

DIGITAL COURSE WITH TRAINING MATERIALS  
AND TOOLS FOR ADULT EDUCATORS

# TOPIC 4

## ASSIGNMENT

# NO LEFTOVER COOKING

## NORDIC & BAL TIC CULINARY ARTS



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## TOPIC 4



# NO LEFTOVER COOKING

## NORDIC & BALTIC CULINARY ARTS

**Denmark, Estonia, Iceland, Latvia, Lithuania**

Optional Length: 90 MINUTES

### Overview:

Participants will learn and apply cooking techniques that maximize ingredient utilization and minimize waste in the kitchen. The session includes practical exercises where participants prepare waste-free meals, focusing on efficiency and creativity. Through discussions and demonstrations, they will address common challenges in waste-free cooking and develop strategies to overcome them, ensuring high culinary standards while adhering to the no leftover philosophy.

### Agenda:

- Introduction to No Leftover Cooking Techniques (5 min)
- Discussion: Ingredient Utilization Strategies (5 min)
- Practical Session: Preparing Waste-Free Meals (30 min)
- Development of Efficient Cooking Techniques (10 min)
- Group Discussion: Overcoming Common Challenges (15 min)
- Presentation and Review of Cooking Outcomes (15 min)
- Individual Feedback and Evaluation (5 min)
- Conclusion and Next Steps (5 min)

### Learning outcome:

Participants will implement waste-free cooking techniques, optimizing ingredient use and minimizing waste in the kitchen while maintaining high culinary standards.

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

LEARNING ACTIVITY / TASK:	RESOURCES:
Introduce the concept of no leftover cooking and its importance in professional and amateur kitchens.	Infographic or video on the impact of food waste in cooking. Check our digital brochure on various techniques and video on cooking.



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

LEARNING ACTIVITY / TASK:	RESOURCES:
Discuss key techniques in no leftover cooking, such as portion control and repurposing ingredients.	Handouts, slides on cooking techniques. Check our brochure and videos on cooking and recipes

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

LEARNING ACTIVITY / TASK:	RESOURCES:
Demonstrate a no leftover cooking technique, such as using vegetable scraps in stocks.	Ingredients and equipment for the demo.

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

LEARNING ACTIVITY / TASK:	RESOURCES:
Research and brainstorm ways to apply no leftover cooking techniques in everyday meals.	Flipchart for notes. Use also our digital brochure, video on cooking techniques.



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**STAGE: VALUE CREATION (15 MIN)**

LEARNING ACTIVITY / TASK:	RESOURCES:
Create a no leftover meal plan.	Meal planning templates.

**STAGE: VALUE CREATION + TESTING THE LEARNING OUTCOME (15 MIN)**

LEARNING ACTIVITY / TASK:	RESOURCES:
Implement one meal from the plan through cooking or simulation.	Cooking equipment.

**STAGE: INDIVIDUAL FEEDBACK AND EVALUATION (5 MIN)**

LEARNING ACTIVITY / TASK:	RESOURCES:
Provide feedback on the no leftover meal preparation.	Feedback forms (e-forms, handouts or oral form.

**STAGE: CONCLUSION (5 MIN)**

LEARNING ACTIVITY / TASK:	RESOURCES:
Recap and introduce the next session.	ing slide - use our digital brochure, video or own materials developed..



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### QUESTIONS ON THE TOPIC: NO LEFTOVER COOKING

1. What are the best practices in Nordic/Baltic cuisine to minimize food waste during cooking?
2. How do traditional Danish recipes ensure that no leftovers are wasted?
3. What cooking techniques can be used in Iceland to make the most of every ingredient?
4. How can Estonian chefs optimize their cooking processes to avoid leftovers?
5. What are some creative ways to repurpose leftovers in Latvian cuisine?
6. How do traditional Lithuanian recipes incorporate leftover ingredients?
7. How can meal planning in Denmark help reduce food waste during cooking?
8. What are the challenges of cooking without leftovers in the Baltic region's seasonal cuisine?
9. How do Icelandic cooking traditions encourage the use of all parts of an ingredient?
10. What role does portion control play in reducing leftovers in Estonia?
11. How can chefs in Latvia minimize waste when cooking traditional dishes?
12. What are some innovative cooking techniques in Lithuania to ensure no food is wasted?
13. How can leftover ingredients be creatively reused in contemporary Danish recipes?
14. What are the benefits of batch cooking in reducing food waste in Estonia?
15. How does cooking with a "no leftover" mindset influence meal preparation in Iceland?

**Comment:** these questions are provided in the set of assignments 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: NO LEFTOVER COOKING

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

Gunnerød, S. (2019). No Waste Cooking – An Exploration of Politics as Redistribution of the Sensible. *Nordic Journal of Art & Research*, 8(1). Available at <https://doi.org/10.7577/information.3634>, also at <https://journals.oslomet.no/index.php/ar/article/view/3634>

Video: Hardy Grant Book. (2019). *Baltic : Traditional Baltic cuisine* | Simon Bajada. available at <https://www.youtube.com/watch?v=9ZCI8dIrpPk>

**Video:** New Scan Man. (2021). *New Scandinavian Cooking - Eat Like the Vikings*. Available at <https://www.youtube.com/watch?v=ddgmldG4Wko>

**Video:** New Scan Man. (2021). *New Scandinavian Cooking - New Nordic Cuisine*. Available at <https://www.youtube.com/watch?v=KG2OTYb4tF4>

Nordic Council of Ministers. (2021). *Great taste-zero waste*. Available at

<https://norden.lv/en/projects/sustainable-development/great-tastezero-waste/>

**Video:** Nordic Luxury. (2017). *THE NATURE OF THE NORTH - NORDIC CUISINE*. Available at <https://www.youtube.com/watch?v=oAIHVCmeiw0>

Oklin. (2019). *Nolla – the first zero waste restaurant in the Nordic region*. Available at <https://oklininternational.com/nolla-the-first-zero-waste-restaurant-in-nordic/>

Video: Nordic Northwest. (2023). *The Tradition and Future of Nordic Cooking with the Cook & Eat Committee*. available at <https://www.youtube.com/watch?v=5Ho0q8DYxpc>

**Video:** Visit Estonia. (2014). *The Baltic States: Gastronomy*. Available at <https://www.youtube.com/watch?v=0BGja3YUwPQ>.

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

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