
TRADITIONAL RECIPES FROM NORDIC & BALTIC CUISINE

NO LEFTOVER NORDIC/BALTIC CULINARY ARTS:
DIGITAL COURSE
WITH TRAINING MATERIALS AND TOOLS
FOR ADULT EDUCATORS



Photo: Latvian Cheese,
Canva, ValdisO

THE COLLECTION OF THE TRADITIONAL AND CONTEMPORARY NORDIC/BALTIC RECIPES.

PART I:

TRADITIONAL RECIPES FROM NORDIC & BALTIC CUISINE.

Abstract

'Traditional Recipes from Nordic/Baltic cuisine including Denmark, Estonia, Iceland, Latvia, Lithuania with the focus "use local" and relation to sustainability.

Nordic/Baltic Value: Nordic/Baltic cuisine has very old interesting history, traditions, recipes, methods. Nowadays Culinary Arts involve old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern technologies, innovations and digitalisation, avoiding and minimising waste.

We intend to strengthen the ideology of NO LEFTOVER not only at household and amateur level, but also at professional level within the adult educational programmes. The project partners will demonstrate the approaches to integrate the classy and modern traditional Nordic/Baltic culinary arts with mastery of NO LEFTOVER at all levels of culinary arts in a detailed, creative, informative and inspirational way.



Reference: Zvereva, O. et al (2024). Traditional Recipes from Nordic & Baltic Cuisine. Nordplus Adult. NO LEFTOVER Nordic/Baltic Culinary Arts: digital course with training materials and tools for adult educators. Project ID: NPAD-2022/10049. ISBN Code: 978-9934-643-00-2

Website: www.no-leftover-nordic-baltic-culinary-arts.com



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Raspberries,
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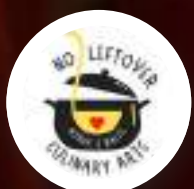


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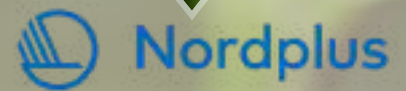
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Beet leaves,
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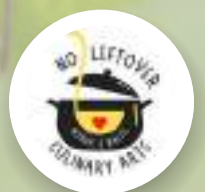
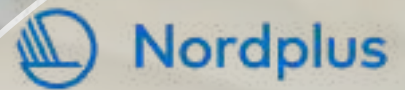


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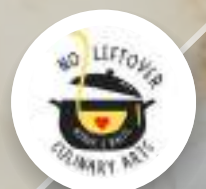


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Description of the Project

'The aim of the project "NO LEFTOVER Nordic/Baltic Culinary Arts: Digital Course with Training Materials and Tools for Adult Educators", No. NPAD-2022/10049, is to enhance teaching methods of adult educators in Culinary Arts focusing on Nordic/Baltic traditional and contemporary cuisine with approach of NO LEFTOVERS at different stages including planning ingredients and portions, cooking, serving, selling, marketing the dishes and cuisine concepts, finding reasonable consumption ways for leftovers, responsible handling of final stage waste.

Nordic/Baltic added value

The Culinary Arts, and specifically Nordic/Baltic cuisine, has very old interesting history, traditions, recipes, methods, and the contemporary Culinary Arts involve these old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern and traditional preservation and no leftover techniques, innovations and digitalisation.

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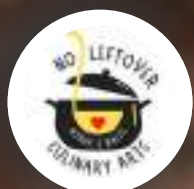


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Project Partners

COUNTRY	PARTNER NAME	WEBSITE
LATVIA	"HOTEL SCHOOL" Viesnīcu biznesa koledža	www.hotelschool.lv
LITHUANIA	Vilniaus kolegija	www.viko.lt
ESTONIA	MITRA	www.mitra.ee
ICELAND	STEP BY STEP CONSULTING	www.sfsradgjof.is
DENMARK	Com&Train	www.comtrain.dk

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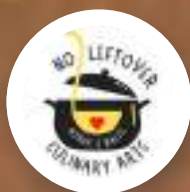


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Introduction

The project NPAD-2022/10049 outcomes of the development projects lead to the developed new course 'Digital Course in NO LEFTOVER Nordic/Baltic Culinary Arts for Adult Educators' including the development of the course content and module setup, choice of digital format, methods and materials to be used.

The purpose is to improve methods of adult teaching, adults' access to learning, improving the quality of adult learning and meeting new or changing needs for the changing environment of specifics of hospitality business offers, culinary arts variety and diversification approaches, trends in tourism for new experiences and tastes, modern society needs for technical and digital enhancement and reformatting the focus on sustainability to sustain the traditions and cultural heritage as well as global and national resources by responsible consumption and using local ingredients and other resources. The course development supports the development of training opportunities for teachers, mentors and other pedagogical staff in adult education of the project coordinator, all project partners and other organizations and private companies, public organizations as the course will be optimized for different categories of adult educators.

Nordic/Baltic added value

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The Aim and the Objectives of the Guidebook

Nordic/Baltic cuisine has very old interesting history, traditions, recipes, methods. Nowadays Culinary Arts involve old traditions, sustainability aspects such as keeping cultural heritage and using local products, integration of the modern technologies, innovations and digitalisation, avoiding and minimising waste. We intend to strengthen the ideology of NO LEFTOVER not only at household and amateur level, but also at professional level within the adult educational programmes. The project partners will demonstrate the approaches to integrate the classy and modern traditional Nordic/Baltic culinary arts with mastery of NO LEFTOVER at all levels of culinary arts in a detailed, creative, informative and inspirational way. The five project results shaping the course will serve as attractive materials, tools to aid adult educators for raising extrinsic and intrinsic motivation of their adult learners in applying the principles of NO LEFTOVER in Culinary Arts.

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Description of the target audience for the guidebook and Learning Outcomes, expected results after reading the Guidebook

Primary target group of adult educators include adult educators working with Culinary Arts programmes at professional and amateur level.

·In addition, secondary target group are adult educators working with adults within the social programmes, leisure activities, business trainings and coaching, lifelong learning workshops, seminars, networking events, where the activities of culinary arts, events with serving food are embedded.

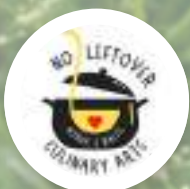
·Across formal, informal and/or non-formal adult learning;

·Both general and vocational learning;

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WHAT DO YOU KNOW ABOUT THE NORDIC / BALTIC CULINARY ARTS?

- Which berries grow in Iceland?
- Do linseeds grow in Denmark?
- Do Icelanders eat Baltic sprats like Baltic inhabitants?
- Is melted speck (grease) typical for all Baltic countries, Iceland and Denmark?
- Which Nordic & Baltic countries have kvass drink? etc.

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NORDIC-BALTIC

Review and Summary on Traditional Nordic-Baltic Culinary Arts

The Nordic-Baltic region encompasses Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway, and Sweden, as well as the autonomous regions of Greenland, Åland and the Faroe Islands. Historically, these countries have been interlinked and have interacted with one another for centuries. Mutual trade has been the decisive factor facilitating this interaction. In recent decades, the Nordic and Baltic countries have grown closer, collaborating on issues like circular economic models, regional security and digital transformation. (Nordic Council of Ministers, 2020.)

**Nordic/Baltic added value
Project ID: NPAD-2022/10049**

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DENMARK

Review and Summary on Traditional Nordic-Baltic Culinary Arts

The flavour of Denmark is a fascinating mixture, embracing both the gourmet aspects of The New Nordic kitchen as well as the traditional local cuisine.

Known for the high quality of its food products such as bacon, beer, dairy products, fish & seafood, and cookies. Denmark is a leader when it comes to organic food, with much food production taking place in close harmony with nature. (Baltic Sea Cuisine. 2024.)

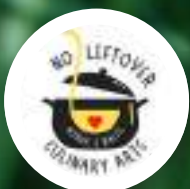
Using the traditional commodities such as potatoes, root vegetables, cabbage combined with local herbs, and many other traditional food, the skilled chefs in Denmark are able to create great and memorable taste experiences. (Baltic Sea Cuisine. 2024.)

Denmark is - like every other country - not a solitary rock, uninfluenced by international traditions and trends. Visitors should not be surprised to find a large variety of recognizable international dishes alongside the traditional Danish cuisine. Many restaurants offer a combination of traditional Danish dishes and "imported" dishes. At times elements of international cuisine will be imported and experimented with to try and improve traditional dishes. (Baltic Sea Cuisine. 2024.)

While food heritage can be somewhat rigid, Danish chefs are willing to challenge and experiment with traditional dishes, in order to produce new twists on classic dishes. (Baltic Sea Cuisine. 2024.)

Nordic/Baltic added value
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Photo: Dill, Canva.



ESTONIA

Review and Summary on Traditional Nordic-Baltic Culinary Arts

Estonian cuisine has developed on the basis of traditional farm and estate cooking and offering, later following the traditions of cooking in cities. Use of domestic and local, incl. organic, foodstuffs is typical of Estonian food culture. Different seasons are clearly expressed on Estonian food table. Besides fresh and lighter summer and autumn dishes, preserves and meat dishes are prevailing on food table in winter and spring. Spring is the season of fish dishes, summer is the season of berries and autumn is the time for mushroom and game dishes. (Baltic Sea Cuisine, 2024).

Nordic/Baltic added value
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ESTONIA

Review and Summary on Traditional Nordic-Baltic Culinary Arts

Estonians like to know where their food comes from. For this reason, many savvy city dwellers take the time to work the fields and enjoy the fruit of their labour throughout the year. This amount of passion has greatly inspired Estonian restaurants to be creative and use local produce. (Baltic Sea Cuisine, 2024).

A spoonful of Nordic with a twist

Similarly to Estonian culture, the local taste palate has been infused with the best of our neighbouring countries. Here you'll find traces of Scandinavian, Russian and German kitchens. (Baltic Sea Cuisine, 2024)

Estonian chefs, food establishments and retailers have a similar understanding of the nature and future of Estonian cuisine. (Baltic Sea Cuisine, 2024).

Bread has at least three different names in Estonian – that's how serious we are about the loaf. Black rye bread with a thin crispy crust is a healthy and very original gift to bring back from your trip to Estonia. (Baltic Sea Cuisine, 2024).

Vegetarian and vegan-friendly gourmet joints spring up in Estonia's larger cities like mushrooms after the rain, and while on the topic: have you tried Estonian chanterelles? (Baltic Sea Cuisine, 2024).

Estonian grandmothers truly are the world champions in jam making and cake baking. Want to taste it for yourself? Well, head to the country or to your local outdoor market for jars of blackcurrant, blueberry or buckthorn jams and pickled vegetables, and try the friendly downtown bakery for fluffy cakes, crumbles and pies. (Baltic Sea Cuisine, 2024).

Photo: Parsley, Canva.

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ICELAND

Review and Summary on Traditional Nordic-Baltic Culinary Arts

Icelandic food is known for its fresh ingredients and unique dishes. Foodies across the world come to the island to try out iconic Icelandic cuisine such as fermented shark and tasty skyr yogurt. Read all you need to know about traditional Icelandic food, its history, and where to find it today.

Iceland's food scene won't disappoint even the most avid foodies. The pillars of Icelandic cuisine are meat, dairy, and fish. For a long time, Icelandic people didn't grow green vegetables or fruit. Apples and oranges were luxury items only shipped to the country during big celebrations such as Christmas.

In the past, Icelandic food had to be stored in a way that allowed it to last for a long period. This meant that Icelandic people needed to get creative. As a result, dishes were often fermented, smoked, salted and cured. Food was even preserved inside jello as a way to keep it edible.

Nordic/Baltic added value

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LATVIA

Review and Summary on Traditional Nordic-Baltic Culinary Arts

Latvia has a wealth of culinary traditions, because the country is at the crossroads of Europe, and so influences from other nations have come from the East and the West over the course of centuries. Latvian cuisine is distinctly seasonal, because we have four seasons, and each of them offers specific products and tasty treats. Our menu features many dishes from the forest, waters, meadows or own garden – it can be found in the logo "Latvian cuisine" symbols. (The Association of Latvian Rural Tourism "Lauku ceļotājs" (2014)).

Understandings about tasty and nutritious food have changed over the course of time. Traditional recipes are adapted to reduce the amount of fat and to make the structure of dishes lighter. Restaurants in Latvia present dishes that offer the most surprising combinations of foods from Latvia's countryside, meadows, forests and bodies of water, thus preserving distinct seasonality in the ingredients that are used.

Latvians are hospitable, and they will bring gifts when they come visiting and always give you one for the road when you're leaving. (Baltic Sea Cuisine. 2024).

Nordic/Baltic added value

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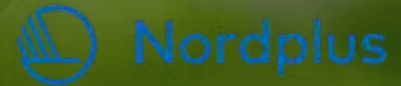
Photo: Black currant, Canva.



Logo "Latvian cuisine" highlights the places where you can enjoy Latvian dishes: f.e., Potatoes with herring and cottage cheese, Smoked meat and fish, Potato salad, Chilled soups, Sorrel soup, wild Mushroom sauce, Grit sausage, Loin of pork with sauerkraut, Layered rye bread, Carrot buns. (Lauku ceļotājs, 2024).



LATVIA



Review and Summary on Traditional Nordic-Baltic Culinary Arts

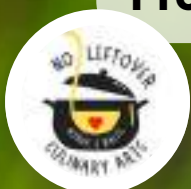
Latvia is located in the north-eastern part of Europe. The climate in the country is quite harsh. On average, the winter lasts at least 100 days per year, and the average temperature is below zero (Latvijas Vides ģeoloģijas un meteoroloģijas centrs, n.d.). That means that the season of growing food is quite short, from May until September, and during the rest of the year various food preservation techniques must be used.

Until the end of the 12th century, the territory of Latvia was inhabited mainly by various Baltic tribes (Zemītis et al., 2016). As in the whole region, people were growing crops like rye, wheat, barley, oats, millet, and hemp; kept livestock, e.g., cows, horses, pigs, sheep, and goats; engaged in hunting and fishing, consuming game meat, fresh and saltwater fish, and collected berries, nuts, and mushrooms. Initially, crops were consumed by cooking whole grains and making porridge; only since the 10th century, when hand mills and bread ovens appeared in the region, did people start to bake fermented barley and rye bread. Onions, garlic, and white mustard were used for food flavouring. The only sweetener that was available was honey; wild berries and hazelnuts were probably the most popular desserts. Traditional drinks in that time included water, fresh and fermented birch sap, and herbal teas that were also used as medicine (Pīgozne, 2022).

Latvian culinary has influences from both East and the West. It is distinctly seasonal with a strong emphasis on wild food. Spring brings birch juice, the Summer Solstice brings caraway seed cheese and beer. In Autumn, mushroom hunting and cranberry gathering becomes a national obsession. Winter is the time of smoked meat and fish, warming soups and bacon pies. For the simplest of snacks, just smear hemp butter and honey on a slice of rye bread! (Baltic Sea Cuisine, 2024).

Nordic/Baltic added value

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Photo: Linseeds flower,
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LITHUANIA

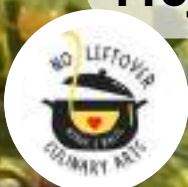
Review and Summary on Traditional Nordic-Baltic Culinary Arts

Although the Lithuanian cuisine evolved and changed throughout the centuries, but the population eating habits in the past, and now are dictated by nature, and the goodies offered by it. In summer, most Lithuanians eat home-grown vegetables, berries collected in forests and meadows and in autumn all the garden harvest, fruits and mushrooms; while in winter and spring they have shelves loaded with of various jams, home-squeezed juice, marinated mushrooms, cucumbers, tomatoes and other vegetables. (Baltic Sea Cuisine. 2024).

To get familiar with the country's national cuisine, make sure you taste “zeppelins”, brown rye bread, curd cheese, cold-smoked bacon, vėdarai, kugelis, skilandis and smoked fish. During the summer Lithuanians are fond of different cold soups, the most popular of which is cold beet soup. It is a cold soup of sour milk, beetroot, cucumbers and hard boiled eggs, very refreshing on a hot day. Bee honey is also very common in Lithuania and is used in the production of various food and drinks. (Baltic Sea Cuisine. 2024).

Although Lithuania is a small country but different ethnic populations have different favourite meals. The same dishes are prepared by housewives from different areas of the country quite differently. (Baltic Sea Cuisine. 2024). Lithuanian cuisine is known for the black rye bread, big choice of potatoes dishes, dairy products and smoked meat. Lithuanians are proud of old going traditions of local beer, mead and fruit wines. Herbs and plants from Lithuanian meadows together with wild berries and mushrooms from the ancient woodlands make Lithuanian seasonal dishes even more colorful. (Baltic Sea Cuisine. 2024).

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Photo: Red currant, Canva

CULINARY ARTS

Definitions: Theory Review

Breaking apart the term, culinary means “related to cooking” and arts refers to any broad area of interest. **So, put simply, culinary arts refer to the art of preparation, cooking, presentation, and service of food. This may often be in the form of meals in a restaurant, but culinary arts can refer to all professions that involve food service. (Zuberbuehler, A., n/d).**

Have you ever pondered on why some food is so irresistible? Actually, it's a combination of factors that stimulate all of our senses! Every aspect, from the presentation on the plate to the aroma, flavors, and textures in our mouths, contributes to our satisfaction with a meal. It's truly remarkable how much effort goes into creating a single dish, don't you think? In the culinary arts, it is our responsibility to ensure that all senses are fully satisfied. (Zuberbuehler, A., n/d).

A skilled culinary arts professional understands the importance of presenting food in an attractive and appetizing manner. They take their time to ensure that the dish not only tastes delicious but also looks appealing and smells sensational. Utilizing all available tools, they strive to create the perfect culinary experience by harmonizing these important factors.

THE CULINARY ARTS PROCESS

1. Ingredient selection & recipe planning
2. Food preparation: professional techniques and processes
3. The art of plating: creative and decorative food staging

Nordic/Baltic added value
Project ID: NPAD-2022/10049
100% NO LEFTOVER

Photo: Apple tree, Canva.



NORDIC - BALTIC

Definitions: Theory Review

The Nordic Region consists of Denmark, Norway, Sweden, Finland, and Iceland, as well as the Faroe Islands, Greenland, and Åland. (The Nordic Council and the Nordic Council of Ministers, 2024).

The Baltic countries are: Latvia, Lithuania, Estonia.

Nordic-Baltic or Nordic/Baltic Cuisine?

According to **Nordplus** list of eligible countries:

from the Nordic countries - Denmark, Norway, Sweden, Finland, Iceland, the Baltic countries - Estonia, Latvia, Lithuania - and the autonomous regions of Åland, the Faroe Islands and Greenland.

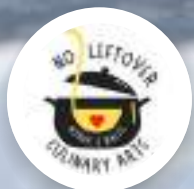
Nordic countries, group of countries in northern Europe consisting of Denmark, Finland, Iceland, Norway, and Sweden. The designation includes the Faroe Islands and Greenland, which are autonomous island regions of Denmark, and the Åland Islands, an autonomous island region of Finland. (Zeidan, A., 2024)

The term is sometimes used interchangeably with **Scandinavia**, a peninsular region of northern Europe that serves as the geographic core of the Nordic countries. Scandinavia is typically defined more restrictively, however, and refers primarily to Norway, Sweden, and Denmark. (Zeidan, A., 2024)

NB8 (Nordic - Baltic Eight) is an informal (non-institutionalized) regional co-operation format that includes Denmark, Estonia, Finland, Iceland, Latvia, Lithuania, Norway, and Sweden. (Ministry of Foreign Affairs of the Republic of Lithuania, 2014, updated 2023).

The Nordic-Baltic community is one of the three main communities in Northern Europe: these are Nordic, Baltic and Baltic Sea Region.

Photo: Baltic Sea, Canva.



Nordic-Baltic added value
Project ID: NPAD-2022/10049
100% NO LEFTOVER

LEFTOVER FOOD MANAGEMENT

Food waste is a significant global problem, where nearly one-third of edible food is wasted each year all around the world (Food and Agriculture Organisation, 2011). Food waste occurs when any edible material that is intended to be consumed by humans is discarded because of consumers' purchasing decisions or retailers' and food service providers' decisions (Food and Agriculture Organisation, 2019). Food waste has significant economic, environmental and social consequences (Roodhuyzen et al., 2017). **The United Nations has set the Sustainable Development Goal (SDG) 12.3, aiming to "halve the per capita global food waste at the retail and consumer levels and to reduce food loss along production and supply chains by 2030"** (Food and Agriculture Organisation, 2019). (From the article by Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., 2023).

Moreover, household food handling skills and knowledge, and availability and accessibility to infrastructure facilities affect **leftover food waste generation behavior**. Based on the synthesized literature, **Leftover Food Waste Generation Behavior (LFWGB) Framework** has been developed. The framework conceptualizes psycho-social, personal and lifestyle factors driving leftover food management behaviors at home. **Reducing food leftovers must be given top priority along with consumer meal planning and food preparation skills** in household food waste reduction interventions and campaigns. (Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., 2023).

Planning to reuse leftovers in meals, storing leftovers in correct containers and freezing leftover food and ingredients are significant leftover management routines that are negatively related to food waste behavior (Stancu et al., 2016; Zainal & Hassan, 2019) and are related to the economic value of wasted food (Cequea et al., 2021). (From the article by Aloysius a, N., Ananda a, J., Mitsis a, A. Pearson, D., 2023).



100% NO LEFTOVERS

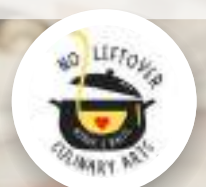
Definitions: Theory Review

FOOD LEFTOVER

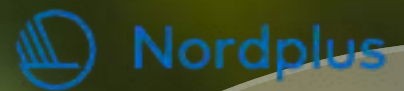
Food leftovers (hereafter 'leftovers' for short) are considered as one of the core components of household food waste (Aschemann-Witzel et al., 2019; Quested & Johnson, 2009; Silvennoinen et al., 2014; Williams et al., 2012; Zainal & Hassan, 2019). **Leftovers** are food that are produced during one meal and then becomes surplus or left over from that meal (Andrews et al., 2018). **Leftovers** include offcuts of previously prepared meals (Cappellini, 2009; Evans, 2012; Porpino et al., 2015) and surplus food ingredients used in meal preparation but were not totally used in preparing food (Evans, 2011, 2012).

Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., (2023) regard **leftovers as food that are produced or purchased during one meal, become surplus or left over from that meal, which includes, a) prepared, but not plated food, b) plated, but not eaten food, c) leftover ingredients d) take-away leftover food, and e) leftovers from online food orders.**

Several definitions have been attributed to food leftovers based on the functionality, scope and origin. Roe et al. (2020) defines leftovers as foods and food ingredients that are unused after the preparation and completion of meals. Similarly, any uneaten remnants of food that a person could have eaten is referred as leftovers (Krishna & Hagen, 2019). If these leftovers are not saved and consumed later, it becomes a type of food waste (Liao et al., 2018). Combining the above two ideas (Tucker & Farrelly, 2016, p. 684), define **leftovers as prepared food that is "left unused or only partially used and then disposed of"**. The portion of the served food that is discarded is referred to as **the plate waste** (Williams & Walton, 2011). Dolnicar et al. (2020) define plate waste as food left on a plate uneaten at the end of the meal. Based on the same idea but analyzing further, Andrews et al. (2018) identified any uneaten portion of food on a person's plate and extra food made in a meal with the intention of consuming later, but ultimately not eaten as leftover food waste. Sometimes leftovers of food consumed outside of the home are brought home in containers, often referred to as 'doggy bags' (van Geffen et al., 2016) and thereafter households are responsible for handling them.



100% NO LEFTOVERS



Definitions: Theory Review

LEFTOVER FOOD MANAGEMENT

However, as the process of reusing leftovers involves selecting, sorting, storing and transforming food, reusing leftovers still requires time and work in the kitchen (Cappellini, 2009). Reusing meal leftovers requires more effort in storing leftovers and creating a new meal from whatever is left (Visschers et al., 2016). Cappellini and Parsons (2012) mentioned that making a completely new meal using leftovers from an old dish requires too much time and effort. Reusing leftovers requires high flexibility in the menu planning (Silvennoinen et al., 2014). **Lack of time for planning leftover cooking was identified as a barrier in the food waste reduction** (Kim et al., 2020). **In this situation, households may discard leftovers as this saves time and effort in sorting and reheating leftovers and saves space in storing them** (Ang et al., 2021). (Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., 2023).

Consumers' poor food handling practices, and lack of knowledge and skills in food handling result in increased amounts of leftovers subsequently leading to higher food wastage. Failure to understand the taste and food preferences of family members leads to increased amounts of leftovers in households (Teng et al., 2021). Increased portion sizes and cooking food beyond the levels they need are the leading causes of leftover food waste (Haque et al., 2022; Krishna & Hagen, 2019). Lack of kitchen skills and knowledge in reusing meal leftovers leads to discarding surplus food (Ilakovac et al., 2018; Romani et al., 2018) and this is reported as a barrier to food waste reduction (Kim et al., 2020).

(From the article by Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., 2023).

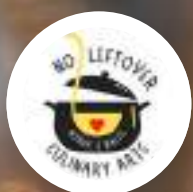


Photo: Zero waste, Canva.

Nordic/Baltic added value

Project ID: NPAD-2022/10049

Definitions: Theory Review

LEFTOVER FOOD MANAGEMENT Educational Campaigns

Educational campaigns on the freshness of food, expiration date, and practices of reusing and transforming leftovers will prevent the wastage of leftovers (Principato et al., 2015). Educational programs on better management of food usage will improve the ability to reuse leftovers (Savelli et al., 2020) and training consumers in ways of using leftovers safely can reduce the amount of food wasted in households (Visschers et al., 2016). Intervention programs in promoting households' leftover consumption could focus on providing knowledge about appropriate storing techniques for leftovers (Schmidt & Matthies, 2018) and knowledge about date labels (Portugal et al., 2020). Information and education campaigns on how to reuse leftover food with minimal loss of taste or quality will address the gaps in consumers' knowledge of food management and reduce the perceived satisfaction from discarding leftovers (Ang et al., 2021)

(From the article by Aloysius, N., Ananda, J., Mitsis, A., Pearson, D., 2023).

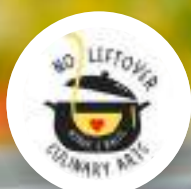


Photo: Zero waste, Canva.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

USE LOCAL

Definitions: Theory Review "Use Local"

Local sourcing is more than just a buzzword; it's a strategy revolutionizing sustainable business practices. From small-scale farmers to artisanal producers, there are countless benefits to embracing local sourcing as part of your company's sustainability efforts. (Deb Dulal Das, 2023).

Benefits of Local Sourcing for Sustainable Businesses:

Significant benefits await sustainable businesses that hire sourcing companies to prioritize local sourcing. By directly supporting local farmers and producers with jobs and income, local sourcing helps boost the regional economy. Additionally, it curtails the transportation charges and carbon footprint of conveying merchandise across vast areas. (Deb Dulal Das, 2023).

Think local in order to help achieve the Sustainable Development Goals. Using local produce makes sense both for your wallet and for the environment, and it contributes towards many of the SDGs. (The SDG Fund. (n.d.))

Nordic/Baltic added value
Project ID: NPAD-2022/10049
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Photo: Use Local, Canva.



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USE LOCAL



Definitions: Theory Review
"Use Local"

Some tips to help you cook local:

1. **Go to farmers' markets:** this way, you can help support local producers, the local economy and encourage local employment. Plus, you can try products you might not find in supermarkets!
2. **Check product origin:** nowadays, food is often transported halfway across the world so it can be available on supermarket shelves year-round. But local, seasonal products tend to be cheaper, fresher, with less additives or preservatives and choosing them is another way of helping support the local economy.
3. **Plan seasonal menus:** find out what is in season and plan menus around this. This will ensure variety in your diet throughout the year and mean that you use fresh, tasteful produce. If you're feeling particularly adventurous, eating invasive, non-native species of plants and animals can be the source of unique recipes while helping to balance local ecosystems.
4. **Turn your backyard, windowsill or rooftop into a kitchen garden:** no matter how little space you have, there are plenty of things you can grow yourself cheaply and easily. Herbs such as parsley, mint or basil require very little space to grow and can really help transform your dishes.
5. **Use less processed food:** buy better quality, fresh food and then use it more efficiently, reducing food waste by saving leftovers and planning meals ahead of time. This saves money while supporting a more efficient use of resources. (The SDG Fund. (n.d.))

SUSTAINABILITY

Definitions: Theory Review **Sustainability**

To help understand the definition of sustainability, one can therefore apply the usage of an expert on linguistic understanding.

Thus, if you applies the usage of Oxford Languages in determining an overall definition, they say; **“Avoidance of depletion of natural resources in order to maintain an ecologic balance”** (<https://languages.oup.com/google-dictionary-en/>)

Though, to understand the terminology in a more broader and practical applied fashion by today standards, one can turn to the most commonly applied definition for sustainability as how UN back in 1987 defined via its Brundtland Commission report “Our common future” as “meeting the need of the present without compromising the ability of future generations to meet their own needs” (<http://www.un-documents.net/our-common-future.pdf>)

Today, there are almost 140 developing countries countries in the world seeking ways of meeting their development needs, but with the increasing threat of climate change, concrete efforts must be made to ensure development today does not negatively affect future generations. (<https://www.un.org/en/academic-impact/sustainability>)

Thus, the most noticeable difference between the former and the latter definition is that while the former can be applied universally, the latter however, is backed up by an encore of actions on how to achieve the abovementioned latter credo.

Thusly, UN’s definition on sustainability is sustained by its actions via its SDG scheme, Sustainable Development Goals. From the Guidedebook ‘ Sustainable Hospitality Digitalisation’

Nordic/Baltic added value
Project ID: NPAD-2022/10049
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Photo: Sustainability, Canva.



Definitions: Theory Review

A Sustainable Culinary System

A sustainable culinary system needs to “be able to demonstrate that it can optimize food output and consumption without compromising the stock of natural capital and ecosystem services” [1], p. 12]. Therefore, the aim of a sustainable culinary system is to reduce to the maximum the use of non-renewable resources and to ensure that the use of renewable resources takes into consideration their regeneration capacity. In a sustainable culinary system, waste is reduced to a minimum, and pollution should not outreach the threshold of the regeneration capacity of the system [4]. However, a sustainable culinary system should also be socially just by ensuring food and nutritional security for everybody [Sage C (2012) Environment and food. Routledge, London].

The concept of sustainable culinary systems takes a system perspective by considering the whole chain of material flows and human-organized activities along the food value chain including the stages of production, processing and packaging, transport, and distribution (wholesaling and retailing), selling, preparation and cooking (hospitality and food service, such as restaurants, catering, etc.), consuming the product, and finally the disposal of waste. This system perspective illustrates the links between food consumption and supply chains, value chains, and ecological factors [4]. Systems are highly complex, and it is important to bear in mind that a culinary system is a subsystem of the bigger system of society but also of the natural system which has itself reams of subsystems that are interwoven. (Grèzes-Bürcher, S. , Grèzes, G., 2023).

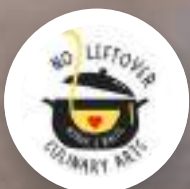
Read the whole article [here](#)

Nordic/Baltic added value

Project ID: NPAD-2022/10049

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Photo: Black pea flower, Canva.



Definitions: Theory Review **A Sustainable Cooking**

“Sustainability” refers to the meeting of current needs without damaging or compromising the future generation’s ability to meet their own needs. When the concept of “sustainability” is applied to cooking, it involves every aspect of food preparation. **Sustainable cooking implies an awareness of how the food we eat gets from the farms to our kitchens. It includes prioritizing:**

- Food Sourcing
- Nutritional considerations
- Diet Planning
- Preparation methods
- Waste reduction

A “sustainable cook” strives to make food choices that will positively impact human health and the environment. When doing so, the health and availability of natural resources for future generations are supported. Simply put, sustainable cooking focuses on choosing nutritious, affordable foods and healthy cooking methods while minimizing food waste. (Maricopa Community Colleges. (n.d.)

Nordic/Baltic added value
Project ID: NPAD-2022/10049

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Photo: [aaron007](#) from [Getty Images](#)



Traditional Recipes from Nordic/Baltic Cuisine - overview

Traditional Recipes from Nordic / Baltic (Nordic-Baltic) region are collected the ten from several countries including Denmark, Estonia, Iceland, Latvia, Lithuania and additionally the five recipes from other Nordic countries.

First of all, the authors of the book assume on the basis of analysis that not every person and educator knows enough about the neighboring Nordic/Baltic countries despite the countries are located not faraway from each other and are historically linked and have many things in common in their culture, traditions and cuisine.

The recipe is set not in the typical way for the culinary book, where mainly one detailed recipe is presented.

Each recipe is based on the main ingredient used and options to use different traditional recipes for the 100% consumption of the product with no leftovers. Some ideas from other Nordic-Baltic countries may inspire for the application of the ideas in the contemporary culinary arts to have zero waste.

From the review of the selected recipes - more complex or more simple, the message of the recipes is to remind about the traditional healthy ingredients, the common things and differences in the presented cuisines of the Nordic-Baltic countries.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

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Photo: Milk, Canva.





TRADITIONAL

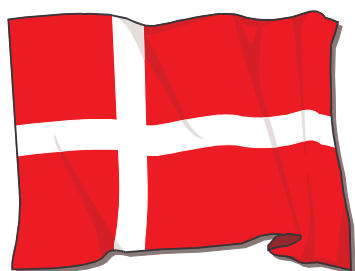
DANISH CUISINE

Traditional Recipes
from Nordic & Baltic Cuisine





DENMARK



KEY FACTS :

Population: 5,965,990 (2024, Denmark statistics)

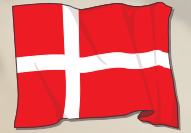
Capital: Copenhagen

Territory: Denmark is a country in northern Europe between the North Sea and Baltic Sea. The land has a total area of 42,920 km² (worlddata.com)

Nature: The Danish landscape is predominately flat. There's a variety of forests, hills, and marshes. The Danish coastline is the 16th longest in the world, stretching a total of 7,314 kilometers.

DENMARK

Traditional Recipes from Nordic/Baltic Cuisine



The traditional Danish culinary arts reveal a rich agricultural and maritime heritage through simplicity and robust flavors. Danish cuisine is based on local, seasonal products like dairy, root vegetables, and seafood, highlighting the freshness and purity of Denmark's natural resources. Emphasizing local sourcing ensures high-quality produce and sustainable culinary practices, including organic farming, responsible fishing, and minimal food waste (Hansen et al., 2018).

Pork dishes, such as flæskesteg, hold a central place in festive meals, especially during Christmas, evoking a sense of home and comfort. The flavor of staples like pickled herring, essential during the long winter months, is enhanced through preservation methods such as pickling, salting, and smoking. These techniques not only extend the food's shelf life but also add to its flavor, forming part of the culinary heritage.

Bakery products are highly esteemed in Danish kitchens. The traditional smørrebrød is based on rugbrød, a dense rye bread, while Danish pastries are known for their light crumb and buttery fillings. Fillings like fruit, custard, and marzipan add flavor and sweetness to these pastries, making them a delight for the taste buds.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

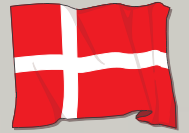
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Photo: Lettuce, Canva.



DENMARK

Traditional Recipes from Nordic/Baltic Cuisine

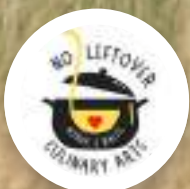


Danish culinary traditions are intertwined with the nation's cultural rhythms, marking seasonal changes and festive occasions with specific dishes. This bond sustains community spirit and family ties, especially during festive times like Christmas, when foods like roast duck and ris-allemande are served.

In contemporary settings, especially in cities like Copenhagen, traditional Danish cuisine is preserved and reimaged with modern techniques. This interplay of old and new ensures that Danish culinary arts remain vibrant, preserving heritage while embracing innovation. For example, the traditional smørrebrød is now served in creative ways with different breads and toppings, keeping Danish cuisine engaging and alive.

The simplicity and localization of ingredients in Danish cuisine reflect the nation's culture. This balance between tradition and modernity makes Danish culinary arts a fascinating study of how global and local can coexist seamlessly. Danish cuisine's global appeal is evident in the popularity of dishes like smørrebrød and Danish pastries, showcasing the influential spread of Danish culinary heritage.

**Nordic/Baltic added value
Project ID: NPAD-2022/10049**



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Photo: Duck.by_SylviaSage from pixabay, Canva .

Smørrebrød



1. Rye bread
2. Butter
3. Garnishes such as cucumber slices, remoulade, or raw onion rings
4. Various combinations of toppings like pickled herring, shrimp, roast beef, liver pâté, or Danish cheese

Smørrebrød (Danish open-faced sandwich) with various toppings



1.
Rye bread



2.
Butter



3.
Garnishes such as cucumber slices, remoulade, or raw onion rings

Various combinations like pickled herring, shrimp, roast beef, liver pâté, or Danish cheese



4.
Various combinations of toppings like pickled herring, shrimp, roast beef, liver pâté, or Danish cheese

100% NO LEFTOVER menu

Frikadeller



1. Ground pork & beef
2. Onions
3. Eggs
4. Milk
5. Breadcrumbs
6. Salt & Pepper

Frikadeller with potatoes and creamy suace and read cabbage

Onions 2.



Ground pork & beef



Salt & Pepper



6.

Breadcrumbs



5.

Eggs



3.

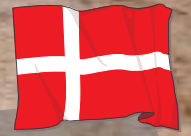
Milk



4.

100% NO LEFTOVER menu

Flæskesteg



Pork sirloin steak

1. Flæskesteg
2. Salt & Pepper
3. Bay leaves or cloves
4. Red cabbage
5. Potatoes
6. Gravy

Red cabbage

Salt & Pepper

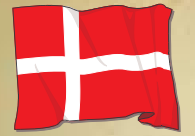
Bay leaves & Cloves

Potatos

Gravy

100% NO LEFTOVER
menu

Rødgrød med Fløde



1. Red berries, strawberries, raspberries and red currants
 2. Water
 3. Sukker
 4. Vanilla pod
 5. Potato starch
 6. Cream
- Served cold

Red berries

1.

Water

2.

3.

Sukker

Vanilla pod

4.

Cream

6.

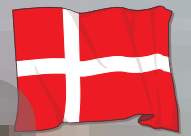
Potato starch

5.

100% NO LEFTOVER
menu

Stegt Flæsk

Denmark's national dish



1. Pork
2. Wheat flour
3. Milk
4. Butter
5. Parsley finely chopped
6. Salt & Pepper
7. Potatos

Sliced Pork

1.

Wheat flour

2.

Butter

4.

Milk

3.

Potatos

7.

Salt & Pepper

6.

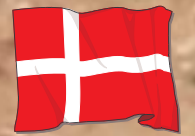
Parsley

finely chopped

5.

100% NO LEFTOVER
menu

Leverpostej



1. Pork liver & fresh lard
2. Butter
3. Wheat flour
4. Whipping cream
5. Eggs
6. Salt & Pepper

Pork liver & fresh lard



Butter



Whipping cream



Wheat flour



Salt & Pepper

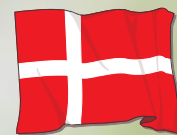


Eggs



100% NO LEFTOVER
menu

Herring



1. Fresh herring fillets
2. Salt & Pepper
3. Coarse rye flour
4. Butter for frying
5. Unsqueezed lemons
6. Apple cider vinegar
7. Carlsberg Nordic Golden Brew
8. Sugar
9. Red onion
10. Spring onion

Fresh herring fillets

1.

Butter

4.

Apple cider vinegar

6.

Sugar

8.

Coarse rye flour

3.

Salt & Pepper

2.

Lemons

5.

Beer

7.

Spring onion

10.

Red onion

9.

100% NO LEFTOVER
menu



Tarteletter

1. Chicken
2. Water
3. Onions
4. Carrots
5. Leeks
6. Bay leaves
7. Salt & Pepper
8. Cans of white asparagus
9. Butter
10. Wheat flour
11. Whipping cream
12. Tartaletter

Chicken

1.

Tartaletter

12.

Water

2.

Leeks

5.

Carrots

4.

Onion

3.

White asparagus

8.

Salt & Pepper

7.

Bay leaves

6.

Butter

9.

Wheat flour

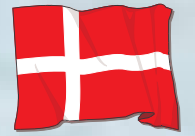
10.

Whipping cream

11.

100% NO LEFTOVER
menu

Krebinetter



1. Minced veal and pork
2. Salt & Pepper
3. Eggs
4. Breadcrumbs
5. Butter
6. Oil

Minced veal and pork

Salt & Pepper

3.
Eggs

2.

4.
Breadcrumbs

5.
Butter

6.
Oil

100% NO LEFTOVER
menu

Æbleflæsk



1. Slices of lightly salted pork cut into 1/2 cm thickness
2. Butter for frying
3. Onion
4. Cox orange apples
5. Sugar
6. Thyme leaves
7. Salt & Pepper
8. Apple cider vinegar

Slices of pork

1.

Salt & Pepper

7.

Onion

3.

Butter

2.

Thyme leaves

6.

Cox orange apples

4.

Apple cider vinegar

8.

100% NO LEFTOVER menu



TRADITIONAL ESTONIAN CUISINE

Traditional Recipes
from Nordic & Baltic Cuisine





ESTONIA



KEY FACTS :

Territory 45,339 km²

Forest area: over 47%

Shoreline: 3,794 km in length

Lakes: over 1,500

Rivers: over 7,000

Population: 1,319,041 mln (2024)

Capital City: Tallinn



Nordplus

ESTONIA



Traditional Recipes from Nordic/Baltic Cuisine

Estonia agricultural country. Traditional cuisine resembles “peasant” and consists of meat, meat offal, milk, fish, cereals and flour products. Estonian eating habits have historically been closely linked to the seasons.

The first course in traditional Estonian cuisine is based on cold dishes – a selection of pickles, meats and sausages served with potato salad (kartulisalat) or rosolje. It is impossible to imagine a single table without traditional Estonian cold snacks. Small pastries called pirukad filled with meat, cabbage, carrots, rice and other fillings or mixtures are also popular, and are often served with bouillon. Herring is common among other fish as a part of the Estonian cold table. Smoked or marinated eel, crayfish dishes and imported crabs and shrimp are considered delicacies. One of Estonia's national dishes is räum (Baltic dwarf herring), along with sprats. Flounder, perch and pike-perch are also popular.

**Nordic/Baltic added value
Project ID: NPAD-2022/10049**

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Photo: Pearl Barley, Canva.





ESTONIAN CUISINE

A special sandwich called **kiluvõileib** has become traditional dish. This sandwich consists of a traditional rye bread open sandwich with thin layer of butter and a layer of **vürtsikilu** (pickled Baltic sprats) as topping. Boiled egg slices and culinary herbs are optional extra toppings.

Estonians give an important place to soups. In the table book of Estonians there are more than 200 soups with all kinds of components. An interesting technology for making soups in Estonia. 80% of Estonian soups are milk. First, the contents of the soup are boiled on water, transferred to a pan with milk and boiled quickly. Such soups are obtained unusual and surprisingly tasty. Not milk soups are prepared from vegetables, potatoes and smoked meats.

In addition to soups, porridge is popular in Estonia. Estonian porridge is prepared according to tradition from several different cereals at once. One such porridge can include two to five types of cereals. Often there is a cereal vegetable composition and simply vegetable. Such porridge has a common name pudder. The simplest combination of buckwheat and oatmeal flour is "tangyupude", potatoes with pearl barley are "multi - player", and a complex combination of five components is called "kama". All porridge boil exclusively for milk.

Nordic/Baltic added value
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Photo: Peasksena32 from Getty Images Pro, Canva



ESTONIAN CUISINE



Soups may be eaten before the main course, but traditionally form the main meal and most often are made of meat or chicken stock mixed with a variety of vegetables. Soups are also blended with sour cream. Pea soup is popular Estonian dish. A unique form of Estonian soup is leivasupp (bread soup), which is a type of sweet soup that is made of black bread and apples, normally served with sour cream or whipped cream, often seasoned with cinnamon and sugar.

The most typical foods for the main course in Estonia have been pork, fish, potatoes, rye bread, and dairy products. Blood sausage (**verivorst**), roast goose (**jõuluhani**), sepi bread, head cheese (**sült**), sauerkraut (**hapukapsas**) with oven-roasted potatoes, and mulled wine (**hõõgvein, or glögi**) have been part of the traditional Estonian menu that nowadays are mostly Christmas specialties. Also, typical Christmas treats have been apples, mandarin oranges, gingerbread, pickled pumpkin (kõrvitsasalat), and lingonberry jam.

Estonian cuisine is not rich in desserts. Specific desserts include *kissell*, *kohuke* (curd snack) and *kama*. Other common Estonian desserts are **mannavaht** (a cream made of semolina and juice or fruit), **kohupiimakreem** (creamy curd), **kompott** (compote) and **martsipan** (marzipan). Rhubarb pies are also a favorite.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

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Photo: Peas. Sudhakar Bisen from Getty Images, Canva



ESTONIAN CUISINE



Another popular dessert is kringel (kringle), a sweet yeast bread often flavored with cardamom. Pancakes (pannkook, plural pannkoogid) are also traditional, common, and popular. They are fried and are usually with sweet fillings but they can be savoury too. Vastlakukkel, a cardamom-spiced bread roll with whipped cream is a traditional Estonian sweet roll, especially popular during the festivities of vastlapäev.

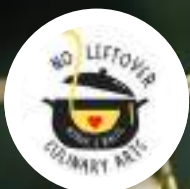
The traditionally popular drink **kali**, similar to **kvass**, has become more popular again. Mead (**mõdu**), the drink that was most popular in ancient times, has almost completely disappeared. Birch sap (**kasemahl**) beverages are also quite popular.

Nowadays, locally brewed beer is the number one choice to accompany food; different juices or simply water being the main non-alcoholic choice. Two of Estonia's oldest breweries are A. Le Coq, founded in 1807, and Saku Brewery, founded in 1820. Wine is the second most widely drunk alcoholic beverage, but its consumption in liters is overshadowed by the beer consumption that is roughly 5 times more than the consumption of wine or consumption of all the spirits. There are also Estonian fruit wines made of apples or different berries. Estonians are also proud of their vodka and other spirits, such as the herbal liqueur Vana Tallinn.

**Nordic/Baltic added value
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Photo: Pearl Barley, Canva.





ESTONIAN CUISINE

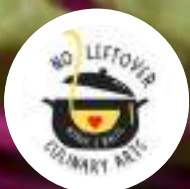
Milk (piim) is widely drunk by children as well as adults. Other dairy products besides milk include keefir and also hapupiim (sour milk) and pett, which are variations on the theme of buttermilk.

During the winter months, jam, preserves and pickles are brought to the table. During the past, when the economy was largely agricultural, the gathering and conserving of fruits, mushrooms and vegetables for winter was essential. Today, gathering and conserving is less common because almost everything can be bought from stores, but preparing food for winter is still very popular in the countryside and continues to retain its charm for many, as opposed to the commercialization of eating habits.

**Nordic/Baltic added value
Project ID: NPAD-2022/10049**

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Photo: Beetroot. [LOVE LIFE](#) from [Getty Images Signature](#), Canva.





Pumpkin soup

Ingredients

1. Pumpkin
2. Pumpkin seeds
3. Parsley



100% NO LEFTOVER menu

100% NO LEFTOVER Menu



Wild garlic salad

Ingredients

1. Ramson – 200 g
2. Cucumber – 1 pc.
3. Chicken egg – 3 pcs.
4. Green onion – 50 g
5. Salt - to taste
6. Black pepper - to taste
7. Mayonnaise – 2 tbsp.



100% NO LEFTOVER Menu



Mulgikapsad

Ingredients

1. Pork (pulp) - 400 g
2. Sauerkraut - 800 g
3. Pearl barley - 0.75 cups.
4. Bacon - 100 g
5. Onions - 1 pc.
6. Bay leaf - 2 pcs.
7. Black peppercorns - 6-7 pcs.
8. Cumin (to taste)
9. Sugar - 1 tsp.
10. Salt (to taste)
11. Oil for frying pork and onions.



Blood sausage



1.



3.

Sauerkraut



2.

4.

100% NO LEFTOVER Menu

Pea soup

Ingredients

1. Pork
2. Smoked sausage
3. Potato
4. Carrot
5. Onion
6. Butter
7. Dill



100% NO LEFTOVER Menu



Potato salad

Ingredients

1. Diced boiled potatoes
2. Brined dill pickles or cucumber
3. Green peas
4. Eggs
5. Diced boiled chicken, bologna sausage or ham
6. Salt and pepper
7. Mayonnaise and sour cream

Diced boiled potatoes



1.

Mayonnaise and sour cream



5.

Brined cucumber / Green peas



Eggs

3.



4.

Diced sausage

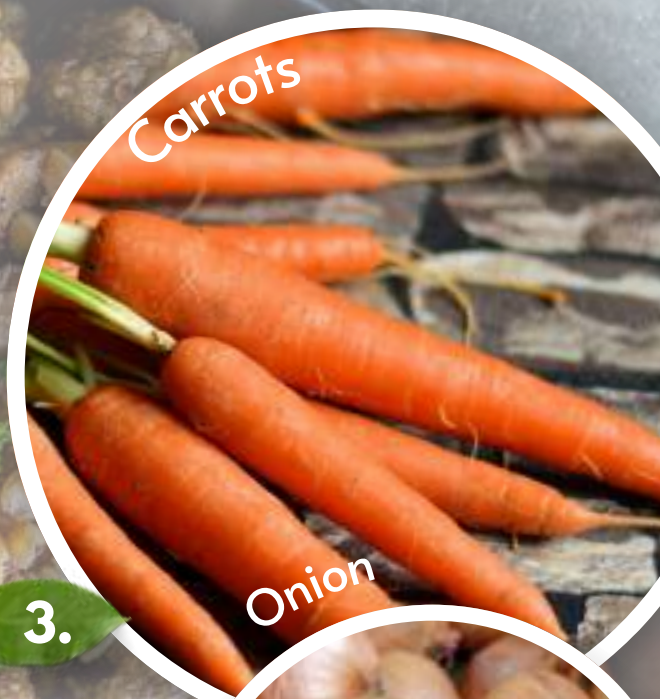




Buckwheat with meat

Ingredients

1. Buckwheat - 250 g
2. Meat (beef or pork) - 250 g
3. Carrots - 1 pc.
4. Onion - 1 pc.
5. Vegetable oil - 3 tbsp.
6. Spices
7. Salt



100% NO LEFTOVER Menu

Soljanka soup

Ingredients

- 3 large onions (350-400 g)
- 4 tablespoons of oil
- 1 dl of hot water
- 100 g of concentrated tomato paste
- 1 l of hot beef broth
- 3 bay leaves
- 10 grains of black pepper
- 2-3 pickles
- 250 g meaty wieners/ sausage
- 300 g meaty semi-smoked sausage
- sour cream



Beef broth



1.



Bay leaves

5.



Onions

3.



Brined cucumbers

2.



Sour cream

7.

6.



Wieners/ sausage



Oil

8.



Water, tomato paste

Marzipan Ingredients



Almond - 1 glass
Sugar - 1 glass
Water - $\frac{1}{3}$ ml
Almond essence - 3 drops

Sugar



1.

Water



2.

Almond essence



4.

Almond



3.

4.

**100% NO LEFTOVER
menu**



Sandwich with sprat

Spiced sprat

Ingredients

1. Spiced sprat
2. Boiled eggs (chicken or quail)
3. Green onions
4. Black bread
5. Butter



Black bread

100% NO LEFTOVER menu

100% NO LEFTOVER Menu



Blood sausages

Ingredients

1. Barley goats
2. Pork
3. Onion
4. Salt and pepper
5. Blood
6. Pig intestine





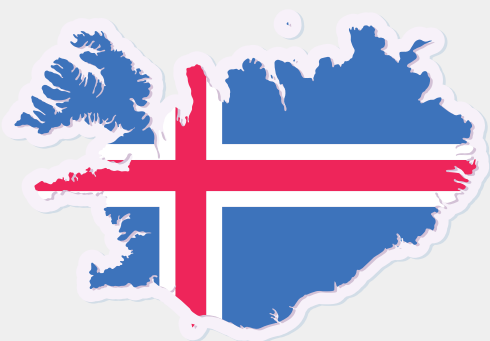
TRADITIONAL ICELANDIC CUISINE

Traditional Recipes
from Nordic & Baltic Cuisine





ICELAND



KEY FACTS :

Territory 103.000 km²

Forest area: about 2 %

Shoreline: 6.542,4 km in length

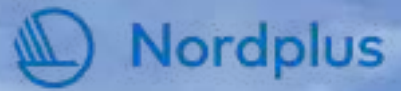
Lakes: 40 varying between 2.5 - 10 km²

Rivers: over 55 rivers, longest one is Þjórsá.

Population: 383.726 mln (2024)

Capital City: Reykjavik

ICELAND



Traditional icelandic food

Iceland, known as the Land of Fire and Ice, is a country filled with stunning natural beauty and unique landscapes. From the powerful geysers to the magnificent glaciers, Iceland offers a diverse range of experiences for visitors. The vibrant capital city of Reykjavik is a hub of culture, art, and history, while the countryside beckons with its rugged terrain and breathtaking views. Whether you're soaking in a geothermal hot spring, exploring a lava cave, or chasing the elusive Northern Lights, Iceland is sure to leave you in awe of its wonders.

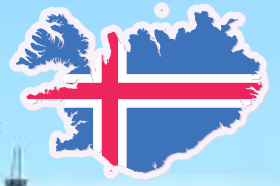


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Photo: Canva.

ICELAND

Traditional Recipes from Nordic/Baltic Cuisine



1. Íslensk kjötsúpa
2. Plokkfiskur
3. Fiskibollur
4. Lambalæri
5. Rúgbrauð
6. Steiktur fiskur
7. Rabbabarasulta
8. Sviðasulta
9. Saltkjöt og baunir
10. Lambakæfa



100% NO LEFTOVER

Photo: Canva.

ICELANDIC CUISINE

Icelandic cuisine is known for its unique and traditional dishes that have been enjoyed for generations. From hearty stews like kjötsúpa (lamb soup) to the iconic fermented shark known as hákarl, Icelandic food offers a taste of the country's rich culinary history.

One popular dish is hangikjöt, which is smoked lamb often served with potatoes, peas, and a creamy white sauce. For those with a sweet tooth, don't miss out on trying kleinur, a type of Icelandic fried pastry dusted with sugar and cinnamon.

Icelandic food also embraces the country's natural resources, with dishes featuring fresh seafood like salmon, cod, and langoustine. Skyr, a traditional Icelandic dairy product similar to yogurt, is a staple in many desserts and breakfast dishes.

Exploring traditional Icelandic food is not just a culinary experience but also a way to immerse yourself in the country's culture and history.



Íslensk kjötsúpa



1. Brazing lamb
2. Diced potatoes
3. Diced boiled yellow beets
4. Diced carrots
5. Dry soup herbs
6. White gabbage
7. Soup boullion
8. Celery head
9. Lamb broth
10. Salt

Fresh boiled lamb meat

1.

2.

Diced boiled potatoes

3.

Diced boiled yellow beets

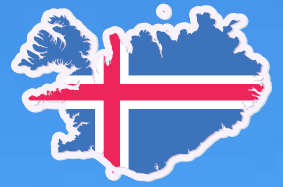
Dry soup herbs

5.

Íslensk kjötsúpa, meat soup

100% NO LEFTOVER
menu

Plökkfiskur



1. Cod fillets
2. Potatoes
3. Onions
4. Heavy cream
5. Butter & flour
6. Curry-, Garlic-, onion-, paprika- powder
7. Rapeseed oil
8. Salt & pepper

Cod fillets



3.

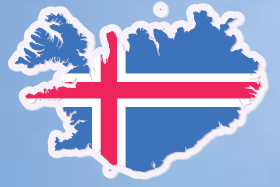
Onions

Plökkfiskur, fish stew



100% NO LEFTOVER
menu

Fiskibollur



1. Cod fillets
2. Onions
3. Red onions
4. Celery
5. Spinach
6. Pepperoni
7. Bacon

Minced fish



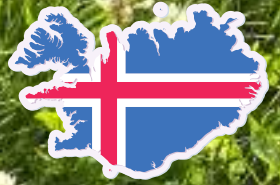
Fried fish balls



Fiskibollur

100% NO LEFTOVER
menu

Lambalæri



1. Fresh leg of lamb
2. Olive oil
3. Salt & pepper
4. Sweet potatoes
5. Potatoes
6. Carrots
7. Paprika
8. Red onions
9. Garlic
10. Peppercorns

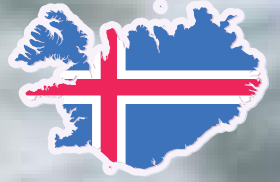
Fresh leg of lamb

1.



100% NO LEFTOVER
menu

Rúgbrauð Menu



Rúgbrauð

1. Rye flour
2. Whole flour
3. Condensed milk
4. Natron
5. Salt
6. Golden syrop
7. Carrots
8. Rapeseed oil



100% NO LEFTOVER
menu

Steiktur fiskur Menu



1. Cod fillets
2. Egg
3. Bread crumbs
4. Salt & pepper
5. Rapeseed oil
6. Potatoes
7. Butter
8. Onion



1.

Haddock fillets



Steiktur fiskur



100% NO LEFTOVER
menu



Rabbabara-sulta Menu

Water

1. Fresh rhubarb
2. Sugar
3. Water
4. Dandelion heads



Fresh Rhubarb

Rabbabarasulta, Rhubarb jam

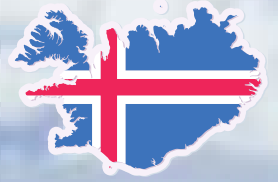


Sugar



100% NO LEFTOVER
menu

Sviðasulta Menu



1. Whole sheep head
2. Gelatin
3. Bouillon
4. Salt

1.



4.

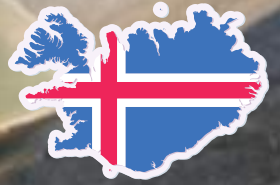


Sviðasulta, Svid páté



**100% NO LEFTOVER
menu**

Saltkjöt og baunir Menu



1. Yellow beans
2. Water
3. Bacon
4. Vegetable bouillon
5. Onion
6. Yellow beets
7. Carrots
8. Potatoes



Saltkjöt

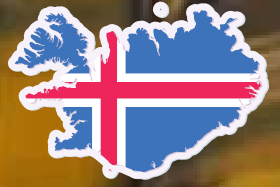
Saltkjöt og Baunir



**100% NO LEFTOVER
menu**



Lambakæfa Menu



Lamba kæfa in making

1. Braised lamb
2. Bacon
3. Animal fat
4. Onion
5. Garlic-, onion-, paprika- powder
6. Lamb/beef bouillon
7. Salt & pepper



Lambakæfa



onions

100% NO LEFTOVER
menu



TRADITIONAL LATVIAN CUISINE

Traditional Recipes
from Nordic & Baltic Cuisine





LATVIA



KEY FACTS:

Territory: 64,589 km²

Shoreline: 494 km in length

Forest area: over 52% (2021)

Lakes: over 2,300

Rivers: over 12,000

Population: 1,883 mln (2023, Csp)

Capital City: Riga

LATVIA



Traditional Recipes from Nordic/Baltic Cuisine

Latvian cuisine mainly offers simple, hearty dishes that are suitable for people engaged in physical work.

Latvia has a wealth of culinary traditions, because the country is at the crossroads of Europe, and so influences from other nations have come from the East and the West over the course of centuries. Latvian cuisine is distinctly seasonal, because we have four seasons, and each of them offers specific products and tasty treats.

During the springtime, Latvians eagerly await the availability of birch juice. They grow green onions on windowsills. Onion skins are used to dye Easter eggs. Sorrel is sought out in gardens or meadows. Tarts with rhubarb are baked. (Association of Latvian Rural Tourism, "Lauku ceļotājs", 2014).

The summer begins with wild and garden strawberries. Summer Solstice would not be Summer Solstice without caraway seed cheese and beer. Summer also involves new potatoes, cherries, tomatoes from the garden, ice cream, fresh honey, herbal teas and aromatic apples. Cranberry fool is whipped. Mushrooms are roasted and marinated. Mushroom hunting and fishing are nearly cult rituals or examples of meditation for Latvians. Meat is grilled over hot coals, and fish soup is cooked. Soured cream and dill can be added to nearly every dish. Pretzel-shaped pastry is baked for birthdays, and tarts are baked for weddings. People can pickles and jams, and they dry and freeze various goodies from the garden and the forest, because a long, hard winter is coming. (Association of Latvian Rural Tourism, "Lauku ceļotājs", 2014).

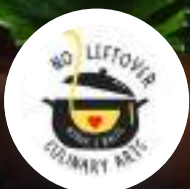


Photo: Black peas, Canva.

100% NO LEFTOVER
Nordic/Baltic added value
Project ID: NPAD-2022/10049

LATVIA



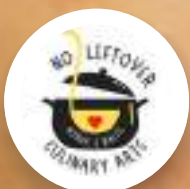
Traditional Recipes from Nordic/Baltic Cuisine

During the autumn, Martin Day's rooster or goose is roasted in the oven, with apple cake or poppy seed pastry for dessert. Joint work cleaning events ("talka") are held during the autumn, and potato pancakes are served. Fish, pork, sausages and even cheese can be smoked. Fresh butter is smeared on a slice of rye bread. Cranberries are used to produce lemonade. People buy and sell summer produce at annual markets. (Association of Latvian Rural Tourism, "Lauku ceļotājs", 2014).

The Christmas table will groan under bacon pierogi, gingerbread, roast meats and sauerkraut.

On New Year's Eve, people roast fish and put fish scales in their pocketbooks so as to ensure money in the new year. All of the peas on the table are eaten so as to ensure no tears in the coming year. People believe that at least nine dishes must be served on New Year's Eve to ensure that the next year will be a good one. (Association of Latvian Rural Tourism, "Lauku ceļotājs", 2014).

100% NO LEFTOVER
Nordic/Baltic added value
Project ID: NPAD-2022/10049



CABBAGE Menu



- 1 Fresh cabbage salad
- 2 Sauerkraut in barrel
- 3 Sauerkraut juice
- 4 Stewed sauerkraut with meat or fresh cabbage stewed with meat
- 5 Cabbage leaves stuffed with meat

Fresh cabbage salad with carrot and green

1.



2.

Skābētie kāposti

Sauerkraut in barrel



3.

Sauerkraut drink



Stewed cabbage (sauerkraut) with meat

Sautētie kāposti

4.



100% NO LEFTOVER menu

5.

Tīteņi



BLACK PEAS

Latvia: Grey peas



1.

- 1 Flowers of black peas
- 2 Black peas before drying
- 3 Dried black peas
- 4 Malted black peas flour
- 5 Boiled black peas with fried speck and onion served with kefir: Traditional Christmas Dish

Flowers of black peas

3.

2.

Black peas flour

4.

Boiled black peas with fried speck and onion served with kefir

5.

Black peas

5.

100% NO LEFTOVER menu

Wild strawberries



Forest and garden berries

- 1 Wild strawberries
- 2 Milk
- 3 Wild strawberries with cold milk
- 4 Wild strawberries jam: fresh stirred or boiled: in Latvian 'ZAPTE'



100% NO LEFTOVER menu

RYE Menu



- 1 Rye flour
- 2 Rye bread (Rupjmaize)
- 3 Rye bread soup with whipped cream (served cold), can be produced of dried bread and bread leftovers
- 4 Rye malt drink
- 5 Kvass drink
- 6 Cold soup with kvass

Rye flour

1.

Rupjmaize (rye bread)

2.

Rye malt drink

4.

Rupjmaize (rye bread)

Maizes zupa (rye bread soup) with whipped cream

3.

5.

Kvass

Cold soup with kvass

6.

HONEY

Menu



- 1 Honeycomb
- 2 Honey (from linden, buckwheat, flowers etc)
- 3 Apples backed with honey
- 4 Honey cake
- 5 Quince in honey

Honeycomb

1.

Honey

2.

Apples backed with honey

3.

Honey cake

4.

Quince in honey

100% NO LEFTOVER menu

Photos from [mars58](#)

MILK Menu

- 1 Milk (from cow, goat)
- 2 Kefir
- 3 Sour cream
- 4 Jāņu siers / Latvian cheese
- 5 Curds, cottage cheese
- 6 Herring with boiled or baked potatoes with curds, sour cream and kefir for drink
- 7 Butter



100% NO LEFTOVER menu



4.



2.



1.



5.



3.



7.



6.



PORK

Menu



- 1 Pies with bacon and onion
- 2 Roasted pork
- 3 Boiled black peas with fried speck and onion served with kefir: Traditional Christmas Dish
- 4 Pork chop
- 5 Grit sausage of boiled grits or pearl barley and bits of bacon that are mixed with pig's blood
- 6 Bukstîņputra: made of barley grits, milk and potatoes

Pies with bacon and onion

1.

Roasted pork

2.

Boiled black peas with fried speck and onion

3.

Grit sausage

5.

4.

Pork chop

6.

Bukstîņputra

100% NO LEFTOVER menu

SORREL

Menu



- 1 Sorrel
- 2 Sorrel soup
- 3 Preserved sorrel



100% NO LEFTOVER
menu

EGGS

Menu



1.

1 Lieldienu olas / Easter eggs
Onion skins are used to dye Easter eggs.
2 Egg shell is used for compost

1.
Coloring Easter eggs in onion peel

100% NO LEFTOVER menu



BEET

Menu



1.

- 1 Cold beetroot soup
- 2 Hot beetroot soup
- 3 Salad with beet and herring and potatoes
- 4 Vinegrets: salad with souerkraut, beet, pickled cucumbers
- 5 Beet leaf soup: hot or cold

Cold beetroot soup



Hot beetroot soup



2.



5.



Beet leaf soup: hot or cold

Salad with beet and



4.



3.

100% menu

FISH Menu



Mackerel

- 1 Herring pickled in barrel
- 2 Lampreys
- 3 Sandwich with lamprey
- 4 Sandwich with pickled sprat
- 5 Baltic sprat in oil
- 6 Fish soup with heads, tails and other parts of the fish
- 7 Mackerel smoked hot or cold smoked



Herring pickled

1.



Lampreys grilled and preserved in tea

2.



Mackerel smoked

1.



3.



Baltic sprats in oil

5.



Sandwich with pickled Baltic sprats

4.



Fish soup

6.

100% NO LEFTOVER menu

MUSHROOMS



Menu

- 1 Chanterelle mushroom sauce that also involves onions, garlic and sweet or soured cream served with potatoes
- 2 Chanterelle with potatoes
- 3 Boletus
- 4 Boletus (or other mushrooms) soup
- 5 Pickled mushrooms
- 6 Salted mushrooms





TRADITIONAL LITHUANIAN CUISINE

Traditional Recipes
from Nordic & Baltic Cuisine





LITHUANIA



KEY FACTS :

Territory 65,300 km²

Forest area: over 34.5% (World Bank, 2021)

Shoreline: 262 km in length

Lakes: over 2800

Rivers: over 4,418 (longer than 3 km)

Population: 2.832 mln (2023, Statistical Department of Lithuania)

Capital City: Vilnius



LITHUANIA

**Traditional Recipes from
Nordic/Baltic Cuisine – Lithuania**

**ZEPPELINS STUFFED WITH MEAT
BEETROOT SALAD
HERRING WITH DRIED FOREST MUSHROOMS
BORSCH WITH “EARS”
ZRAZY WITH DRIED MUSHROOMS
SHVILPIKAI (ŠVILPIKAI)
DUMPLINGS WITH BLUEBERRIES (COLD NOSES)
CATFISH BALLS
CHIACCHIERE (ŽAGARĖLIAI)
CRANBERRY KISSEL**

**Nordic/Baltic added value
Project ID: NPAD-2022/10049**

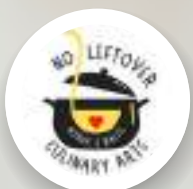


Photo: Cepelinai, Canva.

100% NO LEFTOVER



Zeppelins Stuffed with Meat

1. Potatoes
2. Minced meat (pork)
3. Onion
4. Chopped Bacon
5. Sour cream
6. Salt and pepper

Potatoes

1.

3.

Onion

2.

6.

Minced meat

Sour cream

Bacon

Zeppelins stuffed with meat

5.

4.

100% NO LEFTOVER
menu

Beetroot Salad Menu



1. Boiled beetroots, carrots and potatoes
2. Pickles
3. Onion
4. Cumin
5. Salt and oil

Boiled beetroots, carrots and potatoes



Onion



Cumin



Salt and oil

Beetroot salad

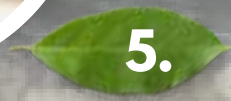


100% NO LEFTOVER menu

Herring with Dried Forest Mushrooms



- 1. Herring
- 2. Carrot
- 3. Onion
- 4. Dried forest mushrooms
- 5. Oil



100% NO LEFTOVER menu

Borscht with "Ears"



1. Egg and wheat flour
2. Oil and water
3. Mushrooms and broth of dried mushrooms
4. Onions and beetroot
5. Beef broth
6. Spices

Mushrooms



Egg and wheat flour



Onions and beetroot



Borscht with "ears"



Beef broth



100% NO LEFTOVER menu

Zrazy with Dried Mushrooms



- 1. Beef tenderloin
- 2. Dried boletus
- 3. Onions
- 4. Egg and flour
- 5. Cream
- 6. Black pepper, dried thyme
- 7. Oil

Beef tenderloin



Dried boletus



Onion



Egg and flour

Zrazy with dried mushrooms



Cream



Black pepper, dried thyme

100% NO LEFTOVER menu

Shvilpikai (Svilpikai)



- 1. Potatoes
- 2. Flour
- 3. Eggs
- 4. Milk
- 5. Chopped bacon

Potatoes

1.



5.

2.

3.

Eggs

Flour

Shvilpikai



Milk

4.

100% NO LEFTOVER
menu



Dumplings with Blueberries (Cold Noses)

- 1. Wheat flour
- 2. Salt
- 3. Boiling water
- 4. Butter
- 5. Blueberries
- 6. Sugar

Wheat flour 1.

3.

4.

2.

Salt

Butter

Dumplings with blueberries (Cold Noses)

6.

5.

100% NO LEFTOVER menu



Catfish Balls

- 1. Catfish fillet
- 2. Baguette and bread crumbs
- 3. Milk
- 4. Onion and garlic
- 5. Egg and butter
- 6. Pepper and salt

Catfish fillet



Onion and garlic



Baguette and bread crumbs



Milk

Catfish balls



Egg and butter



100% NO LEFTOVER menu

Chiacciahere (Žagarėliai)



1. Flour, butter and eggs
2. Salt and sugar powder
3. Sour cream
4. Lemon peel and lemon juice
5. Vodka
6. Oil

Flour, butter and eggs

1.

Lemon

4.

Salt and sugar powder

Sour cream

3.

Chiacciahere (Žagarėliai)

Oil

5.

6.

**100% NO LEFTOVER
menu**

Cranberry Kissel



- 1. Cranberries
- 2. Sugar
- 3. Cloves
- 4. Water
- 5. Potato starch

Cranberries



Potato starch



2.



Sugar

3.



Cloves

Cranberry kissel



Water

4.



100% NO LEFTOVER menu

OTHER NORDIC AND SCANDINAVIAN COUNTRIES

Traditional Recipes of the Nordic/Baltic Cuisine: Summary

Scandinavian cuisine is not just about food; it's a journey through history and culture. Traditional Scandinavian food is deeply rooted in the region's history, where the harsh climate and limited agricultural resources have shaped the culinary traditions over centuries. From the Viking era to the modern day, this cuisine has evolved while maintaining its authenticity. Scandinavian food emphasizes simplicity, freshness, and a connection to the land and sea. Dishes often feature ingredients like fish, potatoes, berries, and dairy products, reflecting the resourcefulness of the people who have thrived in this challenging northern environment for generations. (Nordic Expat Shop, 2023).

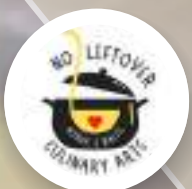
Nordic cuisine has experienced an extraordinary rise in popularity, not only within the Nordic countries but also on the international culinary stage. This culinary movement has been driven by a unique combination of factors, from a deep respect for the region's natural ingredients to innovation and creativity in the kitchen. (Nordic Expat Shop, 2023).

Moreover, **the Nordic approach to sustainability, seasonality, and minimal waste** has resonated with a global audience. As environmental concerns grow, people are drawn to the eco-conscious ethos of Nordic cuisine. This approach not only showcases the region's flavors but also its commitment to preserving its natural resources for future generations. (Nordic Expat Shop, 2023).

Nordic/Baltic added value
Project ID: NPAD-2022/10049

Photo: Soup in bread, Canva.

100% NO LEFTOVER



Finnish cuisine: Karelian pasties



Rice porridge:
rice white short, water,
milk, butter, egg
Pasty shell:
cold water, salt, all-
purpose flour, rye flour,
melted butter
Egg butter:
eggs, butter, salt, chives

Flour

1.

Rice

2.

3.

Butter

4.

Milk

6.

Eggs

5.

100% NO LEFTOVER
menu



NORWAY: ELK MEAT



Elk meat has a dry and wild taste, while reindeer meat is sweeter due to the animal's size difference. Reindeer moss, a lichen eaten by reindeer, is unique to Norway and the Arctic tundra.

OVEN METHOD

Don't bother boning it out. Rub it liberally with olive oil salt and pepper (or your favorite rub). If you've got time, wrap it with plastic wrap and refrigerate overnight. If not, start cooking. Place it in a lightly greased (pan spray OK) baking pan. You can add celery, carrot and onion to the pan if you want to make sauce or gravy out of the pan drippings later.

Place the uncovered baking pan in a preheated 350 – 375 degree oven and turn shoulder occasionally until evenly browned. Now add some liquid to the pan. I think I used beer on the show. You can use beer, wine, chicken or beef broth – the idea is to start with an inch or so of liquid and don't let it get below about ½-inch of liquid or the meat won't braise and the pan will burn. Cover tightly with a lid or heavy duty foil, lower the temperature to 325 – 350. Depending on the size of the shoulders or number of shoulders in the pan, the next step can take up to 6 hours.

1.

Elk meat



**100% NO LEFTOVER
menu**

SWEDEN



Swedish Meatballs: Swedish meatballs are renowned worldwide, famous for their succulent texture. Crafted from a mix of ground meats, such as beef and pork, and accompanied by lingonberry sauce and creamy gravy, these meatballs offer a rich and comforting flavor. Sweden's national dish is "Swedish meatballs" (**Köttbullar**).

Herring: Pickled herring is a classic Swedish dish, served in various flavorful marinades, including mustard, onion, and dill. This dish's tangy and appetizing taste has made it a staple at Swedish smorgasbord.

Crayfish Party: Though not a single dish, the crayfish party is a Swedish tradition. It involves the consumption of boiled crayfish seasoned with dill. Often accompanied by aquavit and other seasonal delicacies, the crayfish party is a unique and joyful Swedish celebration of summer's bounty. (Nordic Expat Shop. (2023)).

Herring



Swedish meatballs

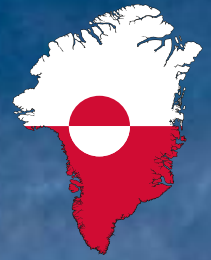


Crayfish party



100% NO LEFTOVER menu

GREENLAND



In Greenland, tapping into **the local cuisine** can be especially revealing, but not always so easy to pull off. In this Arctic Circle landscape of tundras, rocky coastlines, and sparse vegetation the ingredients on the table tell multiple stories. This is a place where the early Inuit community outlived the Vikings but fell prey to colonization by Danish settlers in the 1700s, and where climate change is now transforming landscapes and lifestyles. (Gilman, S.A.. n/d.. A World of Flavor: 7 Traditional Foods of Greenland.)

How? For one thing, seeking out traditional foods in Greenland can mean affirming a culture that existed long before colonialism, but eating some of those ingredients is also seen as a taboo in the eyes of many environmental activists. Some staples of the Inuit community, which makes up 88% of Greenland's population, were once plentiful but are now endangered by warming waters, melting ice caps, and overfishing. Meanwhile, over the past three centuries and into the present day, Danish and other European settlers have systematically uprooted Inuit food traditions and tried to implant their own, threatening the survival of the community and its way of life. (Gilman, S.A.. n/d.)

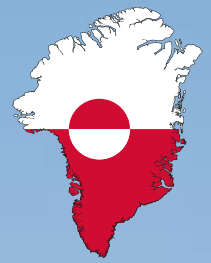
So, what is Greenlandic cuisine now? In short: It's complicated. But a traveler to the island—who bears in mind that some of the classic local ingredients may be scarcer now or subject to stricter fishing and hunting guidelines—can still find and taste the delicious seafood, meat, and produce that form the unique culinary culture of Greenland. (Gilman, S.A.. n/d.)

Mattak refers to the skin and underlying fat layer of a whale. Whale, however, is prohibited for eating in the most of the world countries. *** Eating whale meat is generally considered unacceptable and is prohibited in most of the world. In 1986, the International Whaling Commission (IWC) banned whaling after some species became almost extinct.

**100% NO LEFTOVER
menu**

Photo: Greenland, Canva

100% NO LEFTOVER Menu GREENLAND



Lumpfish Roe

Looking at the shape of a cyclopterus lumpus, you can probably guess how it got its name: The species, otherwise known as lumpfish, has a distinctly lump-like shape. But lumpfish stands out for another unusual quality—its pelvic fin is adhesive, allowing the fish to stick to surfaces on the bottom of the sea. Lumpfish are abundant in Greenland's icy waters, and the flavorful flesh is usually smoked or poached. But for many local food-lovers, it's all about the eggs. Lumpfish roe is silky and delicate with a salty, caviar-like pop of flavor. (Gilman, S.A.. n/d.)

Lumpfish Roe



Suaasat

Suaasat is one of the most important dishes of traditional Greenlandic cuisine: a robust stew made with potatoes, onions, rice or barley, and meat, often seal. On a freezing night, against a backdrop of Greenland's snowy mountains and rocky coastline, a warm bowl of suaasat, simply seasoned with salt and pepper and flavored with the local ingredients of the land and sea, is a fitting way to experience this extraordinary place. (Gilman, S.A.. n/d.)

Suaasat



Ptarmigan



Musk Ox

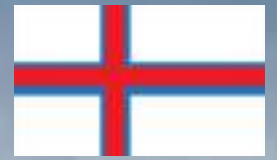


Photo: Greenland,
Canva

Photo: Gilman,
S.A. from
world.expeditions.
com

100% NO LEFTOVER Menu

FAROE ISLANDS



Ræst kjøt: Ræst kjøt, or fermented mutton, is a staple in Faroese cuisine. The meat is hung and air-dried before undergoing a fermentation process, giving it a distinctive taste and texture that the Faroese people appreciate for its preservation qualities.

Skerpikjøt: Skerpikjøt is wind-dried and air-cured mutton, another cherished Faroese delicacy. Its concentrated flavor is deeply rooted in the island's history and culture.

Grindabúffur: Grindabúffur is a Faroese dish made from pilot whale blubber, meat, and liver. While it's a traditional dish, it's also controversial due to environmental concerns. Faroese people hold it in high regard as a symbol of their connection to the sea and ancestral traditions.

(Nordic Expat Shop. (2023).

*** Eating whale meat is generally considered unacceptable and is prohibited in most of the world. In 1986, the International Whaling Commission (IWC) banned whaling after some species became almost extinct.

People in the Faroe Islands are known for drying their food and fermenting both fish and meat. The taste (and smell!) of ræst that you get will challenge most foodies. It is definitely something else. (Guide to Faroe Islands. (2024).

Fermented lamb, dried fish and sheep's head.

Salmon



Dried fermented fish



Langoustine



Sheep from Faroe Islands



Photo: Faroe Islands, Canva

Photo: Guide to Faroe Islands. (2024)

Nordic/Baltic Culinary Arts Professional Environment

The Culinary Heritage Network

The Culinary Heritage Network, established in 1995, has been at the forefront of advocating for a deeper appreciation and understanding of our culinary culture and traditions. The network emphasises the importance of knowing the origins of our food, the treatment of animals, the distinctive aspects of our food culture, and its natural evolution over time.

Originating from Sweden, this initiative quickly spread, marked by its distinctive and now internationally recognised trademark – the chef's hat with a knife and fork – which is registered with the International Culinary Heritage Centre in Latvia at EUIPO in Alicante. (Culinary Heritage Network, 2024).

Over the years, Culinary Heritage has blossomed into a significant movement spanning much of Europe, growing organically and sustainably. These two principles, organic growth and sustainability, are core to the network's philosophy and its approach to fostering a global appreciation of culinary traditions. (Culinary Heritage Network, 2024).

In 2021, Culinary Heritage took a significant step forward by expanding its reach globally. The network acknowledges that the issues it addresses and the values it promotes are of global importance, necessitating a united front through diversity and understanding.

Culinary Heritage firmly believes in the power of gastronomy as a means of diplomacy, friendship, and understanding among nations, cultures, and peoples. By celebrating our culinary heritage and culture, we can foster pride without diminishing the value of others.

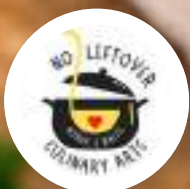
Consequently, Culinary Heritage is dedicated to bringing together as many countries, regions, cities, and businesses as possible under the common goal of preserving and promoting our global culinary heritage. (Culinary Heritage Network, 2024).

Follow at www.culinaryheritage.net

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100% NO LEFTOVER

Photo: Chefs, Canva.



Professional Network for NO LEFTOVER Nordic/Baltic Culinary Arts

Baltic Sea Cuisine. (2024). Available at <https://www.balticseaculinary.com/en>

Nordic Chef Association. (2024). Available at <https://nordicchefs.com/>

The Nordic Union for Workers in the Hotel, Restaurant, Catering and Tourism Sector (NU HRCT). (2024). Available at <https://www.nordichrct.org/>

Slow Food in the Nordic Countries. (2024). Available at <https://slowfoodnordic.com/>

Sustainable Food Trade Association. Available at <https://www.sustainablefoodtrade.org/>

Sustainable Gastro. (2024). Available at www.sustainablegastro.com

Sustainable Restaurant Association. Available at <https://thesra.org/>

World Association of Chef Societies. (2024). Available at <https://worldchefs.org/>

SUSFOOD2 – it aims to foster research and innovation in the field of sustainable food systems, by through enhanced cooperation and coordination between EU member and associated states. During the last 10 years, 44 research projects have been financed through 5 SUSFOOD calls, with a total of 277 partners. Link: <https://susfood-db-era.net/main/>

Nordic/Baltic added value
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Photo: Chefs, Canva.



Review of current know-how, culinary arts skills, competences required

How can chefs help to save the planet:

BEST PRACTICES AND RECOMMENDATIONS TO PUT SUSTAINABILITY IN ACTION IN THE RESTAURANT SECTOR

SOURCING YOUR FOOD:

1. Focus on seasonal ingredients and try to build dishes around them.
2. Cook with locally sourced ingredients.
3. Animal products should be from sources that promote high animal welfare and sustainable production systems.
4. Prioritise sustainable production systems for all food.

DESIGNING YOUR RECIPES AND MENUS:

5. Use smaller amounts of animal products in your dishes, this includes meat, dairy, eggs and fish.
6. Focus on developing or expanding plant-based dishes, which contribute to a reduction of greenhouse gas emissions and water use.

MANAGING YOUR RESTAURANT'S DAILY ACTIVITIES:

7. Aim at reducing and eliminating all forms of waste within your restaurant.
8. Putting in place the processes to measure what you are achieving.

COMMUNICATING WITH STAFF, CUSTOMERS AND YOUR COMMUNITY:

9. Contribute to initiatives aimed at building bridges between producers, chefs, consumers and all other stakeholders.
10. Communicate your ambition with your staff and customers, explaining them your commitment towards a more sustainable food system.

Reference: Climatesmartchefs.eu. (n/d). How can chefs help to save the planet. Available at <https://climatesmartchefs.eu/wp-content/uploads/2022/05/How-can-chefs-help-to-save-the-planet.pdf>



Review of current know-how, culinary arts skills, competences required

A sustainability competence empowers learners to embody sustainability values, and embrace complex systems, in order to take or request action that restores and maintains ecosystem health and enhances justice, generating visions for sustainable futures.

GreenComp competences:

GreenComp consists of 12 competences (in bold) organised into four areas (in italics) below:

- *Embodying sustainability values, including the competences*
 - **valuing sustainability**
 - **supporting fairness**
 - **promoting nature**
- *Embracing complexity in sustainability, including the competences*
 - **systems thinking**
 - **critical thinking**
 - **problem framing**
- *Envisioning sustainable futures, including the competences*
 - **futures literacy**
 - **adaptability**
 - **exploratory thinking**
- *Acting for sustainability, including the competences*
 - **political agency**
 - **collective action**
 - **individual initiative**

Bianchi, G., Pisiotis, U. and Cabrera Giraldez, M., GreenComp The European sustainability competence framework, Punie, Y. and Bacigalupo, M. editor(s), EUR 30955 EN, Publications Office of the European Union, Luxembourg, 2022, ISBN 978-92-76-53201-9, doi:10.2760/821058, JRC128040. Available at https://publications.jrc.ec.europa.eu/repository/bitstream/JRC128040/JRC128040_001.pdf

CHEF'S COMPETENCE

Competence is an essential factor that has a tremendous impact on the sustainability of an individual's career, especially in the culinary field.

Chef's competency is divided into three types, namely functional competencies, core competencies, and general competencies.

The chef's functional competency is culinary expertise that includes cooking skills, taste and food knowledge, and service tightening.

Core competencies include conceptual ability, cleanliness, and business sense.

Meanwhile, **general competence** consists of interpersonal, leadership, managerial, and motivational skills.

This chef's competence is as a guide for culinary educators and trainers for sustainable career development in the culinary profession.

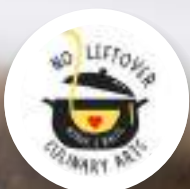
Read the whole article:

Mahfud, T., Pardjono, & Lastariwati, B. (2019). CHEF'S COMPETENCIES AS A KEY ELEMENT IN FOOD TOURISM SUCCESS: A SHORT LITERATURE REVIEW. *GeoJournal of Tourism and Geosites*, 26(3), 1057-1071. <https://doi.org/10.30892/gtg.26329-417>. Available at <https://publications.jrc.ec.europa.eu/repository/handle/JRC128040>

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Photo: Canva.



Insights on technologies used for Nordic/Baltic Culinary No leftover culinary arts

Culinary Education: The Importance of Innovation

Virtual and Augmented Reality in Culinary Training: Culinary education is being transformed by virtual reality (VR) and augmented reality (AR). Students may fully immerse themselves in a virtual culinary setting using virtual reality (VR), where they can practice cooking methods, try out different ingredients, and even get advice from virtual mentors. With the use of augmented reality (AR), students may get real-time instructions and information while working in the actual kitchen. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).

Online Learning Platforms: The days when students had to learn inside four walls are long gone. Since the idea of ed-tech came to the forefront, internet platforms have made a wealth of culinary materials available online. From offering anything from in-depth courses on culinary skills and cuisines to video lessons by well-known chefs, these online platforms are making culinary education available to a worldwide audience. Thus, by opting for an online platform, students can access a wide variety of culinary expertise and learn at their own pace. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).

Smart Kitchen Appliances and Tools: It is undeniable that processes for cooking have been eased with the emergence of smart kitchen gadgets and appliances. These appliances, which **range from precision sous-vide cookers to clever ovens, provide exact temperature control and automation**, allowing chefs to concentrate on flavor creation and inventiveness. Additionally, **smartphone applications** may be used to operate and monitor linked kitchen equipment, improving accessibility and convenience for cooking. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).



Insights on technologies used for Nordic/Baltic Culinary No leftover culinary arts

Impact of Technology on the Culinary Industry

There is no doubting the reality that technological development has boosted both the efficiency of commercial kitchens and the size of the market for the food business. First, the introduction of technology has **transformed automated operations** like **inventory management** and other similar tasks, freeing chefs to focus on their culinary inventiveness. Additionally, the development of technology has given chefs access to a variety of culinary knowledge and inspiration. In this situation, chefs may find novel ingredients, experiment with other cuisines, and readily share their culinary creations with a worldwide audience. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).

Furthermore, **smart sensors and monitoring systems**, among other advancements in food safety technology, have made it possible to detect ingredient freshness and maintain ideal food storage conditions. Additionally, technology has made it possible for chefs to adopt greener practices, ensuring that culinary creations are not only delicious but also safe for the environment. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).

Transformation with Modern Technology

In today's modern era, it is important to find a balance between conventional culinary methods and contemporary equipment, even if technology has enormous advantages for culinary education and business. As a result, technological innovation in culinary education is changing the culinary arts and improving their accessibility, effectiveness, and diversity. Furthermore, the fusion of culinary arts and technology is certainly ushering in a richer, more dynamic, and endlessly possible future for the culinary industry. (Chef Eram, Senior Sous Chef, Academy of Pastry and Culinary Arts, 2023).



Summary

This digital brochure "Traditional Recipes from Nordic & Baltic Cuisine" is part of the project NPAD-2022/10049 development results within the framework of the digital course 'Digital Course in NO LEFTOVER Nordic/Baltic Culinary Arts for Adult Educators'. The purpose is to improve methods of adult teaching, adults' access to learning, improving the quality of adult learning and meeting new or changing needs for the changing environment of specifics of hospitality business offers, culinary arts variety and diversification approaches, trends in tourism for new experiences and tastes, modern society needs for technical and digital enhancement and reformatting, the focus on sustainability to sustain the traditions and cultural heritage as well as global and national resources by responsible consumption and using local ingredients and other resources.

In this digital brochure over 50 traditional recipes with NO LEFTOVER concept are reviewed from Denmark, Estonia, Latvia, Iceland and Lithuania with 10 recipes from each listed country. In addition, the brochure includes the recipes from Finland, Sweden, Norway, Greenland and Faroe Islands.

The main concept of Traditional Recipe selection is the usage of 100% raw materials. Therefore, many listed recipes include several recipes for one product menu to demonstrate more applications in various forms exactly in the traditional form that can lead to minimising leftovers, considering different methods of fermentation, preservation, usage of different parts of raw materials, and waste management. The recipes bring forward the ideology of the outlook of raw materials to see the beauty of nature, considering consuming less meat and fish and motivating for agricultural, gardening and outside walking activities.

Nordic/Baltic added value
Project ID: NPAD-2022/10049

100% NO LEFTOVER

Photo: Riga, Canva.



Conclusion

This digital brochure "Traditional Recipes from Nordic & Baltic Cuisine" as part of the project NPAD-2022/10049 contains over 50 traditional recipes with NO LEFTOVER concept from Denmark, Estonia, Latvia, Iceland and Lithuania, with 10 recipes from each listed country. In addition, the brochure includes recipes from Finland, Sweden, Norway, Greenland and Faroe Islands.

The main concept of Traditional Recipe selection is the usage of 100% raw materials with sharing experiences and traditions between the Nordic and Baltic countries and generating inspiration for using these techniques in different regions, with regard to traditional and new innovative forms. Therefore, many listed recipes include several recipes for one product menu to demonstrate more applications in various forms exactly in the traditional form that can lead to minimising leftovers, considering different methods of fermentation, preservation, usage of different parts of raw materials, and waste management. The recipes bring forward the ideology of the outlook of raw materials to see the beauty of nature, considering consuming less meat and fish, and motivating for agricultural, gardening and outside walking activities.

Nordic/Baltic added value
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100% NO LEFTOVER

Photo: Latvian food. Pies.Canva.

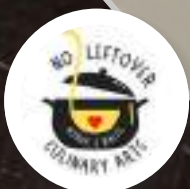
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Nordic/Baltic added value
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Photo:Canva.



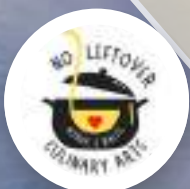
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Nordic/Baltic added value
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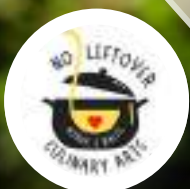
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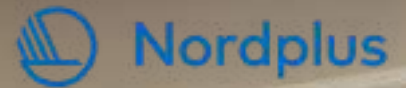
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