
THE CONTEMPORARY AND INNOVATIVE RECIPES FROM NORDIC/BALTIC CUISINE

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



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

PART II:

'THE CONTEMPORARY AND INNOVATIVE RECIPES FROM NORDIC/BALTIC CUISINE''

Abstract

'The contemporary and innovative 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.

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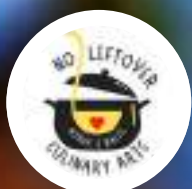
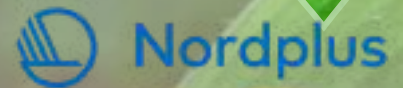


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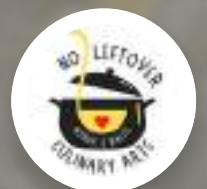
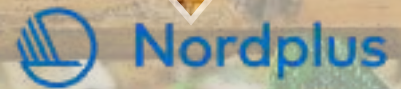


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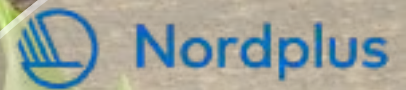
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Description of the Project

'The aim of the project "NO LEFTOVER Nordic/Baltic Culinary Arts: Digital Course with Training Materials and Tools for Adult Educators", Nr. NPHZ-2021/10049, 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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The 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 COUNCULTING	www.sfsradgjof.is
DENMARK	Com&Train	www.comtrain.dk

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Introduction

'The project 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 product 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, Iceland and Denmark countries?
- Which countries do have kvas drink? etc.

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NORDIC-BALTIC

Review and Summary on Contemporary and Innovative 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.)

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Review and Summary on Contemporary and Innovative Nordic-Baltic Culinary Arts

The Contemporary and Innovative Nordic-Baltic Culinary Arts scene is renowned for its emphasis on local, seasonal ingredients, sustainability, and a deep connection to nature. This culinary movement, often referred to as New Nordic Cuisine, has gained global recognition for its innovative approach and respect for tradition.

Key Characteristics:

1. Local and Seasonal Ingredients:

Chefs prioritize using ingredients that are locally sourced and in season. This not only supports local farmers and producers but also ensures freshness and reduces the carbon footprint associated with transportation.

2. Sustainability:

There is a strong focus on sustainable practices, including foraging, preserving, and minimizing food waste. The movement advocates for a return to traditional methods of preparation and preservation, such as pickling, smoking, and fermenting.

3. Innovation and Creativity:

Nordic-Baltic chefs are known for their creativity and innovation, often experimenting with traditional ingredients and techniques to create modern, avant-garde dishes. This includes the use of unusual ingredients and combinations to surprise and delight diners.

4. Minimalism:

The culinary style tends to be minimalist, with a focus on clean, simple presentations that highlight the natural beauty and flavors of the ingredients.

5. Cultural Heritage:

There is a deep respect for cultural heritage and culinary traditions. Chefs often draw inspiration from historical recipes and regional specialties, reinventing them with a contemporary twist.

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Nordic/Baltic added value

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Read more:

Nordic Council of Ministers. (2018). Solutions Menu – A Nordic guide to sustainable food policy. Available at

<https://norden.diva-portal.org/smash/get/diva2:1214792/FULLTEXT01.pdf>

New Nordic Food Program. (n.d.). The New Nordic Cuisine Movement. Retrieved from

<https://www.norden.org/en/information/new-nordic-food-manifesto>



ESTONIA

Review and Summary on Contemporary and Innovative Nordic-Baltic Culinary Arts – Estonia

Estonia is a top destination for foodies because international and fusion gourmet food can be enjoyed relatively inexpensively. In 2022, Estonia became the first Baltic country to welcome MICHELIN Guide inspectors. A true five-course gourmet feast in Tallinn can cost half the price of a dinner in most European capitals. The Estonian restaurant scene has fully embraced fusion cooking, so you can try innovative modern cuisine and new Nordic cooking.

Vegetarians and vegans are also in luck, with many veggie-friendly and veggie-only restaurants that know how to bring out the taste of greens. And for those who want something more medieval, there are quite a few spots where you can try roasted bear or other game meat. (Visitestonia.com, n/d).

Many restaurants and food sellers will change their selections as the temperature shifts. That means the fruits and vegetables change and are preserved throughout the year, while heartier fare and food preserved in the summer and autumn are eaten in the wintertime. Preserved products, such as pickled pumpkin and cranberry jam, add a bright touch to the table during the Christmas season.

Estonians have a specific relationship with food, and part of that is knowing where it comes from. The more local, the better. In fact, many Estonians enjoy harvesting their own food. Some people maintain a small garden for themselves to grow vegetables. Likewise, berry and mushroom picking in Estonia is a national pastime during the late summer and autumn. Other autumnal ingredients include freshly picked apples, root vegetables, and wild game such as elk. The season also means preserving food for winter by pickling, canning, fermenting, and smoking. (Visitestonia.com, n/d).

With its international influences, Estonian cuisine retains a signature character thanks to pure, local elements. These "superfoods" are fresh from the forests and fields, bursting with vitamins, and rich in color. For example, blackcurrants are an excellent source of vitamin C. (Visitestonia.com, n/d).

Visitestonia.com (n/d). An introduction to Estonian cuisine, Available at <https://www.visitestonia.com/en/an-introduction-to-estonian-cuisine>



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DENMARK

Review and Summary on Contemporary and Innovative Nordic-Baltic Culinary Arts - Denmark

Contemporary Danish cuisine beautifully melds its rich historical roots with modern culinary innovation. Emphasizing local produce sourced from Denmark's fertile lands and seas, this cuisine showcases a deep commitment to sustainability and freshness. Seasonal menus vividly capture the essence of the changing seasons, offering everything from fresh summer greens and berries to hearty winter root vegetables and stews, complemented by staples like pickled herring and apple jams.

The Danish culinary landscape is celebrated for its blend of simplicity and modernity, merging traditional Danish dishes with global culinary trends. This fusion is particularly notable in Copenhagen's Michelin-starred restaurants, where chefs creatively reinterpret classic recipes through modern techniques. Additionally, Denmark's diverse regional cuisines provide a rich tapestry of flavors, from the seafood-dominated dishes of Northern Denmark to the rich agricultural offerings of the south. This dynamic approach to food maintains deep respect for tradition while embracing the innovative spirit of contemporary gastronomy.

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ICELAND

Review and Summary on Contemporary and Innovative Nordic-Baltic Culinary Arts - Iceland

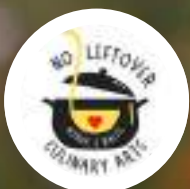
Icelandic contemporary and innovative cooking marries the nation's rich culinary traditions with modern techniques and a focus on sustainability. This culinary style emphasizes the use of local, seasonal ingredients, often prepared with a creative twist. Here are the main aspects of this gastronomic trend:

Key Characteristics

- 1. Local and Seasonal Ingredients:** Chefs focus on fresh, local, and seasonal produce. This includes Icelandic lamb, fresh seafood, wild herbs, and berries.
- 2. Sustainability:** Sustainable practices in sourcing and cooking are paramount, reflecting Iceland's environmental consciousness.
- 3. Geothermal Cooking:** Utilization of geothermal energy for cooking, a unique method leveraging Iceland's natural geothermal resources.
- 4. Innovation and Tradition:** Traditional dishes are often reinterpreted with modern culinary techniques, maintaining a balance between heritage and innovation.

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LATVIA



Review and Summary on the Contemporary and Innovative Nordic-Baltic Culinary Arts - Latvia

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.

Latvia's best chefs and pastry chefs prepare dishes that resemble thoughtful artworks, playing around with elegant nuances of tastes and aromas, as well as with colours and textures. (The Association of Latvian Rural Tourism "Lauku ceļotājs" (2014).

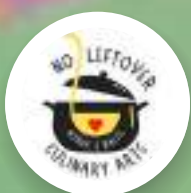
Traditions of Latvian cuisine are not only preserved in the traditional ways of cooking but also take on a new form in modern cuisine. The use of local flavours and products is coming increasingly important in Latvia. (Latvia.travel (n/d).

Latvian cuisine is centered around locally sourced agricultural products, and meat is a major component of main dishes. Fish is also a popular choice due to Latvia's location on the Baltic Sea. The pronounced four seasons in Latvia result in a cuisine that is heavily influenced by the seasons, with each season having its own unique dishes and products.

If you are shopping for food, you can expect a wide variety of local goods such as cheese, fish, smoked meat, honey, fresh fruits and vegetables, and other treats. Most of the products available at markets are organic – the country's residents are particularly fond of growing their own food, and the supply chain from the field to the marketplace is rather short in Latvia.

Latest food innovation trends

Latvia is currently experiencing a trend towards "free from" products that do not contain gluten and lactose. Furthermore, there is a rise in the use of new production technologies that offer alternative protein sources, as well as a renewed interest in the nutritional benefits of staples like peas, beans, and buckwheat.



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Photo: Aronia, Canva.

LITHUANIA



Review and Summary on the Contemporary and Innovative Nordic-Baltic Culinary Arts - Lithuania

Lithuanian culinary arts have undergone a significant transformation in recent years, blending traditional techniques and local ingredients with contemporary and innovative approaches. This evolution has been driven by a new generation of chefs who are redefining Lithuanian cuisine, making it more sophisticated and appealing.

Traditional Foundations

Lithuanian cuisine has historically been characterized by hearty, rustic dishes reflecting the country's agricultural roots and harsh climate. Staples include rye bread, potatoes, various dairy products, and meat, particularly pork. Dishes like cepelinai (potato dumplings filled with meat), kugelis (potato pudding), and šaltibarščiai (cold beet soup) are traditional favorites.

Contemporary Trends

In the contemporary culinary scene, there is a strong emphasis on local and seasonal ingredients, sustainability, and a return to ancient culinary practices with a modern twist. Chefs are exploring and reviving old recipes, often incorporating wild foraged ingredients and organic produce.

Culinary Innovations

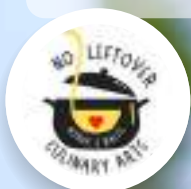
Lithuanian chefs are increasingly participating in international culinary competitions and collaborations, which has exposed them to global culinary trends and techniques.

Examples of Innovation

Modern Interpretations of Traditional Dishes: Chefs are reinventing classic dishes like cepelinai by using lighter ingredients and modern cooking techniques.

Fermentation and Pickling: These age-old preservation methods are being used creatively. Fermented vegetables and pickled products are featured prominently in many contemporary Lithuanian dishes, adding depth and complexity to flavors.

Foraging and Wild Ingredients: There is a growing trend of incorporating wild herbs, mushrooms, and berries into dishes, reflecting a deep connection to nature and the rich biodiversity of Lithuania. This practice not only enriches the culinary palette but also emphasizes sustainability.



Degutienė, N. (2020). Nida's Food. Retrieved from Nida's Food Blog
Praspaliauskas, D. (2021). Interview with Lithuania Travel. Retrieved from Lithuania Travel

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Photo: Rowan, Canva.

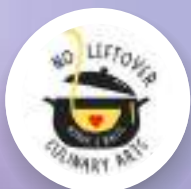
Definitions: Theory Review

CULINARY ARTS

Culinary arts refer to the art of preparing, cooking, and presenting food in ways that enhance its flavour and visual appeal. It is a field that combines craftsmanship and creativity to deliver dishes that are both delicious and aesthetically pleasing. The culinary arts encompass a wide range of activities, including:

- 1. Cooking Techniques:** Mastery of various cooking methods such as baking, grilling, sautéing, roasting, and braising.
- 2. Preparation:** Skilled handling and preparation of ingredients, from butchering meat to finely chopping vegetables.
- 3. Recipe Development:** Creating and adapting recipes that balance flavours, textures, and nutritional value.
- 4. Presentation:** The visual arrangement of food on the plate enhances its appeal and complements its flavours.
- 5. Nutrition:** Understanding the nutritional content of dishes and how to create balanced meals.
- 6. Food Safety and Hygiene:** Ensuring that food is stored, handled, and cooked in ways that prevent contamination and ensure safety.
- 7. Menu Planning:** Designing entire menus that cater to various tastes and dietary requirements, often considering the seasonality of ingredients and the occasion.

Culinary arts are practised by professionals in restaurants, hotels, and other food service establishments, but they also extend to food enthusiasts and home cooks who appreciate the art of cooking. This field continually evolves, incorporating new technologies, cooking methods, and cultural influences, making it a dynamic and exciting area of study and practice.



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

100% NO LEFTOVER

Photo: Rowan, 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.

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 LEFTOVERS

Definitions: Theory Review

NORDIC/BALTIC

For the "No Leftover" project, the definition of "Nordic/Baltic" refers to the culinary, cultural, and environmental attributes that are distinctive to the Northern European countries of the Nordic region—Denmark, Finland, Iceland, Norway, and Sweden—and the Baltic states of Estonia, Latvia, and Lithuania. This area is renowned for its rich traditions, diverse recipes, and a strong commitment to sustainability. The project focuses on integrating these regions' unique approaches to food preparation, which include the utilization of local ingredients, the adherence to seasonality, and the emphasis on food preservation and waste reduction. By highlighting these aspects, the "No Leftover" project aims to enhance adult education in culinary arts, promoting sustainable practices that are deeply rooted in the Nordic/Baltic heritage.

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

Photo: Baltic Sea, Canva.



100% NO LEFTOVERS



Definitions: Theory Review

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 a, N., Ananda a, J., Mitsis a, 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 a, N., Ananda a, J., Mitsis a, 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).

Photo: Zero waste, Canva.

Nordic/Baltic added value

Project ID: NPAD-2022/10049



Definitions: Theory Review

"NO LEFTOVER"

In the context of the "No Leftover" project, the term "No Leftover" refers to a culinary and environmental philosophy aimed at eliminating food waste at all stages of food preparation and consumption. This approach encompasses careful planning of ingredient purchases, precise portion control during cooking, creative reuse of leftovers, and responsible handling of any remaining waste. The goal is to promote sustainability by minimizing the environmental impact of food waste, maximizing resource efficiency, and fostering a more conscientious approach to food consumption. The "No Leftover" philosophy is integral to educating culinary professionals and enthusiasts, enabling them to adopt and teach practices that support a sustainable and waste-free culinary culture.

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

100% NO LEFTOVER

Photo: Zero waste, Canva.



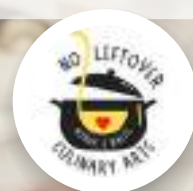
Definitions: Theory Review

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 a, N., Ananda a, J., Mitsis a,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 a, N., Ananda a, J., Mitsis a,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 a, N., Ananda a, J., Mitsis a,A. Pearson, D., 2023).

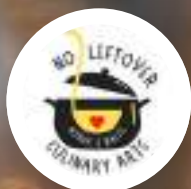


Photo: Zero waste, Canva.

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 a, N., Ananda a, J., Mitsis a,A. Pearson, D., 2023).

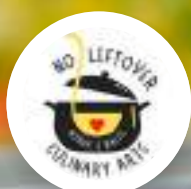


Photo: Zero waste, Canva.

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

Definitions: Theory Review

“USE LOCAL”

In the "No Leftover" project context, "Use Local" refers to sourcing ingredients and resources from the local environment and community. This approach emphasizes the importance of utilizing seasonal produce, supporting local farmers and producers, and reducing the carbon footprint associated with long-distance transportation of goods. Using local ingredients fosters a sustainable culinary culture, helps preserve regional culinary traditions, and stimulates local economies. The "Use Local" philosophy is central to the project's aim of integrating sustainable practices within Nordic/Baltic culinary arts, enhancing the quality and relevance of food preparation while promoting environmental stewardship.

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

100% NO LEFTOVER

Photo: Use Local, Canva.



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
100% NO LEFTOVER

Photo: Use Local, Canva.



100% NO LEFTOVER

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.)

100% NO LEFTOVER

USE LOCAL



Definitions: Theory Review
"Use Local"

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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
100% NO LEFTOVER

Photo: Sustainability, Canva.



Definitions: Theory Review

SUSTAINABILITY

In the context of the "No Leftover" project, "sustainability" refers to the practice of managing resources in a manner that is environmentally responsible, socially equitable, and economically viable, ensuring that the needs of the present are met without compromising the ability of future generations to meet their own needs. This encompasses a range of practices in the culinary field, such as reducing food waste, using local and seasonal ingredients, and employing energy-efficient cooking methods. The sustainability aspect of the project aims to promote these practices among culinary professionals and enthusiasts through education and training, encouraging a shift towards more sustainable culinary habits that support both the local ecosystem and global environmental goals.

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



Definitions: Theory Review

Sustainability in Culinary Arts

In the culinary arts, "sustainability" refers to practices and principles that focus on reducing environmental impact, supporting local economies, and promoting social responsibility in all food preparation and consumption aspects. This includes sourcing local and seasonal ingredients, minimizing food waste through effective planning and creative reuse, using energy-efficient cooking methods, and supporting fair labor practices. Sustainability in the culinary arts also involves educating consumers and culinary professionals about the environmental and social impacts of their food choices. By integrating sustainability into the culinary arts, the goal is to create a food system that is more ecologically sound, economically viable, and socially just.

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

100% NO LEFTOVER

Photo: Black pea flower, 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](#)



The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine - overview

The contemporary and innovative 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 neighbouring Nordic/Baltic countries despite the countries are located not faraway from each other and that are historically linked and have many thing common in the culture, traditions and cuisine.

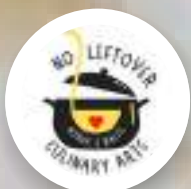
The recipe is set not in the typical way for the culinary book, where mainly one detailed recipe is presented.

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 regional 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
Photo: Michelin Guide, 2023

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THE CONTEMPORARY AND INNOVATIVE

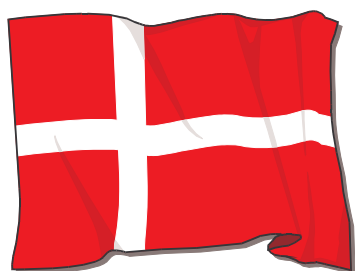
DANISH CUISINE

— **The Contemporary and Innovative Recipes** —
from Nordic & Baltic Cuisine





DENMARK



KEY FACTS :

Territory 43,094 km²

Forest area: 14,9%

Shoreline: 7,300 km in length

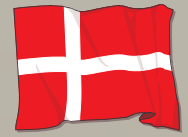
Lakes: over 120,000

Streams: 900

Population: 5,939,695 mln (2024)

Capital City: Copenhagen

DENMARK



The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

The Danish approach to food is holistic, considering the flavour and the health benefits of eating well. This philosophy extends into the vibrant café culture and the burgeoning street food scenes in urban centres, where innovation thrives and international cuisines are embraced and adapted.

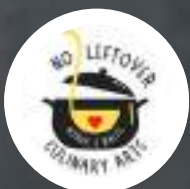
The beverage culture in Denmark also mirrors its culinary innovation. Besides its famous beers and aquavit, Denmark is pioneering organic wine production, crafted from local berries and fruits. It offers a unique accompaniment to traditional Danish desserts and modern cuisine. Although not as ancient, the Danish chocolate industry follows a tradition of excellence and innovation, with exceptional local twists on chocolates and sweets.

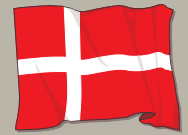
Danish cuisine today is a blend of respect for tradition and a forward-looking approach to food and sustainability. It honours its roots while continually evolving to meet the tastes of modern society, making it a compelling example of how traditional culinary practices can adapt to contemporary demands without losing their essence.

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

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Photo: Lettuce, Canva.





DENMARK

The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

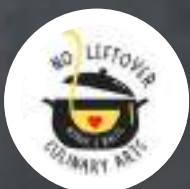
Building on Denmark's holistic food philosophy, the featured recipes exemplify the innovation defining contemporary Danish culinary arts. Each dish highlights modern cooking techniques and emphasizes sustainability by using locally sourced, seasonal ingredients. This approach enhances both the environmental impact and nutritional value of the food.

These recipes bridge historical gastronomy and contemporary dietary preferences by innovatively reinterpreting traditional Danish flavours and ingredients. This integration enriches Denmark's culinary heritage, maintaining relevance in a rapidly evolving global food scene.

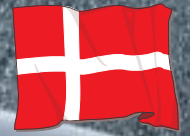
Thus, these recipes reflect Denmark's commitment to culinary excellence and sustainability. They showcase how traditional flavours can be celebrated through innovative techniques, aligning with broader goals to respond to contemporary environmental and social challenges while providing nourishing, appealing food.

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

Photo: Lettuce, Canva.



New Nordic Carpaccio



1. Thinly sliced raw venison
2. Sea buckthorn berries
3. Wild herbs
4. Extra virgin rapeseed oil
5. Juniper berry vinaigrette
6. Salt & Pepper

Thinly sliced raw venison

1.

Sea buckthorn

2.

Wild herbs

3.

Salt & Pepper

6.

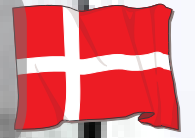
Juniper berry vinaigrette

5.

4.

100% NO LEFTOVER menu

Smoked Mackerel and Beet Salad



1. Smoked mackerel
2. Roasted red and golden beets
3. Arugula
4. Horseradish cream
5. Dill
6. Apple cider vinegar
7. Olive oil
8. Salt & Pepper

Smoked mackerel

1.

Rosted red and golden beets

2.

3.

Salt & Pepper

6.

Arugula

5.

Dill

4.

Horseradish cream

Olive oil

7.

100% NO LEFTOVER
Menu

Celeriac "Risotto"



1. Julienned celeriac
2. Chicken or vegetable stock
3. Shallots
4. Garlic
5. White wine
6. Parmesan cheese (optional)
7. Truffle oil
8. Chives

Julienned celeriac

1.

chicken or vegetable stock

2.

Parmesan cheese

6.

Chives

8.

Shallots

3.

Garlic

4.

Truffle oil

7.

White wine

5.

100% NO LEFTOVER
menu

Aquavit Cured Salmon with Dill and Mustard Sauce



1. Fresh salmon fillets
2. Aquavit
3. Sugar
4. Salt
5. Dill
6. Whole grain
7. Mustard
8. Honey
9. Apple cider vinegar

Fresh salmon fillets

1.

Aquavit

2.

5.

Dill

Mustard

7.

Sugar

3.

Salt

4.

Apple cider vinegar

9.

Honey

8.

Whole grain

6.

100% NO LEFTOVER menu

Danish Blue Cheese and Pear Flatbread



1. Pre-made flatbread dough
2. Danish blue cheese
3. Thinly sliced pears
4. Arugula
5. Walnuts
6. Honey and balsamic reduction
7. Salt

Pre-made flatbread dough

1.

Danish blue cheese

2.

Walnuts

5.

Dill

Thinly sliced pears

3.

Salt

7.

Honey and balsamic reduction

6.

Arugula

4.

100% NO LEFTOVER menu

Sous Vide Pork Belly with Apple Parsnip Puree



- 1. Pork belly
- 2. Apples
- 3. Parsnips
- 4. Butter
- 5. Thyme
- 6. Chicken stock
- 7. Salt & Pepper.



100% NO LEFTOVER menu

Viking Grain Bowl



Farro or spelt
1.

Smoked trout,
2.

Rosted root vegetables
4.

Pickled red cabbage
3.

Herb dressing,
8.

Skyr
7.

Salt & Pepper
9.

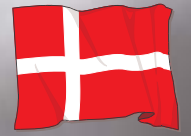
Pumpkin seeds
6.

Kale
5.

1. Farro or spelt
2. Smoked trout,
3. Pickled red cabbage
4. Roasted root vegetables
5. Kale
6. Pumpkin seeds
7. Skyr
8. Herb dressing.
9. Salt & Pepper.

100% NO LEFTOVER menu

Foraged Mushroom Soup



1. Wild mushrooms
2. Vegetable stock
3. Onion
4. Garlic
5. Heavy cream
6. Thyme
7. Truffle oil
8. Sourdough bread for serving

Wild mushrooms

1.

Vegetable stock

2.

4.

Garlic

3.

Onion

Salt & Pepper

9.

Heavy cream

5.

6.

Thyme

7.

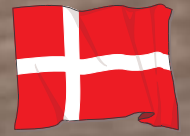
Truffle oil

8.

Sourdough bread

100% NO LEFTOVER
menu

Birch Syrup Glazed Duck



1. Duck breasts
2. Birch syrup
3. Soy sauce
4. Garlic
5. Fresh ginger
6. Star anise
7. Orange zest
8. Sesame seeds

Duck breast

1.

2.

Birch syrup

4.

Garlic

Salt & Pepper

9.

Fresh ginger

5.

Star anise

6.

Sesame seeds

8.

Orange zest

7.

100% NO LEFTOVER
menu

Sea Buckthorn and White Chocolate Mousse



1. Sea buckthorn berries
2. White chocolate
3. Heavy cream
4. Sugar
5. Gelatin
6. Vanilla extract

Sea buckthorn berries
1.



White chocolate
2.



Heavy cream
3.



Vanilla extract
6.



Sugar
4.



Gelatin
5.



100% NO LEFTOVER menu



THE CONTEMPORARY AND INNOVATIVE

ESTONIAN CUISINE

— **The Contemporary and Innovative 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

ESTONIA



The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

Contemporary Estonian cuisine is inspired by the rural way of living and the versatility of gifts that Estonian nature offers. The authentic menu in many restaurants has been created bearing in mind the culinary art of ancestors and the flavors of the world. It mirrors the skills of local people who master it to bring together simple and authentic Estonian cuisine with the world-known classics. Estonians appreciate own roots and value the fresh produce created by rich nature and the local farmers, whilst keeping up with the rapidly developing Estonia. In Estonia, the menu changes with the seasons. Many restaurants and food sellers change their selections as the temperature shifts. That means the fruits and vegetables change and are preserved throughout the year, while heartier fare and food preserved in the summer and autumn are eaten in the wintertime. Preserved products, such as pickled pumpkin and cranberry jam, add a bright touch to the table during the Christmas season.

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

100% NO LEFTOVER

Photo: Buckwheat, Canva.



ESTONIA

The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

Regional traditions and tastes are again on the table. With a deep connection to local ingredients, the taste of Estonian cooking can change a lot depending on where you go. With about 3,800 km of coastline, Estonia offers many opportunities for dining next to the sea. In addition to fish, cuisine in Northern Estonia traditionally combines potatoes, barley, and greenhouse-grown produce. In Southern Estonian, you can eat your way around the shores Peipsi lake and tour the Onion Route, where you'll find tasty onion-based dishes. The onion pies are not to be missed!

Superfoods comes from the forests and fields. With international influences, Estonian cuisine retains a signature character thanks to pure, local elements. Served simply or dressed up, original dishes from Estonia's top chefs looks like superfoods full of flavors and with health benefits.

100% NO LEFTOVER

Photo: [ksena32](#) from [Getty Images Pro.](#)

ESTONIA

The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

A huge part of Estonian food is the drink culture that goes with it. These days, Estonia has become a hotspot for innovative brewing. As a result, Estonian craft beer can be found almost everywhere in the country. Alongside beer, you can also try out mõdu, a honey-based drink similar to mead, and kali, a low-alcohol root beer.

Along with the heartier drinks, Estonia has a long winemaking tradition. Unlike conventional wine, Estonian wines are made from berries, with blackcurrants being a common favorite. What's special about Estonian wine is how well it goes with certain desserts.

Estonia has plenty to offer those with a sweet tooth. Estonian desserts include cakes, pastries, crumbles, and pies made with berries, jam, and chocolate. Additionally, Estonia has its own practice of making chocolate that goes back to the 18th century, based on marzipan. Since then Estonian chocolate has had its own unique tradition and includes varieties you can't find outside of Estonia, such as sweets made with kama.

100% NO LEFTOVER

Photo: [Sun Lovage](#), Canva.



Borscht

Potato - 1 kg
Carrot - 3 pcs
Onion - 2 pcs
Beet - 250 g
Beans - 200 g
Pork, beef - 500 g
Tomato paste
Spices



100% NO LEFTOVER menu

100% NO LEFTOVER



Bread

Flour - 1.4 kg
Warm water - 900 ml
Fresh yeast - 25 g
Vegetable oil - 2 teaspoons
Salt - 4 teaspoons
Sugar - 1 tbsp. spoon

Seeds, dried fruits



4.



2.

Warm water



Flour

1.



Fresh yeast



3.



Shashlik or shish kebab

Pork/Chicken
Mayonnaise
Onion
Spices

Pork/Chicken



1.

Mayonnaise



2.

Onion



3.

Spices



4.

5.



100% NO LEFTOVER

Salad with crab sticks

Ingredients

1. Crab sticks
2. Boiled cold rice
3. Apples
4. Fresh cucumbers
5. Sour cream
6. Mayonnaise
7. Salt
8. Greenery

Crab sticks



Apples



Boiled cold rice



Cucumbers



Salt



Mayonnaise and sour cream



100% NO LEFTOVER menu



Bread soup

Rye bread 300 g
Raisins 100 g
Sugar 100 g
Water 1 glass
Whipped cream or
Sour cream

Rye bread



Raisins



Sugar



Whipped cream

5.

Water

4.



100% NO LEFTOVER

Jellied meat



Pork - 1.8 kg
Veal - 1.8 kg
Garlic - 8 cloves
Carrots - 400 g
Onion - 700 g
Bay leaf - 2 sprigs
Parsley - 10 g
Salt (sea) - to taste
Black peppercorns - 2 tbsp. spoons
Water - 6 l





Mushrooms soup

Champignon mushrooms



1.



Carrots

2.

Potatoes



3.

Mushrooms - 300 g
Potatoes - 2-3 pcs.
Carrots - 1 pc.
Onions - 1 pc.
Vegetable oil - 30 ml
Salt - 0.5-1 tbsp. spoons
Ground pepper - 1 pinch
Parsley - 0.5 bunch
Water - 2.5 l



Parsley

3.



Onions

4.

100% NO LEFTOVER



Vastlakukkel

Flour - 700 g
Milk - 250 g
Butter - 150 g
Sugar - 150 g
Chicken egg - 1 pc.
Salt - 0.5 tsp.
Yeast - 50 g
Whipped cream
Cardamom



100% NO LEFTOVER



Sandwiches and snacks

Bun/bread/baguette
Goat cheese
Vegetables
Spices
Ham
Salmon



Goat cheese

1.

Bun/bread/baguette



2.

Vegetables



3.

4.

Salmon



100% NO LEFTOVER

Toasted almonds



Sugar 100 ml
Ground cinnamon 2 teaspoon
Ginger powder 1/2 teaspoon
Cloves 1/2 teaspoon
Cardamom 1/2 teaspoon
Nutmeg 1/2 teaspoon
Salt 1/2 teaspoon
Egg white 1 piece
Water 2 tablespoons
Cocoa powder 2 teaspoons
Sweet almonds 300 g



Sugar



1.



Cinnamon



2.



Cloves



3.



Nutmeg



4.



Sweet almonds



Cardamom



5.



6.

100% NO LEFTOVER



THE CONTEMPORARY AND INNOVATIVE

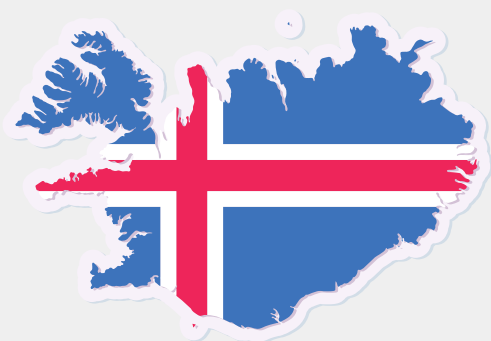
ICELANDIC CUISINE

**The Contemporary and Innovative 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.

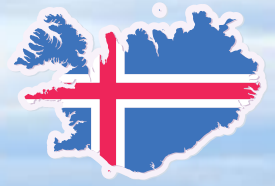
Population: 383.726 mln (2024)

Capital City: Reykjavik

ICELAND



**The Contemporary and Innovative Recipes
from Nordic/Baltic Cuisine**



Contemporary Icelandic cuisine blends traditional ingredients with modern techniques, emphasizing fresh, locally sourced produce. Key elements include fusion cuisine blending Icelandic ingredients with global trends, and a focus on sustainability with farm-to-table dining and minimizing food miles.

Photo: Bilberry, Canva

100% NO LEFTOVER



ICELAND

The Contemporary and Innovative Recipes
from Nordic/Baltic Cuisine

Table of Content

- 1.Lamb lever with bacon
- 2.Fillet of Lamb
- 3.Grandpa Fish and Chip
4. Fillet of Cod with tomato pesto
- 5.Oven baked European Plaice
6. Icelandic cream Pancake
7. Cocos Chicken
8. Lobster Tails
9. Skyr dessert
10. Festive Lobster soup



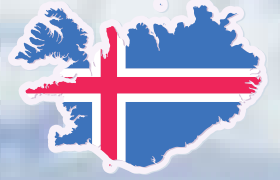
Lamb's Liver with Bacon



The recipe includes lamb liver, bacon, onions, red pepper, garlic, tomato paste, spices, oil, flour, mustard, cream, jam, bouillon, wine, salt, butter, and seasoning. The liver is sliced, seared, and coated in a seasoned flour mixture. A sauce with bacon, onion, pepper, and spices is prepared, then poured over the liver in a baking tray. The dish is baked for 15 minutes and served hot.



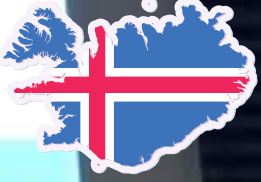
Fillet of Lamb



Here is a simple recipe for cooking lamb fillet with fat:

- Season 1 kg lamb fillet with pepper and coarse salt.
 - Sear in a hot pan or grill for 2 minutes on each side.
 - Bake in a 180°C oven for 5-10 minutes depending on size.
 - Let it rest for 4-5 minutes before serving.
- Enjoy with potatoes, lightly fried vegetables, and a fresh salad.

**100% NO LEFTOVER
menu**



3. Grandpa Fish and Chips



Prepare Orly dough with pilsner, sugar, salt, oil, egg yolk, and flour to make fish and chips. Let it stand for an hour, then fold in whipped egg white. For the fish, use cod cut into pieces, season, coat in flour, dip in batter, and deep fry for 2-3 minutes at 180-200°C.



100% NO LEFTOVER menu

Fillet of Cod with Tomato Pesto



Tomato paste recipe with cod neck:

Ingredients: tomatoes, onion, garlic, vegetable stock, olive oil
Instructions: season cod fillets, add tomato paste, garlic butter, Parmesan cheese, bake at 180°C for 10-15 minutes.



4.

See our video

**100% NO LEFTOVER
menu**

Oven Baked European Plaice



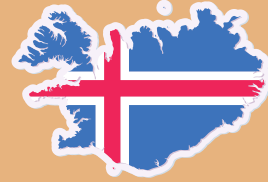
- Ingredients include red snapper fillet, olive oil, onion, garlic, canned crabmeat, cream cheese, lemon pepper, chives, butter, lemon juice.
- Cook onion and garlic, then add crab meat, cream cheese, lemon pepper, chives, salt, and pepper.
- Spread crab paste on fillets, roll them up, place in a dish.
- Make lemon butter sauce with butter and lemon juice, spread over rolls.
- Bake for 20-25 minutes, spoon sauce over rolls.
- Serve with lemon butter sauce, lemon slices, rice, and salad.



100% NO LEFTOVER
menu

Icelandic Festive Pancakes with Whipped Cream

400 g flour
40 g of sugar
1 tsp. baking powder
½ tsp. baking soda
½ tsp. salt
900 ml fresh milk
100 g melted butter
4 eggs (beaten)
3 tsp. vanilla drops



Mix flour, sugar, baking powder, baking soda and salt in a bowl.

Mix in about $\frac{3}{4}$ of the milk and stir well.

Then add the melted butter, eggs and vanilla drops and continue stirring.

Finally, add the rest of the milk and stir well.

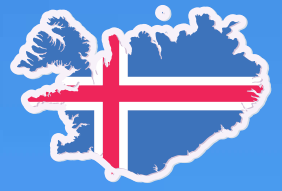
Then fry thin cakes in a pancake pan, it's good to put a little butter in the pan.



**100% NO LEFTOVER
menu**



Cocos Chicken



Recipe for Cocos Chicken:

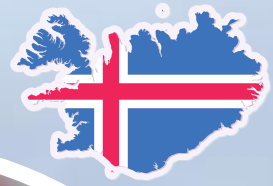
Ingredients: chicken, onion, carrot, ginger, garlic, chili paste, celery, Red Curry paste, curry, coconut milk, red pepper, broccoli, chicken stock.

Instructions: Cook chicken with onion, ginger, and garlic. Add coconut milk, Red Curry paste, vegetables, and simmer. Season and serve with rice and garlic bread.



**100% NO LEFTOVER
menu**

Lobster Tails



The recipe involves making garlic butter with parsley, garlic, butter, salt, paprika, and pepper. For the lobster, prepare the garlic butter, white wine, and cream. Clean and prep the lobster, spread garlic butter, add wine and cream, then bake or grill. Serve with sauce and warm bread.



100% NO LEFTOVER
menu

Skyr



Icelandic skyr is a traditional dairy product from Iceland, known for its thick, creamy texture and high protein content. It's technically a cheese but is often consumed like yogurt. Made from skimmed milk and a small amount of skyr from a previous batch as a starter culture.

Skyr dessert recipe:

- **Bottom:** Mix crushed oat biscuits with melted butter.
- **Rhubarb sauce:** Boil rhubarb jam, water, sugar, and lemon juice until thick.
- **Curd mixture:** Whip cream and fold in vanilla curd.

Assembly: Layer biscuit crumbs, curd mixture, rhubarb sauce in glasses, and top with grated chocolate and strawberries



4.

100% **FOVER**
menu

Festive Lobster Soup



100 gr butter

2 carrots

1 onion

½ l coconut milk

5 garlic cloves

50 gr tomato extract

2 teaspoons paprika

2 tsp curry

1/2 bottle of white wine

Lobster power

2 l water (so that it floats over the shells that have been browned)

peppercorns (black)

Shells browned. Add the water, let it cover the shells, put everything together and cook for about 2 hours.

Then the water has boiled down by half.

Add 1 l of water.

Strain the broth

Thick with a dollop of butter.

Add in:

3 dl cream

1 dl cognac

the saffron

Place the lobster in a dish before serving the soup.

Put the soup on a plate and the whipped cream on top.

Sprinkle with finely chopped parsley.



100% NO LEFTOVER
menu



Photo: Napoleon cake. Canva.

THE CONTEMPORARY AND INNOVATIVE

LATVIAN CUISINE

The Contemporary and Innovative Recipes
from Nordic & Baltic Cuisine



Photo: Canva.



Photo: Riga.Canva.

LATVIA



KEY FACTS :

Territory 64,589 km²

Forest area: over 52% (2021)

Shoreline: 494 km in length

Lakes: over 2.300

Rivers: over 12 000

Population: 1,883 mln (2023, Csp)

Capital City: Riga



The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

Latvian culinary arts have seen a renaissance in recent years, characterized by a harmonious blend of traditional flavors and modern techniques.

The inaugural MICHELIN Guide Latvia 2024 was launched in Latvia in 2023. It features 26 restaurants spread across the country – 19 situated within Riga and 7 located outside of the capital – and includes one restaurant honoured with One MICHELIN Star, three restaurants awarded a MICHELIN Bib Gourmand, and one restaurant highlighted with a MICHELIN Green Star for sustainability for the first time. (Michelin Guide, 2023).

Traditional Foundations

Latvian cuisine traditionally focuses on simple, hearty dishes that reflect the country's agrarian heritage and seasonal ingredients. Staples include rye bread, potatoes, pork, and a variety of dairy products.

Contemporary Trends

In contemporary Latvian cuisine, there is a strong emphasis on local, organic, and foraged ingredients, as well as sustainability and seasonality. This modern approach often involves reviving and reinterpreting traditional recipes with a fresh perspective.

Culinary Innovations

Latvian chefs are increasingly participating in international culinary competitions and events, gaining exposure to global trends and techniques that is reflected in the innovative dishes being created, which often combine Latvian flavors with international influences.

Examples of Innovation

Modern Interpretations of Traditional Dishes: Chefs are reimagining classic Latvian dishes with modern presentations and refined flavors. For example, sklandrausis might be served with a contemporary twist, featuring a delicate pastry and a sophisticated blend of carrot and potato fillings.

Fermentation and Pickling: Fermented vegetables, pickled berries, and locally produced dairy products are common elements in contemporary Latvian cuisine.

Foraging and Wild Ingredients: The use of wild herbs, mushrooms, and berries is becoming increasingly popular. This practice not only enriches the culinary landscape but also emphasizes a deep connection to Latvia's natural environment and promotes sustainability.

Frikadelu zupa

Latvian meatball soup



- 1 Minced beef or pork, or mixed (or poultry)
 - 2 Potatoes
 - 3 Carrots
 - 4 Bay leaf
 - 5 Salt, pepper
- Served with sour cream, dill, parsley;
Alternative: also noodles can be added when boiling;

Meatballs rolled of minced meat 1.



2.

Stewed cabbage with meat or stewed saurkraut with meat



3.

Peeled carrots



Potatoes peeled

4.

100% NO LEFTOVER menu

KARTUPELU PANKŪKAS AR LASI POTATO PANCAKES WITH SALMON



1 Potatoes rough-grated
2 Fresh egg
3 Wheat flour
4 Salt
Fried in oil;
Served with sour cream and
fresh salted salmon.

The same recipe but finely
grated without salmon is
more traditional.
Different type of grating
affects the taste and shape:
both options are used in
Latvian cuisine.

1.

Grated potatoes

2.

4.

Wheat flour
3.

Served with sour cream and fresh salted salmon

5.

100% NO LEFTOVER
menu

KARBONĀDE: PORK CHOP

Optionally: WHITE FISH or CHICKEN FILLET



1.

- 1 Pork chop beated
- 2 Onion beated in pork chop
- 3 Egg
- 4 Wheat flour
- 5 Cheese
- 6 Onion
- 7 Tomato

A pork chop can be fried on pan and served with potatoes, vegetables, buckwheat.

Optionally:
Also the pork chop can be oven backed with, onion and tomato and cheese. Mayonnaise with garlic can be added as the souce under the grated cheese. The same recipe can be done for any white fish fillet. Latvian casual contemporary lunch or dining offers it widely. Also mushrooms, champignons can be added.



100% NO LEFTOVER menu

Kiploku grauzdiņi

Garlic breads



- 1 Rye bread
- 2 Garlic
- 3 Oil or grease for frying
- 4. Salt
- 5. Optional: cheese can be added
- 6. Typically a snack for beer
In case you have left bread
you can always cook a
fantastic snack that
everyone likes!

Rye bread



Garlic



Oil for frying



2.

Garlic grated



Garlic rye bread croutons with cheese



100% NO LEFTOVER
Menu



Photo: Rye bread by fromenzodebernardo from Getty Images,
by Perlav from Getty Images, by Yingko from Getty Images

5.

Biezpiena plācenīši

Fried cottage cheese pancakes



Cottage cheese or curds is very popular in Latvia.

- 1 Cottage cheese or curds 300 - 500 g
- 2 Wheat flour approx 100-150 g
- 3 Sugar or vanilla sugar
- 4 Raisins can be added (It is very healthy to combine curds with raisins from chemical combination to process calcium better)
- 4 Oil for frying
- 5 Typically served with sour cream

1.

Cottage cheese or curds

Wheat flour

2.

Oil for frying

4.

Raisins

Typically served with sour cream and / or jam, honey

5.

5. **100% NO LEFTOVER menu**

ZANDARTA FILEJA

ZANDAR FILLET



Grilled, grilled or baked in foil fried or sous vide

1 Zandar fillet
Salt, pepper, optionally dill.
Latvians cook zandar differently: fry on the pan, bake in oven in foil, grill and grill in foil with dill, or cook sous vide.

Flowers of black peas

1.

3.

2.

Black peas flour

4.

Bolled black peas with fried speck and onion served with kefir

5.

5.

100% NO LEFTOVER menu

BUTE CEPTA

FRIED FLOUNDER



1.

1 Flounder
2 Wheat flour
3 Oil for frying on pan
4 Salt
Latvians fry flounder in flour on the pan as the whole (or smoke).

Flowers of black peas

1.



5.



100% NO LEFTOVER menu

GRILLED VEGETABLES, CHEESE, MEAT, FISH



1.

FOR GRILLED VEGETABLES:
olive oil, spices, salt, keep for
several hours before grilling.
Vegetable can be sliced or
cut in smaller or bigger
pieces.
Different recipes are used for
marinating meat and fish
before grilling. Also fresh fish
with salt and pepper can be
grilled.

Flowers of black peas

3.

2.

5.

5.

100% NO LEFTOVER
menu

SAUTĒJUMS

SAUTED STEWED VEGETABLES optionally with meat or fish



1.

Typical Latvian vegetable relish is cooked of carrots, green peas, butter and flour, sour cream, yolks.
Other variations include all type of vegetables including potatoes, onion, zucchini, cauliflower.
Alternatively any type of meat or fish can be added.

Typical Latvian Vegetables sauted and stewed

Dried black peas

VARIATIONS WITH DIFFERENT STEWED VEGETABLES AND MEAT



100% NO LEFTOVER menu

SALADS



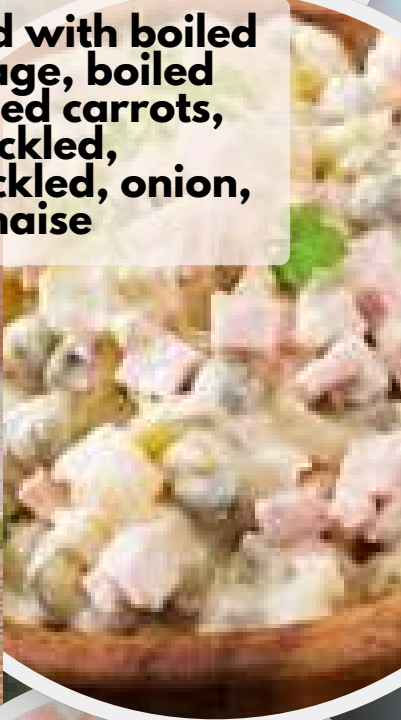
1 Rasols
2 Herring in jacket
3 Cheese salad
In the contemporary Latvian cuisine salads are usually served in smaller portions, in glassware, in rolls, in biscuit baskets.



1.

RASOLS

1 Rasols: salad with boiled meat or sausage, boiled potatoes, boiled carrots, green peas pickled, cucumbers pickled, onion, eggs, mayonnaise



2.

2 Herring in jacket: in layers - pickled herring cut in small pieces, onion in pieces, boiled potatoes grated, boiled carrot, boiled beet, mayonnaise, egg grated on the top, green onions or dill or other decorations

3 Cheese salad: grated soft yellow cheese, boiled grated egg, boiled grated carrot, garlic, mayonnaise



3.



100% NO LEFTOVER menu

2.

UZKODAS SNACKS



2.



2.



LEFTOVER

DESERTI DESSERTS



1. NAPOLEON CAKE
2. CIELAVINA CAKE
3. CHEESE ĆAKE
4. HONEY CAKE
5. DEBESMANNA
6. RYE BREAD DESSERT
7. ECLAIRS
8. VECRĪGA KŪKA
9. APPLE TART

1.



2.



3.



4.



8.



9.



5.



7.



6.





THE CONTEMPORARY AND INNOVATIVE

LITHUANIAN CUISINE

**The 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

The Contemporary and Innovative Recipes from Nordic/Baltic Cuisine

What defines modern Lithuanian cuisine? A deep respect for culinary traditions and local produce and the continuous search for ideas. We might be innovators in tech, but some of the most intriguing experiments actually happen in the kitchen. Experience a culinary revolution in the making! (Lithuania.travel. (n/d).

Yes, potato dishes are truly inseparable from our traditional cuisine. But this is a small part of the culinary heritage, as there are many other traditional dishes. One of which is bread. Dark rye, coarse and slightly sweet. A true Lithuanian bread has a crust on the outside, but inside, it is soft and moist. It may contain caraway, sunflower and hemp seeds. But even without the additives it is so delicious, that you can indulge in it on its own. And we have so many cheeses that it would be impossible to list them all, but a true summer hit is curd cheese with fresh honey. However, these products would hardly sum up our diet today. Today's recipes have become a lot more complex and sophisticated, taking into account seasonal produce and their balancing. Local chefs, using produce grown by Lithuanian farmers, produce deliciously colorful masterpieces that provide flavor explosions in your mouth! The list of best places, prepared each year, can help you choose where to eat in Vilnius. And our advice is to sample, sample and sample. (Walkablevilnius.com (n/d).

100% NO LEFTOVER

Photo: Cepelinai, Canva.

“Kastinys” with boiled potatoes



- 1 Butter, sour cream
- 2 Garlic
- 3 Salt, pepper, caraway seeds, oil
- 4 Potatoes
- 5 Parsley
- 6 Herring

Butter, sour cream



Potatoes



2.



Garlic



Salt and pepper

3.

Parsley and herring



5.



6.

“Kastinys” with boiled potatoes



100% NO LEFTOVER menu

Cold sorrel soup



- 1 Sorrel
- 2 Kefir
- 3 Cucumbers
- 4 Eggs
- 5 Salt, dill
- 6 Green onions
- 7 Radish
- 8 Fried potatoes (fries)

Sorrel and kefir

1, 2.



3.



Cucumber

4.



Eggs



Cold sorrel soup



5, 6, 8.



7.



100% NO LEFTOVER menu

Zucchini pancakes



- 1 Zucchini and carrot
- 2 Eggs and flour
- 3 Cheese and sour cream
- 4 Baking powder and spices (salt, pepper, oregano)
- 5 Dill, green onions
- 6 Rapeseed oil
- 7 Fried pork belly

Zucchini and carrot

1.



4.



3.



Cheese and sour cream

Green onion

5.



6, 7.



Eggs and flour



Zucchini pancakes

100% NO LEFTOVER menu

Stuffed eggs



- 1 Eggs
- 2 Herring
- 3 Green onions
- 4 Mayonnaise
- 5 Black pepper

Eggs

1.

Mayonnaise

4.

2.

3.

Green onions

Herring

Black pepper

Stuffed eggs

5.

100% NO LEFTOVER
menu

Apple-oatmeal cake



- 1 Apples
- 2 Oatmeal
- 3 Flour and butter
- 4 Brown sugar and salt
- 5 Cinnamon

Apples



1.



4.



2.

Oatmeal



3.

Brown sugar

Cinnamon



5.



Apple-oatmeal cake

100% NO LEFTOVER menu



Rhubarb compote

- 1 Water
- 2 Rhubarb
- 3 Cinnamon
- 4 Cloves
- 5 Sugar

Water

1.

Cloves

4.

2.

3.

Cinnamon

Sugar

Rhubarb

Rhubarb compote

5.

100% NO LEFTOVER menu



Stuffed carp



- 1 Carp
- 2 Bread
- 3 Eggs
- 4 Onions and carrot
- 5 Oil
- 6 Salt and pepper, bay leaves

Carp

1.

Bread

2.

3.

Salt and pepper

6.

Onions and carrot

4.

Eggs

Stuffed carp

5.

100% NO LEFTOVER
menu



Pork knuckle



- 1 Pork knuckle
- 2 Vegetables: onion, carrot, celery, sweet and hot paprika
- 3 Sauerkraut
- 4 Salt, parsley
- 5 Smoked bacon or ham
- 6 Oil

Pork 1.

2.

3.

Sauerkraut

4.

Parsley

Smoked bacon or ham

5.

Oil

6.

100% NO LEFTOVER menu

Buckwheat porridge with chanterelles and cottage cheese



- 1 Buckwheat
- 2 Broth (vegetable, meat)
- 3 Chanterelles
- 4 Olive oil, butter
- 5 Garlic
- 6 Smoked cottage cheese
- 7 Chives, salt, pepper

Buckwheat

1.

Broth

2.

3.

Chanterelles

Butter

4.

Smoked cottage cheese

5, 6, 7.

Buckwheat porridge with chanterelles

100% NO LEFTOVER menu

Cottage cheese and jelly dessert



- 1 Colorful jelly from various fruits/berries
- 2 9% cottage cheese
- 3 Sweetened condensed milk
- 4 Lemon juice
- 5 Vanilla extract
- 6 Poppy seeds

Jelly from fruits/berries

1.

Lemon juice

4.

3.

2.

Cottage cheese

Condensed milk

Vanilla extract

5.

Poppy seeds

6.

100% NO LEFTOVER menu

NEW NORDIC CUISINE

OTHER NORDIC COUNTRIES

The Contemporary and Innovative Recipe from other countries of the Nordic/Baltic Cuisine – summary

·From reindeer moss to smoked ox marrow and sea buckthorn, Scandinavia's top chefs are leading the charge in 21st century cooking as they continue to push the boundaries of culinary creativity and shake up the world of fine dining. The movement stems from the New Nordic Food Manifesto, put together in 2004 by Danish culinary pioneer Claus Meyer, along with a vanguard of Scandinavian chefs. Championing traditional dishes, the movement also brings wellbeing and ethical production to the fore. The result is a multi-sensory dining experience that not only offers a very special taste of Scandinavian gastronomy, but also uncovers elements of local history and culture. (Allen, A. 2022).

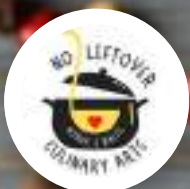


Nordic/Baltic added value
Project ID: NPAD-2022/10049

100% NO LEFTOVER

Photo: Juuri's Nordic menu © Juuri.

Photo: Soup in bread, Canva.



FAROE ISLANDS

The traditional Faroese diet historically consists of mainly fish, seafood, and lamb, as these are the most abundant food sources on the islands. Today, modern Faroese cuisine has evolved to include other ingredients as well.

In addition to these traditional dishes, **modern Faroese cuisine** has incorporated other ingredients such as dairy, root vegetables, and grains. However, due to the remote location of the islands, many ingredients are still imported, and local produce can be limited.

Fried Queen scallops & asparagus

Queen scallops, white asparagus and vinaigrette



Photo: www.faroese seafood.com.

**100% NO LEFTOVER
menu**

Norway



Ingredients

400 ml double cream
500 ml (250 g) cloudberries
3 tbsp. sugar

1. Mix the sugar in with the cloudberries.

2. Whip the double cream, and gently fold the berries into the stiffly whipped cream.

Serve on its own, or together with some tasty, traditional Norwegian Christmas cookies, such as krumkaker!



**100% NO LEFTOVER
menu**

Finish salmon soup

Salmon - 400 g
Potatoes - 4 pieces
Onion - 1 piece
Cream - 200 ml
Dill - 1 pucho

Salmon

1.

Onion

3.

Potatoes

2.

Cream

4.

**100% NO LEFTOVER
menu**

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

100% NO LEFTOVER

Photo: Chefs, Canva.

Nordic/Baltic Culinary Arts Professional Environment

#TasteTheOceanContest

Since 2021, #TasteTheOceanContest has been working with celebrity chefs from across the EU to develop amazing recipes using sustainable fish and seafood.

27 European chefs took a step forward to become Sustainable Seafood Ambassadors for the 'Taste the ocean' campaign.

Visit here:

https://taste-the-ocean.campaign.europa.eu/index_en

Sustainable seafood recipes

27 seasonable and sustainable seafood recipes created by 27 Master Chefs for the 'Taste the ocean' campaign.

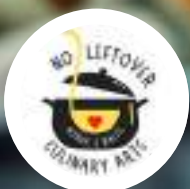
Visit here:

https://taste-the-ocean.campaign.europa.eu/sustainable-seafood-recipes_en



100% NO LEFTOVER

Photo



Nordic/Baltic Culinary Arts Professional Environment

The New Nordic Cuisine Movement

The Nordic Kitchen Manifesto was conceived and formulated in 2004 and summarised in ten points on purity, season, ethics, health, sustainability and quality.

The New Nordic Food manifesto has an innovative approach to traditional foods combined with a strong focus on health and an ethical production philosophy.

The Nordic cuisine should create and inspire the joy of food, taste and variety, nationally and internationally, according to the initial vision:

“As Nordic chefs we find that the time has now come for us to create a New Nordic Kitchen, which in virtue of its good taste and special character compares favorably with the standard of the greatest kitchens of the world”, the Manifesto states.

For more information visit here:

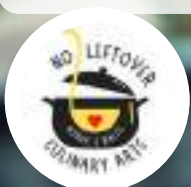
New Nordic Food Program. (n.d.). The New Nordic Cuisine Movement. Available at <https://www.norden.org/en/information/new-nordic-food-manifesto>

Solutions Menu – A Nordic guide to sustainable food policy.

The success of Nordic food policy solutions is partly due to the values that underpin the interactions between people, institutions, businesses in the Region, which has comprehensive social safety nets and welfare services, high and equal standards of living, strong societies and flat organisational structures that foster trust, individual responsibility and co-operation.

For more information visit here:

Nordic Council of Ministers. (2018). Solutions Menu – A Nordic guide to sustainable food policy. Available at <https://norden.diva-portal.org/smash/get/diva2:1214792/FULLTEXT01.pdf>



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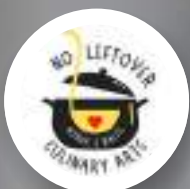
World Association of Chef Societies. (2024). Available at <https://worldchefs.org/>

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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100% NO LEFTOVER

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.

SOURCING YOUR FOOD:

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](https://climatesmartchefs.eu/wp-content/uploads/2022/05/How-can-chefs-help-to-save-the-planet.pdf). (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>



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100% NO LEFTOVER

Photo: Chefs, Canva.



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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](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 the 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.

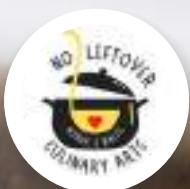
Read the whole article:

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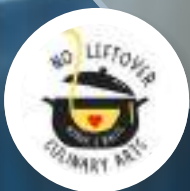
Insights on technologies used for Nordic/Baltic Culinary No leftover culinary arts

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

The digital brochure "The Contemporary and Innovative Recipes from Nordic & Baltic Cuisine" is the 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' including. 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 the 50 contemporary and innovative 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 the contemporary and innovative recipe selection is usage of the 100% of raw materials. Therefore, many listed recipes includes several recipes for one product menu to demonstrate more applications in the various forms exactly in the contemporary and innovative form that can lead to minimising leftovers considering different methods of fermentation, preservation, usage of different parts of the raw materials and and waste. The recipes bring forward the ideology of the outlook of the raw materials to see the beauty of the 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: Riga, Canva.



Conclusion

The digital brochure "The Contemporary and Innovative Recipes from Nordic & Baltic Cuisine," part of project NPAD-2022/10049, features over 50 contemporary and innovative recipes emphasizing a "NO LEFTOVER" concept. It includes 10 recipes each from Denmark, Estonia, Latvia, Iceland, and Lithuania, along with contributions from Finland, Sweden, Norway, Greenland, and the Faroe Islands.

The core idea behind selecting these traditional recipes is to utilize 100% of raw materials, sharing experiences and traditions across Nordic and Baltic countries. This generates inspiration for applying these techniques in various regions, combining traditional and innovative forms. Many recipes include multiple applications for a single product to demonstrate versatility and minimize waste through fermentation, preservation, and full utilization of raw materials. The recipes emphasize the natural beauty of ingredients, promote reduced meat and fish consumption, and encourage agricultural, gardening, and outdoor activities.

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

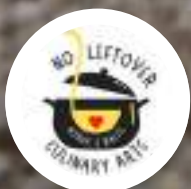
100% NO LEFTOVER

Photo: Latvian food. Pies.Canva.



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100% NO LEFTOVER

Photo: Canva.

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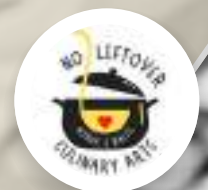


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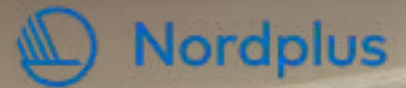
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