



OUTPUT 3

LEARNING MATERIALS

CULINARY HERITAGE YESTERDAY, TODAY AND TOMORROW...

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BRIEF PRESENTATION OF THE PROJECT

"Cook it forward" project - the idea of the project was born out of a discussion about what we will leave behind for future generations. During the discussion, there is a common opinion that the freedom of the individual is particularly important, and creativity is not restricted, but at the same time it is important to understand and understand: Who I am, where I came from, who my ancestors were, what they lived by, as another's heritage and values.

Therefore, the project began to mold thoughts about the culinary heritage, its preservation, and its transfer to the context of today.

Culinary heritage is one of the unique features of a nation, a country, so its preservation and nurturing is very important. After all, the way of eating is very closely connected and correlated with the way of life. As the lifestyle changes, it is natural that eating habits also change, we move away from the usual traditional cuisine. Thus, the preservation of culinary heritage becomes a very important factor in order to know one's roots, essence, customs - the traditional way of life of one's people. Cultivating and spreading the culinary heritage makes our nation interesting to foreign guests and to ourselves.

On the other hand, food is one of the guarantors of a healthy lifestyle and good physical and mental health. Therefore, turning back to the way of our ancestors, when the opportunities provided by the environment were both food and medicine, is relevant.

As Professor Rimvydas Laužikas said in one of his presentations, **"...intangible heritage is a living process, where each generation does not blindly repeat, but creatively interprets tradition, creating and leaving something new for future generations..."**



FOUR COUNTRIES PARTICIPATED IN THE PROJECT WHO WANTED TO SAY SOMETHING IMPORTANT TO THE GROWING GENERATIONS THROUGH THE PRISM OF THEIR VALUES...

LITHUANIA



SPAIN



IRELAND



NETHERLANDS



Focusing on the young person, students of gastronomy (cooks, caterers, chefs, etc.) training programs were chosen as one of the target groups, and we also included people with special educational needs in the project.



The other two target groups were educators and representatives of the business world.



Friends of the Lithuanian project: Scientists, professors, businessmen, other indifferent persons are interested in preserving and passing on the culinary heritage to future generations.

CULINARY HERITAGE YESTERDAY, TODAY AND TOMORROW...

Reflections were born during the course of the project, which we wanted to share with everyone.

Showing the developing person the way, leaving the right to choose in which direction to move...

BY LEARNING FROM THE PAST, WE CAN CREATE THE FUTURE.

What will you find in this book???

While creating these learning materials for students as a teaching product for teachers, the idea was born to revive the recipes of the past in today's context.

How did we discover the restored recipes? Sometimes they were only for one family, sometimes they move to a village, city, sometimes they become the whole region, and sometimes they are used by the whole country. As an example, we can take the Christmas dinner, which is eaten only by the Lithuanian people in the whole world...

We sat at the discussion table, traveled to different scientific institutions, catering establishments, listened to various stories, pulled out the pages written by our ancestors, which featured recipes, and most importantly, we did not hesitate to share 😊

All the recipes have been recreated, made and put together in this book, which we present for your verdict.

Four countries looked at their culinary heritage through their own lens...

So let's embark on a culinary heritage journey... Yummy!

Ireland's Recipe Book

Re-inventing Traditional recipes



Meet the IRISH Partners in The COOK IT FORWARD Project



Momentum and BIA Innovator Campus

Founded in 2003, **Momentum** in County Leitrim, Ireland is a VET organisation focused on developing progressive learning programmes and platforms for education with a special focus on the food and tourism economy. With our strong food science and sustainability team, we combine an intimate knowledge of the Irish food sector with key specialisms of blended learning and professional development training in food entrepreneurship and innovation, rural economy regeneration, food sector stimulus training incorporating new approaches to marketing, innovation, internationalisation, competitiveness and business improvement.

The **BIA Innovator Campus** CLG In Galway, Ireland was founded in 2017 and operates as a multi-strand food and beverage incubation, scaling and innovation infrastructure and ecosystem. Bundled with future-of-food supports including NPD, sustainability and trade development. BIA Innovator Campus is working to build resilience and innovation across the Irish food sector by intensifying the pace of innovation and transitioning to new business models/market diversification, digitalization and the low carbon economy. Their work aligns with the Irish Expert Group on Future Skill Needs report for the Food and Drink Sector which encouraged networks to harness competencies and facilitate knowledge transfer from large to small businesses or new starts in the industry.

Momentum and BIA have a great working relationship and this is one of four Erasmus + Projects that we work on together.

momentum
[educate + innovate]



THE HISTORY OF IRISH FOOD IN IRELAND



Countless influences have made their mark on food and cooking of Ireland over the centuries from the arrival of the Celts in Ireland about 600 to 500 BC, the Vikings and the English colonisation of Ireland in the 16th and 17th century.

Cattle played an important part in Irish food from the middle ages until the arrival of the potato in Ireland in the 16th century. The meat was predominantly food for the rich with the poor making do with the offal, the milk, cheese, and butter which were supplemented with grains and barley for nourishment.



Ireland is commonly referred to as the Emerald Isle. An abundance of fresh rainfall onto a tapestry of lush green fields gives the country a unique landscape perfect for farming and growing crops.

Irish agriculture is vital to the country's economy with rich soil producing food and fuel. Not to mention acres of rural grazing land for the animals of Ireland's prosperous meat and dairy industries

Our cities are cultural hubs and home to some of the world's best restaurants, leaving us spoilt for choice of culinary delights. But the calibre of dishes on Irish menus today hasn't always been available and to look at the history of our food, we can split it into three eras; life before potatoes, life with potatoes and life after the blight of potatoes.

BEFORE THE POTATO: The people of Ireland are a resourceful bunch, and our early ancestors were no exception. Originally, hunter-gatherers, the first Irish settlers survived on whatever the land and sea offered, depending on the season. It wasn't long, however, before they began to manipulate the land according to their needs with the first signs of farming appearing.

THE ARRIVAL OF THE POTATO: As the Irish became experts in tending their fields, they began using the potato as a cleansing crop. It was being used in this way in other countries, but Ireland was the first to consider it a main source of nutrition. By the late 18th century potatoes were plentiful in Ireland and had caused the population to flourish. Poor families were able to rent land, grow their own crops, build small houses and feed their children. Their diet consisted mainly of potatoes and milk. Even those better off considered a meal incomplete without spuds. Stews were thickened with them, and cakes were made more wholesome, with potato cakes or boxty still a firm breakfast favourite in Ireland today.

LIFE AFTER THE BLIGHT OF THE POTATOES: Farmers who had been brave enough to stay during the famine had claimed any abandoned land. This was the making of a bigger, more ambitious farmer and the beginning of our thriving food industry.

THE POTATO IN IRELAND – A BLESSING AND A CURSE



The potato arrived in Ireland in the mid-to-late 16th century. The damp, cool Irish climate and soil conditions proved perfect for potatoes and the potato rapidly moved from a simple garden vegetable to a staple food crop for both man and animals as it was cheap to grow and even a small plot could produce a hearty crop. The high mineral and vitamin content of the potato also made it a perfect, cheap food for the poor of Ireland and was a welcome change from the cereal crops, they had been dependent on.

The dependence on potatoes as a staple food, however, also proved a curse for the Irish with the Potato Famine in Ireland. The first in 1739 was a result of cold weather but the famine of 1845-49 in Ireland was caused by potato blight, a rapidly spreading disease that wiped out the potato crops and resulted in the death of over 1,000,000 Irish. Others took to the seas, emigrating to England and America, and leaving the population of Ireland in severe decline.



Around 1849, as the country began to recover, foods such as cornmeal were imported from America to save the poor. But many Irish used it to feed the pigs and chickens instead, giving the production of meat and eggs a well-earned boost.

Potatoes remain a basic foodstuff in Ireland and are served almost daily as part of a meal. At the turn of the 20th century, Irish families traditionally ate dinner consisting of meat, potato, and vegetables. This is still a staple meal in many homes especially on Sunday when the potatoes are roasted. The transition from cooking over an open fire to wood-burning ovens and then electricity or gas also played a big part in Irish cuisine and a boom in food stores in towns and cities meant families with money could experiment with ingredients from across the globe.

The end of the great famine was the start of modern Ireland and led to a huge change in the Irish relationship with food. In the early 1990s, a culinary revolution occurred, and native chefs became household names and while celebrating the fresh produce of our fair land and embracing the cooking methods of the Mediterranean they reignited our love for food. As resourceful as ever, we delved deeper into a new world of tempting tastes, leading to the many delicious dishes we have on offer today.

From pub grub to Michelin star restaurants, Ireland is now home to high-quality food, locally sourced produce and a thriving food export industry. In true Irish style, we remain loyal to our heritage while embracing change and development.

MEAT IN IRELAND



The flesh of wild and domestic animals, boiled or roasted, formed one of the staple food materials in old times in Ireland. The pig is the oldest domesticated animal in Ireland and Pork was a favourite among all classes. Pork was also made into bacon by being salted and hung up on the wall over the fire. Its presence is still widespread in the food and cooking of Ireland with sausages, bacon, and gammon appearing in many recipes especially Dublin coddle – considered one of Ireland’s national dishes – made from bacon, sausages, and of course, potatoes.

Ireland has a long-standing heritage in agriculture and particularly beef farming. Farms are traditionally family-owned, passed from generation to generation, as is the craft and love of livestock, meaning that Ireland is ideally positioned to meet the growing demand for premium grass-fed beef. It is believed that there are 5 main reasons Irish grass-fed beef is a world-class product...**The People:** cattle are cherished in Ireland and are at the heart of Irish farming and farmers take great pride in the continual improvement of their stock. **The Place:** Our abundant rainfall and limestone bed give farmland perfect grazing conditions. **The Tradition:** Cattle have been a part of the Irish landscape for over five thousand years, and their presence has helped shape the political, social and cultural fabric of the country. **The Cattle:** With the native breeds of Kerry and Dexter and the addition of Angus and Hereford thriving on our pastures, this led to Ireland becoming the northern hemisphere’s largest exporter of beef. **The Grass:** Our cattle and sucklers reap the benefit of the longest grass-growing season in Europe. Studies show that grass is a more natural diet for beef cattle than grain and can produce a fuller, meatier flavoured beef with evenly distributed fat and marbling and high levels of vitamins and nutrients like Iron and Omega-3 fatty acids



MEAT IN IRELAND



Mutton or lamb was perhaps in more request than beef. [Source](#) Connemara and Kerry lambs for the most part are naturally reared on lush-green pastures – old pastures full of flowers and herbs. In former times sheep were kept primarily for their wool and hides. The meat was only eaten when the animal was old or had died by accident. The famous Irish stew began as humble fare for country folk who leased small parcels of land where they lived and worked. When a farm animal was slaughtered for food in the "big house," the tenants were given the less desirable cuts. These were thrown into a three-legged pot to boil and, when available, vegetables were added. Over the years, the recipe was refined to the use of lamb only as the principal meat in the stew and recipes varied from one family to the next but generally, most contain potato and root vegetables. Today, young spring lamb is sweet and succulent and needs absolutely no embellishment and the various cuts feature on menus and dinner tables throughout the island.

Previously, Venison also featured on dinner tables. In Irish tales, it is common to read of hunters chasing deer and feasting on its meat. However, it is not as common today. Another domestic animal was goats, used both for their meat and their milk. Today they are used mainly for their milk.

Prior to the use of vegetable oils, animal lard was much used as a condiment and for cooking purposes.



FISH, SEAFOOD AND DAIRY IN IRELAND



Surrounded by the sea, and with rivers and lakes, fish and seafood naturally play an important part in Irish food. Oysters, crab, lobster, cockles, mussels, white fish, and salmon fresh and smoked, were easily found and enjoyed throughout Ireland and were mainly cooked over the open fire. The salmon was the most prized of all fish but was also considered to have magical powers. To wish a person the health of a salmon was to bestow on them long life, strength, and good fortune. In addition to baking over an open fire, the Irish consumed fish as a stew with all the fish available added to the pot and cooked with vegetables, seaweed and herbs.

Milk was an important foodstuff and was consumed in large quantities; it might be drunk fresh, allowed to go sour, and eaten as curds, or used to make a variety of cheeses and butter fresh or salted. Cheeses made from sheep's milk were also quite common in Ireland. The use of rennet from the stomachs of milk-fed animals was well known as a means of curdling the milk for cheese making. [Source](#) In the early part of the 20th century, Irish cheese had a somewhat poor reputation as most cheeses came from large-scale manufacturers. All of that changed in the 1970s when enterprising dairy farmers returned to artisan cheese-making and revived a long-lost art in Ireland. Today, Ireland boasts of having ~1.2million dairy cows and being grass-fed like our beef cattle results in the production of high-quality, better tasting, and more nutritious world-class milk. This of course has helped us develop a range of top-notch dairy products like butter, yogurt, and cheese. Irish cheese is renowned throughout the world for the quality and distinctive flavours they carry.



TILLAGE AND HORTICULTURE IN IRELAND



In the early 19th century, tillage was the predominant form of agriculture as crops were required to feed the armies. However, when the war ended in 1815 and this demand was no longer required this was the start of the conversion of arable farming to pasture-based agriculture. Today ~300,000 hectares of agricultural land in Ireland are engaged in tillage farming or the annual production of crops for harvest. Tillage crops in Ireland have traditionally been primarily based around the provision of feedstuffs to the livestock sector and feedstock to industries such as malting, milling, sugar, breakfast cereal, distilling and food. Cereal crops are the main output, led by barley, then wheat and then oats. Interest in other crops has also increased in recent years due to favourable market conditions e.g. oilseed rape.

A wide range of vegetables are grown in Ireland, the most popular being cabbage, carrots, broccoli, swedes, cauliflower and parsnips. Harvesting of vegetables takes place every week of the year but the main season of production is from July to March. The main soft fruit crop grown in Ireland is the fresh strawberry and most are grown under-cover to allow for an extended growing period. Other fruits grown commercially are apples however, the mushroom industry is the largest horticultural sector in Ireland. In an effort to revive our culinary heritage of gathers, many Irish chefs are returning to the custom of foraging and mushrooms is often one of the many foods reaped from their efforts. From woodland to wetland, seashore to backdoor, edible plants, nuts and fruits flourish all around us and the sense of reclaiming a food culture that has been slowly disappearing is another major benefit.





Irish Culinary Heritage

In IRELAND we have a great culinary heritage.

Based on the finest raw ingredients in the world (and getting better all the time as traditional farming methods are valued highly once again, and consumers demand more seasonal local produce), the Irish culinary tradition is essentially good home cooking, without frills or pretensions. Coming from the land and seas around us, it suits our climate and is as much an expression of Irish culture as our music, literature or myths and legends.

That being said in recent years there has been a wave of appreciation for these traditional dishes in Restaurants and hospitality outlets as young chefs adopt a sense of pride for place and culture and attempt to re-invent or re-create traditional dishes with their own unique twist.

In this recipe book, we will bring you a selection of traditional dishes that have been prepared, with a view to the future. They will always remain a part of our culinary heritage but have been recreated or re-invented to keep them alive and relevant within the 21st century.



“

The modern Irish cuisine uses the very finest local produce delivering an experience of taste and culture that is renowned throughout the Irish Capital.

”

RESTAURANT

Dax



“

At Loam – meaning ‘rich, fertile soil’ – we focus on modern ambitious cooking rooted in tradition. Seasonally driven, we work very closely with local farmers and producers, many of whom are close friends, to get the products we need to reflect and capture the feeling and magic of the west of Ireland.

”



LOAM



[Loam Restaurant - Galway - YouTube](#)

“

Kai Café + Restaurant, where Chef Jess Murphy's partnerships with local growers and makers has turned Galway into foodie paradise. Three different Irish cheesemongers, several nearby farms, and local produce are the backbone of her fresh take on traditional Irish cuisine

”



“

Gallagher's Boxy House, is the place if you want a real Irish delicacy, boxy -- essentially a potato cake. And they know boxy at Gallagher's, because chef Pádraic Óg is a leading expert on the potato. At Gallagher's they play up the dish's versatility, serving it as gnocchi with various toppings, and topped with bruschetta and goat's cheese.

”

GALLAGHER'S
BOXYTY
TOTALLY IRISH



“

Home Restaurant in Belfast serves “feel-good” food, befitting the name, but with a healthy twist. (In fact, there’s an entire gluten-free and vegan menu, if you aren’t the “meat and potatoes” type.) Classic dishes that have been around since the eatery’s pop-up days remain on the menu, flanked by seasonal additions and catches of the day.

”

HOME



“

Café Paradiso puts an emphasis on rich, complex flavours and a focus on seasonal ingredients, the Paradiso kitchen delivers an exciting and pleasurable dining experience while putting vegetables front and centre. It continues to evolve and develop, working with local farmers and cheesemakers to allow a strong supply of local produce

”

paradiso





A poem from the 8th century gives you an indication of food at the time”:

“The Hermit’s Song”

*To what meals the woods invite me
All about!*

*There are water, herbs and cresses,
Salmon, trout.*

*A clutch of eggs, sweet mast and honey
Are my meat,
Heathberries and whortleberries
for a sweet.*

*All that one could ask for comfort
Round me grows,*

*There are hips and haws and strawberries,
Nuts and sloes.*

*And when summer spreads its mantle
What a sight!*

*Marjoram and leeks and pignuts,
Juicy, bright.*

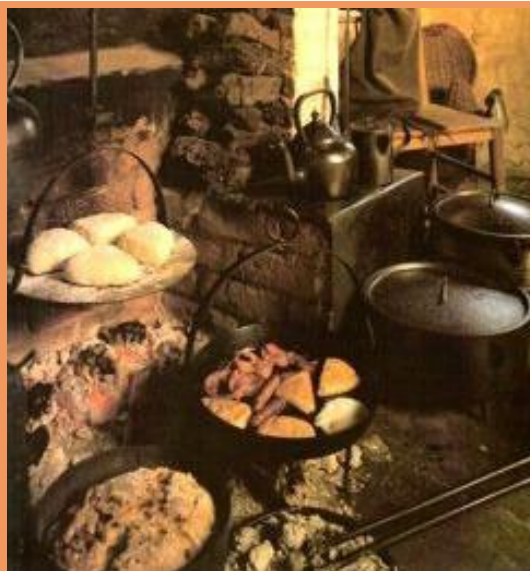


Recipe 1.

Irish Soda Bread



The History behind Traditional Irish Soda Bread



Following the arrival of baking soda in Ireland in the 1790s, soda bread began to grow in popularity. Irish-grown wheat was perfectly suited to the new soda-raised bread. With this new ingredient, bread could be made with locally grown and milled wheat and buttermilk (at the time a by-product of butter or cheesemaking). This breadmaking process was quick and simple and the ingredients were cheap, so it was a popular choice.

During the Irish famine, in 1845, when potato crops were destroyed, soda bread became a staple food. Everyone could make soda bread at home, as it could be cooked in a pot, over the fire and there was no need to have an oven. This traditional cooking method resulted in the distinctive rounded loaf shape that is often associated with classic soda bread today.

Before baking, a cross is traditionally cut on the top of the soda bread loaf with a knife – often said to ward off the Devil and to protect the household.

Legend and symbolism aside, there's a practical reason for the cruciform shape to be cut into the top of the dough. Slashing the dough lets heat penetrate into the thickest part of the bread and allows the bread to stretch and expand as it rises.

Slashing a round loaf with a cruciform shape ends up dividing the bread into quadrants that can be easily broken apart for sharing (the breaking of the bread). But, since Ireland is a Catholic country, the symbolism of the cross can also be interpreted as blessing the bread and giving thanks.

“

*Nuair is gann é an bia is
ea is fial é a roinnt -*

*When food is scarce it is
generous to share it*

”

**An Old Irish
saying...**



THE TRADITIONAL RECIPE...

While soda bread with add-ins like currants and caraway can be delicious, it's not generally considered authentic. In Ireland, traditional soda bread tends to be plainer and more restrained. Here is a classic recipe. This soda bread is best eaten still steaming from the oven, slathered with good salted Irish butter that melts on contact with your slice. It's a fine accompaniment to soup but is often eaten at every meal, all year long. That's how they do it in Ireland!

Ingredients:

- 450 grams of all-purpose flour
- 3 grams fine sea salt
- 4 grams of baking soda
- 1½ cups buttermilk, more as needed

Method:

1. Heat oven to 200 degrees Celsius. In a large bowl, sift together the flour, salt and baking soda. Make a well in the center and pour in the milk. Using your hand, mix in the flour from the sides of the bowl. The dough should be soft but not wet and sticky.
2. Turn the dough out onto a well-floured work surface. Wash and dry your hands. Knead the dough lightly for a few seconds, then pat the dough into a round about 5-6cm thick. Place it on a baking sheet and using a sharp knife, cut a deep cross in the center of the dough reaching out all the way to the sides.
3. Bake for 15 minutes, then reduce the oven temperature to 180 degrees and continue to bake until the top is golden brown and the bottom of the bread sounds hollow when tapped, about 30 minutes longer. Serve warm.



RE-INVENTING TRADITIONAL IRISH SODA BREAD

Today, it is important to recognise the significance of the very evident PLANT-BASED culture & trends, that have or are emerging around the world. It is also good to realise the impact this trend or movement will have on future chefs/cooks, Food companies, and the world, nutritionally, environmentally, ethically, and economically.

For this reason, we chose to re-create this very traditional food, synonymous with Irish Culinary heritage into a Vegan Version!

Since Vegan diets avoid all animal-based products and therefore do not get the macro and micro-nutrients provided by these food groups when re-inventing this recipe, we decide to pay attention to providing balance and an adequate nutrient intake.

Our re-creation means removing the dairy element and replacing it with a plant-based version and fortifying the recipe with fibre and protein through the addition of whole wheat flour and a selection seeds.



Vegan Irish Soda Bread:

Ingredients:

600g Wholemeal Flour

20g Bicarbonate Soda

50g Sunflower Seeds

50g Pumpkin Seeds

50g Sesame Seeds

40mls of Rapeseed Oil

300mls of a plant-based milk

Lemon Juice



Method:

1. Combine the Flour & Bicarbonate soda in a large mixing bowl (mixing well with your fingers), then add the 3 seeds and mix again until evenly distributed
2. Squeeze ~40mls of Lemon juice into your jug of Oat milk
3. Add this liquid to the dry ingredients and then the oil and bring all the ingredients together into a wet dough
4. Turn dough out onto a prepared baking tray with parchment paper on it & cut a deep cross into the bread and sprinkle some extra seeds or oats on top
5. Place in a pre-heated oven @200degrees Celsius and bake it for 35 - 45 minutes until when you knock on the base it sounds hollow.

Watch this brief Video showing how we made our Vegan Soda Bread




The University of
Limerick
Limerick, Ireland



VEGAN SODA BREAD: Reinventing Traditional Irish Recipes

For more information on our research and projects, visit our website at www.cookitforward.com



As mentioned, Irish Soda bread is usually kept simple...and the main variation is using 'brown' wholemeal flour as opposed to plain flour...but personal preferences and family traditions play a part in this and so recipes will vary as do additions from one family to the next!

Recipe 2.

Shepard's Pie



The History behind Traditional Irish Shepard's Pie



Shepherd's pie is one of the most loved and versatile meals in Ireland. The truth is that shepherd's pie (also known as Cottage pie) came about from sheer genius and the need to preserve rather than waste food. It was derived by peasant housewives, living in small cottages with the need to make something cohesive from the Sunday roast leftovers or the little bits of food that were seen to be not worth much, and the filling was topped generously with available and affordable to all, mashed potato. It was so revered in the late 1700s & 1800s that it became something like a specialty dish in some homes.

There are different ways to go about making this delicious pie, so it differs from hand to hand, or home to home a lot. Traditionally it was made with lamb or mutton but can also be made with beef & Irish housewives had a talent of making it supremely tasty, warming and nourishing. One of their tips would be, instead of using pre-ground meat from the butcher to prepare your Shepherd's Pie, try using soft chunks of meat from the shoulder of a lamb or beef shank. Make sure that you leave a sizeable chunk of fat on to prevent the meat from drying up. Cook your chunks of meat first until they are tender before you proceed to assemble your pie with a deep layer and crust of mashed potato.

Today, there are many variations and commonly Cottage Pie refers to one made with beef while Shepard's pie is made with lamb, but one can make it to suit your own taste and making it Vegan style is also very tasty and satisfying and in keeping with the aforementioned Plant-based trends.

THE TRADITIONAL RECIPE...

This recipe is from Irish renowned Culinary Heritage caretakers, [Ballymaloe House](#), where the Allen family has a Country House Hotel & restaurant and a cookery school. Their food emulates the best traditional Irish Country House cooking with an emphasis on fresh homegrown produce. Their restaurant and cafe serves locally sourced and homegrown food from their walled garden and in their school, they care for Irish culinary traditions by passing them onto the next generation of chefs and cooks

INGREDIENTS:

25g butter
110g chopped onion
25g approx flour
450ml of stock and left-over gravy
1 teaspoon tomato purée
1 dessertspoon of chopped parsley
1 teaspoon thyme leaves, chopped
salt and freshly ground pepper
450g (1lb) minced cooked lamb
900g (2lb) cooked mashed potatoes



Method:

Melt the butter, add the onion, cover with a round of greased paper and cook over a slow heat for 5 minutes. Add the flour and cook until brown. Add the stock, bring to the boil. Add the tomato puree, chopped parsley, thyme leaves, salt and pepper and simmer for 5 minutes.

Add the meat to the sauce, bring to the boil. Taste and correct seasoning. Put in a pie dish, cover with the mashed potatoes and score with a fork. Reheat in a moderate oven 180°C/350°F/Gas Mark 4 for about 30 minutes until hot and bubbling. Garnish with parsley and serve with Garlic butter (optional).

RE-INVENTING THE RECIPE...The Ingredients

The range and selection of vegetables and seasoning is endless but, in our version, we choose a varied selection of colourful vegetables and added world renowned Guinness Irish stout to add depth and colour to the sauce and to enrich the flavour of the already included Irish Barley.

This dish is about eating the rainbow and is a great balanced meal.

Pie Filling:

75g Barley
Two bay leaves
A sprig of thyme
4 cloves of garlic
100mls of Guinness stout
500mls of vegan vegetable stock
3 carrots
1 small parsnip
½ Red Pepper
1 red onion
½ spring onion

10 fresh green beans
3 large flat mushrooms
5 button mushrooms
A pinch of thyme
2 teaspoons of corn-flour
70g of grated Vegan cheese

Mash Potato Crust:

4 Irish Rooster Potatoes
50mls of Oat milk
10g Vegan Butter
black pepper / salt (optional)



RE-INVENTING THE RECIPE... The Method



Method:

Heat a frying pan (dry)

Add the Barley and toast it until golden

Add 250mls of the stock to the pan

Then add the bay leaves, Thyme, and 2 cloves of garlic

Transfer to a smaller pot and cover pot with a lid

Allow to simmer for about 30 minutes until barley is soft to bite

Boil the potatoes in water until a knife goes easily through them

Peel the potatoes and mash until smooth

Add the vegan butter and Oat milk

Set bowl of mash aside until later

In the meantime, wash & dice all the vegetables into small cubes

Heat pan with a dash of rapeseed oil and add the diced carrots first

Allow a couple of minutes and then add the peppers and parsnip

Stir them on the pan and then add the red onion

Next, add the mushrooms and greens and finally add the garlic and reduce the heat

Then turn off the barley and remove the leaves & garlic

Add this barley mixture to the softened vegetable mix

Add the remaining 250mls of stock and the Guinness

Sprinkle the dried thyme over and stir

Mix the cornflour with a dash of cold water stir and add to the pan

And simmer until it thickens slightly

Assemble the pies as large sharing dishes or individually in single portion dishes

Spoon the vegetable mix in first

Put an even layer of mashed potato on top

Sprinkle the top with the grated cheese (Optional)

Place pies in a pre-heated oven @ 180 degrees Celsius for ~15-20 minutes until golden on top.

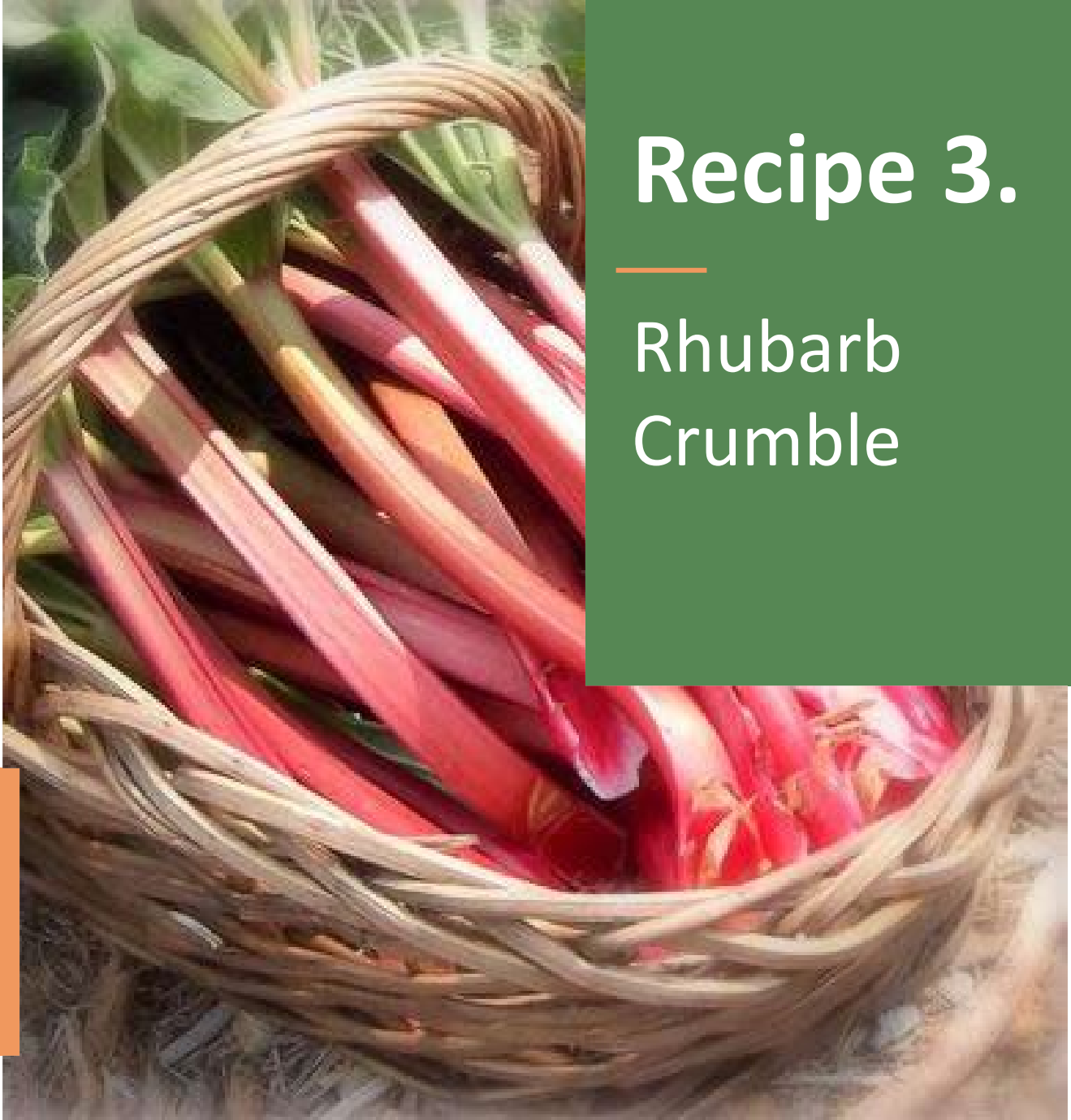
Watch this brief Video showing how we made our Vegan Shepards- Pie



[Cook It Forward: Reinventing Recipes – Vegan Shepard's Pie - YouTube](#)

Recipe 3.

Rhubarb Crumble



The History behind Rhubarb Crumble



Although rhubarb is usually used in sweet dishes it is actually a vegetable.

It grows very easily in Ireland and is a feature of kitchen gardens across the country. It is associated with summer desserts, and it is sometimes referred to as the 'pie plant'

Rhubarb is rich in antioxidants, particularly anthocyanins (which give it its red colour). These antioxidants have anti-bacterial, anti-inflammatory, and anti-cancer properties, which help protect you from many health-related issues such as heart disease, cancer, and diabetes. It is probably for this reason Rhubarb was used only as a medicine for centuries. Like potatoes and tomatoes, the leaves are poisonous so it was probably thought that the stems could be eaten as food.

Crumbles originated during World war II when Ireland & the UK were in rationing mode and a crumble topping offered a more economical alternative to pies due to shortages of pastry ingredients. A crumble is an extremely versatile and budget friendly option, as toppings can be made from an array of pantry wholegrains and fats like butter, lard, and flours can easily be switched up to include a mixture of nuts, seeds and oats.

THE TRADITIONAL RECIPE...

Rhubarb Crumble is a tangy, crispy, and sweet dessert that will make your taste buds sing with joy. Yes, an amazing dish made with tangy fruit, a crunchy topping. It is best served warm, and when you pair it with vanilla custard, it is an excellent dessert for any occasion. All recipes are simple and consist of two parts—a crumble top and a fruit base. In the base section with Rhubarb, you can add strawberries, apples, or orange. And in the topping portion, there are plenty of ways to make it a little crispy, like adding cornflour, oats, or nuts

INGREDIENTS:

175g Cream Plain Flour
125g Demerara Sugar
125g Porridge Oats
125g Butter or Margarine

Filling

6-8 Rhubarb Stalks,
4 tablespoons Golden Caster Sugar
4 tablespoons Water



Method:

1. Preheat oven to 190°C. Lightly grease an ovenproof pie dish, glass-bowl, or casserole dish.
2. Wash and chop the rhubarb into short chunks and then put the rhubarb, golden caster sugar, and water into a saucepan and simmer for about 10 minutes until rhubarb softens.
3. Meanwhile, make the crumble by mixing the flour, demerara sugar, and oats in a bowl.
4. Add the butter/margarine and rub it into the dry ingredients with your fingertips.
5. Transfer the stewed rhubarb to the greased dish, spread the crumble mixture over this and bake for about 20 minutes until golden brown.
6. Serve with custard, freshly whipped cream or ice cream.

Notes:

If liked, a level teaspoon of ground ginger or freshly grated ginger may be added to the rhubarb when stewing.

When you use the butter for the crumble topping, make sure it is chilled. It will help the rubbing way easier. And will create a better texture for your toppings

RE-INVENTING THE RECIPE...The Ingredients

Unlike the traditional method...in this recipe, we de-constructed the Rhubarb Crumble and prepared the elements separately. This allowed us to create a layered effect in nice serving glasses. With the addition of white wine which compliments the tartness of the rhubarb excellently, we made a 'drunken' version. Yet again we opted for a Vegan form of this traditional dessert and substituted the butter and optional cream/ice cream with dairy free forms.

Ingredients:

6 sticks of red rhubarb
40g of Wholemeal Flour
25g of Irish rolled Oats
20g of chopped hazelnuts
20g of Vegan Butter
60g of light brown sugar

180mls of Vegan white wine
50mls of water
8 ripe strawberries
200mls of Vegan Oat milk crème fraiche
Zest of one orange
50g of sugar-free strawberry jam



RE-INVENTING THE RECIPE...The Method

Method:

Pour the wine and water and 40g of the brown sugar into a small pot and bring to the boil

Turn the heat down and allow a syrup to form and simmer

Wash and cut the rhubarb into 5cm long sticks

Place them into the syrup to cook gently

Turn off the heat once the rhubarb has softened but retains its form

Allow it to cool and remove it from the syrup

In a bowl combine the flour, oats, hazelnuts, and the remainder of brown sugar

Then add the melted butter to coat all the ingredients

Place the mix on a tray covered with parchment paper in a preheated oven at 180°C

Stir occasionally while it is roasting

Remove after 10 minutes once it is golden and crunchy

Chop 6 strawberries into small cubes

Combine the crème fraiche, orange zest and diced strawberries

For assembly in small glass bowls

spoon a teaspoon of jam into the bottom

Then put a layer of the berry fraiche mix

Using tongs put 4-5 pieces of rhubarb on top

Sprinkle a layer of the oatly crumble mix on top

and garnish with a Strawberry quarter



Watch this brief Video showing how we made our Drunken Rhubarb Crumble



[Cook It Forward: Reinventing Recipes – Rhubarb Crumble - YouTube](#)

Recipe 4.

Seafood Chowder



The History of Irish chowder



A Chowder is a satisfying thick fish soup that is said to have taken its name from the large, French, three-legged iron cooking pot known as a "chaudiere". The term is generally applied, here in Ireland, to the classical thick & creamy dish, but the actual Chowder can vary enormously.

There are many styles and methods for making Chowder from the French brasserie style, the traditional cream-based one (which is internationally known as a New England style) to the tomato-based Manhattan style and many other regional variations in between! New England chowders also tend to be fairly thick, while only a few Irish versions will thicken the base.

Most fish/seafood chowders have a relatively similar base of fish, potatoes, onions, stock and cream. After that, things can vary. Most New England versions use salt pork and use white fish such as cod or haddock.

An Irish chowder generally uses a mix of fresh and smoked fish, with the fresh fish often a combination of white fish and salmon. Most use bacon, with the odd ones going a bit fancy with pancetta. You'll see mussels in some but not in others.

Once considered *bia bocht* or poor man's food, fresh wild seafood is now a comfort food eaten all around the island, readily available and desired for all to try.

"To Make a Good Chowder"

To make a good Chowder and have it quite nice
Dispense with sweet marjoram, parsley and spice:
Mace, pepper and salt are now wanted alone.
To make the stew eat well and stick to the bone,
Some pork is sliced thin and put into the pot;
Some say you must turn it...some say you must not;
And when it is brown, take it out of the fat,
And add it again when you add this and that.
A layer of potatoes, sliced quarter inch thick,
Should be placed in the bottom to make it eat slick;
A layer of onions now over this place,
Then season with pepper and salt and some mace.
Split open your crackers and give them a soak;
In eating you'll find this the cream of the joke.
On top of all this, now comply with my wish
And put in large chunks, all your pieces of fish;
Now put on the pieces of pork you have fried
I mean those from which all the fat has been tried.
In seasoning I pray you, don't spare the cayenne;
'Tis this makes it fit to be eaten by men.
After adding these things in their regular rotation
You'll have a dish fit for the best of the nation!



THE TRADITIONAL RECIPE...

INGREDIENTS:

1.2 litres fish stock
100g skinless salmon fillet, cubed
100g skinless haddock fillet, cubed
50g butter 1 onion, chopped
2 carrots, chopped
1 leek, chopped
3 celery sticks, chopped
1 tsp chopped fresh dill
50g plain flour
Salt and freshly ground black pepper
Cream and chopped fresh parsley



Method:

- Bring the fish stock to a gentle simmer in a large pan and add the salmon and haddock.
- Cook for a couple of minutes until tender.
- Transfer to a plate with a slotted spoon. Set aside.
- Melt butter in a separate large pan over medium heat.
- Sweat the onion, carrots, leek, and celery for about 10 minutes or until they are softened
- Add the dill and peppercorns.
- Cook for a further 5 minutes.
- Stir the flour into the vegetable mixture and cook for 5 minutes, stirring constantly.
- Gradually pour in the fish stock, stirring until smooth after each addition.
- Boil and simmer for 15 minutes until all of the vegetables are completely tender and the liquid is slightly reduced.
- Season to taste
- Just before serving add a little milk to thin it out to your desired consistency.
- Add the cooked salmon and haddock and warm through.
- Ladle into bowls and garnish with cream and some parsley.
- Serve with brown bread.

RE-INVENTING THE RECIPE...

Deconstructed Chowder

Ingredients:

200g Clams, washed
200g Mussels, washed, beards removed
200g Cockles, washed
200ml White wine
30g Unsalted butter
1 Large leek, outer 5 layers removed and thinly sliced

1 Onion, finely-diced
1 Garlic clove, sliced
1 Bay leaf
300ml Water
100ml Whipping cream
2g Root ginger, finely grated (optional)
2 grating Nutmeg, ground (optional)

For the garnish:

20g Unsalted butter
1 Leek, cut into 3cm batons
1 large Desiree or Maris Piper potato, peeled and cut into 1cm dice
Lemon juice (to taste)
10g Dillisk seaweed, rinsed
Sea salt freshly ground black pepper (to taste)



RE-INVENTING THE RECIPE...The Method

- To prepare the shellfish: Before you start, ensure all the clams, mussels and cockles are tightly closed; any that are not should be discarded as they are dead.
- Put a large saucepan on to a high heat. Once hot, add the white wine and bring to the boil.
- Add the shellfish, cover with a lid and cook for 2–3 minutes until all have opened; discard any that haven't.
- Pour into a bowl and cool slightly before picking out the flesh and discarding the shells. Set the flesh aside, strain the cooking liquor and reserve.
- For the Chowder: In a separate large saucepan on a medium heat, melt the butter and sweat the leek, onion, garlic and bay leaf for 5 minutes, until soft but with no colour.
- Add the reserved shellfish cooking liquor, water, cream and the ginger and nutmeg if using.
- Place into a blender and blend until smooth. Set aside, ready to re-heat while you prepare the garnish.

- For the garnish: In a separate small sauté pan on a medium heat, melt the butter and sweat the leek batons and diced potatoes for 5 minutes with a pinch of salt and pepper.
- Add 2 tablespoons of water and simmer for a further 3 minutes until the potato is cooked through.
- Add the cooked shellfish flesh, remove from the heat and leave to one side while you re-heat the chowder.
- Taste and adjust the seasoning with salt, pepper and lemon juice.

Recipe 5.

Irish Oysters



The History Irish Oysters

A staggering amount of oysters were consumed once oysters became fashionable among city dwellers. They were the first real 'fast food' for the masses of the industrial revolution. Two of Dublin's famous restaurants 'Janet's' and 'The Red Bank' shared in the oyster theme rebranding in 1901 to 'Burlington's Restaurant and Oyster Saloons' and the 'Red Bank Oyster Hotel'.

Archaeological evidence shows extensive oyster consumption in the Mesolithic period and written reports from the late seventeenth century shows the abundance of the Irish native (*Ostrea Edulis*).



Throughout the 19th century, oyster beds were over-fished. To remedy the decline in oyster production the Pacific Oyster (*Crassostrea gigas*) was introduced into Ireland in the early 1970's; the reason being that it was easier and faster to cultivate than the native oyster.



THE TRADITIONAL RECIPE... Guinness & Oysters



*large part
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off oysters*

**GUINNESS
AND GALWAY OYSTERS
ARE GOOD FOR YOU**

Guinness and oysters go swimmingly together. That's why Guinness are proud to be associated with, and supporters of, the annual Galway Oyster Festival at Clarenbridge. This year the Festival is from the 20th to the 26th September and includes many "fringe" attractions.
Guinness and Galway oysters. Delicious!

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Original letter from Disraeli dated November 21, 1837. Mr. E. Thomas Cook.)

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Guinness is also ex
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The sign of a famous old Inn (no longer existing) in Drury Lane, London.

The Whistling Oyster

Presumably the oyster was whistling for a Guinness. For Guinness and oysters are inseparable. Epicures say that there is nothing like Guinness to bring out the subtle charm of oysters. In fact, Guinness is as good for oysters as it is good for you.

Guinness is a naturally matured drink and comes rapidly to its best and needs no further keeping. Order Guinness frequently and do not keep it in a hot place.

**GUINNESS
AND
OYSTERS**

INSEPARABLES

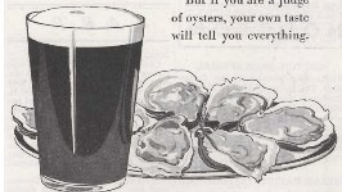
- Bacon and Eggs
- Waffles and Syrup
- Strawberries and Cream
- Corned Beef and Cabbage
- Oysters and Guinness**

If you like oysters, and have never tried Guinness and oysters—well, you simply have a treat in store for you.

As every traveller knows, Guinness-and-oysters is more than a custom in the world's best restaurants—it's a rule.

It is easy to explain why—*One is the natural complement of the other—each brings out the other's flavour—together they conspire to whet the appetite and thus aid digestion.*

But if you are a judge of oysters, your own taste will tell you everything.



**GUINNESS
TIME**
Cried the OYSTERS

**GUINNESS
IS GOOD FOR YOU**

The story of Guinness since 1759; 106 pages, 52 illustrations. Write American Representative: A. Guinness, Son & Co., Ltd., Dept. 104-A, 501 Fifth Avenue, N. Y.

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RE-INVENTING THE RECIPE...

Champagne Oysters



Ingredients:

- Half bottle of Champagne or sparkling white wine
- 25g/1 tablespoon chopped shallot
- 4 large egg yolks
- 225g of butter
- 300ml whipped double cream

METHOD:

First, make the champagne sauce.

- Boil the champagne with the shallot, reducing to 1 tablespoon
- Remove from the heat and beat in the yolk
- Return to a very low heat and add the butter bit by bit, as for Hollandaise sauce.
- When all the butter has melted, fold in the whipped cream.
- Scrub the oysters well.
- Just before serving put into a hot oven 250°C/475°F until they just start to open and release their juices.
- Using an oyster knife, remove and discard the top shell.
- Place a little champagne sauce on top of each oyster it and put under a hot grill until golden.
- Serve immediately and garnish with fennel and a lemon wedge.

Recipe 6.

Potato Boxyty



The History behind the boxty

An old rhyme goes: “Boxty in the griddle, boxty in the pan, if you can’t make boxty, you’ll never get a man”. The rhyme may be outdated, but it definitely shows the cultural importance of this dish. But what exactly is boxty? Here’s a look at the peasant dish that Ireland loves to love.

Boxty is a potato pancake made with grated potato, flour, baking soda, and buttermilk. Its name likely comes from the Irish arán bocht tí, meaning “poor-house bread”, but it could also come from the word for bakehouse, bÁCús. Traditionally made with 70% potato to 30% other ingredients, boxty is mixed together, then fried in a pan like a normal pancake. This gives boxty a unique texture, somewhere between a pancake and a hash brown. Its nearest analogue is probably the Swiss rösti. Boxty can also be boiled like a dumpling or baked as a loaf, but the fried form is by far the most common.

THE TRADITIONAL RECIPE...

INGREDIENTS:

250g mashed potato
250g peeled, grated, raw potato
250g plain flour
1 tsp baking soda
300ml buttermilk
6 spring onions, finely sliced (optional)
100g Irish cheddar cheese, grated (optional)
sea salt and ground black pepper
Butter, to fry



Method:

For the boxty, put the mashed potato, raw grated potato, flour, baking soda and spring onions in a large mixing bowl and mix until evenly combined. Add the milk, little by little, until you have a wet, dropping consistency. Season to taste with sea salt and ground black pepper.

Heat a non-stick frying pan over a medium-high heat with a little butter. When the butter begins to foam, spoon heaped tablespoon measurements of the mixture into the frying pan and fry for 3-4 minutes on each side until golden brown. Once you turn them add a little grated cheese and allow to melt for an extra indulgent pancake.

Remove from the pan and place on a plate lined with kitchen paper. Repeat with the remaining mixture. Keep warm in a low oven. Serve with bacon and eggs for a hearty Irish style breakfast.

RE-INVENTING THE RECIPE...

Sweet Potato Boxty with Honey Crème Fraiche



INGREDIENTS

125 mL crème fraiche

15 mL Honey

1/4 tsp crushed red pepper flakes

Batter:

250 ml firmly packed grated Sweet potato

125 ml cooked mashed Potatoes

250 ml all-purpose flour

1 tsp baking soda

2 green onions, thinly sliced

1 tsp salt

1/4 tsp pepper

375 ml Buttermilk

20 ml each butter & vegetable oil

Garnish: Sliced spring onion

Method:

- In large bowl, combine sweet potato, mashed potatoes, flour, baking soda, spring onions, salt and pepper.
- Stir in buttermilk until well combined.
- Heat large non-stick skillet over medium heat.
- Add 5 ml each of the butter and the oil;
- heat until butter is melted. Pour 50 mL batter for each pancake into skillet.
- Cook for 4 minutes or until bottoms are golden; turn and cook for 4 minutes longer or until golden.
- Remove to warm plate and keep warm in low temperature oven.
- Repeat with remaining butter, oil and batter.

To serve, top each pancake with a dollop of the reserved crème fraiche. Sprinkle with spring onion.

Netherlands Cook It Forward



This project has been
funded with support from
the European Commission

programme has been funded with support from the European Commission. The author is solely
responsible for this publication(communication) and the Commission accepts no responsibility for
that may be made of the information contained therein.

Preface

Roc Friese Poort is a regional training center that, among other things, trains the cooks of the future. In addition to training professionals, much attention is also paid to broad training. Part of this is to offer students an international experience and also to collaborate with other disciplines

Dutch Cuisine is about placing Dutch gastronomy and food culture both on the national and international map for a wide audience. It is a food culture that is globally unique, and one that we can be proud of. It's cooking responsibly and healthily with taste, from our creative perspective, free-thinking, individuality, and pragmatism, and always according to the principle of 'less is more'. These values reflect who we are and what we stand for. They are our identity, our DNA. In addition, we adhere to five principles that are sustainable for people and the environment, and act as guidelines for our daily conduct. These principles are incorporated in our charter.

Make work of your passion! At ROC Friese Poort you can discover what your passion is. You are given the freedom to choose your own path. We help you to connect. In professional knowledge, your own talents and values, and the people and world around you. Each connection allows you to grow in your own unique way, in your profession and as a person. Once you have discovered your passion, we will make it work together. As a cook, do you want to look beyond the kitchen, be ready for the future and have a choice in where you will work? In this unique level 4 Specialized cook/Dutch Cuisine training you will, among other things, look for new areas and conduct research. You apply everything you learn practically and vice versa. With the knowledge you already have, we go one step further. Working and learning really go together. The training is new and based on the 5 principles of Dutch Cuisine from SVH Master Chef Albert Kooy. The Dutch Cuisine training establishes a direct link between farmer and horticulturist, our history, our health and gastronomy. The training contributes to making the Netherlands a worldwide guideline in the field of sustainable food and health.

Cook It Forward



Ode to The Wadden

Look around you and you know where you are. On the Wadden you

always feel that the sea is close by. Even if you don't see her. It's the smell, the wind, the light. The Wadden are a unique landscape with a richness of colour, smell, shape, taste and sound. Connected by the ever-present tide, from the fertile clay to the highest dune. The area has inspired artists, scientists, and chefs for centuries. On day 2 we want you to enjoy all the beauty of the WAD.

07:00 in the morning, 25 students departed by ferry from Harlingen to Terschelling. Here they went in search of all the beautiful heritage of food and drink. For 2 days they went out with local people to gather the ingredients. Along a wild Wadden Sea during a November storm, razor clams and cockles were collected from the mudflats. Geese were picked with wild farmer Marjanne and Mwet Werner from the oyster factory, the most beautiful oysters were collected from the oyster beds. In addition, beautiful squirrel bread was found in the bis and of course the cranberries could not be missed. With all the beautiful things, a dinner was served for local chefs and residents of Terschelling on Tuesday 5 November.

Recipe

Ingredients Celeriac with crayfish

- 1 celeriac
- 3 Limes
- 1 Apple
- 1 kilo of crayfish (dirt)
- 1 shallot
- 50 ml Hooghoudt gin
- 50 grams of sugar
- 50ml water
- 3 grams of Agar
- 170 ml sunflower oil
- 45 grams of protein
- 40 grams of yogurt
- 30 grams of white wine vinegar

supplies

- Large cooking pan
- Measuring cups
- Blender
- Cymbals
- Aluminium foil
- Oven/BBQ
- Piping bag/bottle

1. Cook the tuber in aluminum foil, either in the oven at 200 °C or on the BBQ. The cooking mainly depends on the size of celeriac, so keep a close eye on this. A normal sized tuber will take 1.5 hours to cook. Remove the celeriac from the oven/BBQ when it starts to feel al dente, let it continue cooking in the foil and then cut into finger food size.

2. Squeeze 50 ml of lime juice from the limes, do not throw away the peels, we will use these later. Put the lime juice together with 50 ml jenever, 50 grams sugar and 50 ml water in a pan. Add the agar and bring it to the boil, let it boil for a minute and then pour it into a heatproof container and put it in the fridge to let it gel. Once hard, you can turn the jelly into a gel using the immersion blender. Put the lime-juniper gel in a spray bottle or piping bag.

3. Boil your crayfish for 3 minutes in a pan with plenty of boiling water. Remove them from the pan and place them in ice cold water, after a few minutes take them out of the cold water and place them on a tea towel and start peeling. Clean them and put them aside in the fridge.

4. Now we are going to make the lime emulsion. Place the yogurt, vinegar and egg white in a measuring cup. Zest some limes through this and also add a little bit of lime juice. Now slowly add the oil while you keep the whole thing moving with the immersion blender. Continue until you have a nice mayonnaise/emulsion. Place in a piping bag or spray bottle.

5. We are now going to cut the tartare. Chop the shallot and apple very finely, also cut the crayfish and mix with part of the emulsion. Grate over some lime zest and season with salt and pepper. Now that the tartare is ready, let's prepare the dish.
Take the piece of celeriac, scoop a nice quenelle tartare with two spoons. Place in the middle, garnish with dots of lime-juniper gel and the lime emulsion. Take some flowers to cheer things up and really finish the dish.



RYE Bread

Artisan bread made with love and respect

In 2018, Christa Bruggenkamp started selling her artisan products from

home. Pretty soon the oven in her kitchen became too small and she created a mini bakery at home. The hall functioned as a pick-up point. It got busier and busier, the line got longer and her hall too small. Full of confidence in her product, she expanded her business and now has a separate space that serves as a bakery and shop called Mevrouw de Molenaar.

Baker Jippe Braaksma enjoys driving every week from Eastermar to Witmarsum. At Mevrouw de Molenaar he can practice his profession in the most traditional way. Jippe grew up in his parents' bakery in Oenkerk and, in addition to being a baker, he is also a miller. He was introduced to the trade at a young age with Jan Tollenaar at the mill in Burdaard.

From grain to flour

The process starts with the purchase of grain. Mevrouw de Molenaar is committed to quality and therefore selective when choosing grain. Her preference is for natural raw materials and, where possible, she opts for local products. She likes transparency and short lines! In the mill, the whole grain is ground on millstones while preserving vitamins and minerals. This is the moment when it comes to craftsmanship, the right sail lining and adjusting the stones. After all, the wind is not the same every day.

From flour to bread

Baking with your own mill flour takes time, love and dedication. Every grind is different. Jippe and Christa therefore hang their heads above the dough tub and 'read' the dough to adjust if necessary. Then the dough pieces are formed by hand.

Recipe

Ingredients

Scalding

- Broken rye 6500 grams
- Water 7000 grams

mix through

- Broken rye 6500 grams
- Water 7000 grams
- Salt 195 grams

dough weight 25695 grams

scalding

- 110 degrees
- Forcing time +/- 12 hours

1. Preheat the oven at a temperature of

220 degrees, and then bring back to a temperature of 110 degrees

2. Make a sweetpan from 6500 grams of broken rye with 7000 grams of water at 70 degrees Place it in an oven for 12-14 hours at 110 degrees.

3. Pour the sweetpan into the dough pan, and add crushed rye, salt and water.

4. Please note that this water must have a temperature of +/- 60 degrees mix briefly, the dough should not become tough

5. then weigh the dough and make a badge of 1100 grams

6. square shape by hand or from a mold press in fire place in the scalding tank (insulated tank).

7. Bake the bread for 12-14 hours

Taco with crayfish

With the huge staff shortage, every young chef is important, especially if he or she is creative and innovative. On Food Unplugged a four stu-

dents from ROC Friese Poort showed their interpretation of Dutch Cuisine. The students get their inspiration from The Wadden Islands and the Frisian Lakes.

They served elderflower tacos with crayfish, strawberry and salty curd. Another delicacy was oyster with meadowsweet, cooked with a flam- badou. It was noticed that mussels and crayfish played a major role in the dishes. Both products are sustainable, tasty and perhaps undervalued.

Roel Dijkstra, one of the teachers, says: "There must be a transition in the hospitality industry, and these students are a part of that. Why fly over Canadian lobster when our waters are full of delicious crayfish? Crayfish are destroying our rivers, so we better do something with them. It is really the students who tell the story here. The same goes for the mussels. It is seen as a product for the older generations, but the young chefs are making it sexy again."

Recipe

Ingredients taco

- 180 grams elderflower lemonade (syrup: water=1:7)
- 30 grams sunflower oil
- 4 grams salt
- 15 grams powdered sugar
- 150 grams flour

special supplies: waffle iron/taco mold

Ingredients stuffing

- 20 crayfish
- 10 - 15 strawberries
- 250 grams curd
- 25 ml elderflower syrup
- 25 ml sushi vinegar
- 10 grams algae powder
- 100 grams powdered sugar
- green garnish of your choice

1. Sift the flour and mix with the remaining ingredients.
2. Mix it into a smooth batter and put it in a piping bag.
3. Heat the waffle iron and pipe a little batter size of a two euro coin and close the iron.
4. Once the cookie is ready, place it on a taco pan.
5. Crayfish in boiling water max 2 minutes cooking and cleaning.
6. Burn the crayfish with a burner so that they get a nice tiger pattern.

7. Cut the crayfish into thin slices and put it in the refrigerator.

8. Mix the curd with icing sugar until it is a little sweet. Then also add the algae powder, until it is nicely speckled green.

9. Cut the strawberry brunoise and mix it with elderflower syrup and sushi vinegar to taste.

10. Pipe the curd into the taco, divide some brunoise strawberry on top and some sliced crayfish (about 1 pcs).

11. Finish with green. For example sea fennel flower or basil.

Wild Picking

The idea behind the De Streekzomer project is to gather the ingredients for a meal during a bike ride, in order to learn to appreciate food



more. They do this with recipes from the Frisian Environmental Federation, Young Learning Food and Culinaire Friesland. With these bike tours, people not only get to know the local products, but they can also get to work with them in the kitchen.

salads

The recipes of the route The Frisian Lakes in the southwest corner of Friesland were made by students of ROC Friese Poort. They were given a black box with ingredients and fifteen minutes to think about what they were going to make with it. It shouldn't be too complicated because it should also be possible to make on a small camping stove. It is mainly salads that predominate in these recipes. The producers and shops were asked what they could supply in the months of July and August, mainly vegetables.

Biological

The companies and shops where the products can be bought are almost all organic. The Streekweek and the cycling routes with recipes all originated from the Edible Fryslân project, which wanted to bring people into contact with locally and sustainably produced food. About two hundred companies have now joined.

Recipe

Salad

Ingredients salad

- 1 beetroot
- 300 grams of mesclun
- 40 grams of peas
- 12 radishes
- 600 milliliters vinegar
- 12 tablespoons of sugar
- Salt and pepper
- Olive oil
- 1 cucumber
- Water

supplies for the salad

- Pan
- Frying pan
- Spatula
- Cutting board
- Mandoline
- Measuring cup
- Mixing bowl
- Saucepan

Ingredients Tagliatelle from rettich

- 2 rettichs
- 40 grams of peas
- 8 radishes
- 4 shallots
- 2 cloves of garlic
- 80 ml sushi vinegar
- 4 fennel stalks
- 16 red basil leaves

supplies for the tagliatelle

- Pan
- Frying pan
- Spatula
- Cutting board
- Mandoline
- Measuring cup
- Mixing bowl
- Saucepan

1. Put a pan of water on the stove and let it boil.
2. Then put the vinegar and sugar together in the saucepan, put it on the fire and let it boil for 2-3 minutes.
3. Thinly slice the radish on the mandoline and place in a container of water and refrigerate.
4. When the water is boiling, add some salt to the water and cook the peas for 5-6 minutes.
5. Mix the lettuce with a little olive oil and salt
6. Now prepare your plate and the dish is ready

Tagliatelle

1. Chop the shallot and garlic and fry in the pan with a little oil.
2. Extinguish this with sushi vinegar and add the peas, fennel and radish.
3. Cut the rettich into long slices on the grater or peeler, then roll up and cut into a pasta.
4. Mix everything together and prepare the plate.



Hof



Michiel and Brechje are the initiators of permaculture horticulture Us Hof in Sibbrandabuorren, Friesland. They started this in 2014 with the aim of boosting the local sustainable food supply.

The market garden is a CSA, also known as Community Supported Agriculture. This means that the gardeners and the community enter into a relationship with each other. Not a loose head of lettuce, but a whole season of vegetables from the open ground.

Michiel and Brechje do not produce for the masses, but for their immediate environment. They receive food for a fair price, produced with love for the soil and nature. For 35 weeks they offer vegetables and fruits, they see food production as the way to form a community.

They receive help from volunteers, interns and people who are reintegrating into the labor market, but also from subscribers. These subscribers pay for the vegetables, fruit and herbs that they come to harvest themselves or pick up.

Recipe

Ingredients

– 3 wado esters

- 100 grams of beef heart
- 2 liters of brine based on 10% salt
- 3 borage flowers

Ingredients Emulsion

- 150 grams neutral oil
- 28 grams of yogurt
- 36 grams of protein
- 20 grams sushi vinegar
- 10 grams tomasu soy sauce

supplies

- Cutting board
- Knife
- Oyster knife
- Smoker + smoke moth
- Storage containers
- Measuring cup
- Scale
- Blender

1. Place the ground beef in the 2 liters of brine liquid and refrigerate for 24 hours.

2. Prepare the smoker and for cold smoking

3. Get the heart out of brine. Cut off a 100 gram portion.

4. Finely chop the beef heart until it has the texture of tartar. When the smoker is ready, spread the tartare out on a baking paper, but leave it whole. Like a loose burger. Smoke cold for half an hour.

5. vMeanwhile, make the emulsion. add all the ingredients listed in the emulsion in a measuring cup to a stick to a lobe emulsion.

6. Mix the smoked tartare with a little bit of the emulsion and season with salt and pepper.

7. Open the oyster, place a little bit of tartar next to the oyster meat in the shell, dress with some emulsion and finish with a flower.



Rejected Potatoes

In February 2022, the students of the chef training at ROC Friese Poort organized the Piepershow in collaboration with De Verspillingsfabriek and the Frysian Environment Foundation

the Frysian Environmental Federation. With the potato in the lead. The chefs in training have come up with an 8-course lunch of rejected potatoes. These potatoes are considered waste due to their appearance, size or other imperfection.

The rejected potatoes are given this stamp by us as consumers, but also by catering and retail, and in many cases the farmers too. It is therefore high time to raise awareness that leftover batches can also be used for consumption or processing into other products.

The chefs in training at ROC Friese Poort have come up with a wonderful menu, in which the potato is the main ingredient. And not just any potato, but the potato which, by appearance, size or other imperfection, is ordinarily labeled as waste.

Ingredients roasted Beets

- 500-750 grams of beetroot
- Aluminium foil
- Sushi vinegar
- Butter

Ingredients Hasselback Potatoes

- 4 firm large potatoes
- 2 tablespoons melted butter
- 1 garlic clove
- Pinch of salt and pepper

Ingredients herbal dressing

- 2 tablespoons crème fraîche
- 5 Tablespoons mayonnaise
- One third of a bunch of flat-leaf parsley finely chopped

Recipe

Roasted beets

- 1 Tablespoon finely chopped chives
- 1 shallot finely chopped
- 1 Garlic clove crushed
- 1 Teaspoon white wine vinegar
- 1/2 Tablespoon lemon juice
- Freshly ground pepper & salt

Hasselback potatoes

1. Preheat the oven to 200 degrees Celsius and place the rack fairly high in the oven. (The beets should still fit in between and not touch the heating element)
2. Wash the beets, leave the roots and only cut off the tops if necessary. Dry the beets with some kitchen paper and then wrap them one by one in a piece of aluminum foil. Pack them well otherwise they will leak in your oven.
3. Place summer beets in the oven for 45 minutes to 1 hour and winter beets for 2 hours.
4. Remove the cooked beets from the oven and let them steam out for a while, with unfolded aluminum foil. Cut off the cap and you should be able to peel off the skin almost completely without having to peel them.
5. Then cut the beets into brunoise and make them with some sushi vinegar and a little butter so that they have a nice taste.

1. Preheat the oven to 180-200 degrees
2. Clean the potatoes well under the tap with a brush, leaving the peel on. Pat the potatoes dry and slice them, making sure not to cut all the way through. You want to keep the bottoms of the potatoes together.
3. Melt the butter and crush the garlic. When the butter has melted, turn off the heat and add the garlic.
4. Place the potatoes on a baking tray lined with baking paper and spread the garlic butter on the potatoes with a brush. Do this between the slices as well. Then sprinkle the potatoes with salt and pepper.
5. Bake the potatoes for 50 minutes until brown and cooked through. Finish them off with freshly chopped herbs.

Herbal dressing

1. Mix the crème fraiche with the mayonnaise.
2. Add the fresh herbs, shallot and garlic and mix in a hand blender until smooth.
3. Finally add the white wine vinegar, lemon juice and salt & pepper.

legumes

The vegetable garden occupies a large place around our house in Jistrum in Friesland. In addition, extra land is rented here and there. Room



for the cultivation of all products that Wâldfarming is enthusiastic about: vegetables, potatoes and beets that stand out because of their special fine taste, their beautiful shape or their rarity. The company supplies to private individuals, shops and the catering industry.

During the current season, there are 30 types of legumes in the experimental garden, and they are also working together with the universities of Wageningen and Groningen to see which 'old' varieties can be grown again. If successful, the cultivation is outsourced to organic farmers in the north of the Netherlands

Recipe

Ingredients

1. Blanch a bunch of celery leaves and

- 200 grams of green peas
- 200 grams of small Brussels sprouts
- 4 pieces of cod
- 2 shallots
- 400 grams of spinach
- 2 bunches of celery leaves
- 1 bunch of parsley
- 1 bunch of lovage
- 1 handful of mint leaf
- 1 lime
- 150 ml buttermilk
- 150 ml cream
- 200 g butter
- 200 ml olive oil

supplies for the salad

- Kitchen machine
- Oven
- Fine sieve



cool in ice water. Turn this into an oil with 200 ml olive oil. Set aside.

2. Chop the shallot and put it in a pan with 50 grams of butter. Sauté the shallot and add the spinach. When the spinach has wilted, we add the finely chopped parsley, lovage and 1 bunch of celery leaves.

3. Stir for about three minutes and then add the finely chopped mint leaf. Immediately remove from the heat and toss into the food processor, smoothing with a dash of added celery oil and the juice of half a lime. Rub the cream through a sieve to make it even smoother. Set aside

4. Put the green peas on with 50 grams of butter, let them stew well for fifteen minutes. Then add the cleaned and halved Brussels sprouts. Stew further for ten minutes or so. Season with salt and pepper.

5. Make a curd sauce by putting the cream and buttermilk on top, add a splash of lime juice. Add the oil at the last minute, then the sauce will slide nicely into the slivers.

6. Fry the cod in the remaining butter. As soon as the fish starts to cook nicely on the outside, we will broil the fish with the butter. Do this for about five minutes and then put the fish in a preheated oven at 180 degrees Celsius. After about five minutes, the fish is cooked and the dish can be finished.

7. Present the green peas and Brussels sprouts. Place the fish on top and cover the fish with the green cream. Pour a curd sauce around the whole. Finish with some small sprigs of herbs and cress.

FryskeFrucht

nating these apples on time, these apples get a delicious and sustainable destination. The aim of the Fryske Frucht Foundation is to collect as many apples as possible in Friesland every autumn. Apples with which nothing else is done, in order to prevent the waste of apples. At the Fryske Frucht Foundation, for example, they make apple juice from it.

The apples on existing trees are not always used. By collecting and do-

Ingredients Apple Pie

- 130 gram caster sugar
- 190 gram butter
- Lemon zest
- Salt
- 390 gram flour
- 2 apples
- 25 gram sugar
- 25 gram water

Ingredients Lemon curd

- Lemon curd
- 4 eggs
- 2 egg yolk
- 275 gram caster sugar
- 190 gram cream
- 275 gram lemon juice
- Skin of 2 lemons



Filling lemon curd

1. Use a fork or special roller to prick holes in the shortcrust pastry.
2. Cover the bottom and sides of the baking tin with the shortcrust pastry.
3. Bake for fifteen minutes at 160°C.
4. For the filling, heat together the lemon juice, lemon zest, egg yolks, eggs, and the 350g of sugar over low heat.
5. Continue stirring to prevent the eggs from cooking.
6. Add half of the butter once the mixture starts to thicken and continue to heat.
7. Add the remaining butter once the mixture coats the back of a spoon and continue to heat until thick, but still liquid.
8. Allow the mixture to cool for several minutes.
9. Fill the baked bases with the lemon filling and bake in an oven at 120°C for fifteen minutes.

Dough

1. Mix the caster sugar, butter, lemon zest, egg and salt in a mixing bowl with a butterfly whisk.
2. Add the sieved plain flour and mix well.
3. Wrap the dough in plastic foil and set in the refrigerator to stiffen up.
4. For further use, knead the dough until supple and roll out to the desired thickness.

Finish

1. 2 apples
2. 0,5 dl sugar syrup
3. Heat the water with sugar till 80°C Slice the apple in very thin parts and pour them in the syrup for 10 minutes
4. place the apple parts tile-wise on the lemon curd

Less salt

"During their training, our chefs are taught all kinds of techniques to cook with less salt. We have been working on this throughout the training course and not just during this week of action," says Voskuilen. His students completed a module earlier this year, in which they prepared a five-course meal with a maximum of 2 grams of salt.

According to Voskuilen, less salt does not mean that the salt pot has to go straight into the trash. "Why would you want that? Salt also has a preservative function and contains minerals. But we all need to become more aware of our salt intake. Especially with a view to rising healthcare costs, it is important that we do not exceed 6 grams per day and not eat all kinds of processed products with a lot of salt added."



Recipe

Creme anglaise

1. Boil your cream milk, cream and sugar in a large pan. Your egg yolk is in another large pan.
2. When you boil milk cream sugar mixture, add a little bit to your egg yolk, keep stirring!
3. Add more little by little and let your egg mass cook. Pour everything together but keep stirring otherwise you will have scrambled eggs.
4. Immediately cool your mass back by cooling your pan in the sink with cooling water.

raspberry mousse

1. Heat your anglaise while soaking your gelatin. Then add gelatin and dissolve well.
2. Melt your chocolate au bain-marie. When your chocolate has melted and your anglaise mass has dissolved with gelatin, you can mix the rest: lime juice, raspberry puree, salt and vanilla.
3. Your mass should cool to 30-35 degrees.
4. Store your cream in a lumpy form, then mix everything together and pour into a round mould. Freeze now.

cake

1. Whip butter and sugar with kitchen aid or mixer with whisk.
2. Add the salt, flour, lemon zest and eggs, mix everything into a batter
3. Bake at 160 degrees for 20 minutes on an oven tray with a baking mat baking paper underneath.
4. Let it cool and cut it into the size of the raspberry chocolate mousse.
5. Now complete your mousse by hollowing out a little bit and filling with a little raspberry jelly.
6. Stick the cake on top with a little raspberry puree and icing sugar.

Chocolate glaze

1. Soak the gelatin. Boil the water, cream, glucose and sugar.
2. Now add the chocolate and stir well!
3. Then add the gelatin, let it dissolve and then cool.

Pink glazed cake

consumed as a cheap snack from the supermarket. It is a flat cake with a pink layer of fondant, which it owes to the cochineal louse, a species of louse from Bolivia that lives on the Tuna cacti. Red beet juice is also used as a coloring agent.

Like any popular cookie, there are more variations on this, such as with almond paste.

In the autumn of 2021, Nabee Oving made a variant with the theme of the Wadden Sea in which the cranberry was an important seasoning. This variant has been served at several festivals. The reactions were unanimously positive and an improvement on the original.

Ingredients creme anglaise

- 93 grams cream
- 93 grams milk
- 18 grams sugar
- 37 grams egg yolk

Ingredients raspberry mousse

- 241 grams creme anglaise
- 50 grams raspberry
- 25 grams lemon juice
- 13 grams gelatin

- 225 grams white chocolate
- 337 grams lobed cream
- dash of vanilla extract
- pinch of salt

Ingredients cake

- 165 grams of flour

Ingredients chocolate glaze

- 32 grams of gelatin
- 240 grams of whipped cream
- 240 grams of water
- 170 grams of sugar
- 100 grams of glucose
- 300 grams of white chocolate
- A few drops of red food coloring



The pink cake is a widely eaten cake in the Netherlands that is often

Ingredients Sea bass tartare with roasted pea aspic and crispy squid

The sea bass tartare:

- 100 gr sea bass
- 10 g red onion
- 2 g chives
- 5 gr red pepper
- 10 ml lime juice
- 20 ml smoked mayonnaise

Garnish with:

- 10 gr fennel stalks
- 10 ml whey
- 10 g sugar

- 5 ml lime juice
- 5 ml gin

pea aspic:

- 60 gr peas
- 80 gr aspic
- 1.66 g gelatin

squid crisp:

- 10 gr potato
- 10 g flour
- 10 g protein
- 10 gr butter
- 5 gr squid ink

Ingredients Roasted fennel with green asparagus and hollandaise foam

The roasted fennel:

- 100 gr fennel
- 10 ml rhubarb glaze
- 10 gr butter

Green asparagus:

- 120 gr green asparagus
- 10 ml lemon juice
- 5 g mace
- 5 ml eel oil

Hollandaise foam:

- 30 gr butter
- 4 ml lemon juice
- 6 ml sushi vinegar
- 2 g sugar
- 10 g water
- 15 g egg yolk
- 0.1 gr salt

Sugared pistachio crumble:

- 15 g pistachio
- 5 g sugar

Parsley oil:

- 10 g parsley
- 10 ml sunflower oil

Ingredients Oxtail rendang with pea crunch, caramelized onion, tuber cream, leek, carrot and gravy of cooking liquid

Oxtail rendang and gravy: Caramelized onion gel:

- 150 grams of soft butter
- 150 grams of sugar

leeks:

- 3 eggs
- 2 lemons

– Pinch of salt

- 140 gr oxtail
- 1 g lime leaf
- 2 g lemongrass
- 30 ml coconut milk
- 10 gr red pepper
- 50 ml red wine

pea crunch:
– 15 g peas

- 20 gr onion
- 5 ml sweet soy sauce
- 5 ml Worcestershire sauce

tuber cream:
– 80 gr celeriac
– 20 ml cream

- 10 gr leek powder
- 80 g stewed leeks
- 10 gr butter

Carrot:
– 80 gr candied carrot
– 10 gr butter
– 20 gr sugar



Bonbon

Hi, I'm Wazila Oving and I love Chocolate !

I've always been fascinated by all the amazing different flavours and textures that chocolate can be paired with.

I'm a British Mauritian self-taught chocolatier with no professional training. All my bonbons are unique and hand painted with love.

It's important to use local and seasonal products but I also love using products from Mauritius, for example vanilla, mango and sugar produced from sugar cane. My grandmother used to work in the sugar cane fields of Mauritius and all my family there have mango trees growing in their gardens !

I would love to make a bonbon that people will eat and just say " wow " !

Caramelize the sugar and glucose to a beautiful blond brown color

Recipe

Ingredients Sea buckthorn gel

- 410 g boiled sea buckthorn puree
- 410 g cane sugar from Mauritius
- 6 g lemon juice
- 8g pectin
- 60 g white sugar
- 3 teaspoon sea salt
- 40g glucose

Ingredients Sea buckthorn ganache

- 1 kilo white sugar
- 200 g glucose
- 400 g whipping cream
- 400 g boiled sea buckthorn puree
- 320 g reduced orange juice
- 2 g sea salt
- 240 g butter
- 1600 g Callebaut milk chocolate

Sea buckthorn ganache

1. Deglaze with the salt, the heated cream and the reduced fruit puree/juice
2. Bring to the boil again until you have a nice thick caramel
3. Turn off the heat and let it cool down for 10 minutes
4. Add the butter while stirring

Sea buckthorn gel

1. Put the 410 g cane sugar together with the sea buckthorn puree in a saucepan and heat to 40 degrees Celsius.

2. Stir well with a whisk.

3. Mix the pectin together with 60 g of white sugar.

4. When the sea buckthorn mixture reaches 40 degrees, add the pectin along with the white sugar while stirring.

5. Then add the glucose and the sea salt.

6. Boil the mixture to 106 degrees Celsius, then quickly turn off the heat and add the lemon juice while stirring.

7. Put the hot gel through a sieve and let it cool.

8. Then mix with a stick blender.

5. Let cool to about 60 degrees Celsius

6. Put the mixture through a sieve and immediately mix (preferably with a thermo blender) with the chocolate

Epilogue

During the Cook it forward project, we worked at various levels and with multiple stakeholders on the assignments that can be found in the cook book.

Over the past 2 years we have enjoyed working on the various student assignments and we look back on instructive and inspiring encounters with chefs, teachers, producers, hunters, fishermen and everyone involved in food and gastronomy. The visits to our partners in this project were also extremely valuable and instructive. During these sessions, we also became aware of our common values and shared history in ingredients, preparation techniques, dishes and eating habits. With this project, we have aimed to capture knowledge from the past and, where necessary, introduce newer, healthier or more sustainable preparation methods that are more appropriate to the zeitgeist. We have also been able to take the new generation with us and share our culinary heritage.

The book is a summary of a number of projects we have carried out in the past year. This is not a complete representation of the 2 years of Cook it Forward, but it gives a good impression of what we have worked on and what knowledge we have gained.

We would like to thank the following organizations and people for their expertise, time, and availability of ingredients, location or delivery of recipes;

Food Unplugged, Visit Wadden, Boer&chef, Waldfarming, Dutch Kidney Foundation, Fryskefrucht, Grutte Pier, Annewil Bremmer, Nabee Oving, Max de Jong, Roel Dijkstra, Werner Zuurman, Christa Bovenkamp, Wazilla Oving, Frank Hiddink, Marinthe de Hek, Rienne Blanksma, Marijke Leegstra

SPAIN

Introduction:

The history of Spanish cuisine, narrated as a whole, did not begin to be treated as such until the mid-nineteenth century. Few details are known of Spanish cuisine before the 10th century, and documentary references (generally literary) frequently mention ingredients, names of dishes, but little about their culinary process.

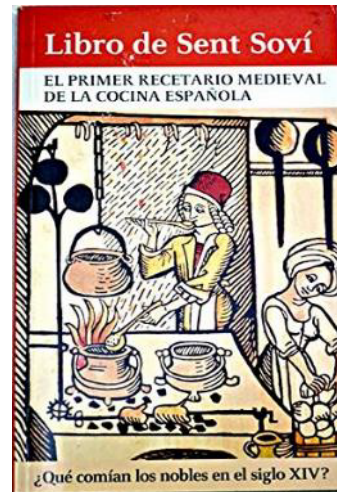
The first written references to cookbooks as such are found in the *Llibre de Sent Soví*, considered to be the oldest known manuscript cookbook. The author of the text, written in Catalan, is anonymous, and today it still remains a mystery. It is dated in 1324. There are two original copies that are currently in the University of Valencia and the other, in the University Library of Barcelona.

The two manuscripts are a fundamental historical source in the food of the Medieval Age of Europe and in particular of the origins of Mediterranean cuisine and more specifically of Catalan cuisine, where two hundred and twenty ordered recipes are collected. The flavors of ancient Rome are collected among the various products that appear in the recipes, based in turn on ancient Greece, and some more, and contributed by the Jewish and Arab culture.

In short, Spanish gastronomy is the result of the sum of the influences exerted by all the peoples or civilizations that settled on the peninsula.

The beginning of this trajectory takes place in the kitchen practiced by the pre-Roman peoples (Iberians and Celts). To this we must begin to add products brought to the peninsula by the first Mediterranean merchants (Phoenicians and Greeks), who connected all the Mediterranean peoples.

To this incipient gastronomy we must add the Roman gastronomic customs, later, in the Visigothic era, a small setback was experienced, since the Visigoths, despite being fond of drinking and eating, were content with simple but abundant roasts and broths. The Arab civilization had to come to add a few touches of color to this retrograde Visigothic gastronomy, based on what is called the “Gothic triad”, “Bread, meat and wine”. The Arabs promoted not only the agriculture of a multitude of products, but also delved into cooking and conservation techniques. Hand in hand with the Arabs were the Sephardim who had been settled on the peninsula since Roman times. The progressive incorporation of culinary ingredients from the New World and the influences of European cuisine, especially French and somewhat Italian, created



Silos for grain storage.



Salted fish and “garum” sauce factory in Baelo Claudia (Cádiz)

its own culinary personality, resulting in our traditional cuisine.

This culinary tradition must not be forgotten that it was highly conditioned by deep-rooted religious customs. However, this religious factor also had its importance, since many elaborations have their origin in the fact of not being able to eat meat during Lent, for example, giving rise to the creation of dishes based on fish and vegetables.

At the end of the 19th century, certain journalists and writers began to write, collect and create a previously unknown identity. It has come to be called the gastronomic generation of 27.

Spanish cuisine is considered, already by them, as a mixture of the culinary customs of the peoples who populated the territory throughout its history.

The History shows us how the culinary concept evolves until it achieves its own personality within its diversity. This gastronomic diversity between its regions was further strengthened during the forty years that Spain remained isolated from the world during the period of the Franco dictatorship.

The new Spanish cuisine marked by a strong creative spirit, and starring Spanish chefs of important international recognition, launches its new style to fame, without losing its references and traditions.

Juan María Arzak, Elena Arzak, Carmen Ruscadella, Quique Dacosta, Dani García, Ángel León, Andoni Luis Aduriz, David Muñoz, Jordi Cruz, Pedro Subijana, The Roca brothers, Paco Roncero, Alberto Chicote, Toño Pérez, Ferrán Adriá, Albert Adriá, Martín Berasategui, José Andrés and, would be a small example of the generations of chefs who have opted to improve, dignify and make Spanish gastronomy known to the whole world. From their respective restaurants, each one has carried out a very important task, not only from the point of view of creativity, but also by valuing local products and gastronomic traditions, merging tradition and innovation.

At the same time, many teachers from their respective educational centers must also recognize the work they carry out with aspiring kitchen professionals and who will later come to integrate and swell said list of characters.

Food from Spain “The richest country in the world”:

https://www.youtube.com/watch?v=YHi70_J-LXo



Book by Francisco Martínez Moñino, s. XVII



Painting by Diego Velázquez: Woman cooking eggs.

I.E.S. Hostelería y Turismo – Origins

In March 1991, the national and regional Educational Administration agreed in Mérida, the creation of a Vocational Training Institute in Orellana La Vieja, in which students study Training Cycles of professional training, of the Hospitality and Tourism family.

At that time, the priority objective of our Governing Council was to bet on the training of young people in the professional teaching of Hospitality. Initially it begins experimentally, with two teachings: Reception and Kitchen.

The building where the I. F. P. Hostelería y Turismo was located is the old facilities of the Hotel Castillo de Orellana. Initially it worked as a Hotel-School, but this collaboration, between the Hotel and the Educational Center, breaks down over time.

Throughout all these years, the I. E. S. Hospitality and Tourism has been training professionals in the sector, offering the following Degrees:

- Basic Vocational Training in Cooking and Restoration.
- Kitchen and Gastronomy Technician
- Restoration Services Technician
- Senior Technician in Tourist Accommodation Management (bilingual section - English)

It also participates in numerous projects:

- **Muévete Project** – Observer Center (Allows you to learn about other educational centers in the region)
- **RadioEdu Project** (Use of Radio as a methodological tool)
- Reforestation and Ornamentation Project (Allows us to transform our environment)
- **Healthy Cities of the World Project.** (Collaboration with the City Council to improve the local environment and its services)
- **Intergenerational Project.** (Integrates the older people of the town in the classroom)
- **Digital Educational Project** (Allows the acquisition of digital skills)
- **Entrepreneurship Classroom Project** (Allows the execution of innovative initiatives or those related to the start-up of new companies)
- **eMprende Project – Help in Action** (the Educational Center has been selected to carry out this Pilot Project based on generating tools for the creation of companies)
- **Erasmus+ KA103.** (In UK and Portugal)
- **Erasmus+ KA202.**

Cold Starters

Cold Tomato cream.

Santoña anchovies with Cordovan salmorejo.

Pickled partridge salad.

Hot Starters

Galician octopus.

Extremadura Crumbs.

Fried aubergines with cane honey from Malaga.

Fish

Bacalao Pil Pil wiht pisto manchego.

Hake in green sauce.

Murcian cauldron.

Meats

Ávila T-bone steak.

Lamb stew.

Oxtail stew.

Desserts

Asturian Rice wiht milk.

Santiago's Cake.

Piononos from Santa Fe.

PRODUCT NAME	EXTREMEÑA TOMATO SOUP
--------------	-----------------------

INGREDIENTES / INGREDIENTS	
ACEITE ----- 0,05 L	OLIVE OIL
AJO ----- 0,01 KG	GARLIC
CEBOLLA ----- 0,1 KG	ONION
PIMIENTO VERDE ---- 0,1 KG	GREEN PEPPER
TOMATE -----1,5 KG	TOMATO
FONDO ----- 1 L	BROTH
COMINO ----- 0,002 KG	CUMIN
SAL ----- 0,005 KG	SALT
PIMENTON ----- 0,002 KG	PAPRIKA
HUEVO ----- 2 UNIDAD	EGG

ELABORATION

- In a saucepan, confit the whole and broken garlic. Reserve.
- Add julienned onion and poach.
- Add julienned green pepper and poach.
- Add the finely chopped tomatoes and let them fry.
- Moisten with the bottom and leave to cook.
- In a mortar, mash the cumin grains until it becomes flour and add the garlic and a little salt. Crush to form a paste.
- Add to the soup and let it cook.
- Adjust the flavor with salt, paprika or cumin, if necessary. Crush and sift.

PRODUCTION EVOLUTION

Extremadura tomato soup is a classic of the region, especially because the cultivation of this vegetable is closely linked to Extremadura, being one of the country's largest tomato producers.

At first, it was made with tomato, bread and water. We are talking about a traditional subsistence elaboration. Depending on the economy of each house, some accompanied it with ham and/or poached egg in the soup itself.

Today, tomato soup is still served in restaurants, following the tradition. On some occasion, you can find a new proposal, in terms of its presentation. Our students have on occasion made ISI siphon tomato biscuits, to replace it with bread. They have also incorporated tomato flavors, with lecithin.



PRODUCT NAME	ZORONGOLLO SALAD
---------------------	-------------------------

INGREDIENTS	
PIMIENTO ROJO ---- 0,5 KG	RED PEPPER
AJO ----- 0,001 KG	GARLIC
CEBOLLA ----- 0,1 KG	ONION
SAL ----- 0,002 KG	SALT
VINAGRE ----- 0,005 L	VINEGAR
ACEITE ----- 0,025 L	OLIVE OIL
(INGREDIENTES OPCIONALES)	(OPTIONAL INGREDIENTS)
• HUEVO COCIDO	• BOILED EGG
• TOMATE ASADO	• ROAST TOMATO
• ACEITUNAS	• OLIVE
• BONITO	• BONITO FISH

ELABORATION

- The first thing is to wash and roast the whole peppers in a preheated oven at about 200° C for 35-45 minutes, until the skin is black. They are left to sweat covered with a cloth or plastic to cool down by peeling off the skin, and they are peeled, discarding the seeds. We can take the opportunity to roast some tomatoes, which we will also add.
- Cook the eggs in boiling water, at medium temperature, for about 8-11 minutes. Cool, peel and reserve.
- Cut the roasted peppers into strips, add roasted or preserved tomato pulp -optional- and the garlic clove. Add a generous splash of extra virgin olive oil, vinegar to taste and moderate salt. Mix to combine the flavors well.
- Serve with the well-drained spring onion, the chopped or chopped egg and a little more oil. Save in the fridge until serve.

PRODUCTION EVOLUTION

We are again faced with a traditional and simple preparation, in which the protagonist is the roasted peppers. Although it is considered a typical elaboration of the Extremadura region, it is not difficult to find similar salads in other regions of Spain.

As a general rule, it is accompanied by some of the ingredients indicated above. Regarding the evolution of this elaboration, we can say that little has changed in the way it is elaborated and seasoned. Depending on the area and the traditions, you can find different versions.



PRODUCT NAME	COD PIL PIL
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INGREDIENTES / INGREDIENTS	
(Para el bacalao)	
ACEITE ----- 0,5 L	OLIVE OIL
AJOS ----- 0,015 KG	GARLIC
CAYENA ----- 0,001 KG	CAYENNE
BACALAO ----- 0,8 KG	COD
(Para el Pisto)	
CEBOLLA -----0,1 KG	ONIONS
CALABACIN -----0,1 KG	ZUCCHINI
BERENGENA ----- 0,1 KG	AUBERGINE
P VERDE -----0,1 KG	GREEN PEPPER
P ROJO -----0,1 KG	RED PEPPER
SALSA DE TOMATE-----0.2 L	TOMATO SAUCE
Patatas (opcional)	POTATOES (Optional)

ELABORATION

(Processing of the cod)

- In a low saucepan or a sauté pan, add olive oil along with some cayenne peppers and filleted garlic. Let cook over low heat and remove when the garlic has golden tones. Reserve.
- Keep the temperature of the oil soft and submerge the pieces of cod of about 150 – 200 gr. As it is being cooked or candied, gentle back and forth or zigzag movements are made to achieve an emulsion of the oil itself.

(Elaboration of the Pisto)

- Peel the onion and wash the vegetables. Cut into mirepoix and fry separately.
- Gather all the vegetables and season with tomato sauce to taste.
- If you wish, you can add French fries with the same cut into cubes.

PRODUCTION EVOLUTION

At the end of the 19th century, Bilbao was a redistribution point for salted fish, the main product being cod. «The most characteristic dish of Basque cuisine» arose with the combination of the ingredients that were available (oil and garlic).

This recipe has an onomatopoeic name, as it refers to the sound that originates when the clay pot is moved in a circular motion, the delicate bubbling of the oil and the gelatin on the skin while the mixture is emulsified.

The dish hasn't changed in all this time. The only thing that has changed are the possible accompaniments of the fish, which in most of its versions includes a Pisto. In several Spanish regions, there are very similar elaborations with different names, this is the case of Pisto (Castilla la Mancha and Extremadura) Alboronía (Castilla la Mancha and Andalucía) Sanfaina (Catalonia) Tumbet (Balearic Islands), even the French Ratatouille would be on the list.



PRODUCT NAME	COCKSCOMB
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INGREDIENTES / INGREDIENTS	
CRESTAS GALLO ----- 0,5 kg	COCKSCOMB
AGUA -----	WATER
ACEITE OLIVA ----- 0,05 L	OLIVE OIL
AJO ----- 0,005 kg	GARLIC
LAUREL	LAUREL
CAYENA	CAYENNE
CEBOLLA ----- 0,1 kg	ONIONS
SALSA TOMATE ----- 0,05 L	TOMATE SAUCE
VINO BLANCO ----- 0,02 L	WHITE WINE
CALDO DE COCCIÓN -----	COOKING BROTH

ELABORATION

- In a pressure cooker, with water, salt and laurel, cook the ridges for a few minutes.
- Drain and save the cooking broth.
- In a sauté sauce, fry the garlic cut in mirepoix, together with the cayenne pepper.
- Add the finely chopped onion and fry.
- Add the cooked ridges and mix with the onion and garlic.
- Moisten with white wine and cook until reduced.
- Moisten with the cooking broth and leave to cook.
- Add tomato sauce to taste and adjust salt.

PRODUCTION EVOLUTION

This product is widely consumed in China, France and some areas of Spain, especially in Zamora, León and Cuenca.

The texture of the rooster comb is gelatinous and can resemble pig's feet or corns. They are great to accompany legumes or as a garnish for meat and fish. Some place it halfway between a food and a medicine due to its beneficial gelatinous composition for the improvement of mechanical and muscular function.

This traditional, simple preparation that has been linked to a subsistence and use kitchen has not changed at all over the years. Once cooked, it is seasoned to taste, with tomato sauces or other dressings, generally something spicy.



	MIGAS EXTREMEÑAS
PRODUCT NAME	BREADCRUMBS

INGREDIENTES / INGREDIENTS	
ACEITE.....0.1 L.	OLIVE OIL
AJO.....0.025 KG	GARLIC
PIMIENTO ROJO.....0.3 KG	RED PEPPER
CHORIZO.....0.1 KG	CHORIZO
PANCETA.....0.1 KG	FRESH BACON
PAN VIEJO.....0.5 KG	OLD BREAD
HUEVO.....4 UND.	EGGS
JAMÓN SERRANO...0.1 KG	SERRANO HAM

ELABORATION

- In the olive oil, brown the whole and broken garlic, the peppers cut into strips. They reserve.
- Meat products cut into slices or cubes are browned in the same oil. They reserve.
- In the same oil, add the bread cut into thin slices or small pieces. Mix and press letting cook for a short time, to turn and repeat the steps several times.
- When the bread has a homogeneous golden color, add the garlic, peppers and meat products, mix and serve with a fried egg and ham.

PRODUCTION EVOLUTION

Although there are written references regarding the origin of the elaboration of the crumbs, both in the Roman Empire and in the Muslim people. None corresponds to the current concept we have of crumbs. It is necessary to approach later times, from the 15th and 16th centuries onwards, when Castile began to be Spain, a repopulation of the southern territories of the peninsula that the Arabs had left empty was carried out.

This elaboration is linked mainly to transhumant shepherds, with a simple kitchen in which few ingredients are involved. Also linked to the use of raw materials.

In Spain there are several types of migas, depending on the geographical area. The difference is marked by the accompaniments, generally vegetables, even fruits such as melon or grapes, and meat or seafood products.

One of the differentiating elements is the texture, sometimes it is made with bread and there are regions such as Castilla la Mancha or Murcia that are made with wheat flour and water, obtaining a texture of more or less thick cream garnished.

One of the versions that can be found in the north of Extremadura is the one that mixes sliced and fried potatoes and then mixes with the crumbs.



Traditional Breadcrumbs



Breadcrumbs with potatoes

PRODUCT NAME	ZAMORA RICE
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INGREDIENTES / INGREDIENTS	
ACEITE OLIVA----- 0,02 L.	OLIVE OIL
AJO -----0,05 Kg.	GARLIC
LAUREL -----0,0005 Kg	LAUREL
PIMENTÓN -----0,01 Kg	SMOKE PAPRIKA
SAL -----0,005 Kg.	SALT
CEBOLLA ----- 0,1 Kg.	ONIONS
OREJA DE CERDO ----- 0,1 Kg.	PIG EARS
MANITAS DE CERDO ----- 0,1 Kg.	PIG HANDS
CHORIZO -----0,1 Kg.	CHORIZO
LOMO DE CERDO ----- 0,1 Kg.	PIG LOIN
JAMÓN ----- 0,1 Kg.	SERRANO HAM
PANCETA----- 0,1 Kg.	FRESH BACON
FONDO -----1,5 L.	COOKING BROTH
ARROZ -----0,5 Kg.	RICE

ELABORATION

- Cook the ear and the trotter in a separate pot for about 45 minutes
- In a clay pot, sauté the onion and garlic chopped in mirepoix in olive oil, along with the bay leaf.
- Add sliced chorizo and diced lean pork. Keep frying.
- Add the cooked and chopped ears and trotters.
- Season with paprika to taste.
- Add the cooking broth of the ears and trotters.
- When it starts to boil add the rice.
- Season with salt and place in the oven at 180°C for 15min.
- Let stand 5 minutes.
- Accompanied with grated hard-boiled egg.

PRODUCTION EVOLUTION

Zamora-style rice is considered one of the most popular and most requested specialties in restaurants in the province of Zamora. It is a humble dish of peasant origin. Its main ingredients are meat products from the slaughter of the pig (generally the cartilaginous parts such as: the trotters and the ear) and rice. It has a characteristic aroma and red color, due to the use of sweet paprika.

It is said, although there are no documents to prove it, that the dish comes from the towns and people of the Aliste region. It is not known since when this dish has been made and consumed, but in 1890 it already appears in the list of recipes in the kitchen guide called El Practicón.

Although it may seem like a dish with a considerable fat content to the diner, nothing is further from the truth; we should not confuse its gelatin content with a false appearance of fat.



PRODUCT NAME	RABBIT IN SALMOREJO
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INGREDIENTES / INGREDIENTS	
CONEJO GRANJA 1 Kg.	RABBIT
AJO 0,1 Kg.	GARLIC
CAYENA 0,003 Kg.	CAYENNA
PIMENTÓN 0,01 Kg.	SMOKE PAPRIKA
VINAGRE 0,05 L.	VINEGAR
ACEITE OLIVA 0,01 L.	OLIVE OIL
TOMILLO 0,005 Kg.	THYME
COMINO 0,005 Kg.	CUMIN
VINO BLANCO 0,125 L.	WHITE WINE
ACEITE OLIVA 0,3 L.	OLIVE OIL

ELABORATION

- Peel and mash the garlic with a little salt and the cayenne pepper.
- Mix in a bowl, the previous mixture with the vinegar, the white wine, the fine herbs, and the spices (paprika, thyme and cumin). Let marinate for 12 to 24 hours.
- Chop the rabbit and fry the pieces.
- Place in a saucepan and wet with the marinade and cook until reduced.
- Serve.



PRODUCT NAME	PICKLED PARTRIDGE SALAD
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INGREDIENTES / INGREDIENTS	
PERDIZ -----0,4 Kg.	PARTRIDGE
SAL ----- 0,005 Kg.	SALT
PIMIENTA NEGRA -----0,005 Kg.	BLACK PEPPER
HARINA -----0,1 Kg.	FLOUR
ACEITE OLIVA ----- 0,05 L.	OLIVE OIL
AJO ----- 0,005 Kg.	GARLIC
CEBOLLA ----- 0,1 Kg.	ONIONS
ZANAHORIA----- 0,1 Kg.	CARROT
PIMIENTA GRANO ----- 0,005 Kg.	BLACK PEPPERCORNS
CLAVO ----- 0,005 Kg.	CLOVE
VINAGRE ----- 0,2 L.	VINEGAR
VINO BLANCO -----0,2 L.	WHITE WINE
AGUA ----- 0,6 L.	WATER
LECHUGAS VARIADAS----- 0,2 Kg.	ASSORTED LETTUCE
(VINAGRETA PIPIRRANA)	(VINAIGRETTE SAUCE)
CEBOLLA ----- 0,05 Kg.	ONIONS
PIMIENTO ROJO ----- 0,05 Kg.	RED PEPPER
TOMATE ----- 0,05 Kg.	TOMATO
CEBOLLINO -----0,005 Kg.	CHIVE

ELABORATION

- Avian the partridges and bridle, to keep the pieces whole.
- Season, flour and brown the outside in oil. Reserve.
- In a saucepan, fry the laminated garlic, julienned onion and sliced carrot. Add bay leaf, peppercorns and cloves.
- Place the partridges in the pan and moisten with the liquids (vinegar, wine and water). Cook 2 hours over low heat.
- Once cold, debone keeping the breasts and thigh whole.
- Crush and sift the escabeche (cooking broth) to use as a dressing.
- Cut vegetables from the pipirrana sauce into fine mirepoix, regularly.
- Place the mixture of lettuce on the base, crumbled partridge on top and finish with a piece of sirloin and thigh. Add pipirrana and pickle sauce, parsley oil, chopped chives and boiled egg.

PRODUCTION EVOLUTION

La **perdiz escabechada** es una de las especialidades culinarias de la cocina de Castilla la Mancha, consistente en un plato de caza que contiene como ingrediente principal la perdiz. Es un plato que se sirve caliente o frío.

El plato se conocía ya en la cocina española del siglo XVI, cuando el cocinero Domingo Hernández de Maceras describe en su libro *“Libro del arte de cocina”* la forma de elaborarlas. Esta preparación manchega ha sido muy documentada en la cocina española. Un viajante inglés llamado Lord Ross que visitó España en 1610 durante el reinado de Felipe II dijo: “Es un plato muy citado en la literatura castellana”.

En la actualidad, podemos decir que no ha cambiado nada en absoluto, salvo en los acompañamientos y formas de servir. En este caso, el alumnado de nuestro centro educativo, ha

optado por acompañarla servido en frío, deshuesada, con lechugas variadas, salsa vinagreta de hortalizas y piñones.

Pickled partridge is one of the culinary specialties of Castile-La Mancha cuisine, consisting of a game dish that contains partridge as its main ingredient. It is a dish that is served hot or cold.

The dish was already known in the Spanish kitchen of the 16th century, when the chef Domingo Hernández de Maceras described in his book “Libro del arte de cozina” how to prepare them. This preparation from La Mancha has been well documented in Spanish cuisine. An English traveler named Lord Ross who visited Spain in 1610 during the reign of Felipe II said: "It is a dish much cited in Castilian literature."

At present, we can say that nothing has changed at all, except in the accompaniments and ways of serving. In this case, the students of our educational center have chosen to accompany it served cold, boneless, with assorted lettuces, vegetable vinaigrette sauce and pine nuts.



PRODUCT NAME	LAMB STEW
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INGREDIENTES / INGREDIENTS	
CORDERO.....1.5 KG	LAMB
AJO.....0.005 KG	GARLIC
LAUREL.....0.001 KG	LAUREL
CAYENA.....0.001 KG	CAYENNE
ALMENDRAS.....0.015 KG	ALMONDS
CEBOLLA.....0.15 KG	ONIONS
PIMENTÓN DULCE....0.010 KG	SMOKE SWEET PAPRIKA
PIMIENTO ROJO.....0.15 KG	RED PEPPER
VINO BLANCO.....0.250 L	WHITE WINE
AGUA.....	WATER

ELABORATION

Option 1

- Brown the pieces of lamb (leg, neck, skirt) chopped in a saucepan and set aside.
- In the same saucepan, brown the almonds and set aside.
- In the same saucepan brown the sliced garlic, onion and pepper.
- When the vegetables are rendered and tender, add the lamb, the paprika and add the white wine. Allow the wine to reduce, and then add water to cover.
- Let cook until tender.
- Grind the almonds and add to the saucepan.
- Accompany with potatoes and fried peppers.

Option 2

- Bone the loin and roast the bones and make a broth.
- Blanch the kidneys from cold water with garlic and bay leaf.
- Fill the loin with the kidneys, prunes, roll up and bridle.
- Brown the piece in a saucepan and set aside.
- In the same saucepan, brown the sliced garlic, onion and pepper.
- Place the lamb in the pot and wet with white wine until reduced. Add the bone broth and cook for about 90 minutes.
- Once cooked, let cool, remove flange and portion into medallions.
- Blend the sauce and sift.

PRODUCTION EVOLUTION

La Caldereta is the name given to different dishes in Spain, stews based on a reduction of water, oil or wine, with meat or fish, as well as vegetables. Traditionally considered "poor man's elaborations" due to their simplicity, their name responds to the fact that in the past they were cooked in large cauldrons, iron pots that are placed on the fire. They used to be made in the street, outdoors and on the occasion of local festivities, a custom that still survives in many towns.

The fish stews are linked more to the fishermen and the lamb stew is linked to the shepherds. However, it must be clarified that as a general rule, the patron is the one who ate the stew made with the noble parts of the lamb and the shepherd ate lamb stew made from the offal. In Extremadura there is a dish that is a true reflection of this and is called Chanfaina, made with kidneys, lungs, heart, tongue, etc.

These elaborations have not changed at all over the years, our students have also made a slightly more elaborate proposal, which is option 2.



PRODUCT NAME	SWEET REPÁPALOS
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INGREDIENTES / INGREDIENTS	
PAN.....0.5 KG	BREAD
LECHE.....2 L	MILK
AZÚCAR.....0.5 KG	SUGAR
HUEVOS.....2 UND	EGG
PIEL DE LIMÓN.....1 UND	LEMON PEEL
PIEL DE NARANJA.....1 UND	ORANGE PEEL
RAMA DE CANELA.....1 UND	CINNAMON STICK
LICOR DE ANÍS.....0.005 L	ANISETTE
ACEITE DE OLIVA.....0.5 L	OLIVE OIL

ELABORATION

- Remove the crust from the bread and knead the crumb with two eggs, 100 grams of sugar and the anise and a little chemical yeast (optional), until obtaining a fine and unctuous paste.
- Form balls to make the repápalos of an intermediate size between that of a walnut and that of a hazelnut, and fry them in very hot oil. Drain them on absorbent paper.
- Put the milk, over low heat, with the lemon and/or orange peel, the cinnamon stick and the remaining sugar until it begins to boil. Add the balls of dough that we just fried, lower the heat and keep boiling for about 15 minutes.
- Let stand 2 or 3 hours in the fridge.

PRODUCTION EVOLUTION

In sweet preparations (soaked in milk sauce) or savory (in stews, stews and stews), this basic mixture of bread and egg receives as many names as the areas of Spain in which it is prepared: repalparos, sponges, rolls, rellenitos or rellenitos , cockroach balls, pelluelas, matahambre, meatballs, cakes, tortillas from San José and, of course, repápalos from Extremadura.

In short, it is an elaboration in which the stale bread of previous days was used, although it is also logical that in the absence of raw materials, ingenuity results in the fact that with few resources you can obtain a multitude of results.



Sweet repápalos



Salt repápalos

PRODUCT NAME	PESTIÑOS
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INGREDIENTES / INGREDIENTS	
HARINA.....0.3 KG	FLOUR
VINO BLANCO.....0.05 L	WHITE WINE
ANÍS.....0.005 KG	ANISEED
ACEITE OLIVA.....0.1 L	OLIVE OIL
PIEL DE LIMÓN.....1 UNID	LEMON PEEL
CANELA EN RAMA....1 UND	CINNAMON STICK
SAL.....0.001 KG	SALT
ACEITE PARA FREIR	OIL FOR FRYING
MIEL.....0.1 KG	HONEY

ELABORATION

- AroFlavor the olive oil in a saucepan or frying pan with the lemon peel and the cinnamon stick and leave to cool.
- In a container we put all the amount of flour together with the already aromatized oil, the white wine, the anise and the teaspoon of salt. We mix everything, knead until it detaches from the walls and let it rest
- Roll out the dough on a floured surface and roll out to a thickness of about 2-3 mm. We will cut squares of about 10 x10 cm and we will fold two opposite corners towards the center and reserve. We will repeat this action with all the dough.
- We will fry in abundant oil at medium temperature and reserve

JAMMED:

- We dilute 10 g of honey with 2 tablespoons of water to make it more fluid.
- We take to fire and heat without it coming to a boil. We introduce the fried pestiños in the honey and let them be covered with it.
- Remove and drain on a rack and let cool.

PRODUCTION EVOLUTION

The history of the pestiño can be traced back to at least the 16th century, and is probably much older. The first literary reference is found in La Lozana andaluza (1528) by Francisco Delicado, a work in which he is mentioned as part of the protagonist's culinary repertoire. In 1791, he is mentioned in the anonymous farce Los Locos de Mayor Marca. It is also mentioned in The Three-Cornered Hat (1874) by Pedro Antonio de Alarcón.

The pestiño is related to the Moroccan shebbakiyya, which suggests a possible common origin, perhaps Andalusian. While pestiño is usually prepared around Christmas or during Holy Week, shebbakiyya is frequently consumed during the month of Ramadan for its energy value, ideal for breaking the fast. This again suggests a common origin associated with religious celebrations that in turn could be related to other pan desserts that have their origin in the Jewish Passover.

Most of the fried desserts in Spain have their origin in Andalusian cuisine, which is fond of the mass consumption of sugar, honey and cinnamon. These desserts are still made just as they were then.



LITHUANIA

NEW RECIPES WERE RESTORED OR BORN DURING THE PROJECT

We are grateful to chef Artūras Rakauskas and Public Relations and Marketing Manager Monika Būbaitytė for the creation and implementation of the recipes together with the chef students with special educational needs of the Kaunas Technology Training Center. We also say a big thank you to Jolita Brieda, the director of the restaurant "Kuchmistrai" for the reception. Being in your restaurant allowed us to feel the true spirit of the times of Smetona. Readers are invited to cook and go to the time of the Smetonian lunch.





SMETONOS LUNCH according to the Kuchmistra of the kitchen of the Zypliai Manor and his assistants for persons with special needs.

Based on the recipes from the book "Ponios Smetonienė's Kitchen", dishes are created that meet the tastes of today's diners, but keep the idea in line with the Interwar protocol. The official guest lunch in Kaunas at that time consisted of 5 dishes (7-12 in foreign countries). A cold appetizer, soup, fish or vegetable and meat dish and dessert were served on the table. President Smetona, who came from a peasant family, liked simpler food, so lunch was quite modest, we used quite everyday products to make, but always tasty and beautifully served. Mrs. Smetonienė took special care of that. Interwar is characterized by a combination of modern and traditional cuisine, so it fits perfectly with the philosophy of the "Kuchmistrai" restaurant in nurturing the historical Lithuanian cuisine.

MENU

A compliment from the chef
Sandwiches with almonds and cheese

First course
Smetoniški cold borscht cooked in bread
sourdough with lamb's tongue

Second dish
Salmon trout with mushrooms, celery and
carrots

Dessert
Black currant ice cream

A compliment from the chef

Sandwiches with almonds and cheese

Ingredients:

- Almond flour 200g
- Goat milk cheese 400g
- Ciabatta bread 1 loaf
- Thyme for decoration

Making technologie:

Mix the almond flour and goat cheese well until smooth.

We cut the ciabatta bread into 1 cm thick slices. Spread the prepared mass on the wrinkled ciabatta. Garnish with thyme.



First course

Smetoniški cold borscht cooked in bread sourdough with lamb's tongue

Ingredients:

- Lamb tongues 6 pcs.
- Water 500ml
- Worcestershire sauce 50ml
- Grained mustard 40g

Soup base:

Ingredients:

- Toasted bread crusts 100g
- Beetroot leaves 100g
- Water 2 l
- Thyme 15g
- Salt and pepper to taste.



Making:

Preparation of lamb tongues

We wash the tongues of the lamb;
We put the washed lamb's tongues in a pot;
Pour water, Worcestershire sauce, coarse mustard into the pot;
After covering the pot, put it in a preheated 94°C oven and leave it for 12 hours;
We remove the skin from the tongue.
We cut the lamb tongues into strips.

Preparation of the soup base:

Pour the water for the soup base into the lamb tongue broth and add the beetroot leaves;
Bring everything to a boil and reduce the heat to low, simmer for about 1 hour;
We rub everything and pour it through a sieve;
When serving, we heat the broth,
We add strips of tongue, thyme, beetroot leaves;
We whiten with sour cream.



Second dish

Salmon trout with mushrooms, celery and carrots

Ingredients:

- Salmon trout
- Tarragon
- Salt
- Olive oil
- Lemon juice
- Nuts

Making:

We rub the trout with tarragon salt and leave it for 3 hours. to salt

Place the trout in the baking foil, sprinkle with olive oil; Sprinkle some lemon juice; Wrap it up and bake in the oven at 180°C for 20 minutes.

While the trout is baking, we make the classic white sauce.

Baked trout served with julian vegetables; Everything is sprinkled with ground nuts.



White classic sauce

Ingredients:

- Butter
- Flour
- Milk
- Nutmeg
- Salt

Making:

We put butter in a pot, flour and fry it a little while stirring with a whisk;
Pour milk and mix well;
Bring to a boil, season with ground nutmeg and salt.

Jullian chopped vegetables

Ingredients:

- Carrots
- Celery
- Olive oil

Making:

Cut carrots and celery into straws;
Fry in a heated pan on olive oil until golden brown;
Pour the cooked vegetables into the white sauce.



Dessert

Black currant ice cream

Ingredients:

- Black currants 200g
- Sugar 100g
- Water 200g
- Gelatin 5g
- Lemon juice 20g

Making:

Soak gelatin in water to swell;

We put all the remaining ingredients in a pot and put it on the stove to cook;

After boiling, reduce the heat and let it boil for ~15 minutes;

We grind everything with a hand blender (blender) and pour the mass through a sieve;

After the mass has cooled to ~40°C, add gelatin;

We mix everything well, turn it out and put the mass in the freezer;

We serve ice cream with fresh blackberries and chocolate crumbs.



NAPOLEON OF SMETONENIENE CAKE

(The recipe is authentic, unedited. The recipe was provided by someone close to the owner of Smetonienė, we sincerely thank you for sharing)

Biscuit (1 layer)

- 7 eggs
- 7 spoons. sugar
- little soda
- 7 spoons of flour

Beat everything for 30 minutes to a fluffy consistency with a whisk over a hot steam bath. Other layers can be the same or 1 glass. poppy seeds + 3 tablespoons of flour.

Cream

- 2 eggs
- 2 glasses. sugar
- 1 glass. milk

Cook until the consistency of honey.

- Then add 300 g of butter and mix with the cooled cream until smooth.

Drooling

- Strong acorn coffee (depending on how many layers, but you need enough to soak the entire biscuit)
- Lemon juice
- Alcohol (rum is best)

When layering, one layer is spread with sour jam (apple or cranberry). It is kept cool for three days and only then is it eaten.



HERITAGE PORK IN TODAY'S CONTEXT: IBERICO PORK IS MADE ON THE GRILL AND ON THE FIRE

(We sincerely thank the students of Kaunas College for their cooperation and teacher Žydrone Žarskienė for their cooperation with the chef students with special educational needs of the Kaunas Technology Education Center)



Lithuanians have eaten pork, baked it, cooked it, smoked it, cured it. In Lithuania, the tradition of making quick sausages (quick consumption, fresh) after slaughtering a pig has been formed since ancient times, and then they were boiled or stewed with sauerkraut, fried directly on the fire or filled with fat in a frying pan (baking form), flavored with herbs or honey. For sausages, they did not take the best meat, but various cuts from ham, shoulder, or other pieces of meat, and then ground it. The prepared mass was seasoned with salt, pepper, cumin seeds and stuffed into the small intestines of pigs to form sausages.



Well, grilling meat on coals, according to heritage researchers, is identified with the Viking times. They dug a hole in the ground, where they made a fire. When there were many embers, pieces of meat wrapped in burdock leaves and smeared with clay were placed on them. They covered it with embers and put a layer of sod on top. After a whole day of hiking, in the evening, tired from the excitement, they would gather for an underground barbecue. They tore up the sods, swept away the ashes, and shook the onions and turnips seized from the enemy's gardens out of the sacks. They put the cooked meat in the gelda, sat in a circle and stuffed their bellies as much as they could fit. Thus, the desire to grill marinated meat on the coals has remained to this day, and Lithuanians are no exception.



After slaughtering, Lithuanians used various bones for cooking soups and stews and roasted them in a heated oven. The bones were marinated with various herbs, salt and pepper. Today, we are marinating bones and grilling ribs, we cook in grills, barbecues.



After evaluating Northern and Southern (Iberico) pork, the closest match to the taste of the old Lithuanians was Iberico pork, because it is fattier and more reminiscent of the taste characteristics of the old meat breeds of pigs grown in Lithuania.



AND A FEW TECHNOLOGY CARDS...

"MARINATED RIBS"

The recipe

Row No.	The name of the raw material	Quantity, kg
1.	Pork, lamb ribs	100,00
	Iš viso:	100,00
	Prieskoniai ir priedai	Quantity, kg
1.	Salt	2,00
2.	Spice mix	0,60
3.	Water/oil	50/50
	Total:	103,60
	Yield 70%	70,00

The technology of product preparation:

1. The cut ribs are rubbed with the prepared marinade, kept at a constant temperature of +4 - +6 °C.
2. The ribs are packed in vacuum packs.
3. Ribs are stored in a chamber at a temperature of ≤6°C for no longer than 48 hours. in boxes, vacuum for 5 days.

Possible allergens:

There are no allergens.

"FRESH SAUSAGE"

The recipe

Row No.	The name of the raw material	The norm, kg/ 10 - th kg
Raw material, kg		
1.	Cutlet meat (beef, lamb, veal, pork)	10
Spices and additives, kg		
2.	Salt	0,140
3.	Black pepper (ground)	0,020
4.	Spice mix (no salt)	0,050
5.	Water	1 lit.
	Total:	1,21
	Yield 110%	11,00

The technology of product preparation:

1. The raw material and the required amounts of additives are weighed on a scale.
2. The selected raw material is ground, mixed with spices and water, if the raw material absorbs the water well, the amount of water can be increased to 1.5 liters.
3. The prepared mass is stuffed into natural casings and sausages are formed.
4. To make it easier to form sausages, the casings must be soaked in room temperature water for about 2-3 hours.
5. Sausages are stored at $\leq 6^{\circ}\text{C}$ for up to 48 hours. in boxes, vacuum for up to 5 days.

Possible allergens:

There are no allergens.

TECHNOLOGICAL CARD KAUNAS LINDEN MEAD

(We thank Ugnė Šalnaitė, an alumna of Kaunas College, Faculty of Food Technology, for the recipe and the reconstituted mead.)

Name of the drink: Kaunas linden mead

The name of the raw material	Measuring unit	Raw material quantity
		Brutto
Linden honey	kg	10
Drinking water	L	10
Dried linden flowers	g	100
Yeast	g	10

The honey mass is diluted with clean soft water, pouring the entire volume of water and honey. When boiling mead, it is often stirred and foam constantly appears during cooking, which must be skimmed off, this affects the transparency of the mead. At the end of the foaming, dried linden blossoms are placed in the vessel and as much water is poured as has evaporated, and the pot is left to cook on a slow fire for another half an hour. Hop bags can be used for linden blossoms to reduce impurities in the mead.

At the end of cooking, the mead is cooled to a temperature of 20-24 degrees, then the mead is transferred to a fermentation vessel, into which yeast is also added, and the mead is fermented at a temperature of 16-18 degrees for 4-6 weeks.

After fermentation, the mead is filtered and bottled, leaving no air gaps, and is aged in the bottling container for another 2-4 years.





NUT BREAD

How did the idea to recreate these recipes come about...

We thank the respected Aida Čižikaita for the authentic recipe

In the course of the project, the team received a 100-year-old nut bread recipe from the Kėdainiai region (Grineliai village), which was adapted and adapted to today's needs by modern nutrition specialists from the Kaunas Food Industry and Trade Training Center.

Description of the original recipe:

I learned how to bake such bread from my grandmother Stefanija Miniotiene, who lived in Kėdainiai district, Grinelių village. My grandmother was born near that place - Uždubisy. There was a great-grandfather's farm, very modern for those times. The great-grandparents went to America (most likely Brazil), earned money and set up a modern model farm. And, of course, brought culinary ideas (grandmother had such dishes and cooking habits that I have not seen in her environment).

It is likely that nut bread could have been one of them. Nuts also grow in Lithuania, they have been used for food since ancient times, they were used to flavor various dishes, even as a snack. If indeed the idea was brought home, it was adapted to the conditions of Lithuania, and by the time I learned, it had significantly transformed. It is true that the dish nut bread is also immortalized in Lithuanian literature - we even have a work by S. Šaltenis with that name.

First, leaven. Made from coarse (razav) rye flour and water. It ferments in three days. The flour is poured with water and kept warm, the yeast is "fed" with flour and water every day.

Bread dough is mixed from nut flour. I'm not sure what kind of nut flour was used as a base when grandma baked bread in the oven. Now, due to availability and price, the basis is peanut flour (it is easy to grow it on your plot), but I also add hazelnut and walnut flour (both grow in Lithuania). I also add ground flax and hemp seeds. I leave the mixed dough to rise (up to 1 hour).

While the dough is rising, I prepare the toppings. I boil some cumin in boiling water. Grind some cumin and coriander in a coffee grinder. I grind various types of nuts with a knife or pestle. I ground some of the chopped nuts in a coffee grinder. I strain the cooled cumin seeds and spread them on a towel to dry.

After the dough rises, I add all the prepared ingredients and a little more fresh coriander and sesame. Then I knead the dough and transfer it to a form lined with baking paper. And I still leave a few minutes to rise. I moistened the risen dough with water and sprinkled a pinch of cumin and coriander.

I take it out of the oven, moisten the top with water and cover it with a cloth towel. When it has cooled, take it out of the mold.

I have to warn you that the bread is very tasty and more like a cake 😊. However, the yield is low, and the costs are high.

Delicious.



NUT BREAD

(We sincerely thank the bread and pastry teachers of the Kaunas Food Industry and Trade Training Center for preparing the card and testing the recipe)

Raw materials for sourdough:

Whole grain rye flour	140 g
Water	200 g

Ingredients for roasting:

Whole grain rye flour	100 g
Water	200 g
Linseed	10 g
Cumin	10 g
Malt extract	20 g

Ingredients for the mixture:

Whole grain rye flour	200 g
Sesame seeds	20 g
Walnuts	10 g
Ground nuts	10 g
Hazelnuts	10 g
Linseed	10 g

Raw materials for the dough:

Whole grain rye flour	200 g
Wheat flour 812	150 g
Honey	80 g
Oil	50 g
Ground nuts	30 g
Walnuts	30 g
Hazelnuts	30 g
Water	30 g
Sugar	20 g
Pressed yeast	10 g
Salt	10 g



Production of sourdough:

- First day. Half of the rye flour is mixed with all the water and kept warm.
- Day II. The yeast is fed by adding 25 percent. rye flour and kept warm.
- Day III. The sourdough is fed by adding the remaining rye flour and kept warm.



Maked:

- First day. Rye flour, cumin, malt extract, flax seeds are poured with hot water. Everything is mixed well. Baldness becomes sugary.
- Day II. The scalp is left warm. Fermentation begins.
- Day III. The bald head is fed with a new prepared bald head.
- Day IV. The grown lees are mixed with fermented yeast.
- Nuts for mixing are ground and added. Rye flour, sesame seeds, flax seeds, and water are added to the mixture. Fermented in a warm environment. An acidic mixture is obtained.



Our partners, who have contributed to a large extent to reviving the recipes and transferring them to today's context.

KAUNAS CHAMBER OF TRADE, INDUSTRY AND CRAFTS



Kaunas Chamber of Commerce, Industry and Crafts is the largest organization gathering the business community of Kaunas and Marijampole regions and developing services for business. It represents general business interests, protects the interests of members, provides services and performs project activities and functions delegated by the state.

Since 1991, when the chambers operating in pre-war Lithuania were restored in Kaunas, the organization has become a solid and reliable business self-government institution, a responsible partner of all levels of government, and has laid the foundations for business community relations based on the principle of solidarity. The Kaunas Chamber of Commerce, Industry and Crafts unites almost seven hundred companies and is the largest chamber in Lithuania, operating in the municipalities of Kaunas, Kaunas District, Marijampole, Kėdainiai, Jonava, Kaišiadorių, Raseinių, Prienai, Birštonas, Šakii, Vilkaviškis, Kazlų Rūda, Kalvarija.

Mission

Mobilize and represent the business community for sustainable growth and societal prosperity.

Vision

The most famous recognized regional business community in Lithuania.

We are guided by three values in our activities:

- **Reliability** - we are open, honest and professional.
- **Partnership** - we create value through cooperation and based on the principle of equality.
- **Progressiveness** - we aim for comprehensive growth - development of community enterprises, deepening of competences of member managers and employees, growth of the number of members. We are proactive, flexible and progress oriented.



UAB „KUCHMISTRAI“

The restaurant "Kuchmistrai" is located in the kitchen of the Zypliai Manor - a place where the 19th century buildings are intertwined into a harmonious whole. avg. the history of the established manor ensemble, old LDK cuisine recipes, the best local raw materials and traditional hospitality. In order to preserve not only the culinary, but also the cultural image of the region, old traditions are nurtured and new ones are created that reflect the actualities of modern life in this historical context.

The restaurant represents the renaissance of the manor kitchen culture and presents the dishes of the Lithuanian nobility, which are more or less modernized in order to meet the taste and expectations of today's guests. Therefore, the place is perfect for a family weekend and a romantic dinner or lunch with friends. It is often chosen as a way to present Znavykija, Lithuania, or simply an impressive place for a conference, event or private celebration.

The manor kitchen uses such long-known production methods as pickling, long baking, grilling, smoking, etc. t., which conquer the modern menu and are compatible with a healthier approach to daily nutrition.

Details: Company code 305666817, UAB "Kuchmistrai"

Orders are accepted during working hours by tel. +37061468883.



KAUNAS COLLEGE

Kaunas College is a multi-profile state institution of higher education that trains specialists in technology, informatics, engineering, health, humanitarian, social, art, education, business and public management, law, and agricultural sciences.

Details: VšĮ Kaunas college
Industry Ave. 20, LT-50468 Kaunas
Company code 111965284
(8 37) 35 23 24
(8 37) 75 11 35
rastine@go.kauko.lt



A short comment about participating in the project:

Continuing the activities of the Erasmus+ strategic partnerships project "Cook it Forward", there was a joint activity of Kaunas College GAM-9 group students Agnes Jocevičiūtė, Lukas Mačiulaitis, Rejs Petrauskas and lecturer Žydronė Žarskienė about the cultural heritage of the Kaunas region in cooperation with Kaunas Technology Education Center's vocational teacher expert Giedra Sadauskiene and center student Alfred Šim. Northern and Southern pork was marinated according to the ancient recipe, using only natural spices, seasoned with salt and honey. Great time, experience, nurturing of culinary heritage.

KTU INSTITUTE OF FOOD

The Institute of Food Science of the Kaunas University of Technology is changing the environment by creating knowledge and technological solutions for human well-being in the sample of preventive and sustainable food systems, while developing food security opportunities for the needs of a growing world.

The Institute of Food conducts food science activities, which are associated with the development of balanced and health-friendly food and technologies, research into sustainable and resilient food systems.

The Food Institute provides accredited (ISO 17025 standard) food product research and technology expertise services for businesses and citizens.

The Food Institute involves Lithuanian citizens and citizen communities in creative processes for the invention and safety approval of short food chain products that are beneficial to health.

The Food Institute invites Lithuanian citizens and their representatives to create together by discovering the mysteries of the national culinary heritage and the old traditions of food consumption, solidly inserting them into today's consumption culture, thereby renewing it.

Address:

Kaunas University of Technology Institute of Food
Address: Radvilėnai pl. 19C, Kaunas

The Food Institute works in the international and national environment of food systems and offers active cooperation to all participants of this system, interested parties, especially citizens. This way of joint action best responds to today's challenges of the food system and its participants, especially when the geopolitical situation changes at the national level, when the national and culinary heritage - becomes a support and a means of resistance in this fragile being of the state. Together, let's strengthen the Lithuanian identity of food and traditions, as part of the state's ethnic culture.





In order to preserve and popularize the products of the national heritage, the staff of the Food Institute in the "Cook it forward" project studied the milk, meat and bread products of the Lithuanian culinary heritage and compared them with the masterpieces of the culinary heritage of other countries and nations. During the research, the sensory properties, technological features and safety parameters of Lithuanian products such as dried cheeses, giro, salted and smoked meat products were evaluated by comparing them with the indicators of "representatives" of products of the same groups in Spain and Poland. The groups of researchers of sensory analysis and researchers of chemical analysis presented



conclusions that can be summarized in one meaningful sentence: Lithuanian culinary heritage products are not inferior to representatives of food products of other cultures in terms of specificity, uniqueness, composition and safety indicators. So let's pay enough attention to our nation's heritage products and consumption traditions, nurture them, rediscover them together with researchers and enjoy them.

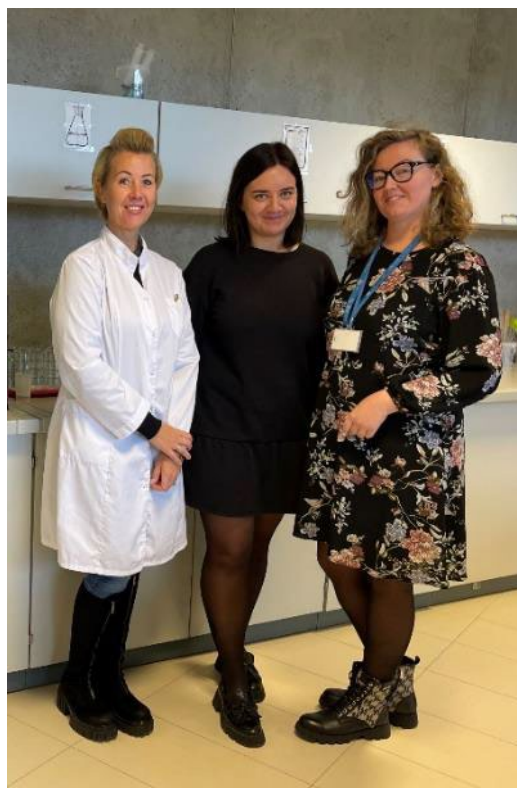
LITHUANIAN UNIVERSITY OF HEALTH SCIENCES (LSMU)

Academician prof. Dr. Elena Bartkiene, dr. Vytautė Starkutė and Dr. Eglė Zokaitytė

Lithuanian University of Health Sciences (LSMU) is the largest higher university school for training health sciences specialists in Lithuania. LSMU was founded in 2010, by merging the Kaunas Medical University and the Lithuanian Veterinary Academy. The close connection between LSMU Medical and Veterinary Academies provides opportunities to implement Food Science study programs at an extremely professional level, integrating top-level specialists - teachers from both academies.

Details: Lithuanian University of Health Sciences, A. Mickevičius str. 9, LT-44307 Kaunas; Company code: 302536989; VAT payer code: LT1000055793

The purpose of participation in the Cook it forward project: to share long-term experience in the fields of food science, technology, safety and health-friendly nutrition with specialists and the general public, paying special attention to the aspects of the necessity of preserving the culinary heritage.



One of the scientific academicians of the Faculty of Veterinary Medicine of the Veterinary Academy of LSMU, prof. Dr. Elena Bartkienė, dr. Vytautė Starkutė and dr. Eglė Zokaitytė's direction is to nurture traditions and improve the safety and quality of Lithuanian sourdough bread.

Historically, Lithuanians are a nation of farmers, and the geographical location of Lithuania determined that rye bread became the traditional bread. Today's technologies retain traditional aspects of manufacturing, but are significantly safer. Rye bread with sourdough is still very popular not only in Lithuania, but also in other Baltic countries, and this is associated not only with its traditional taste acceptable to consumers, but also with its health-friendly properties (a large amount of fiber and other valuable components). The production technology of rye bread differs from that of wheat, due to the technological properties characteristic of rye flour. Basically, due to these specific technological characteristics of rye flour, rye baked goods are made with leaven, and in order to get the sweet and sour taste and aroma of baked goods, bread is prepared with leaven and leaven. Recently, scientists have been treating bread yeast as an excellent source of microorganisms that can be applied to industrial biotechnology applications. The work carried out by LSMU scientists showed that bread yeast microorganisms are perfectly suited for fermentation of meat and processing of meat products before smoking them. Dr. Erika Mozūrienė conducted research and found that such technology reduces the concentration of polycyclic aromatic hydrocarbons (the latter are very harmful to human health) in smoked meat products. Dr. Vita Lėlė, during her internship at the University of Natural Resources and Life Sciences (Vienna, Austria), isolated yeast from Lithuanian bread and evaluated the properties of lactic acid bacteria present in it. Dr. Vytautė Starkutė applied these yeast microorganisms to the fermentation of plant (lupine) proteins in order to increase

the biological value of plant proteins. The scientist found that lupine proteins fermented by bread yeast microorganisms have better digestibility. Dr. Paulina Zavistanavičiūtė applied bread yeast microorganisms in the production of nutraceuticals. The latter products are becoming more and more popular in the market, as consumers want to get as many active health-promoting components as possible. Scientists have found that yeast microorganisms can also break down toxic compounds released by mold fungi - mycotoxins. Dr. Eglė Zokaitytė adapted bread yeast microorganisms for the production of functional drinks. The latter have not only good sensory properties, but also antioxidant and antimicrobial properties. Academician prof. Dr. Elena Bartkienė represents Lithuania in the international COST activities, which unites scientists from more than fifty research and study institutions and production companies, the purpose of which is to adapt bread yeast microorganisms for various purposes: from the production of enzymes and chemicals to the fermentation of food and feed. International experience allows us to understand and further appreciate the uniqueness of Lithuanian sourdough bread production and the nuances of this complex biotechnology, as well as the possible application of yeast microorganisms for industrial biotechnology. It should be mentioned that the microbiota of bread yeasts in different countries differs, so it is necessary to preserve the identity of traditional products. I am happy that currently the technology of Lithuanian sourdough bread is not only not being forgotten, but on the contrary, it is being nurtured and developed and celebrated on a global level. The yeast microorganisms of Lithuanian traditional bread and their spectrum of applicability are certainly not and will not be fully exploited in the near future, therefore all those who want to become experts in food science are welcome at the Food Science Studies of LSMU. Let's look at tradition with an advanced perspective of the future.



LtD „EURIBIJA“

(We sincerely thank the team of UAB "Euribija" for cooperation and provided products for scientific research and the production of heritage recipes)

Closed joint-stock company "Euribija" supplies the highest quality meat and fish products.

We strive to meet every customer's expectations. In our range you can find the highest quality fish and seafood products straight from Icelandic waters.

We also offer exclusive beef, pork products and exotic meats from carefully selected and time-tested farms.

The company's vision is to become the best company in Lithuania that sells the highest quality meat, fish and seafood

The mission is to help people and catering establishments

supply food from the highest quality meat and fish products. We want to help ensure that every table has steaming dishes prepared from healthy and organic meat and fish.

The company is socially responsible, always ready for young people to find their way to the world of gastronomy.

The company also contributes to the integration of people with special educational needs into society. By giving these persons the opportunity to participate in various gastronomic competitions and other events.



SHORT REVIEWS OF THE PARTICIPANTS

"Thank you for being able to participate in the Cook it forward project. I realized that heritage is very important to me. It was especially fun to cook together with the chef in his kitchen. He was very friendly to me"

*Student of the Kaunas Technology Education Center
Simona Geležiūnaitė*

"Researching the dishes my family cooks was very interesting. Cooking together with the teachers was a great benefit. Thank you for allowing me to participate in this project"

*Student of the Kaunas Technology Education Center
Alfred Šimas*

"Seeing my students' bright eyes and confidence was the greatest reward there is. The desire of the students to search for the roots of their culinary heritage in the past and bring it to these days exceeded all expectations. I want to believe that this idea will not end only as a project. We will also leave something behind for future generations."

*Giedra Sadauskienė
Kaunas Technology Education Center
Vocation teacher-expert*

"Thank you for the wonderful event and its relevant topic. You could see a lot of beautiful work and effort put into the implementation of this project. It was very interesting and useful to hear Professor R. Laužiks' story about the importance of gastronomic heritage, T. Vilčinskas' report and Professor E. Bartkienė's interesting story about the use of lactic acid and proteins in industry. Mr. G. was impressed. The works of Sadauskienė and G. Bezarienė motivating students to be interested in the roots of gastronomy. I thank the organizers and everyone who contributed to this project. Thank you for the opportunity to taste the delicious flavors of custard and crumb cake and aged beef."

*Sincerely,
Sigita Grybauskienė
Jonava Polytechnic School
Head of food preparation professional teacher*

"The topics read by the speakers are relevant and make you think that Lithuania's culinary heritage is a truly valuable and significant phenomenon that must be protected."

*Sincerely,
Martyna Marcinkevičiūtė
Administrator of the Department of Food and Agrotechnology
Faculty of Technology
Kaunas College*

"I am very happy that such initiatives are taking place. I hope they will not stop, they will expand and there will be new ones.

I wish you the best of luck."

*Sincerely
Aida Čižikaite
LSMU MF Department of Languages and Education*

"The topic of the seminar "Possibilities of Culinary Heritage in the Kaunas Region" is very relevant, especially emphasizing its integration in the modern context. The seminar was organized in a very professional manner, an active discussion took place, and a network was formed, connecting representatives of various fields, who are united by the topic of culinary

heritage in a broad sense: from historical justification to preservation of heritage in the conditions of modern industry.

Thank you for the opportunity to integrate"

Pagarbiai,

Prof. dr. Elena Bartkienė

Maisto saugos ir kokybės katedros profesorė

Sincerely,

Prof. Dr. Elena Bartkiene

Professor of the Department of Food Safety and Quality



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SFYN
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eolas


**KAUNAS CHAMBER
OF COMMERCE,
INDUSTRY AND CRAFTS**

ROC FRIESE POORT



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