

DIGITAL COURSE WITH TRAINING MATERIALS  
AND TOOLS FOR ADULT EDUCATORS

# TOPIC 3

## ASSIGNMENT

### NO LEFTOVER

# PRESERVATION TECHNIQUES

## NORDIC & BALTIC CULINARY ARTS

PRESERVATION TECHNIQUES, METHODS AND TECHNOLOGIES



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# NO LEFTOVER PRESERVATION TECHNIQUES

## NORDIC & BALTIC CULINARY ARTS

### PRESERVATION TECHNIQUES, METHODS AND TECHNOLOGIES

Optional Length: 90 MINUTES

#### Overview:

This session covers traditional and modern preservation techniques from the Nordic and Baltic regions, such as fermentation, pickling, and drying. Participants will learn how to extend the shelf life of ingredients and minimize waste through hands-on demonstrations. They will develop preservation plans for different ingredients and collaborate on creating comprehensive strategies to ensure food longevity in a sustainable manner.

#### Agenda:

- Introduction to Preservation Techniques (5 min)
- Overview of Traditional and Modern Methods (5 min)
- Demonstration: Fermentation, Pickling, and Drying (30 min)
- Development of Preservation Plans for Different Ingredients (10 min)
- Group Activity: Creating a Preservation Strategy (15 min)
- Implementation and Peer Review of Strategies (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

#### Learning outcome:

Participants will master traditional and modern preservation techniques from the Nordic and Baltic regions, ensuring food longevity and minimizing waste through proper storage and processing methods.

### STAGE: INTRODUCTION TO THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Brainstorm on traditional and modern preservation techniques used in these countries. Introduce them in a short summary for further detailed revision.	Slides with images of preservation methods (e.g., drying, fermenting): use our digital brochure and videos, assignments on the preservation



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#### STAGE: UNDERSTANDING THE TOPIC (5 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Discuss the health and sustainability benefits of various preservation methods.	Videos. digital brochure, assignments on preservation techniques.

#### STAGE: UNDERSTANDING THE TOPIC IN THEORY AND PRACTICE (30 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Group work to create a preservation plan for a specific ingredient.	Ingredients and equipment for a practical demo (e.g., fermenting jars).

#### STAGE: DEVELOPMENT OF THE TOPIC (10 MIN)

LEARNING ACTIVITY / TASK:	RESOURCES:
Brainstorm additional preservation methods that could be applied in different contexts.	Flipchart for notes, e-notes.



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<b>STAGE: VALUE CREATION (15 MIN)</b>	
LEARNING ACTIVITY / TASK:	RESOURCES:
Develop a small preservation project, such as pickling or drying. Involve research and analysis on the Nordic and Baltic preservation techniques.	Templates for project planning. Use our digital brochure, videos, assignments on the preservation.
<b>STAGE: VALUE CREATION + TESTING THE LEARNING OUTCOME (15 MIN)</b>	
LEARNING ACTIVITY / TASK:	RESOURCES:
Implement the preservation project, either through simulation or actual process.	Equipment for practical application.
<b>STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)</b>	
LEARNING ACTIVITY / TASK:	RESOURCES:
Provide feedback on the preservation technique chosen and its execution.	Feedback forms.
<b>STAGE: CONCLUSION (5 MIN)</b>	
LEARNING ACTIVITY / TASK:	RESOURCES:
Summarize the session's key points and introduce the next topic.	Summary slide.. You can use digital brochures, videos, own materials.



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**QUESTIONS ON THE TOPIC**  
**NORDIC AND BALTIC PRESERVATION TECHNIQUES:**  
**DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA**

1. What are the traditional methods of preserving fish in Iceland?
2. How is fermentation used in Estonian food preservation?
3. What are the key preservation techniques for dairy products in Denmark?
4. How is pickling used to preserve vegetables in Latvian cuisine?
5. What role does smoking play in Lithuanian food preservation?
6. How have traditional preservation methods in Denmark evolved with modern technology?
7. What are the common methods of preserving wild game in Estonia?
8. How do Icelandic preservation techniques help cope with the country's harsh winters?
9. What are some traditional methods for preserving berries in Latvia?
10. How does the preservation of rye bread differ across the Baltic countries?
11. How is salt-curing used in Danish and Icelandic food preservation?
12. What are the traditional methods of preserving root vegetables in Lithuania?
13. How have ancient preservation techniques influenced modern Estonian cuisine?
14. What is the importance of fermentation in Latvian food culture?
15. How do contemporary preservation techniques in these countries maintain traditional flavors?

Comment: these questions are provided in the set of session plans on the same topic.

Recommendation: You can always change the details of the questions: countries, type, etc;



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#### RESOURCES ON THE TOPIC

#### NORDIC AND BALTIC PRESERVATION TECHNIQUES: DENMARK, ESTONIA, ICELAND, LATVIA, LITHUANIA

Firstly, please review our designed brochures and videos on the traditional and contemporary recipes, preservation techniques and other.

Colón-Singh, R. Y. (2013). The Nordic Food Lab's Podcast on Fermentation. Available at <https://www.finedininglovers.com/article/nordic-food-labs-podcast-fermentation>

Kindersley, Darling. (2013). A Little Course in Preserving. Translated in Latvian: Īsais kurss konsevēšanā. Agpāds Zvaigzne ABC, Iveta Galēja. (2014).

Narvhus, J. A. , Abrahamsen, R. K. (2023). Traditional and modern Nordic fermented milk products: A review.

International Dairy Journal. Volume 142., July 2023, 105641 Available at <https://doi.org/10.1016/j.idairyj.2023.105641> and <https://www.sciencedirect.com/science/article/pii/S0958694623000602>

Skåra . T. et al. (2015). Fermented and ripened fish products in the northern European countries. Journal of Ethnic Foods Volume 2, Issue 1, March 2015, Pages 18-24. Available at <https://doi.org/10.1016/j.jef.2015.02.004> and

<https://www.sciencedirect.com/science/article/pii/S2352618115000050>  
Pelūde, I. (N/D/) Kompoti. Ievārījumi. SULas. Apgāds Zvaigzne ABC. ISBN 978-9934-0-1350-8

Check other resources and references in the brochures on the NO LEFTOVER traditional and contemporary recipes.