrant women in an emotional and learning experience.





## WP2-A2.4 Cooking-based events and intercultural meetings

### SOULFood “Protocol” of Cooking Event - Athens GR

***Mind2Innovate & ODYSSEA - MARCH 26, 2025***

**Duration:** 12:00 am – 14:00 am, **Venue:** *Nikiforou Mandilara 17, Renti, Athens*

**Moderators from Organizers:** Nikitas Kastis (Mind2Innovate), Penny Anastassaki (Mind2Innovate), Zoe Dimopoulou (ODYSSEA), Iro Baka (ODYSSEA)

**Facilitators/Translators (ODYSSEA):** Zoe Dimopoulou (ODYSSEA) & Anastassia Leontariti

**Workshop Leaders (Women Migrants/Refugees):** As List of Certificates uploaded

**Minutes during the workshop by:** Zoe Dimopoulou (ODYSSEA) & Penny Anastassaki (Mind2Innovate)

**Participants:** 20 Participants' list attached (& uploaded), 5 Women Refugees

**Cooking Mentor:** Nikos Kondilis (Chef)



**Arrival in time:** between 11:30h-12:00h EST

After the cooking mentor (Nikos K.) welcomed the participants, together with the moderators Zoe (D.) and Iro (B.), two migrant women, Yves (Bissai) and Ada (James), with already cooking experience – from their participation to the “Kitchen Assistant” course of the ODYSSEA -, had started the preparations within the community “Kitchen Workshop” space. The event started with the participants joining a discussion about the scope of the event, while being self-organizing their group to start cooking and arranging for the cooking materials. The discussion shed also light upon the way which the cooking workshop could serve the project objectives, that is to facilitate the sharing of cultural traits and



corresponding recipes and culinary ethics. Few of the participants had been joining previous “Kitchen Assistant” sessions in the ODYSSEA Course, with most of the participants being newcomers. Then, the “Cooking Event” started with a 15min delay.

### **Introduction** (Mind2Innovate & Odyssea)

Anastassia, Zoe and Penny then started with the introductions, first to the “SOUL FOOD” project idea while referring also to the (weekly) “Kitchen Assistant” cooking sessions. They also briefed the new comers and some of the “observers” and volunteers about the regulations of the kitchen workshops, which had to be met during this particular “cooking even” as well and then they presented the steps to be followed in order to run a collaborative and hygiene event. Yves (Bissai) and Ada (James) had been among those migrants and refugees joining the “Kitchen Assistant” course sessions and thus they have been assigned with leading the SOUL FOOD Event. They presented the recipes’ origins and their cultural and culinary relevance, after having presented themselves and their cultural origins.

### **Recipes** (2): Congo & Yassa

[As having been attached & uploaded & available]

### **“Cooking part” of the session** (duration): ~90min

The participants then entered the cooking space and started cooking, while being guided by the cooking mentor and being supported by the session moderators. The participation of the volunteers and the colleagues from the SOUL FOOD project team have proven to be of great help both for the organization and for the facilitation of the activities, while being available to address requests and respond to questions. The cooking part lasted for about 90 minutes and then, some of the participants took the initiative to arrange the seating for the “eating part” to follow, which was introduced with the presentation of the cooked dishes.

### **Eating session** (duration): 30min

In the aftermath of the cooking session the participants joint a constructive session to further share their cultural background and culinary legacy by having an enriched eating experience!

### **Observations on the atmosphere and facilitation** (brief):

The participants started cooking together being guided by the session moderators and with the participation of volunteers who have indeed facilitated an inspiring environment, facilitating the engagement of the refugee and migrant women in an emotional and learning experience.



WP2-A2.4 Cooking-based events and intercultural meetings  
**Protocol of the 2<sup>nd</sup> Open Cooking Session *Special Edition* series**

***African Cooking Session***

**SOULFood**

21.01.2025 from 5:00 p.m. – 8:30 p.m.

Absberggasse 27/Kulturhaus Brotfabrik/Stiege 3/EG, 1100 Wien

**Moderators from Caritas Vienna:** Houyem Snene, Salwa Salib

**Facilitators & translators from Caritas Vienna:** Salwa Salib translating to Arabic and German & Houyem Snene translating to Turkish

**Workshop Leaders:** Ibtihel Akaro Ep Teboulbi & Fawz Soua from Tunisia, Oluchi Okorafon & Sarah Ogunkunce from Nigeria and Abeer Mohamed from Egypt.

**Minutes during the session by :** Houyem Snene

**Participants:** 52 (Please refer to the [list](#))



## Arrival of session's leaders: (15:30 – 16:30)

Ibtihel, Fawz, Sarah and Oluchi arrived at the community kitchen to start the preparations. We have discussed the introduction content and how they will present the project, dishes, ingredients and cultural meanings behind the recipes.

## Arrival : (16:45-17:15)

Participants started arriving slowly. Many of the new participants of the previous session came again today for their second time. Additionally, new participants also arrived. Some were relatives of the leading women. Some parents brought their kids (5). This was due to us offering childcare service by one of our volunteers in the foyer of Brotfabrik. Regular visitors also arrived. We gave the aprons to everyone and rang the starting bell to get the attention of the participants.

## Introduction (17:15 – 17:20 )

I, Houyem, did the introduction of the project by familiarizing the participants with the weekly cooking session and the new relation to SOULFood. Salwa presented the rules of the kitchen and the steps to be followed for a harmonious, safe and hygienic event. Each of the leaders presented their respective dishes, the ingredients and the cultural meanings behind them. Students from Central European University, an academic institution we are cooperating with, arrived to participate in the session. Their research is touching upon participatory processes, in relation to community engagement.

## Recipes



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Bürgerarbeit

Community  
Cooking



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Stadtteilarbeit

Community  
Cooking

### Tunesischer Farfoucha (Couscous mit Fenchelblättern)

---Hauptgerichte---  
--- 8 Portionen --- Dauer: 35 min

#### ZUTATEN

1 kg Couscous  
1kg Fenchelgrün  
30 cl kaltes Wasser  
30 cl Olivenöl  
4 Esslöffel Tomatenmark  
8 Knoblauchzehen  
4 Zwiebeln  
1 EL Paprika  
3 TL Salz  
1 TL Pfeffer  
1 EL Koriander (Tibs)  
1 TL Kurkuma

#### Zum Servieren:

Oliven  
Eingezauntes Gemüse  
(Karotten, Broccoli, Gurken)



#### ZUBEREITUNG

1. Beginnen Sie mit dem Sortieren und Schneiden der Fenchelstiele. (die kleinen Äste einzeln entfernen)
2. Schneiden Sie sie, waschen Sie sie und legen Sie sie auf den Boden des Couscous-Campfkorb.
3. Das Fenchelgrün im **Couscoussieger** eine Viertelstunde dampfen.
4. In der Zwischenzeit das **Couscoussieger** zubereiten, indem Sie es zunächst mit Öl beaufeln und nach und nach das Wasser hinzufügen, anschließend über den Fenchel im **Couscoussieger** gießen.
5. 30-50 Minuten kochen lassen
6. Für die Soße die Knoblauchzehen und die Zwiebel sehr fein hacken und im Öl in einem Topf bei geringer Hitze leicht anbraten.
7. **Spizje** und Tomatenmark dazugeben und einige Minuten kochen lassen.
8. Die Gewürze dazugeben und nach und nach das Wasser **dazugießen**, kochen lassen
9. Sobald die Soße fertig ist, geben Sie den Couscous und den Fenchel in eine große Schüssel und vermengen Sie alles gut mit den Händen, damit sich die Mischung gleichmäßig verteilt.
10. Anschließend die Soße über den Couscous gießen. Gut vermischen, dabei den Couscous von außen nach innen in die Soße einarbeiten. Wiederholen Sie den Vorgang, bis die gesamte Soße in den Couscous eingearbeitet ist.

### Yam with Spinach Sauce

---Main Dish---  
--- 4 Portionen --- Duration: 30 Minutes ---

#### INGREDIENTS

Yam  
Fresh vegetable (spinach)  
Fresh tomatoes & tomato paste  
Oil  
Thyme and curry  
Chili optional  
Red onions  
Maggi  
Salt

#### PREPARATION

1. Peel and cut the yam into chunks. Place them in a pot of water, bring to a boil, and cook for about 15-20 minutes or until soft. Drain and set aside.
2. While the yam is cooking, heat the olive oil in a large pan over medium heat. Add the chopped onions and cook for 3-5 minutes until soft and translucent. Add the minced garlic to the pan and cook for an additional 1-2 minutes until fragrant. Add the spinach to the pan, stirring it in. Cook for 3-5 minutes, until the spinach has wilted down.
3. Season with ground onion, paprika, salt, and pepper to taste. You can also add a bit of vegetable or chicken broth for added moisture and flavor if desired. Stir well and cook for another 5 minutes on low heat to allow the flavors to blend together.
4. Once the yam are cooked and drained, add them to the pan with the spinach mixture. Gently mix the yam with the spinach, breaking up some of the yam to create a creamy texture. You can leave some chunks of yam for texture or mash them completely, depending on your preference.
5. Adjust the seasoning if necessary, and finish with a squeeze of fresh lemon juice for brightness, if desired.



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### Moussaka

— Main Dish —  
— 4 Portions — Duration: 30 Minutes —

#### INGREDIENTS

- 500 g round eggplant (aubergine)
- 1 potato
- 2 zucchini
- 6 green chili peppers (small, pointed)
- 10 tbsp olive oil
- 1 tsp to bulb
- 4 tomatoes (on the vine or beefsteak tomatoes)
- 350 g passata (strained tomatoes)
- 200 g grated mozzarella
- 40 g dried ginger
- Pinch of salt
- Pinch of pepper
- Pinch of nutmeg
- 1 tbsp vegetable broth powder
- Pinch of caraway seeds

#### PREPARATION

1. Preheat the oven to 200°C.
2. Peel and press the garlic, then lightly roast it in heated oil. Add the chili peppers, chopped tomatoes and passata (strained tomatoes). Season with salt, pepper, caraway seeds, and vegetable broth, and let it simmer for 20 minutes, stirring occasionally. Remove the stems and seeds from the peppers.
3. Slice the eggplant (aubergine), potatoes, and zucchini into 2-3 mm thick slices. Salt and pepper these slices, then fry them in hot oil until golden on both sides.
4. Grease a baking dish with fat and layer the fried vegetable slices in the dish. Pour the prepared sauce over the vegetables and top with mozzarella. Bake in the oven for about 30 minutes.



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### Grilled Tunisian Salad

— starter —  
— 2 Portions — Duration: 40 Minutes —

#### INGREDIENTS

- 3 medium onions
- 10 sweet bell peppers
- 10 hot peppers
- 4 medium tomatoes
- 2 garlic cloves
- 1 can of tuna
- Olive oil
- Salt

**Serves:** (Ladies and Gents) Contender and Caraway

**To serve:** Tuna, Egg

#### PREPARATION

1. Preheat the oven to the grill setting or to the highest temperature.
2. Peel the onions and cut them in half horizontally. Place the onions, cut side down, along with the peppers and tomatoes on the grill rack, and grill until the vegetables are dark brown.
3. Remove the stems and seeds from the peppers.
4. Coarsely chop the grilled vegetables and peeled garlic (using an electric chopper or mazzalata).
5. Arrange the vegetables, then top with tuna, eggs, and olive.



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Caritas & Du

Community Cooking

Ein Tunesisches Rezept von **ibihal Akkara** **En Taboully**, Sie stammt aus **Mosustijr, Tunesien**.

### Tunisian Tajine with Ricotta

— Recipe —  
— 8 Portions — Duration: 60 Minutes —

#### INGREDIENTS

- 30 g butter
- 1 tsp **Salt** **et Blackout**
- 1 kg tomatoes
- 3 tsp olive **tablets**
- 10 cl olive oil
- 8 eggs
- 1 onion
- 100 g ricotta cheese
- 100 g cheese (type of your choice)
- 100 g **mazzalata**
- Pepper
- Salt
- 1 kg spinach

**To serve:** Fresh bread

#### PREPARATION

1. Preheat the oven to 180 °C.
2. Slice the onions into thin strips and sauté them in a pan with a splash of olive oil, without letting them brown.
3. Wash the spinach, spin it dry, and add it to the onions. Let this sauté with salt.
4. Add the remaining ingredients and mix everything well.
5. Lightly grease a baking dish with olive oil and pour the mixture into it. Bake the tajine in the oven for about 30-40 minutes, until the top is golden brown and the eggs have set.
6. Remove the tajine from the oven and let it cool slightly. Garnish with fresh herbs and serve. It **tastes great both warm and cold**.



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### Tunisian Air Cake

— Dessert —  
— 8 Portions — Duration: 60 Minutes —

#### INGREDIENTS

**Biscuits:** 600 g chocolate butter biscuits

#### Vanilla Cream:

- 750 ml milk
- 2 vanilla beans
- 2 tablespoons sugar
- 400 g butter
- 1 package of vanilla pudding powder

#### Praline:

- 150 g hazelnuts
- 150 g sugar

#### Glaze:

- 100 g cooking chocolate
- 200 g heavy cream (whipping cream)

#### PREPARATION

1. **Vanilla Cream:** Combine sugar, milk, and the seeds of the podded vanilla beans in a saucepan. Heat over medium heat, stirring constantly, until the cream thickens and starts to bubble. Add 25 g of butter, swirl, cover the surface of the cream with plastic wrap (to prevent a skin from forming), and let it cool completely.
2. **Praline:** Caramelize the sugar in a pan over low heat. Add the hazelnuts and mix thoroughly. Pour the mixture onto parchment paper to cool, then grind it in a blender until it reaches a creamy consistency.
3. **Combine Cream and Praline:** Once the vanilla cream has cooled, beat it briefly, then add the remaining butter and continue mixing until smooth. Fold in the prepared praline until well combined.
4. **Briefly dip the chocolate butter biscuits** in a mixture of water and coffee or hazelnut to soften them slightly.
5. **Start with a layer of scented biscuits** as the base. Spread a layer of cream on top. Repeat the process, alternating layers, until all the cream is used. The topmost layer should be scented.
6. **Prepare the Glaze:** Finely chop the chocolate and melt it together with the liquid cream in a saucepan or microwave. Stir until the glaze is smooth, then evenly spread it over the surface of the cake.



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### Jollof Rice

— Main Dish —  
— 4 Portions — Duration: 60 Minutes —

#### INGREDIENTS

- 210 g De Rica **Tomatoe Paste**
- 500 g **Basmati** Rice
- 4 big Onions
- 100g Tomatoes
- 300 g Paprika
- 4 cubes Plantain
- 100g Butter
- Cooking oil
- Salt
- 4 pieces Krom Maggi cubes
- Duroso Thyme (epice)
- Duroso Curry (epice)
- White spices
- Garlic
- Ginger

#### For the Plantain:

Peel your Plantain, cut into desired shapes. Mix with little salt for taste (optional). Pour cooking oil into a frying pan and allow to heat. Add your Plantain, and allow to fry until golden brown. Remove your Plantain from fire and serve.

#### PREPARATION

1. Grill together the vegetable mixture of onions, scotch bonnets or paprika, red bell pepper (optional), tomatoes, ginger and garlic (optional). Then blend into paste.
2. Pour your desired quantity of cooking oil into a pot, allow it to heat up for some minutes. Ensure the stove is on medium or low heat.
3. Pour in some chopped onions, the blended paste, and add your red tomatoe paste.
4. Stir the content while you add in your salt, spices, and seasoning. Stir and allow to simmer for 2-3 minutes on low heat.
5. Put in your washed **basmati** or par-boiled rice and stir.
6. Add some water: you do not want to add too much water as jollof rice doesn't need so much water. (For non-vegetarians, you could add chicken broth or turkey broth or meat broth. In fact, traditional jollof is cooked with broth.)
7. Cover with **aluminum foil** and allow to cook on low heat until the water dries.
8. You have to keep stirring the rice to prevent it from getting burnt.
9. Once cooked, add little cooking butter (depending on quantity of the rice cooked. For a portion of 6 persons, 1/2 - 1 spoon of butter is enough). Then you cover until butter has melted and you stir.
10. **Jollof** is ready to be served.

## Observations on the atmosphere and facilitation (17:20 – 20:30)

The participants chose the cooking stations they wanted to take part in and started cooking together with the supervision of the sessions leaders. The existence of volunteers and project colleagues was helpful for the organizational part and the facilitation by replying to different requests and questions. The cooking part took around two and half hours. A group of participants set the table together and at around 19:45 the group presented the cooked meals

and thanked the participants for their efforts. Afterwards everyone ate together and cleaned the dishes.





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WP2-A2.4 Cooking-based events and intercultural meetings  
**Protocol of the 1<sup>st</sup> Open Cooking Session *Special Edition* series**

***Arabic Cooking Session***

**SOULFood**

14.01.2025 from 5:00 p.m. – 8:00 p.m.

Absberggasse 27/Kulturhaus Brotfabrik/Stiege 3/EG, 1100 Wien

**Moderators from Caritas Vienna:** Houyem Snene, Salwa Salib, Lisa Plattner

**Facilitators & translators from Caritas Vienna:** Salwa Salib & Houyem Snene translating to Arabic, Turkish and Lisa Plattner translating to German.

**Workshop Leaders:** Kamilia Asifo and Wasan Sleiva from Iraq, Nadia Abdel Khaleq from Lebanon

**Minutes during the session by :** Houyem Snene

**Participants:** 19 (Please refer to the [list](#))



**Arrival of session's leaders: (14:30 – 16:30)**

Wasan, Kamilia and Nadia arrived at the community kitchen to start the preparations. We have discussed the introduction content and how they will present the project but also the cultural stories behind their recipes and the dishes they are willing to prepare

**Arrival : (16:45-17:15)**

Participants started arriving slowly. We have witnessed some new participants, which is beneficial for the community Kitchen. Some of the regular visitors started arriving. We gave the aprons to everyone and rang the starting bell to get the attention of the participants.

**Introduction (17:15 – 17:20 )**

Wasan Sleiva did the introduction of the project by familiarizing the participants with the weekly cooking session but also with the scope of SOULFood. She presented the rules of the kitchen and the steps to be followed for a harmonious, safe and hygienic event. Since Wasan is a regular volunteer at Caritas it was important to witness this time that she was the leader of the session and not only a participant. She presented the dishes and their cultural significance. Afterwards, Kamilia and Nadia presented themselves and briefly their dishes.

**Recipes**





**Iraqi Dolma**  
A Dish from the Iraqi Kitchen by Karim Al-Fayy  
Community Cooking  
in Karlsruhe, Brühlstraße

**Iraqi Dolma**  
A Dish from the Iraqi Kitchen by Karim Al-Fayy 50 Minuten

**Zutaten für 4 Personen**

- 1 kg Reis (eine Mischung aus Basmati und Jasdoor)
- 200 g Zwiebeln
- 200 g Knoblauch
- 200 g Tomaten
- 200 g Petersilie
- 200 g Koriander
- 200 g Knoblauch
- 200 g Zwiebeln
- 200 g Tomaten
- 200 g Petersilie
- 200 g Koriander

**Zutaten für 1 Person**

- 250 g Reis (eine Mischung aus Basmati und Jasdoor)
- 50 g Zwiebeln
- 50 g Knoblauch
- 50 g Tomaten
- 50 g Petersilie
- 50 g Koriander
- 50 g Knoblauch
- 50 g Zwiebeln
- 50 g Tomaten
- 50 g Petersilie
- 50 g Koriander

**Community Cooking**  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Other Karlsruhe projects**  
Community Cooking  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Participation & New Initiatives**  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Qatayef with Semolina**  
A Dessert from the Kurdish Kitchen by Carol 30 minutes

**Ingredients for 4 people**

- 250 g Flour
- 250 g Semolina
- 250 g Sugar
- 250 g Butter
- 250 g Milk
- 250 g Eggs
- 250 g Vanilla
- 250 g Orange blossom water
- 250 g Soap
- 250 g Water
- 250 g Orange blossom water

**Community Cooking**  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Other Karlsruhe projects**  
Community Cooking  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Participation & New Initiatives**  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Sfouf (Semolina Cake with Turmeric)**  
A Lebanese Dessert by Nadia Aouf 30 minutes

**Ingredients for 4 people**

- 250 g Flour
- 250 g Semolina
- 250 g Sugar
- 250 g Butter
- 250 g Milk
- 250 g Eggs
- 250 g Vanilla
- 250 g Orange blossom water
- 250 g Soap
- 250 g Water
- 250 g Orange blossom water

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**Participation & New Initiatives**  
in Karlsruhe, Brühlstraße  
Aktionstag am 22. Oktober 2023  
17:00 Uhr

**Observations on the atmosphere and facilitation (17:20 – 20:00)**

The participants chose the cooking stations they wanted to take part in and started cooking together with the supervision of the sessions leaders. The existence of volunteers and project colleagues was helpful for the organizational part and the facilitation by replying to different requests and questions. The cooking part took around two hours. A group of participants set the table together and at around 19:15 Wasan presented the cooked meals and thanked the participants for their efforts. Afterwards everyone ate together and cleaned the dishes.



WP2-A2.4 Cooking-based events and intercultural meetings  
**Protocol of the 3<sup>rd</sup> Open Cooking Session *Special Edition* series**

***Turkish Cooking Session***

**SOULFood**

21.01.2025 from 5:00 p.m. – 8:00 p.m.

Absberggasse 27/Kulturhaus Brotfabrik/Stiege 3/EG, 1100 Wien

**Moderators from Caritas Vienna:** Houyem Snene, Salwa Salib, Lisa Plattner

**Facilitators & translators from Caritas Vienna:** Salwa Salib & Houyem Snene translating to Arabic, Turkish and Lisa Plattner translating to German.

**Workshop Leaders:** Naziha Türkmen, Yasemin Ayan, Gizem Gerdan from Turkey

**Minutes during the session by :** Houyem Snene

**Participants:** 26 (Please refer to the [list](#))





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**Arrival of session's leaders:** (14:30 – 16:30)

Yasemin and Naziha arrived at the community kitchen to start the preparations. We have discussed the introduction content and how they will present the project but also the cultural stories behind their recipes and the dishes they are willing to prepare. We also discussed how these recipes are made in different regions in Turkey and what are the slight differences between them.

**Arrival :** (16:45-17:15)

Participants started arriving slowly. Gizem, our third leader also arrived at this time. Participants from the previous two cooking sessions also came. We witnessed newcomers. Additionally, Some of the regular visitors started arriving. We gave the aprons to everyone and rang the starting bell to get the attention of the participants.

**Introduction** (17:15 – 17:20 )

Yasemin and Salwa did the introduction of the project by familiarizing the participants with the weekly cooking session as well as the scope of SOULFood. She presented the rules of the kitchen and the steps to be followed for a harmonious, safe and hygienic event. Since Yasemin is a regular volunteer at Caritas it was important to witness this time that she was the leader of the session and not only a participant. She presented the dishes and their cultural significance. Afterwards, Gizem and Naziha presented themselves and briefly their dishes.

## Recipes




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### Künefe

---Nachspeise--- — 4 Portionen --- Dauer: 50 min

**ZUTATEN**

**Für die Künefe:**  
200g **zucker** (Engelszucker; frisch oder aus der Tafelkugelhülle; nicht verfeinert)  
90g Butter  
160g Mozzarella

**Für den Sirup:**  
150g Zucker  
200ml Wasser  
1 EL Zitronensaft

**Zum Garnieren:**  
Pistazienkerne  
(optional auch Eibiskoma)

**ZUBEREITUNG**

- Für den Sirup:** Wasser und Zucker in einem kleinen Topf verrühren bis sich der Zucker aufgelöst hat. Aufkochen, dann auf mittlerer Stufe etwa 10 Minuten kochen lassen. Einen Spritzer Zitronensaft hinzufügen. Vom Herd nehmen und abkühlen lassen.
- Für die Künefe:** Das Engelszucker in einer tiefen Schüssel mit den Händen auseinanderzupfen, bis sie flockiger sind.
- Butter auf niedriger Hitze im Topf zerlassen und mit den Händen dem Engelszucker untarmischen
- Eine beschichtete Pfanne nehmen und leicht mit Butter einreiben. Die Hälfte des Engelszuckers am Boden der Pfanne verteilen und mit dem Boden eines Glases festdrücken. Den Mozzarella über das Engelszucker verteilen. Die Ränder kann man ausparieren.
- Die 2. Hälfte des Engelszuckers über den Käse verteilen und wieder festdrücken.
- Die **Künefe** auf niedriger bis mittlerer Hitze erhitzen bis der Boden goldbraun wird. Das sollte ungefähr 10 Minuten dauern.
- Dann einen Teller nehmen, der größer ist als die Pfanne, und mit der Hilfe des Tellers die **Künefe** wenden. Die andere Seite wieder goldbraun anbraten. Sobald die **Künefe** auf beiden Seiten goldbraun und der Käse geschmolzen ist, auf einen tiefen Serviersteller transferieren und die halbe **Künefe** mit dem abgekühlten Sirup übergießen. In Portionen schneiden und mit Pistazienkernen garnieren.



**Community Cooking**

... das heißt Begegnung zwischen Menschen durch Kochen! In unserer offenen Küche in der ehemaligen Ankerbrotfabrik mitten in Favoriten haben alle Platz - **Lebensgenüsse** und **Begegnungen**. Alte und junge, begeisterte **Lebensgenüsse** und begeisterte **Begegnungen**. Wir ermöglichen kulinarische Begegnungen für Menschen unterschiedlicher Herkunft und vermitteln Wissen zu gesunder Ernährung.

Ein türkisches Rezept von Gizem Genden. Sie kommt aus der Türkei.

Caritas der Erzdiözese Wien - Hilfe in Not  
Kulturhaus Brotfabrik, [www.caritas-wien.at](https://www.caritas-wien.at), 1100 Wien

Email: [communitycooking@caritas-wien.at](mailto:communitycooking@caritas-wien.at)  
Facebook: [communitycooking.wien](https://www.facebook.com/communitycooking.wien)




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### Künefe

---Dessert--- — 4 Portionen --- Duration: 50 Minutes ---

**INGREDIENTS**

**For the syrup:**  
150g sugar  
200ml water  
1 tbsp lemon juice

**For the Künefe:**  
200g **zucker** (angel hair pastry; fresh or frozen; not pre-fried)  
90g butter  
160g mozzarella

**For garnishing:**  
Pistachios  
(Optional: ice cream)

**PREPARATION**

- Make the syrup:** Combine water and sugar in a small pot, stirring until the sugar dissolves. Bring to a boil, then simmer on medium heat for about 10 minutes. Add a splash of lemon juice, remove from heat, and let it cool.
- Prepare the pastry:** In a deep bowl, loosen the angel hair pastry with your hands until it becomes fluffy.
- Melt the butter on low heat in a pot, then mix it into the pastry with your hands.
- Lightly butter a non-stick pan.
- Spread half of the pastry evenly in the pan, pressing it down firmly with the bottom of a glass.
- Evenly distribute the mozzarella over the pastry, leaving some space around the edges.
- Cover the cheese with the remaining pastry and press it down firmly again.
- Cook the Künefe on low to medium heat until the bottom turns golden brown, about 10 minutes.
- Use a plate larger than the pan to flip the Künefe, then cook the other side until golden brown.
- Once both sides are golden brown and the cheese is melted, transfer the Künefe to a deep serving plate. **Pour the cooled syrup over the hot Künefe.**
- Cut into portions, garnish with pistachios, and serve. (Optional: Add a scoop of ice cream on the side.)

**Community Cooking**

...bringing people together through cooking! In our community kitchen at Kulturhaus Brotfabrik (former Anker bread factory) in Vienna's **Favoriten** district, there is room for everyone - neighbors and friends, old and young, enthusiastic cooks and eaters. We organize culinary encounters for people from a wide variety of backgrounds and share knowledge about healthy eating.



A Turkish Recipe by Gizem Genden. She is from Turkey.

Caritas der Erzdiözese Wien - Hilfe in Not  
Kulturhaus Brotfabrik, [www.caritas-wien.at](https://www.caritas-wien.at), 1100 Wien

Email: [communitycooking@caritas-wien.at](mailto:communitycooking@caritas-wien.at)  
Facebook: [communitycooking.wien](https://www.facebook.com/communitycooking.wien)

## Observations on the atmosphere and facilitation (17:20 – 20:00)

A group of students from CEU and their professor took part as participants. They are developing research questions in relation to participatory processes and community engagement. At the end of March they are expected to present their findings and share them with us at Brotfabrik.

The participants themselves chose the cooking stations they wanted to take part in and started cooking together with the supervision of the sessions leaders. The existence of volunteers and project colleagues was helpful for the organizational part and the facilitation by replying to different requests and questions. The cooking part took around an hour and a half. A group of participants set the table together and at around 19:00 Yasemin, Naziha presented the cooked meals and thanked the participants for their efforts. After finishing eating and Gizem and her team started cooking the Künefe (dessert) and everyone came to station to take a piece. Afterwards cleaned the dishes together and arranged the kitchen.



## WP2-A2.4 Cooking-based events and intercultural meetings

### Protocol of the Open Cooking Session

#### *Lebanese Food Session*

#### SOULFood

20.12.2024 from 5:00 p.m. – 8:00 p.m.

Nobellvägen 21, 214 29 Malmö

**Moderators from IKF Malmö:** Paraskevi Devreli

**Facilitators & translators:** Paraskevi Devreli

**Workshop Leaders:**

**Participants:** 50



**Arrival** (16:45-17:15)

**Introduction** ( time )

We started our event by talking to our participants about the organization. We had a guest lecture on the importance of female leadership and empowerment. The speaker also touched upon cultural identity and the connections between language and belonging. Their debut film, *Picknick på Kyrkogården*, won the award for Best Foreign Short at a film festival in New York in 2001. Additionally, she created the documentary *Pepparkakslandet* in co-production with SVT, YLE, and RTS (Serbian Television), a film about four Serbian women who speak Swedish but have never been to Sweden- part of it was shown to our



participants. This discussion linked culture, language, and Swedish identity to food, emphasizing how culinary traditions play a role in community building and cross-cultural exchange. The event continued by introducing the project and the importance of culinary art in community building.

### **Recipes ( time )**

The food order was Lebanese kitchen. To build the atmosphere, we selected Arabic-Swedish-speaking women who wanted to introduce their culture and foods from Lebanon and Syria

Recipes -

Varm meze:

Shish Tauk — paprikamarinerade kycklingspett, 2 st.

Kabbse — kardemummaris. (v)

Meze:

Fatayer — minipirog med spenat & sumakfyllning, 1 st. (v)

Falafel — Krispiga kikärtsbollar, 2 st. (v)

Tabbouleh — sylrig persiljesallad med bulgur, tomat & citron. (v)

Fattoush — Kripig & kryddig sallad med granatäppelsirap & mynta. (v)

Röror

Fetaoströra — med saltorkade tomater & oliver. (veg)

Hummus — krämig kikärtsröra med tahini. (v)

Babaganush — rökt aubergineröra. (v)

Tillbehör

Pitabröd (v), Pitachips (v), Harise — chilisås (v)

**(v)** = växtbaserat, **(veg)** = vegetariskt

### **Cooking session ( time )**

Unfortunately, the place didn't allow us to cook together, but we had planned to have catering.

### **Eating session ( time )**

The women introduced themselves and their paths in Sweden before deepening into the food planned for the evening. A PowerPoint presentation was made to support them when introducing the foods and giving advice on how to eat some dishes. After, we ate all together under the same roof. People had the chance to go around and share their insights and talk to new people.

### **Observations on the atmosphere and facilitation ( time )**

It was really beautiful to see that participants were so involved in this and shared their own similar foods.

### **Conversations and Interviews:**

Some of them wanted to step up and be part of the project and present with us.







WP2-A2.4 Cooking-based events and intercultural meetings  
**Protocol of the 2<sup>nd</sup> Open Cooking Session Special Edition series**  
***Intercultural cooking session/meeting***

**SOULFood**

09.03.2025 from 9:00 p.m. – 14:00 p.m.

Campagna Amica Farmer Market, Piazza Cavour, Turin, Italy

**Moderators from S-nodi:** Lorena Tadorni

**Facilitators & translators from S-nodi:** Lorena Tadorni

**Workshop Leaders:** Dalia Rivolta

**Participants:** 29 - see  **March 09.PDF**



**Arrival of session's leaders: (9:00 – 9.30)**

Lorena Tadorni - moderator - (and part of S-nodi Team) arrived at the Campagna Amica Farmer Market, Piazza Cavour, to begin preparations and set up the mobile kitchen and the musician stage. The operations started.



### **Arrival of participants to the cooking session (9.30-10.00)**

Lorena Tadorni and chef Dalia Rivolta who held the event greeted the participants when they arrived, ensuring they felt comfortable in a public space and in front of a large audience. Once the group is complete, Lorena Tadorni spends some words to highlight the SoulFood project. Also this group of participants had a meeting before this date to be introduced to others and to share details about their background and their story of migrations.

### **Cooking and Intercultural Music presentation of the event (10:00 – 10.30 ca.)**

With everything set up, Lorena Tadorni presented to the public the events that combined intercultural recipes and music. The participants and the musician took the floor for a few minutes. Music started. The group was an ensemble of “Orchestra Terra Madre” who gathers musicians from different countries as an expression of sense of community.





### **Cooking and Intercultural Music (10:30 – 14.00)**

The cooking session started, Chef Dalia Rivolta held a public cooking show with participants. As at the event of March 6th at The Imbianchini, the group created fusion recipes combining diverse traditions from the original country with piedmontese cuisine. In this case the audience was large as the event took place in one of the biggest farmer markets in Turin, the participants had the occasion to share at large scale the cultural significance of the dish and the role of key ingredients, but also the stories of migrations. Food was distributed for free to the public.

This event promoted the values of the soul food project on a large scale, once again valorising the participants as protagonists, generating empowerment and cultural sharing.

The music by Orchestra Terra Madre accompanied the whole event.







These recipes, with short stories of the participants' women, were distributed to the audience.

**Siham Anki**  
Siham è una giovane ragazza di origine marocchina che vive, studia e lavora come educatrice a Torino. Arrivata in Italia a 6 anni con la sua famiglia, è cresciuta tra Torino, la provincia e il Marocco, sentendo di avere tante case. Oggi, attraverso il suo lavoro, fa da ponte tra le due culture, offrendo quello che a lei era mancato da piccola.

**Msemen**

- 500 g di **farina**
- 250 g di **semola fine**
- 1 cucchiaino di **sale**
- 1 cucchiaino di **zucchero** (facoltativo)
- **Acqua tiepida** (circa 300-350 ml)
- **Olio d'oliva** e **burro fuso** per piegare e cuocere

**Maga Avila**  
Maga è una ragazza venezuelana che vive, studia e lavora a Torino dal 2017. Laureata in giornalismo, è dovuta scappare dal Venezuela, oggi a Torino studia cinema e sogna di fare l'attrice.

**Arepa Dominó**

Per l'arepa:

- 2 tazze di **farina di mais precotta** (tipo P.A.N.)
- 2 ½ tazze di **acqua tiepida**
- 1 cucchiaino di **sale**

Per il ripieno:

- 1 tazza di **fagioli neri cotti e conditi** (con aglio, cipolla, cumino e sale)
- 1 tazza di **formaggio bianco fresco grattugiato** (tipo queso llanero o queso fresco)

**Ibeth Aracelly Arias Mosquera**  
Ibeth, nata e cresciuta in Ecuador, vive a Torino da quando aveva 17 anni. Cresciuta con la nonna, non torna in Ecuador da 14 anni per paura di non voler poi rientrare in Italia. Ha due figli, svolge diversi lavori.

**Tortilla de Maduro con Queso**

- 2 **platani maturi** (più sono maturi, meglio è!)
- 4 **uova**
- 1 tazza di **formaggio fresco o queso blanco** grattugiato

- **Sale e pepe** q.b.
- **Olio vegetale** (per friggere)

**Rachida Hamdi**  
Originaria di una cittadina vicino a Rabat, in Marocco, Rachida è arrivata in Italia circa 20 anni fa per studiare all'università. Dopo esser arrivata ha lavorato come lettrice di lingua araba, ma ha poi lasciato il lavoro per dedicarsi alla famiglia e ai suoi due figli.

**Kefta**

- 350 g di **macinato di manzo**
- 350 g di **macinato di agnello**
- 2 **cipolle dorate** (piccole)
- 1 cucchiaino di **curcuma in polvere**
- 1 cucchiaino di **paprika dolce**
- 1/4 cucchiaino di **semi di cumino**
- 1/4 cucchiaino di **semi di coriandolo**

**Favour Izu**  
Favour è originaria della Nigeria ed è arrivata in Italia nel 2016, inizialmente in Calabria, poi a Torino. Arrivata da sola, la sua prima ambizione è stata imparare la lingua italiana per costruirsi un futuro.

**Pasta e Broccoli**

- 320 g di **pasta** (orecchiette, fusilli o spaghetti)
- 1 **broccolo grande** (circa 500 g)
- 2 spicchi di **aglio**
- 4 cucchiaini di **olio extravergine d'oliva**
- **Peperoncino** (facoltativo)
- **Sale** q.b.
- **Parmigiano o pecorino grattugiato** (facoltativo)

**Marian Moghaddam**  
Iran, nel 1997 per turismo, aveva come base gli zii, si è trovata subito come a casa a Torino. Lavora come mediatrice culturale e da qualche anno è anche fotografa (con progetti legati a temi sociali).

**Zereshk Polo**

- 2 tazze di **riso basmati**
- 1 pizzico di **zafferano** (sciolto in acqua calda)
- 4 **cosce o petti di pollo**
- 1 **cipolla grande**, tritata
- 1 cucchiaino di **curcuma**
- 1 tazza di **salsa di pomodoro**



WP2-A2.4 Cooking-based events and intercultural meetings  
**Protocol of the 1<sup>st</sup> Open Cooking Session Special Edition series**  
*Intercultural cooking session*

**SOULFood**

06.03.2025 from 9:00 p.m. – 14:00 p.m.

Decoratori&Imbianchini, Via Lanfranchi 28, Turin, Italy

**Moderators from S-nodi:** Lorena Tadorni

**Facilitators & translators from S-nodi:** Lorena Tadorni

**Workshop Leaders:** Elisa Cavaliere

**Participants:** 26 - see  **March 06.PDF**





**Arrival of session's leaders: (9:00 – 9.30)**

Lorena Tadorni - moderator - (and part of S-nodi Team) arrived at the Decoratori&Imbianchini to begin preparations and set the kitchen. The operations started.



### **Arrival of participants to the cooking session (9.30-10.00)**

Lorena Tadorni greeted the participants when they arrived, ensuring they felt comfortable and presented them to Decoratori&Imbianchini staff. Once the group is complete, Lorena Tadorni spends some words to highlight the SoulFood project. The group of participants had a meeting before this date to be introduced to others and to share details about their background and their story of migrations.

### **Collaborative Cooking and Cultural Exchange (10:00 – 12.00)**

With everything set up, participants took their places and started to cook with the Decoratori&Imbianchini team. The group created fusion recipes combining diverse traditions from the original country with piedmontese cuisine. The preparation was the occasion to highlight the cultural significance of the dish and the role of key ingredients, but also the stories of migrations. This session was intense and enriching.







## **Introduction to citizens and stakeholders. Sharing meal and closing (12.00 - 14:00)**

Arrival of people that attended the event and taking seats in the room. The S-nodi team presents the project and the participants take the floor to tell their recipe and their migration story. This moment is very important in the running of the project because it allows migrant women to be protagonists in front of a larger audience. The audience shows great interest in this aspect. Once the presentation is over, the collective lunch begins: a great moment of sharing and exchange.







These recipes, with short stories of the participants' women, were distributed to the audience.

**Siham Anki**  
Siham è una giovane ragazza di origine marocchina che vive, studia e lavora come educatrice a Torino. Arrivata in Italia a 6 anni con la sua famiglia, è cresciuta tra Torino, la provincia e il Marocco, sentendo di avere tante case. Oggi, attraverso il suo lavoro, fa da ponte tra le due culture, offrendo quello che a lei era mancato da piccola.

**Msemen**

- 500 g di **farina**
- 250 g di **semola fine**
- 1 cucchiaino di **sale**
- 1 cucchiaino di **zucchero** (facoltativo)
- **Acqua tiepida** (circa 300-350 ml)
- **Olio d'oliva** e **burro fuso** per piegare e cuocere

**Maga Avila**  
Maga è una ragazza venezuelana che vive, studia e lavora a Torino dal 2017. Laureata in giornalismo, è dovuta scappare dal Venezuela, oggi a Torino studia cinema e sogna di fare l'attrice.

**Arepa Dominó**

Per l'arepa:

- 2 tazze di **farina di mais precotta** (tipo P.A.N.)
- 2 ½ tazze di **acqua tiepida**
- 1 cucchiaino di **sale**

Per il ripieno:

- 1 tazza di **fagioli neri cotti e conditi** (con aglio, cipolla, cumino e sale)
- 1 tazza di **formaggio bianco fresco grattugiato** (tipo queso llanero o queso fresco)

**Ibeth Aracelly Arias Mosquera**  
Ibeth, nata e cresciuta in Ecuador, vive a Torino da quando aveva 17 anni. Cresciuta con la nonna, non torna in Ecuador da 14 anni per paura di non voler poi rientrare in Italia. Ha due figli, svolge diversi lavori.

**Tortilla de Maduro con Queso**

- 2 **platani maturi** (più sono maturi, meglio è!)
- 4 **uova**
- 1 tazza di **formaggio fresco o queso blanco** grattugiato

- **Sale e pepe** q.b.
- **Olio vegetale** (per friggere)

**Rachida Hamdi**  
Originaria di una cittadina vicino a Rabat, in Marocco, Rachida è arrivata in Italia circa 20 anni fa per studiare all'università. Dopo esser arrivata ha lavorato come lettrice di lingua araba, ma ha poi lasciato il lavoro per dedicarsi alla famiglia e ai suoi due figli.

**Kefta**

- 350 g di **macinato di manzo**
- 350 g di **macinato di agnello**
- 2 **cipolle dorate** (piccole)
- 1 cucchiaino di **curcuma in polvere**
- 1 cucchiaino di **paprika dolce**
- 1/4 cucchiaino di **semi di cumino**
- 1/4 cucchiaino di **semi di coriandolo**

**Favour Izu**  
Favour è originaria della Nigeria ed è arrivata in Italia nel 2016, inizialmente in Calabria, poi a Torino. Arrivata da sola, la sua prima ambizione è stata imparare la lingua italiana per costruirsi un futuro.

**Pasta e Broccoli**

- 320 g di **pasta** (orecchiette, fusilli o spaghetti)
- 1 **broccolo grande** (circa 500 g)
- 2 spicchi di **aglio**
- 4 cucchiaini di **olio extravergine d'oliva**
- **Peperoncino** (facoltativo)
- **Sale** q.b.
- **Parmigiano o pecorino grattugiato** (facoltativo)

**Marian Moghaddam**  
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# Participants feedback on the SOULFood cooking based events

146 responses

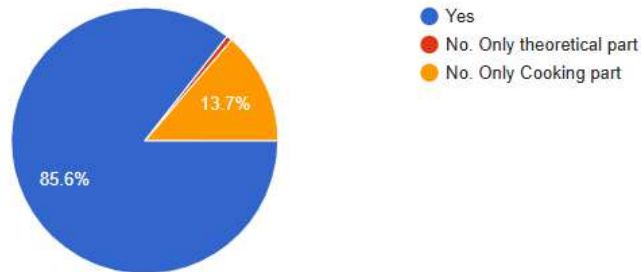
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## WP2 - Cooking based events among all partner Organizations January - July 2025

Did you attend the whole event?

 Copy

146 responses



Che le contaminazioni arricchiscono sempre

I don't remember the names of the ingredients but I learned how to cook new dishes

Como saltear con un wok

Condivisone

Condivisione

Que eres el aceite de sesamo

ngoy duduma. we cooked african food

Making greek musaka and many other new cultures

Il diverso unisce

Make moussaka

me gustaría mucho

sorellanza

L'approccio di design di Fa bene e il lavoro di inclusività del progetto nel creare dignità

nuovi cibi

cutting

Working in a team

Cooking some meal from the other country

Las tradiciones de Turquía

Uno sguardo su come le persone immigrate vivono la nostalgia dei propri paesi di origine

Important community meeting

Apprezzare le differenze

My name is Ada James NABIEU and what I learned today is Africa food call asa

Okonomiyaki

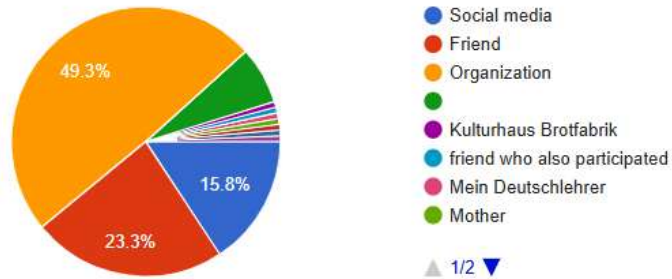
collaboration

Consapevolezza interculturali

How did you learn about the event ?

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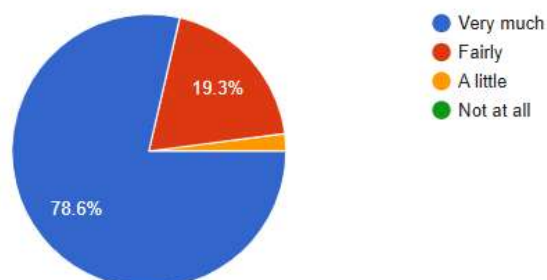
146 responses



To what extent do you find that the initiative helps with the integration within the local community

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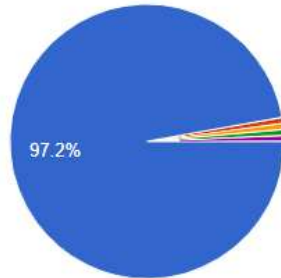
145 responses



### Would you like to have more of these events?

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141 responses

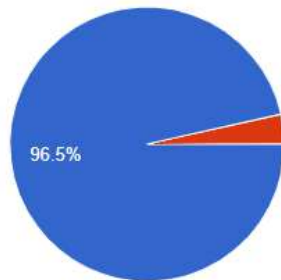


- Yes
- No
- Siiii quiero haceme mas
- 
- me gustaria mucho

### Did you get to learn new people today?

 Copy

142 responses

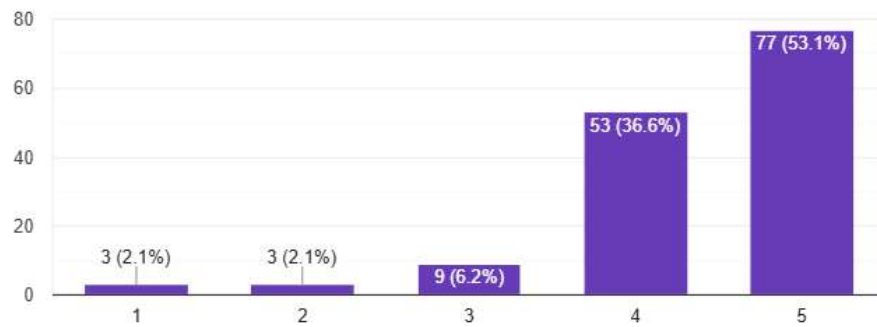


- Yes
- No

### To what extent was the cultural exchange in this event fruitful?

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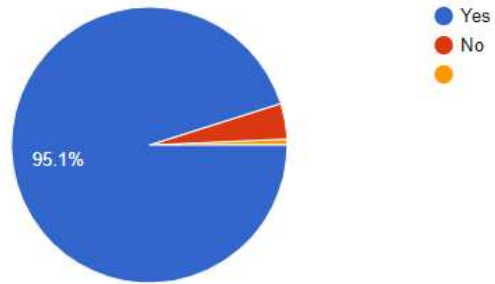
145 responses



Do you find such events important for enlarging your network?

 Copy

144 responses



How inclusive was the event?

 Copy

146 responses

