



WHAT IS SUVOT?

SUVOT project is a 3-years European initiative funded by the European Commission through the Education, Audiovisual & Culture Executive Agency (EACEA).

It aims to establish a methodology of experiential learning to enable people suffering from mental illness, learning disabilities or/ and behavioural disorders to acquire skills in order to facilitate them finding a job. The innovative aspect of the project lies in the simulation methodology based in sociodrama that will be used during the vocational training.

Through SUVOT, vocational training in cooking will be offered to people with mental illness taking into account their special needs.

WHY SUVOT?

SUVOT project arises from the need to end the social stigma attached to mental illness that makes difficult the incorporation of this target group in the labour market. Vocational training is the first step to ensure equal opportunities and to increase the possibilities of people with mental illness to find a job.

Moreover, SUVOT aims to be a model of self-sustaining economy in the third sector by using the food produced during the training to supply the needs of people living in our day centres and residences.

WHO IS BEHIND SUVOT?

Four organizations from Germany (CJD), Poland (TEATR GRODZKY), Slovenia (OZARA) and Spain (INTRAS), with different but complementary experiences in the socio-health care, vocational training and psychodrama fields, are participating in this project.

Funded by:



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Further information:

<http://suvot.intras.es>

"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."

"With the support of the Leonardo Da Vinci sub-programme (Lifelong Learning Programme) of the European Union"



Spicing Up Vocational Training



SUVOT

DO YOU WANT TO KNOW HOW TO COOK SOME OF OUR NATIONAL TYPICAL DISHES?

WHAT ACTIONS WITHIN SUVOT?

- Developing a set of teaching tools for training in cooking techniques, including:
 1. A teaching manual describing the objectives of the training programme with a full description of the methodology and techniques
 2. A trainees textbook for the target group
 3. A teaching DVD with practical examples of training
- Training of trainers about the SUVOT curriculum and simulation methodology
- Training pilot experiences in Germany, Slovenia and Spain addressing 30 people with special needs due to mental illness
- Disseminating the results and products of SUVOT through the website <http://suvot.intras.es>



WHEN & WHERE SUVOT WILL TAKE PLACE?

SUVOT project have started in October 2010 and will run until September 2013. Vocational training pilot experiences will be implemented in Germany (Frechen), Spain (Zamora) and Slovenia (Maribor).



PAELLA

Heat some olive oil in a large frying pan. Add the onion (1 small onion finely chopped), one green pepper finely chopped, and carrot and fry gently for about five minutes. Add the chopped two tomatoes and 200 g. squid (with the tentacles) and fry on a low heat for another ten minutes.

Add the rice (350 g) and stir well to make sure that it is thoroughly coated. Add about 800 ml. water (or the water from boiling the prawn shells or fish stock if using frozen fish), clams and the garlic/saffron/parsley mixture and bring to the boil. Season with salt. Put a lid on it, turn the heat right down and cook very slowly for about ten minutes. Add the prawns (200g) and peas (100 g) and give it a stir. Arrange the mussels and strips of red pepper artistically on top, put the lid back on and leave for another ten minutes - checking that it has enough water. If you think it is getting too dry, add more water, but shake the handle of the pan rather than stir so as not to upset the pattern. Once the rice is cooked and the mussels have opened, it is ready to eat.



HERRGOTTSBSCHIEßERLE (THE RAVIOLI)

The Swabians just love food. Woe betides anyone who bothers or even tries to dictate them what and when to eat! The church once tried to limit the consumption of meat during Lent, but the Swabians were smarter. They just hid the meat away from the church, and – as they thought – from god. This is how the ravioli emerged. Prepare dough by mixing 1 kg flour, 2 teaspoons salt, 8 eggs and 10 tablespoons water. Then, cut one big onion and 200 g. ham into small pieces, drain 1 pack of creamed spinach and mix everything well, add pepper, nutmeg, marjoram, parsley and salt it to taste. Divide the dough into 3-4 pieces and roll out thin - preferably rectangular. Put 500 g minced meat filling in dumplings of 2 teaspoons on half of the dough, keep a distance of 2cm between the dumplings. Fold the other half of the dough over and press well down between the piles. "Cut" with a pastry wheel in the middle of the pressed dough dumplings, again press the edges well. Put the raviolis in boiling salted water and let them simmer about 10 minutes until done. Then rinse well but short with cold water (otherwise they might stick together). The raviolis can be served in a soup stock with chopped chives or you can fry them in a pan with onions and egg.



POHORJE OMELETTE



For doing the batter, first separate the egg yolks (4) from the egg whites. Add four table spoons of sugar to the egg whites and batter it to solid beaten egg whites (test: turn the bowl upside down and it should not fall out). Then add the egg yolks and the flour (4 table spoons) and mix it to a smooth consistence. Put some baking paper into the baking tray and form the batter into two smaller piles. Then put it into a hot oven (220°) and bake it for approximately 15 minutes until it is golden brown.

For the filling, mix 400g of forest fruits (raspberries, blueberries, blackberries, strawberries, etc.) with 3 spoons of sugar. Prepare the whipped cream (0,5 l). After the batter is baked, you take it out of the oven and fold it in the middle. Spread the cranberry jam in the inner and put in the forest fruits (form a kind of a sandwich). Spread the whipped cream all over it. You can decorate it with some cranberry jam. Enjoy it!

WILD MUSHROOM SOUP (ZUPA GRZYBOWA)



Mushrooms are an important part of the Polish diet and this recipe is perfect for those cold winter evenings.

First, in a large saucepan put one beef shank with 8 cups of water. Bring to a boil and skim off any foam that rises to the surface. Then, chop up the mushrooms (0.5 kg) very thinly and add them with the water from them (if you soaked them) to the soup. Add vegetables (1 carrot, 1 medium leek, 2 cloves of garlic, very small portion of Chinese cabbage and 1 small celery root), return to a boil and cook gently until vegetables are tender for about 1 hour (covered).

Meanwhile, sauté one onion (cook lightly) chopped in butter until tender. Add to soup. Bring to a boil, reduce heat and add ½ cup of sour cream to soup. Cook for 5 minutes. Serve with chopped up fresh parsley. You can add noodles or bread croutons.