

Editorial

The mention of Mediterranean food evokes a whole lot of associations to many, some real and some imagined: a food spread under the trellis and long hours of sampling dishes with ingredients so fresh they still carry the scent of the earth; the ubiquity of olive oil in a whole range of fruitiness and flavours; an assortment of freshly baked bread; a selection of young or aged wines of the region; and a dash of farniente to go.

A meal is a very particular moment, in which one shares the food as well as the conversation, and the pleasure that comes from both. High moments in peoples' lives are organised around food and sharing it with loved ones: christenings, circumcisions, betrothals and weddings, feasts, and funerals.

Business deals are struck over fois gras and sauterne, and as a French person would say: "if you have no pleasure in it, you are breaking all the rules of eating"; ergo business is pleasure! EH 4 does not include projects on gastronomy and local produce, but we have decided to devote this newsletter around this theme because gastronomy and food heritage is in a moment of expansion, and recognition and awareness of its protection are on heritage agendas. It is therefore evident that Mediterranean cuisine should be the order of the moment.

Christiane Dabdoub Nasser
Team Leader, Regional Monitoring and Support Unit (RMSU)



Almond paste, Palermo, Italy - C. Graz 2010

FOOD FOR THOUGHT

Food practice as heritage

BY CHRISTIANE DABDOUB NASSER, TEAM LEADER, REGIONAL MONITORING AND SUPPORT UNIT (RMSU)

The famous semiologist Roland Barthes affirmed that « Food is a system of communication, a body of images, a protocol of usages, situations, and behaviour »¹. As such, it becomes an integral component of the cultural identity of a region or a nation. In some cases, it can even become the 'flag' that off-sets the particularities of a country vis-à-vis the rest of the world.

From the mezze of the eastern Mediterranean to Spanish tapas, the particularities of the 'Mediterranean diet' have made the round of the globe, and not just for their health benefits. Whether we owe it to coastal Spain, southern Italy or Greece, the phenomenon of the 'Mediterranean diet' has marked the gastronomic scene since the early nineties when some parts of the world witnessed an outburst of interest in food and different culinary experiences.

Another interesting development on the gastronomic scene was the development of the concept of 'slow food'. Founded in 1989 to « counteract fast food and fast life [and] the disappearance of local food traditions » Slow Food is a non-profit organisation that includes 100,000 members in 132 countries, and what makes it so particular is that it « brings together pleasure and responsibility, and makes them inseparable ». From the perspective of safeguarding heritage, Slow Food is our counterproposal for what the French aptly refer to as mal bouffe. ■

¹ Roland Barthes, *Toward a Psychosociology of Contemporary Food Consumption*, in *Food and Culture*, edited by Carol Counihan and Penny Van Esterik, Routledge, 2008.

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EUROMED HERITAGE 4 NEWS



JORDAN, FOUNDATIONS - 2010



BEIRUT, LEBANON, FOUNDATIONS - 2010



FORUM MONTADA, KAIROUAN, TUNISIA - 2010

RMSU'S ACTIVITIES

« Crossing Viewpoints: Living Heritage in the Mediterranean », the EH 4/RehabiMed International Digital Photography Award: send your pictures before 31 July 2010

The objective of this international photography competition is to contribute to show the richness of regional cultural heritage in both its tangible and intangibles dimensions, the place it occupies within societies, however « harmonious » or « conflictual » it can be, and the relationship between tradition and present time. For this year, the selected theme revolves around cultural and social practices and expressions, oral traditions, skills and knowledge, and rituals handed down from generation to generation as a reflection of the spirit of peoples and communities, and their value systems and beliefs. The winner of the award will be invited to attend the inauguration of the Photo Exhibition to be organised on December 2010 in Barcelona at « Hospital de Sant Pau i la Santa Creu », a masterpiece of Art Nouveau architecture inscribed to UNESCO Cultural Heritage List ■

For more information about the Award:

<http://www.euromedheritage.net/intern.cfm?menuID=16&submenuID=23&subsubmenuID=16>
http://www.rehabimed.net/en_uk/Concurso_Foto/Paginas/Concursofoto.aspx

Discover the video-interviews with Euromed Heritage 4 projects actors on the EH 4 website/projects section/video: objective, scope, actors and countries involved...

<http://www.euromedheritage.net/intern.cfm?menuID=12&submenuID=13>

EH 4 PROJECTS ACTIVITIES

Manumed competition for the creation of a videogame related to the universe of books and libraries: deadline for submission 31 July 2010

« MANUMED-of manuscripts and men » project aims to safeguard and valorise the diversity of the languages and written heritage of the Mediterranean region. This competition, open to young people from the region aged between 13 and 25, is intended for the creation of a videogame related to the world of books and libraries. It is divided into two categories:

- . a riddles contest;
- . a script contest.

The objective of the competition is to create a video game set in the world of books and libraries in the form of riddles to be solved, with the player in the role of hero of the story. Through the videogame, players will have the opportunity to explore the mysterious universe of Mediterranean libraries, manuscripts and languages. Based on new intrigues and clues, players will need to move forward in the game to discover a centuries-old secret... ■

Discover how to participate in the competition on MANUMED project website:

http://newsletter.neteor.com/process/dkcont_182b9cb88e64cc1bb7cee15344042fca_754_1029.htm

The future Med-Mem project website, gateway to more than 4,000 audiovisual documents, free for all

A selection of more than 4,000 videos, including exceptional historical documents particularly illustrative of Mediterranean societies and culture, will be showcased and presented in three languages – Arabic, English, and French – within their historical, cultural and social contexts from 2011 onwards. The audiovisual material – coming from the archives of partner Mediterranean

TV networks and audiovisual institutes – will be organised into seven major themes covering each aspect of Mediterranean heritage: Art, culture and knowledge; Historical heritage; Historical and contemporary issues; Landscapes and environment; Tourism and cultural sites; Economy; and Social structures and lifestyles. Each theme will have sub-headings relating to the topic and will be searchable through various entries. For more information on specific subjects, users will find folders classified by theme and linked to video clips accessible through the site. Thanks to the contribution of teachers, researchers and specialists from the Mediterranean region, « The site will open up a rich collective heritage, while giving a better understanding of the historical and contemporary issues surrounding the Mediterranean », announces the promotion clip ■

View the promotion clip:

<http://www.ina.fr/playlist/ariet-culture/bandes-annonce-medmem.297775.fr.html>

Cultural heritage festivals in Jordan and Lebanon: traditional music, dance, food, clothing, handicraft...

About 22,000 visitors attended the cultural heritage festivals organised last May in Jordan and Lebanon by the Foundations for a strong future project. These events aimed at increasing local population awareness of their respective national heritage, paying particular attention to the involvement of young peoples and students from schools and universities, which constitute the project's main target group. In Jordan, between 12 and 20 May 2010 a festival called « Together with Heritage » brought artisans and artists from around the country in order to show traditional crafts production, music, dance, food, clothing and other aspects of local cultural heritage. It was followed by a three-day exhibition where multimedia



projects realised by Jordanian youth from the areas of Amman, Salt, Irbid, Zarqa, Ma'an and Aqaba - video, photography, audio recording, publications... - were shown. In Lebanon, the festival was organised on 25-29 May at Beirut hippodrome in collaboration with the Beirut National Museum. Cultural heritage expressions including traditional dance, food, clothes, music, handy crafts were exhibited and activities targeting a wide public, but more particularly children and young people were organised ■

More information about Foundations for a strong future:

<http://www.euromedheritage.net/intern.cfm?menuID=12&submenuID=13&idproject=45>

Foundations for a strong future website:

<http://www.nssesat.com>

The revitalisation of the water heritage - fountains, sânyia, seguia, kettara - and the creation of eco-museums and tourism routes by young people: worksites of youth volunteers organised in Tunisia and Morocco by REMEE project

About two dozen students and young professionals of Europe and Tunisia, active in the fields of architecture, heritage, tourism, sociology and anthropology, will participate from the 4th to 18th of July 2010 in a worksite organised by AERE of Hammamed, partner of the project in Tunisia. Participants, supervised by experts from different fields, will contribute to the creation of a discovery tour of the water heritage along the Oued El Faouar, located in the outskirts of the city of Hammamet. They will also have to develop a sensitive reading of the site and its landscape, as well as a discovery tour combining protection and promotion of the cultural and natural heritage. Participants will also suggest the laying out of the different stations of the circuit, such as the museography, the stands, the descriptive equipment, the facilities, etc.

Revitalisation of the water heritage in Morocco: Marrakech and Tamesloht

The Mediterranean Centre of Environment of Marrakech, partner of the REMEE project in Morocco, is organising, from the 10th to the 24th of July, a worksite for the restoration of the Sidi Abdel fountain, which is widely used in the Medina of Marrakech. The participants, about 20 young professionals and students from Morocco and Europe, will seek to explore the use of this fountain, through surveys of the inhabitants of the neighborhood. They will also participate in the development of a tourist and cultural route that aims to discover the fountains of the Medina, listed as a site during a worksite in July 2009. The purpose of the latter was the restoration of the fountain Bab Doukkala and the compilation of an inventory identifying all the existing fountains in the Medina of Marrakech.

In Tamesloht, a worksite aimed at the design and construction of an eco-museum on the water heritage will be held from the 17th to the 31st of July 2010. Specifically, participants will contribute to the labeling of the museum, as well as to the restoration of the elements that retain and conduct water that are on the way towards disappearing, such as the sânyia, seguia, kettara etc ■

More information about the REMEE project:

<http://www.euromedheritage.net/intern.cfm?lng=fr&menuID=12&submenuID=13>

REMEME website: <http://www.remee.eu/>

Local communities protagonist in the revitalisation of Mediterranean traditional architecture: local forum in Morocco and Tunisia (March-May 2010)

In the framework of MONTADA project, which aims at the conservation and revitalisation of traditional architecture through the active involvement of local populations in Algeria, Morocco and Tunisia,

several meetings has been held between March and May in the towns of Kairouan and Sousse (Tunisia), and Marrakech and Salé (Morocco). Bringing together local residents and associations, politicians, representatives from public authorities and private sector – craftsmen, shopkeepers, etc. -, the forum discussed about the cultural heritage peculiarities in each of the towns – including the intangible dimension – and drawn some recommendations for a better management and valorisation of this heritage ■

Montada website: <http://www.montada-forum.net>

More features on Euromed Heritage 4

Initiatives to preserve Tunisian architecture - by Samira Sadfi, Eurojar (04/06/2010)

<http://www.eurojar.org/en/euromed-articles/initiatives-preserve-tunisian-architecture/12716>

The Phoenician heritage: a common Euro-Mediterranean asset - by Julien Théron, Eurojar (02/06/2010)

<http://www.eurojar.org/en/euromed-articles/phoenician-heritage-common-euro-mediterranean-asset/12540>

Rediscovering the memory of water in the Mediterranean – by Samira Safadi, Eurojar (07/05/2010)

<http://www.eurojar.org/en/euromed-articles/rediscovering-memory-water-mediterranean/10019>

News appeared on Mediterranean TV networks – by EuroMed-news

<http://www.euromedheritage.net/intern.cfm?menuID=9&submenuID=32>

Le patrimoine méditerranéen, un projet pour l'avenir - EU Delegation to Tunisia, Newsmagazine May 2010

http://ec.europa.eu/delegations/tunisia/documents/more_info/europa_mai_2010_web.pdf

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The Mediterranean cuisine: a delight in the unity and diversity.

By JOSSELINE RIGOT CULINARY REVIEWER

What a broad subject, the Mediterranean cuisine! It is a complex and varied cuisine of single and multiple pleasure. It is found, eaten and savoured in its countries of origin that touch the Mediterranean Sea. From Tangier to Beirut, from Genoa to Cairo, there is a mosaic of local produce and culinary traditions that are expressed in tasty and welcoming recipes. For those who don't have the chance to taste it in its place of origin, in its authentic and often familial expression, they will have the opportunity to taste it here and there.

The cuisine migrates across the world, as it has always done, following the people of its homeland. In some place, it's adopted. Elsewhere, it adapts, transforming itself during its travels and its resettlement. One thing is certain: it is a generous cuisine that shines and titillates the palate. The cuisine has travelled from Greece to Spain. It has passed from Italy, from Morocco to Turkey, passing through Tunisia, Libya, Egypt, Lebanon, Syria, and Cyprus, and not to forget the southern French regions. Suffice to say, hummus, socca, pesto, pasta, pizza, risotto, zarzuela, paella, cozido, mezze, tabbouleh, kefta, pastilla, couscous, tagine... make you feel elsewhere and trigger the desire to taste those wonderful preparations. We can then dream of Mediterranean cuisines...

The dream begins with a common denominator. Some kind of gold wire conductor. Olive oil. In Europe, do we not say that the Mediterranean starts where the olive tree grows? Apart from this clear link, these cuisines also have similarities in the way they are prepared. But there is always something – a herb, a spice, a different way of making it – that changes everything. To explore some of these cuisines, let's do a tour of the Mediterranean in Paris in a few steps:

1. Let's start with Italy, taking two of its best ambassadors: *Massimo Mori* and *Anna Luisa Chierici*. The former runs two restaurants: *The Mori Venice Bar* and the *Armani Caffè*, where he serves linguine with vongole, vitello tonnato, calf's liver in tradition Venetian style and where he makes a fabulous burrata and Lardo from Colonnata. The other chef offers, at *Qualitalia*, the 'essentials' of Italy: the handmade durum wheat pasta, rice for risotto, almond cookies, olive oils, balsamic vinegars, rare sauces that cannot be compared.

OUR FEATURE OF CHOICE

2. Next, we head over to Spain. Again there are two locations. The *Fogon d'Alberto Herraiz* has succeeded in renewing and reinterpreting, with finesse, the Iberian cuisine of tapas, gazpacho, rice in Valencian style and Crema catalana. The other place is *Byzantium*, which is thanks to *Philip Poulachon*, who has roamed the peninsula for more than ten years in search of the best Iberian ham, good Riojas, sheep's milk cheeses such as torta. These all lie in his three grocery-Bistro stores in Boulogne and in Paris.

3. Why not make a stop in Turkey at *Idil* and *Selim Levent*? She gives classes of Turkish cuisine and concocts typical dishes: Kebbab Beykoz, Zeytin yagli and kalbura bastci. He manages the shop, where you can find sultanas, figs and dried apricots, loukoum and the famous olive oil produced with Ayyalik olives from the family olive grove, near the Anatolian coast.

4. Afterwards, let's go to *Mehdi Djemmal*, which selects products, which are 100% natural, for his *Comptoir Tunisien*: olive oil from Mahjoub mills, harissa, capers, dried tomatoes. He also serves irresistible dishes of the day.

5. Staying with North Africa, let's take a detour to Morocco with *Maria Seguin*. She cooks Fassi (Fez) at home: pigeon pastilla, chicken tagine with lemon-olive or lamb with almond-prune. Her couscous is by far the finest and her cornes de gazelle are the lightest. She created the famous restaurant *Oum el Banine* from the name of the founder of the first Arab university in Fez.

6. Let's pay a visit to the Iranian grocery shop *Eskan* to discover the real pomegranate juice, the naan (flat bread), saffron, spices, herbs, dried vegetables: basically all it takes to prepare Berenji, khoresh or chelo kabab, the national dish of Iran.

7. Of course, let's not forget the refined Lebanese mezze of *Liza*: tabbouleh, hummus, roasted eggplant puree with sesame paste, kefta, not forgetting the desserts flavored with orange blossom or rose and good bread from the bakery.

8. We should also enjoy the taste of the other mezze from the Greek-Cypriot cuisine at *Mavrommatis* brothers, who are the best ambassadors for tzakizi, dolmades, octopus salad, Mediterranean prawn flambé with ouzo, grilled feta, quail wrapped in fig leaf and of course the wines of the



MIXED PICKLES IN ALL ITS SPLENDOR
B. MASSAD 2006

9. Then we treat ourselves to an Egyptian break at *Palmiers du Sinai*, with the mouloukheya soup, falafels, Foul Mudamas and an Almond sweet, all washed down with Karkade as in Cairo or Luxor.

10. To finish our tour in style, we are in Syria, at *Om Zaki*, which serves refined mezze, with kefta, kebbe, baba gaznuj, moumtabal, Fattoush... before going to the country to taste the apricot from Damascus, Aleppo pistachios, dates, lemons, limes. And then we ardently delve into the « Secrets of Aleppo » by *Florence Ollivry*, one of the wonderful works of the *L'Orient Gourmand – Sindbad Actes Sud collection* ■

Address Book:

- *Mori Venice Bar*, 2 rue du Quatre Septembre 75002, Tel. 01 44 55 51 55, www.morivenicebar.fr
- *Armani Caffè*, 149 bd St Germain 75006, Tel. 01 45 48 62 15, www.emporioarmani.it
- *Qualitalia*, Tel. 01 47 07 11 44, www.qualitalia.fr
- *Fogon*, 45 Quai des Grands Augustins 75006, Tel. 01 43 54 31 33, www.fogon.fr
- *Byzance*, 27 rue Yves Kermen 92100 Boulogne, Tel. 01 46 09 90 94, www.byzance.fr
- *Bellota Bellota*, 18 rue Jean Nicot 75007, Tel. 01 53 59 96 96, and *Jabugo Iberico & Co*, 11, rue Clément Marot 75008, Tel. 01 47 20 03 13, www.bellota-bellota.com
- *Levant & Co*, 24 rue Pascal 75005, Tel. 01 43 31 83 75, www.levant-co.com
- *Le Comptoir de Tunisie*, 30 rue de Richelieu 75001, Tel. 01 42 97 14 04 www.lecomptoirdetunisie.com
- *Oum el Banine*, 16bis rue Dufrenoy 76016, Tel. 01 45 04 91 22
- *Maria Seguin*, 06 82 68 47 16, mariaseguin@hotmail.fr
- *Eskan* 62, bis rue des Entrepreneurs 75015, Tel. 01 45 77 06 16
- *Mavrommatis*, 42 rue Daubenton Tel 75 005, Tél. 01 43 31 17 17, www.mavrommatis.fr
- *Liza*, 14 Rue de la Banque 75001, Tel. 01 55 35 00 66, www.restaurant-liza.com
- *Palmiers du Sinai*, 3 rue Mandar 75002, Tel. 01 40 26 99 23 www.palmiersdu sinai.com
- *Om Zaki*, 76 rue de la Procession 75015, Tel. 01 56 58 08 82



PALESTINE - C. DABDOUB-NASSER 2007

A TALK WITH...

MEDLIHER

For the protection of the living heritage in the Mediterranean



MEDLIHER, JORDAN - 2009



ICE ANCIENT PREPARATION, FLORENCE, ITALY - C. GRAZ 2010

The Convention for safeguarding the intangible cultural heritage, adopted by the General Conference of UNESCO in 2003, is the result of longstanding efforts undertaken by member states of the organization to provide a legal, administrative and financial framework for keeping this heritage alive. In force since 2006, the Convention concerns a living legacy carried by communities or individuals, to which it gives a central importance. Its main objective is not only to safeguard the intangible cultural heritage, but also to ensure compliance, increase awareness of its importance and to allow international cooperation and assistance in these areas. The project « MEDLIHER-Mediterranean living heritage » facilitates the implementation of the Convention in four Mediterranean countries - Egypt, Jordan, Lebanon and Syria - in setting up national conservation projects supporting participation of states in the international mechanisms. Fleur Perrier de la Bathie, project coordinator, sheds light on the culinary traditions and the Convention...

The Convention takes into account the « traditional cuisine or « cooking system », which corresponds to the religious functions associated with the production, preparation and consumption of food?

The Convention for safeguarding the intangible cultural heritage does not mention the traditional cuisine or culinary systems as such. What is meant by these words is also vague and conceptions vary. It can cover food practices, recipes, social practices related to food, preparation, etc. For the Convention, the intangible cultural heritage includes the traditions and living customs inherited from our ancestors and passed on to our descendants, recognized by a particular community as it provides a sense of identity and continuity. It is a living form of the heritage that is

constantly recreated and passed from one generation on to another. It changes as we adapt our practices and traditions in our environment. As examples, the Convention contains five major « areas » where the intangible cultural heritage expresses itself, including oral traditions, performing arts, social practices, rituals and festive events, knowledge and practices concerning nature and the universe or the knowledge and skills necessary for the production of traditional crafts. But this list is not intended to be exhaustive. In most cases, the expression of intangible cultural heritage is not limited to a single event, and many of them may contain elements from these different areas. Festivals, for example, include various types of expressions: songs, dances, theatre, banquets, oral traditions and crafts, sports and entertainment. The members of the Convention are free to use a

different classification system, some of which are broadly similar to those of the Convention, sometimes under a different name, whilst others use different domains. Additional areas or sub-categories are also used. As defined by the Convention, « culinary traditions » are thus apprehended as intangible cultural heritage to the extent that they are evolutionary, provide communities a sense of identity and continuity, come from a genuine process and are often indistinguishable from other forms of expression; they not only recover expressions and practices themselves, but also transmit the knowledge and skills that underpin them.

Are traditional cuisines on the lists of the Convention?

So far, there is no element of traditional cuisine listed as such on the list of intangible cultural heritage that is in need of urgent safeguarding, nor on the list that represents the intangible cultural heritage of humanity. It should, however, be noted that some elements of cultural heritage entered on the lists include culinary traditions associated with social practices or festivities. To cite one example, the Cultural Space of Jemaa el-Fna Square in Marrakech, Morocco offers a unique concentration of popular Moroccan cultural traditions expressed through music, religion and various artistic and cultural practices, among them the consumption of traditional foods. There are several other festivals, rites and social spaces already on the lists that also contain culinary events.

What are the criteria for a culinary traditions to be written down on the lists?

The selection criteria and procedures for inclusion on the two lists of the Convention are explained in the Operational Guidelines, a document guiding the implementation of the Convention. An element nominated must meet a set of criteria that varies considerably depending on the objectives of the two lists: urgent safeguarding or representativeness. Overall, we may briefly detain the proposed item if (1) it is part of the intangible cultural heritage as defined in Article 2 of the Convention; (2) its viability is in danger or it is the target of serious threats, which means it will not survive without immediate protection (for the urgent safeguarding list), or whose enrolment will contribute to the visibility and awareness of the importance of intangible cultural heritage (for the representative list); (3) that safeguards are developed to restore the viability of the element (for the Urgent Safeguarding List) or to protect and promote the element (for the representative list); (4) that the widest possible participation of affected communities is ensured; and finally that (5) the item appears on an inventory of intangible cultural heritage present in the territory of bidder countries. An application on a culinary tradition must meet all criteria specific to the lists to which it is submitted. The decision of whether to list an item is up to the members of the Committee for the Safeguarding of Intangible Cultural Heritage (governing body of the Convention, composed of 24 members elected by the General Assembly of State Parties).

circulation as the Mediterranean diet? What form would this take (a joint list)?

The Mediterranean diet is actually shared by people from several countries in the region. In the case of an element of intangible cultural heritage located on the territory of several member states, or common to communities living in several countries, the Convention encourages the submission of a multinational application. It is therefore up to state parties, which consider that the Mediterranean diet is part of the intangible cultural heritage present in its territory, to submit a joint application under one of the two lists of the Convention. If the multinational application is more complicated, from a conceptual and administrative point of view, this reflects the very spirit of the Convention that promotes international cooperation. In all cases, it is essential to understand that registration does not confer any rights or title to the item listed – the ownership is kept by the communities that practice it.

Is there an inventory of traditional Mediterranean cooking?

Under the Convention, each country, with the participation of communities, groups and relevant nongovernmental organizations, identifies and defines the various elements of intangible cultural heritage present in its territory, in the form of one or more inventories. Countries of the Mediterranean region have, according to their respective inventory systems, considered that the culinary traditions in their inventories are sometimes scattered, locally or nationally. As yet, there is no concerted and comprehensive information at the regional level. However, a transnational Mediterranean inventory, initiated under the project MEDINS (Identity is Future: The Mediterranean Intangible Space, under the MEDOC programme funded by the European Commission) aims to identify the intangible cultural heritage in the Mediterranean, taking into account Mediterranean culinary traditions. The MEDINS project has established a « food » category in its « register of the invisible heritage ». However, these projects do not cover all countries of the Mediterranean region ■

Detailed information on the Convention is available at: www.unesco.org/culture/ich



In the framework of the UNESCO Convention, which countries could apply for registration of a culinary tradition of such wide

A PERSPECTIVE ON CULTURAL HERITAGE

Slow Food picks up pace

By CHRISTIANE DABDOUB NASSER

The concept of 'slow food' is much more than a reaction to 'fast food'; the Slow Food organisation promotes quite a holistic approach and aims to preserve regional foods, as well as plants, seeds, livestock and traditional agricultural techniques associated with its production.

Founded in Italy in 1989 by Carlo Petrini, a journalist and food critic, the philosophy of Slow Food is based on « the responsibility to protect the heritage of food, tradition and culture that make... pleasure [as a right] possible. Our movement is founded upon this concept of eco-gastronomy – a recognition of the strong connections between plate and planet ».

The movement has managed to rally 100,000 members in 132 countries and has gained the recognition of the United Nations (FAO).

In 2004, Slow Food opened a University of Gastronomic Sciences at Pollenzo, in Piedmont, and Colorno, in Emilia-Romagna, Italy.

Among southern and eastern Mediterranean countries, only Israel, Lebanon, Morocco and Tunisia have adhered to this movement.

In Israel, the Slow Food Upper Galilee Convivium was established in early autumn 2006 by Einat and Avigdor Rothem, owners of Pausa-inn, a gourmet inn that keeps the hospitality and cuisine in the slow food tradition. Among their areas of interest is the development of biodynamic agriculture, an approach which considers the farm as an organically self-contained entity within which organisms are interdependent, and emphasises the use of manures and composts rather than artificial chemicals. Slow Food Upper Galilee promotes, among other things, the cultivation of mushrooms. Some 60% of mushrooms produced in Israel, mostly Champignon de Paris and Portobello,

are to be found in Western Galilee. And extensive investment to increase both the production and quality of the mushrooms are underway.

Lebanon has been part of the Slow Food association since 2004 and last December, food author and photographer Barbara Masaad (**Man'oushé**, 2005; **Mouneh: Exploring the Lebanese Pantry, Seasonal Preserving Recipes and Stories 2010**) organised the event Celebrating Local Food, Wine, & Beer in Lebanon in December 2009. As she says, « joining the movement has given me a base for my work, an inspiration, a way to communicate with others who are working to safeguard the earth's best resources, and an example to implement in my country ». Slow Food Beirut operates a weekly market that sells products of small scale producers and farmers and according to Masaad, being part of the Slow Food movement makes the product more credible. Slow Food Beirut is also planning a project dealing with children and education – to promote farming / eating and proper nourishment based on local ingredients and traditions.

The beginnings of Slow Food in Morocco go back to 2001 when Amal, a small cooperative of Targan specialised in the production of argan oil won first prize in Porto, Portugal. In the wake of this small success story, Zoubida Charrouf, from the University of Rabat, introduced the Association Ibn Al Baytar, which it had helped found, to Slow Food. From then on, several other organisations in Morocco adhered to the network. According to Prof. Charrouf, being part of Slow Food was elemental in making the argan oil and its benefits known beyond the Moroccan borders. It has also helped attract expert support at the technical and commercial levels. Today argan oil is well known for its pharmaceutical and dietary benefits, and it has become ubiquitous in the cosmetic industry due to its anti-aging properties. In 2008, a group of academics, artists and chefs founded the Association



ASSOCIATION IBN AL BAYTAR, MOROCCO - 2010

Marocaine de la Gastronomie with the aim to initiate and follow the process of registering Moroccan cuisine on the World Heritage list for Intangible heritage

<http://knol.google.com/k/initiative-de-med-bennani-khif/association-marocaine-de-la-gastronomie/wcx7wpugut23/3#>.

In Tunisia, the *Association pour la Sauvegarde de l'île de Djerba*, which works on several aspects of cultural heritage in order to preserve the island of Djerba and ensure its 'harmonious' development, is engaged in activities that contribute to the preservation of Tunisian culinary heritage. Among these is its effort to preserve the genetic diversity of the palm tree, including the preservation of the palm grove of Djerba, date production and the production of date-based foods. All these efforts are embedded within a programme for improving the situation of agricultural workers and producers.

These efforts, albeit commendable, do not cover the region or give true tribute to Mediterranean food. One can imagine a situation where Mediterranean food and cuisine from the southern and eastern shores of the Mediterranean are given their due place not only on the heritage platform but also as 'living' heritage and as drivers of regional economy ■



PALERMO, ITALY - C. GRAZ 2010

BEST PICTURES



PALERMO, ITALY - C. DABDOUB-NASSER 2010



MARRAKESH, MOROCCO - C-GRAZ 2010



MONDELLO, ITALY - G-BERTELLETTI 2010



BENI ISGUEN, ALGERIA - M-KACICHUK 2009



SEVILLA, SPAIN - C-GRAZ 2010



VALENCIA, SPAIN - C-GRAZ 2010

These pictures are an array of the best images collected within the Euromed Heritage programme to show the richness of the Mediterranean cultural heritage. The RMSU and RehabiMed Association have launched on 3 May 2010 a Photography Award contributing to awareness-raising of cultural heritage in the region. The awarded photos will be published on this section as well as on the EH 4 website Photo Gallery: <http://www.euromedheritage.net/interm.cfm?menuID=88>

MISCELLANEOUS

How do films about food inspire you?

For this edition of our newsletter, we have prepared a selection of the great classics of "food" films that please the eyes, whet the appetites, and raise a whole lot of questions about your own food habits.

Babette's Feast (1987, directed by Gabriel Axel)

The whole film-magnificent food and wonderful photography- is taken up by the preparation of a sumptuous meal for a group of ascetic elders in a small community in Denmark who, despite their solemn vow not to enjoy the meal, are totally converted...

Like Water for Chocolate (1993, directed by Alfonso Arau)

Unable to fulfil her love for her brother-in-law, a young woman releases her emotions through the elaborate meals she prepares for the benefit of her extended family. Her passion is like the boiling point of water for hot chocolate and her masterpiece is the torta Chabela.

Super Size Me (2004, directed by Morgan Spurlock)

What happened when Morgan Spurlock went on a medically supervised one-month fast food binge? This documentary is an investigative report that raises questions about when personal responsibility ends and corporate duty begins.

What's on

World Congress for Middle Eastern Studies, Barcelona, Spain, 19-24 July 2010



Over 2500 researchers and experts on the Middle East, coming from a large number of universities, research centres and other organisations from all over the world, will gather in Barcelona at the World Congress for Middle Eastern Studies (WOCMES). The World Congress seeks to address, explore and exchange information on the state-of-the-art in Middle Eastern Studies in its broadest sense.

For more information and registration:

<http://wocmes.iemed.org/en/>

Reader's corner

Man'oushé: Inside the street corner bakery – by Barbara Massaad, 2005



Awarded of the International Gourmand Cookbook Award, this publication is a journey to discover Lebanon's favorite snack. As every true Lebanese knows, the man'oushé has a reserved place on the country's breakfast table. But every true Lebanese also knows that this cherished national pie has the ability to be worked into every meal of the day due to its unique simple versatility. The author introduces the first cookbook dedicated entirely to the art of creating the perfect man'oushé. With over 70 original recipes, Barbara offers you a way to enjoy these typical pies, traditionally baked in street corner bakeries, in the comfort of your own home. One only has to flip

through the pages in order to realise that this typical Lebanese creation can be as simple as an on-the-go breakfast and as intricate as a family meal.

For more information: <http://www.barbaramssaad.com/books/manoushe/manoushe.html>

Our Agenda

RMSU events

- **31 July 2010 (deadline for submission)**
« Crossing Viewpoints: Living Heritage in the Mediterranean » International Digital Photography Award (EH 4-RehabiMed)
- **4-5 October 2010 - Paris, France**
Thematic workshop: Heritage: a model for sustainable development-how to improve energy performance in European and Mediterranean architectural and urban heritage?

International events

- **5-6 July 2010 - Mechelen, Belgium**
Conference « Voluntary organisations active in the field of heritage »
http://www.heritageorganisations.eu/?page_id=752
- **19-24 July 2010 - Barcelona, Spain**
World Congress for Middle Eastern Studies
<http://wocmes.iemed.org/en/>
- **22-24 July 2010 - Corfu Island, Greece**
International conference on « Cultural heritage and Tourism »
<http://www.wseus.us/conferences/2010/corfu/cult/>
- **7-8 September 2010 - Brescello, Italy**
International Workshop « Human-Computer Interaction, Tourism and Cultural Heritage »
http://www.oltpo.com/workshop/workshop_HCI/TOCH.html
- **20-24 September 2010 - Istanbul, Turkey**
IIC Congress 2010 « Conservation and the Eastern Mediterranean »
<http://www.iiconservation.org/>
- **23-24 September 2010 - Malaga, Spain**
4th Mediterranean Tourism Forum / Meditour 2010
<http://meditour.comanomalaga.com/index.php?lang=en>
- **10-28 October 2010 - Damascus, Syria**
ICCROM courses: Saving mosaics in museums of the Southern and Eastern Mediterranean
http://www.iccrom.org/eng/01train_en/announce_en/2010_10MosaikonSYR_en.shtml

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Join our mailing-list to receive Euromed Heritage 4 **Connecting** at <http://www.euromedheritage.net>



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