

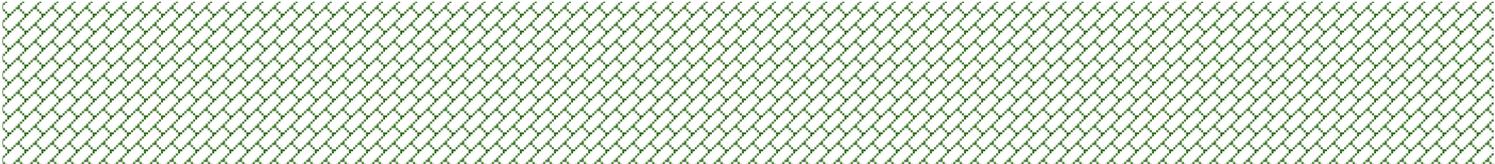
PROJECT  
“FROM PAST TO FUTURE”  
Nr. NPAD-2018/10027



# FROM PAST TO FUTURE

## TRAINING PACKAGE





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## INTRODUCTION

Four organizations participated in the Nordplus Adult programme project “From Past to Future” No. NPAD-2018/10027: Marijampolė VET Centre (MPRC) – Coordinator, participants – Third Century University – Marijampolė (TAU) Lithuania, Ecological Future Education (EFE) – Latvia, and Raahe Vocational Training School (BRAHE) – Finland.

The main idea of the project is to study the ancient Baltic and Nordic eating habits, traditions and ways of producing healthy food in our countries, revitalizing them and adapting them to modern life. The main objective of the project is to promote a healthy lifestyle and to promote an ecological environment.

The international project team investigated how ancient Lithuanians, Latvians and Finns made food from the simplest products. Project participants collected and updated recipes, learned how to cook.

The project produced methodological material for adult learners' training and developed an electronic recipe book containing food recipes from our partner countries. The recipe book can be used by anyone who wants to consume organic food, thereby promoting a healthy lifestyle.



# 1. CHAPTER. EATING TRADITIONS AND HABITS IN OLD LITHUANIA, LATVIA AND FINLAND



## 1.1 EATING CUSTOMS AND TRADITIONS IN OLD LITHUANIA

From past to future ... A human without knowing his past will never be able to create his own future. It is our history, roots, customs, traditions. From past to present our food has come to us. In contemporary encyclopaedias, cooking is defined as the art of cooking delicious and nutritious meals. Both ancient and modern people have produced and are producing food, only products and cooking methods differ. During all periods, even the most difficult, Lithuanians not only worked hard, but ate well and abundantly. Always on the table there was rye bread (wheat flour cakes were baked only during the holidays), vegetables, dairy products. Sweet and sour milk, curd cheese - sweet, dried, smoked and flavoured with various herbs are still very popular in Lithuania.



The history of Lithuanian culinary cannot boast such brilliant culinary discoveries as some other countries of the world boast of, but Lithuanians have always given great importance to food.

Lithuanian cuisine is closely related to the seasons. In the past Lithuanians enjoyed the seasonal dishes of fresh products from their own farm and all sorts of natural delicacies. Unfortunately, we are now losing sight of our natural taste because we are eating food with many synthetic additives. Regardless of the time of year, we sit at the table every day. We repeat this ritual at all times of the year - when the first daisies are brought to the sky by the spring, when the summer reigns, the cereals, berries, fruit ripen, when the new harvest pours variety of vegetables and fruit into the bins in autumn or the winter has come and the home fire and abundant table is waiting. We gather at the table on a simple day and during major holidays – on all more important moments of the year and human life.

Table content, ration and abundance of dishes were related to the change of seasons, depending on what the land, garden bed, garden trees or shrubs, fields or forests, livestock or poultry farm could offer to a man at one time or another.

Whenever the year changes, the person is given the opportunity to replenish the vital forces with the necessary materials from other sources and in other forms (for example, in the spring mostly the greens, in the summer dairy products).



The diversity of traditions was determined by the geographical situation and the environment (for example, by the coasts of the seashore, the woods and forests), the fertility of the land (Dzukija pits and fertile land of central Lithuania), the cultural heritage of ethnographic regions or even tribes and so on

Lithuanian cuisine is dominated by local products, but that does not mean it is poor. People used more raw materials than we use now. We had forgotten the wild plants, some of the cultural plants (beetroots, parsnips, ropes, etc.) were undervalued. Our housewives consumed almost everything out of the raw materials of animal origin and thus a wide variety of offal (liver, stomach, heart, head, brain, blood, etc.) that today we are inclined to consume little.

## SPRING

Our ancestors watched nature awaken. In the warmed up earth there are dandelion, buds of plantains, garden sprouts, goosefeet and sorrel.

In April wild plants sprinkle from underground like from horn of plenty - our ancestors ate and consumed stems, leaves, seeds, rhizomes of the plants as a dietary supplement. Scientists have proven that most wild plants are healthy to eat, particularly nutritious and even more valuable than some vegetables. Leaves of nettles contain twice as many vitamins as spinach. The nutritional value of one kilogram of dandelion and other rhizomes equates to 2 to 5 kilograms of carrots. Another advantage of wild plants is that they can be eaten in the early spring, just when the snow has disappeared, when the home vegetables are not yet sown and the human body lacks fresh plant food.



Early greens provide us with vitamins C, P, B, PP, carotene, calcium, magnesium, phosphorus, especially iron. In past people liked to consume all that nature had to offer. Driven by modern fashion we try to restore traditions, but it is more fashionable to use wild plants in the form of cocktails and juices.

Spring is the time of horseradish. Grated succulent roots mixed with beetroot juice are suitable for various meat dishes. And the juice from the fermented beetroot left over after the winter was replaced by wood sorrel, which is now recommended to remember again, after all, what a joy not only for children, but also for adults to prepare for the visit to the forest and search for a natural source of energy.



Fishermen also became spring preachers. The oldest way to eat fish is to eat raw fish that you just caught. More commonly it is used as sun-cured, fried fish. Smaller fish were fried simply on heated stones. A real delicacy - the fish is fried in coals, in a clay "robe". The fish that is just caught are clay-covered and roasted in the coals. Nowadays, we change the clay with coarse salt. In the 19th century clay-fried fish were considered delicious and served for the most distinguished guests by noblemen. Trenching (frying fish in a coarse heat, thick salt coat) is used in high class restaurants.

## SUMMER

June - bee working time, end of this month - honey picking days. It is impossible to have a friendly meal without the main dish which is fresh honey. Lithuanians loved fruits as well, mostly eating apples and pears, were able to dry them, often eating fresh and dried fruits with honey. Blueberries, raspberries filled with honey were not so much food as medicine.



Fruits, berries and vegetables in Lithuania are harvested for a very short time, so the house wives devoted much of their time to preparing food for the cold season. Fruits and berries have been dried naturally or in the oven since ancient times and then dried in special dryers. Since the 19th century cooked jams, fruit and berry porridge, cheese are well-known and popular.

There was no abundance of drinks, so berries, fruits and honey drinks were fermented.

In summer the forest invited those who gathered not only berries but also the first mushrooms. Chanterelles and suilluses start to raise their heads and the most patient gatherers can find a boletus. At that time the mushrooms were baked in the oven on a cabbage leaf or a fresh horseradish leaf.

Since ancient times Lithuanians have been engaged in crop production, agriculture and animal husbandry, so they have always been keen on grain products, vegetables, fruits, berries, dairy and, of course, meat products. Mostly they ate pork, less often mutton, poultry, veal.

Natural conditions have a major influence on Lithuanian cuisine and every ethnographic area. Living in the cold climate area made Lithuanians love different kinds of meat products - grilled, smoked, dried. They are rich, delicious and help withstand the cold of winter. Almost all inhabitants of all regions of Lithuania have been eating rather fat meat, lard, meat offal (tongues, liver, intestines, etc.) since ancient times. Lithuanian peasants worked hard and especially valued meat. If the housewife served meat twice in the morning and at lunch, it meant that family was well nourished.

In one of regions - Aukštaitija they used to cook soup with meat even for breakfast. According to the old manufacturing tradition, soups now contain a lot of different spices. Soups have different flavours, depending on the products being cooked and the spices used. For example, cold beetroot soup is often produced in summer. But as many housewives so there are many sorts of cold beetroot soups because each housewife makes the soup from her own products.



## AUTUMN

In Lithuania not only in ancient times, but much later, people were accustomed to eating natural goods, eating a lot of vegetables - beetroot, horseradish, onion, turnip, a lot of cabbage, they were able to ferment them, they cooked cabbage soups especially with mushrooms.

Potato dishes have always been abundant in Lithuanian cuisine. Most of such dishes came to Lithuania with potatoes in the second half of 18th century. These are fried potatoes with greaves, mushrooms or sour cream sauce. Grilled potato dishes include vėdarai (large intestine of a domestic pig stuffed with grated potato mash), pancakes, dumplings with various fillings. Now potatoes are grown on every farm and you will find them in every resident's garden. This is our second bread, a daily meal consumed throughout the year.

In Lithuania grits have been used for food for a long time. By the end of the 19th century they were rattled in the pier, grinded with hand mills. Nowadays we buy grits in shop.

From ancient times rye was a special plant in every home, and black rye bread was considered a symbol of the home. Bread has traditionally been eaten at many meals and smeared with honey as dessert. In the 20th century the industrial production of bread began, the housewives stopped baking it at home, but recently this tradition has come to life again, and nowadays often home baked bread or specialty bread can be tasted.

In the long run not only the attitudes towards different foods, but also to raw materials are changing. For example, Dzūkija traditional foods made from buckwheat or their flour were previously considered to be food of poor people. After all, many of them are biologically valuable and now very popular. The only problem is that buckwheat is not cultivated in Lithuania. There is a small production of oatmeal, dishes of which are highly valued in the diet. Meals from pea flour were popular in Aukštaitija, from meals from buckwheat - in Dzūkija.



## WINTER

December - time of slaughter. Everyone was waiting for a rich, fat slaughterhouse dinner – yuka (pig blood soup), vėdarai.

The most popular way of preparing meat since ancient times. In ancient times our ancestors used to roast meat on a spit, in the heat of coals. Mostly it was meat of hunted beasts and birds. The birds were roasted with feathers, clad in clay. The meat is still fried on the spit now, especially during picnics. Later the meat was baked in the furnace. Now the furnace is being replaced by ovens, convection ovens.

Winter evenings smelled of roasted hemp, linseed oil. Thyme, chamomile, cumin tea was flooded with good qualities and dill seeds, marjoram and tarragon are still being rediscovered. The braids of garlic or onion shortened rapidly. Poppy, hemp not only made it easier to fast, but also to predict the future.

Soups are eaten daily. Even at weddings or holidays, the second day the soup was boiled. Soup is a staple food for lunch, often cooked for dinner, or as we mentioned, in Aukštaitija it was made even for breakfast. In winter the favourite soups are sour cabbage, sauerkraut, sorrel, cucumber soups based on fresh or smoked meat broth. Meat cooked in the soup is consumed as a second dish. Soups without meat were cooked through fasting. The folk had a tradition of rational nutrition: eating fat, saturated soups for lunch, milky and easily digestible for dinner. The recipes of folk soups have long been used by modern catering companies.

Kisielius (pap) is one such dish, which has been enjoyed on the nobility and on the table of the poor. Only for the nobles, it was served with honey, and when placed on a humble peasant's table, it was delicious unsweetened, warm with greaves or cold, with poppy seeds, with or without milk. The variety of berry kisielius, which today adorns our festive and everyday table, does not resemble the old one - a decoction of coarse milled cereal flour (oats, rye, wheat), but as before, its benefits are undoubtedly – kisielius is tasty and healthy.



## 1.2 THE TRADITIONS OF LATVIAN TRADITIONAL HOLIDAYS



### EASTER – VERNAL EQUINOX

Food has a symbolic meaning. Since Easter is the spring equinox, the most traditional food of this holiday is boiled eggs and peas. The shape of the peas symbolises the sun, and people eat them to become rich. Also the egg symbolises the sun, and it is the symbol of fertility and life because new life comes from an egg. Dyeing eggs – people used to boil them in onion skins as a result obtaining a reddish brown shade. To obtain a green shade, people boiled eggs in birch leaves, little pieces of hey, whereas the eggs boiled in alder bark had a brown shade. The boiled eggs were decorated by scraping various elements on the shell by the tip of a knife or a needle. Young girls gifted the decorated egg to the guys they liked in order to show their craft and ability to make things.

Egg tapping – it is done to bring blessing to the house. People tap eggs to find out who will live longer (the person whose egg doesn't crack lives longer).

Putting up swings and swinging – swinging is connected with fertility rituals as the movements of swing was believed to increase fertility. The higher one swung, the better harvest one had. Swings were put up in each village, usually at the top of the hill so that everyone could see the swing from a large distance. Each year the swing was put up by owners of a different homestead. The first ones to go and swing were always the owner of the homestead and his wife. The persons who put up the swings and also the ones who swung everyone received a pay – a pair of mittens, dyed egg etc. Everyone swung for a week after Easter but after that there was a special ceremony during which the swings were dismantled and burned so that the witches would not have any place where to swing.



## JANI (ST. JOHN) SUMMER SOLTICE

All kinds of wild flowers were plucked on St. John's Eve, and homes were decorated – the wild flowers plucked on this day were believed to have a special power to send away evil and to obtain health and blessing, that is why the living quarters were decorated with such flowers. They were decorated with wreaths, flowers, and birch-bough. Birch-bough and oak-bough were used to decorate rooms, gates, doors, and they were also put next to beds. Also thorns (prickles, thistles) were used, and it is believed that they especially protect against evil spirits, wizards, envious persons, and witches.

Making wreaths – the shape of the wreath symbolises the sun. Women made their wreaths from various flowers. For men wreaths were made of oak-leaves (oak – the symbol of the male strength). Wreaths made of various flowers and plants were also made for pets.

Cheesemaking – when preparing for the Midsummer night (Līgo), each housekeeper made cheese. The round shape and yellow colour of the cheese symbolises the sun.



Singing of Līgo songs – in the Midsummer night the neighbours go and visit each other. The guests, or also known as children of St. John, are offered cheese and beer. After eating, the guests go to see the household by singing Līgo songs, thus bringing blessing. The guests also sing about the owners of the homestead (they might even give a laugh about them good-naturedly) if the guests see some undone chores, however the owners of the homestead were not allowed to resent it. Līgo

bonfire – solstice is the festivity of light and the fire is the symbol of light. People believed that Līgo bonfire has a special power. Those who had stayed close to such fire were protected against diseases and evil. The bonfire brings blessing also to fields – as far as the light covers the fields they will receive blessing and fertility. That is why the Līgo bonfire was made on top of the hill by making bonfire or by lighting up the firkin that is attached at the end of the pole and filled with resinous wood.

## MIKELDIENA – AUTUMN EQUINOX

Harvest festivity, known in Latvian as appļāvības – because this day was the last one when grains could have been harvested. The festivity of collecting Jumis (fertility deity) – in the morning of Miķeļdiena a ram was killed and boiled, and after that the family went in the fields to mow the last grain which was especially left for this day, and after that everyone went home to celebrate this festivity.

Miķeļdiena marks the end of all works with the land, the land now can rest, and it freezes. Up until this day all the grain needs to be put under a roof, and all the field work needs to be finished so as to metaphorically open the gate for winter. This day also marks the end of the year when all the new contracts were concluded.

As to the food eaten during this festivity, the table was full of various flat bread-like cakes, fresh meat dishes with vegetables, brandža or pupsta (peas or beans boiled with all the pods), pladas (rye bread-like cakes on which little holes were made with fingers for putting butter, and they were covered with sour cream).

To celebrate the festivity, pigs, lambs, and cocks were killed, and beer was made. In addition, a very interesting soup was made of sheep head, its stomach, intestines, lungs, and potatoes.



## CHRISTMAS – WINTER SOLTICE

The dishes had a symbolic meaning – pig's snout (a symbol of plough because a pig digs a soil with its snout), peas (a symbol of the sun). There were various decorations used – bouquets of straws stuck into potatoes, also puzuri – a decoration made out of straws that symbolises the sun. The decorations were put in the middle of the room attached to the ceiling so they could move freely. If the decorations stopped moving, it was believed that bad luck will come.

Mummersy (mummers, maskers) – people in masks go from one house to another, from one village to another to bring blessing and to scare away the bad spirits. It was believed that mummers are the good home spirits who bring blessing to the house and fertility to the fields, that is why mummers were always welcome and they got offered various dishes. Wearing masks is connected with old fertility rituals. People usually dressed up as those spirits whose favour they wanted to get. Masks are divided in two parts – human masks and animal masks (bear, crane, goat, horse), object masks (pile of hay, sheaf of hay, broom), and mythological masks (God, Laima). Also mummers looked for some undone chores in the houses they visited or some negative qualities of families who lived there, and they sung about these people.



### 1.3 THE MAIN FEATURES OF THE FINNISH TRADITIONAL KITCHEN

Finland's northern location between East and West has influenced the shaping of food culture. Western European and Slavic cuisine has been influenced by it. Finnish cuisine is traditionally divided into eastern, western and northern. Dining is a social event, having a meal together has been an important part of the food culture.

In the Eastern food culture areas, food was prepared in the cottages oven or on a stove. Casseroles, buttermilk, curd and pies were part of the area's food tradition. Soft rye or barley bread was baked weekly.

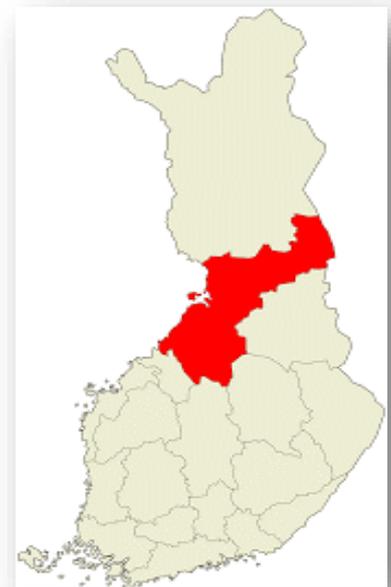
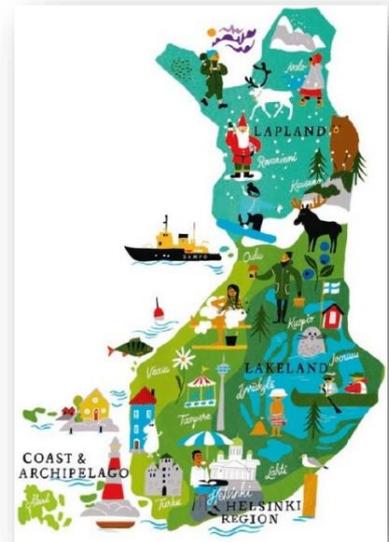
In Western food culture areas, food was prepared in a pot outdoors or in a household building. Soups, blood dishes, cottage cheeses and chargrilled fish were part of the area's food tradition. The bread was baked only about twice a year and they were dried wooden roof racks inside of the cottage.

In the northern food culture region of Lapland, food was cooked on the stove or outdoors by a campfire. Reindeer meat, game, fish and berries were the basis of food culture. The bread was baked from barley. Potato and swede were able to grow in barren land.

The development of Finnish food culture was influenced by the prosperity of upper social classes, which made it possible to procure food imported from abroad, migration from rural to urban areas, colonization of the evacuees by wars and women working outside the home.

Differences between food regions have blurred as people move from one place to another. Finnish food culture includes, for example, Karelian stew, Karelian pasty, Finnish fish pasty, Finnish squeaky cheese, salmon soup, sautéed reindeer, gravlax, “viili” (Nordic kind of sour milk, similar to yoghurt but less sour) and bun. Finnish food is clean and simple. In Finland dishes have always been prepared according to the seasons. Various berries, mushrooms, fish and meat dishes are also prestigious export products to the world.

Finland is the northernmost agricultural country in the world. The short summer and cold winter limit the number of cultivated varieties. However, our location also brings many benefits. The long, bright summer days and nights and the pure nature produce delicious flavours in the vegetables. Enjoying picked forest items is a Finnish specialty, everyone can go to the forest to pick berries for themselves. Thousands of our lakes and the ocean are home to a diverse selection of fish. Herring is our most important prey fish, but perch living in almost all our waters is Finland's national fish.





There are innumerable specialties in Finnish food culture. Such as free school meals, early meal rhythms, drinking milk at meals, rye bread, new potatoes season in spring and home-grown strawberries, “mämmi” (traditional Finnish Easter dessert made from rye flour) and Finnish blood sausage.

Today, food traditions are respected and modern versions of traditional dishes are prepared. Current food trends favour tasty, healthy, safe and responsible food. They want to invest in food and pay attention to the presentation of food and serving dishes. Nowadays one wants to know where the food comes from, it is important to know the origin of the raw materials and people want to eat local food.

## 2. CHAPTER FOOD MAKING AND PRESERVATION THEN AND NOW



### 2.1 FOOD PRESERVATION

Food preservation has been relevant in the past, as it is today. The most commonly used methods of preservation in this age are drying, tanning, pickling, freezing

In Lithuania, the tradition of tanning has never ceased, we have always been eating sauerkraut and cucumbers, leavened rye bread, sour milk, kvass, and all these products were taken for granted, perhaps too common or too simple. Tanned or fermented foods as a separate food group are quite nutritious and easily digestible, as biochemical processes during fermentation make nutrients more easily accessible to the human body, increasing the amount of B vitamins and other beneficial substances. Bitter foods are also rich in live lactic acid bacteria, which can contribute to the smooth functioning of the digestive tract, thus helping the immune system and the general state of the body. At the same time, tanning is a creative process that distracts from industrial, processed and uniform foods that lack nutritional or taste qualities. By producing food with the help of bacteria, yeast and native wild plants, we contribute to the creation and preservation of our unique food heritage, and become acquainted with the unmatched world of living microorganisms that exist in harmony with ours. But marinating is another matter. By marinating the products are "sterilized" without leaving any bacteria, while by fermentation the good bacteria are just propagated.

The saturated world of fast and frozen food has already faced serious health consequences, and so has the interest in leavened/fermented products as healthy, natural, valuable food. We Lithuanians have never been so far removed from home-made and leavened food, so we have not yet been able to reassess it. However, more and more young people are becoming interested in tanning, learning new things or remembering childhood experiences. We can, of course. Just because we, like the surrounding nations, have a lot of traditional tanned products. And because the tradition of tanning has never ceased in our country. Basically, tanning traditions themselves are no different - tanning is tanning in Africa. However, we have leavened products that others do not have - aromatic black rye bread, mushrooms, real kvass.



From summer to autumn, housewives have been trying to accumulate more and more variety for winter. One of the most common methods of preservation is drying, as it is very useful to have dried fruits, vegetables and berries in winter. Dried goodies remain nutritious. Almost all fruits, berries and vegetables grown in our country can be dried. The dried products remove some of the water, which keeps them well, as they can no longer multiply microorganisms that cause rotting, mould and so on. The storage of dried products is influenced by the humidity and temperature of the air, so it is advisable to store them in a dry, well ventilated room, in some cases in airtight containers. Reduced weight and volume of dried fruits, berries or vegetables, making them easier to store and transport. Although they contain less vitamins than raw materials, they are nutritious. Studies have shown that during drying, vitamin A retains sufficient control over heat, as do others. During drying, the foods lose a lot of vitamin C if stored too warm, especially in the light, so it is not advisable to dry them in the sun, as they have done in the past. Washed fruits or vegetables are recommended to be washed whole, as some vitamins are water-resistant. Vitamins (especially Vitamin C) are lost in contact with iron and copper, so it is best to use knives, grinders made of the right metal or ceramic. Mostly dried carrots, onions, spices, vegetables, apples, pears, plums, blueberries, etc. It is better to dry those products with more dry matter - higher yield. Suitable for drying are those vegetables, which are mechanically damaged by digging. Due to the possibility of rot in the basement, it is not appropriate to store them, but the mechanical damage does not prevent drying. Taste, smell and colour. It is possible to dry apple, lemon, orange peel, which we usually discard. They are perfect for making an aromatic drink. True, it is best to use local raw materials that have not been cultivated with chemical agents. The advantage of drying goodies is that there is no need to use preservatives. Also, some products and their waste are suitable for drying and may not otherwise be stored for long periods. It is more difficult to dry aquatic plants such as tomatoes, cucumbers and the like. You can choose all other vegetables to your liking. While drying, the potatoes become very grey, but retain their nutritional and taste qualities, which only interfere aesthetically. The inventive housewives come up with a variety of ways to dry different products, how to use them for cooking or drinks, to give a specific colour or scent. It is also useful when preparing for the holidays - decorating (food, table, environment) or just a snack.



Freezing is the most convenient way to preserve the nutritional value of foods. Freezing must be carried out at a temperature of minus 18 ° C, because at this temperature the food produces fine water crystals, does not break down the cell walls and maintains the nutritional properties of the products. 85-90% of biologically valuable substances remain in the frozen food. An important rule is to freeze as soon as possible. The most convenient way is washed and dried berries, the fruit can be

spread in the freezer in a thin layer, after 30

minutes put in a bag, box. When a thin layer is frozen, i.e. fast, water molecules crystallize slowly, do not tear cells, so thawed berries remain healthy, suitable for decoration. Fruit, berries and vegetables must be washed, dried, put in boxes or containers before freezing. Fully frozen products are best stored in hermetically sealed containers in polyethylene / foil packaging. It is important to protect the frozen products from evaporation as the food becomes dry, solid when frozen. Special containers that are resistant to moisture and vapour are best used for refrigeration: plastic containers, plastic-coated refrigeration paper, or polyethylene bags or films. All berries are suitable for freezing, they must be re-selected and healthy. Forest berries - strawberries, blueberries, raspberries - frozen unwashed, well re-selected.

Suitable for freezing almost all vegetables, spices, greens that do not lose their aroma. It is advisable to freeze chopped vegetables and spices for later use, without losing its aroma.

Freezing of potatoes is not recommended as they become sweet and their texture changes. It is not advisable to freeze very watery products - cucumbers, tomatoes, and marinate them better.

Frozen products should be consumed during the season until next year's harvest. Frozen citrus fruits should be consumed within 6 months.



## 2.2 NATURAL FERMENTATION

As fermentation/tanning became popular in the world as a healthy, natural and valuable food processing method, the tanning wave gradually reached Lithuania.



Ieva Šidlaitė's book "Natural Fermentation" is the first Lithuanian book dedicated to natural fermentation, otherwise known as "wild fermentation". In Lithuania, the tradition of tanning has never ceased, we have always been eating sauerkraut and cucumbers, leavened rye bread, sour milk, kvass, and all these products were taken for granted, perhaps too common or too simple. Fermented or tanned foods as a separate food group are quite nutritious and easily digestible, as biochemical processes during fermentation make

nutrients more easily accessible to the human body, increasing the amount of B vitamins and other beneficial substances. Bitter/tanned foods are also rich in live lactic acid bacteria, which can contribute to the smooth functioning of the digestive tract, thereby helping the immune system and the general state of the body. At the same time, tanning is a creative process that distracts from industrial, processed and uniform foods that lack nutritional or taste qualities. By producing food with the help of bacteria, yeast and native wild plants, we contribute to the creation and preservation of our unique food heritage, and become acquainted with the unmatched world of living microorganisms that exist in harmony with ours.

Participants of the project "From Past to Future" - teachers of Marijampolė Vocational Training Centre and students of Marijampolė Third Age University - visited the homestead of Ieva Šidlaitė and learned the secrets of natural fermentation.

Ieva Šidlaitė talked about the main methods of tanning different products, how to use these tanned products in cooking. She provided recipes, some based on ancient Lithuanian experience, some well-known in the world, such as the popular Kombucha drink, and others original, created by Ieva Šidlaitė herself.

So let's give Ieva Šidlaitė a word and find out the basics about tanning.

"What is the difference between natural and unnatural tanning? What is the difference between "tanning" and "fermentation"? Is pickling a part of tanning?"

Šidlaitė: I have been thinking for a long time how to translate the term "wild fermentation" into Lithuanian. The closest value to this was "natural tanning". I wanted to distinguish between self-starting tanning and what happens with the addition of special additives - baking or brewer's yeast, specially sold bacteria, and the like. Of course, the book "Natural Fermentation" did not include wild



yeasts and bacteria, yogurt, tanning mushrooms, but it mainly talks about "wild" tanning. Regarding the names of tanning and fermentation, I have repeatedly been involved in various discussions. Is it the same phenomenon or are they different? That was not the end of the dispute. I am always talking about tanning, brewers and other beverage manufacturers are about fermentation, but in fact we are all talking about the same process. There are no strict limits here. And marinating is another matter. By marinating the products are "sterilized" without leaving any bacteria, while by fermentation the good bacteria are just propagated.

Why is there an increasing interest in tanning in the world and what tendencies can be observed in Lithuania?

The saturated world of fast and frozen food has already faced serious health consequences, and so has the interest in leavened products as healthy, natural, valuable food. We Lithuanians have never been so far removed from home-made and leavened food, so we have not yet been able to re-evaluate it. However, more and more young people are becoming interested in tanning, learning new things or remembering childhood experiences. Young people are interested in modern ideas on how to make a single jar of different vegetables, how to grow a popular combo and water kefir, or how to make wild yeast for mead.



Are our Lithuanian tanning traditions fundamentally different from other countries? Can we be interesting to the world with our own tanning experience?

We can, of course. Just because we, like the surrounding nations, have a lot of traditional tanned products. And because the tradition of tanning has never stopped in our country. Basically, tanning traditions themselves are no different - tanning is tanning in Africa. However, we have leavened products that others do not have - aromatic black rye bread, mushrooms, real kvass. ”

*Here are some basic rules to follow when tanning your products Vegetable tanning:*

- Vegetables chopped, fermented without water: 20 - 25 g of salt are needed per 1 kg of vegetables. Whole or coarsely chopped - 25 grams per litre of water. Salt should be treated as little as possible and free from iodine. Iodine salt can cause vegetables and tanning liquors to become cloudy and have a bad smell, so it is better not to use these salts for tanning.
- Water. The vegetables will be really special if you get water from a spring or a fresh well. If you do not have one, use purchased spring water or treated tap water. Bring the tap water to a boil and cool, or simply leave it in an open pot overnight - the chlorinating acid will evaporate.
- If you are fermenting whole or coarse cut vegetables - cucumbers, tomatoes, carrots, cabbage - fill them with brine. The liquid should be sufficient to cover the vegetables.
- Finely chopped vegetables can be fermented in their own juice. Crush the vegetables, add salt, mix well, knead and leave for a few hours for the liquid to release. After a few hours, put some weight on them- if the liquid is enough and it

covers the whole of the leaven, leave, if it is lacking - add enough brine to cover the vegetables.

- Glass tins, jars, deep bowls, glazed pottery, enamel or stainless steel pots and pans are suitable for tanning. Not suitable are aluminium, brass or copper, iron vessels - they react with acid, causing rust.

Here are some recipes.

### *Spicy seasoning of blue cabbage, carrot, onion, garlic and chili.*

#### **Ingredients:**

**0.5 kg blue cabbage, 2 onions, 1 garlic head, 1-2 carrots, 1-3 chillies, handful of fresh oregano, thyme, coriander or parsley leaves, salt by weight of vegetables**

Vegetables can be chopped with a food processor. Weigh the prepared vegetables and add salt (25-30 g of salt will be needed per 1 kg of vegetables). After mixing all this vegetable mass, pour into a jar and leave at least 5 cm free space, because it likes to rise when fermented. Slide or use an air lock jar, leave it at room temperature for 3-5 days, and remember to stir daily to vent the accumulated gas and make sure the top is not covered with mould. After 3 days, taste - if acidity is sufficient, bring to a cool place; if not, keep it until it is sufficiently acidic. This seasoning remains fresh in the fridge for a long time. It is very suitable for steaks, grilled vegetables, sandwiches or burgers.



### *Yoghurt cheese balls in oil*

Such pickled cheese can be a table decoration, a great gift, or just a healthy homemade product that can last a long time in the fridge for sandwiches, salads, wine and beer snacks. It is easy to make it; the most important thing is to learn how to drain the natural yogurt so that it becomes easy to knead. For this purpose, the yogurt should be poured in a dense cloth sieve for 12-24 hours, stirring occasionally. When the mass becomes too thick to mix with a spoon, begins to crack and crumble, try to grab a piece of cheese by hand and form a ball of it. If successful, get all the products you need and start making yogurt cheese balls.

### **Ingredients:**

**1 l or more of yogurt; Sunflower or olive oil**

**Black pepper, coriander, fresh or dried herbs, several juniper berries, suitable wild oregano, thyme, ore, yarrow or tarragon, a couple of cloves of garlic, salt.**

Place a few peppers, coriander grains, juniper berries and fresh whole greens into the bottom of the jar. Grease your hands with the oil, take the cheese, gently shape the balls and place in a glass. Sprinkle chopped garlic and salt on each layer of the balls. When you lay the whole jar, add oil to cover all the balls. Place the jar in the refrigerator. Such cheese can remain intact in the fridge for up to a couple of weeks, just to make sure the balls are always covered with oil. By the way, do not pour oil - this is the best salad dressing, especially with all the grated cheese crumbs, garlic and herbs.



### **2.3 FOOD CULTURE IN NORTHERN OSTROBOTHNIA**

The food culture of Northern Ostrobothnia is rich and influenced by the West, the East and Lapland. Coastal port cities and their merchant fleets have already influenced the food traditions of the area from abroad, and the rivers used as trade routes of the area have influenced the food culture elsewhere in Finland.

Northern Ostrobothnia has been an agricultural-dominated area where livestock and crops were grown. A thin loaf of barley was baked and the rye bread was dried. Milk was made, for example various cheeses, butter and buttermilk. At the time of slaughter, the meat was used fresh and cooked in soups. The meat was preserved by salting and drying.

The province has a large variety of berries, so the berries are widely used. Sea buckthorn berries and arctic brambles are available from the seashore, cloudberry and cranberries from swamps, and lingonberries, blueberries and crowberries from forests. The North Ostrobothnian fish selection has always been rich and varied. Salmon, vendace, pike, perch, crabs and lampreys have been caught in the lakes, rivers and the sea.



## 2.4 FROM PAST TO FUTURE. DISCOVERIES.

The students at Marijampolė Third Age University were eager to take part in project activities and found many interesting things. Here is a description of the activities of the working group on the work carried out.

“When doing the research work and collecting methodological materials, we made visits to the manors participating in various tastings, lectures. we analysed ancient cookbooks and a manuscript.

Excursions with educational programs, tastings – these were culinary travels into 14th-16th centuries, tasting what the nobles, nobility, town people and peasants of Lithuania ate and drank. We learned how the national cuisine and eating culture were shaped. We got acquainted not only with the historical cuisine, but also with the etiquette of that time and listened to the hilarious stories.

On the trip to Taujėnai Manor we tasted the delicacy of the manor “Apple of Paradise”, this dessert was very much loved by noblemen. Here we also tasted peasant food - matured spread of sour cream and sour milk, eaten by peasants with hot boiled potatoes or bread. We attended a lecture at Alanta Manor and tasted meat products registered in the culinary heritage, while in Kavarsk we tasted dumplings registered in the culinary heritage. As the Christmas season was approaching, we listened to the lecture “Ancient Christmas Eve and Christmas Meals”.



We found most recipes in ancient cookbooks, which were saved by the senior students of the Third Age University in Marijampolė.

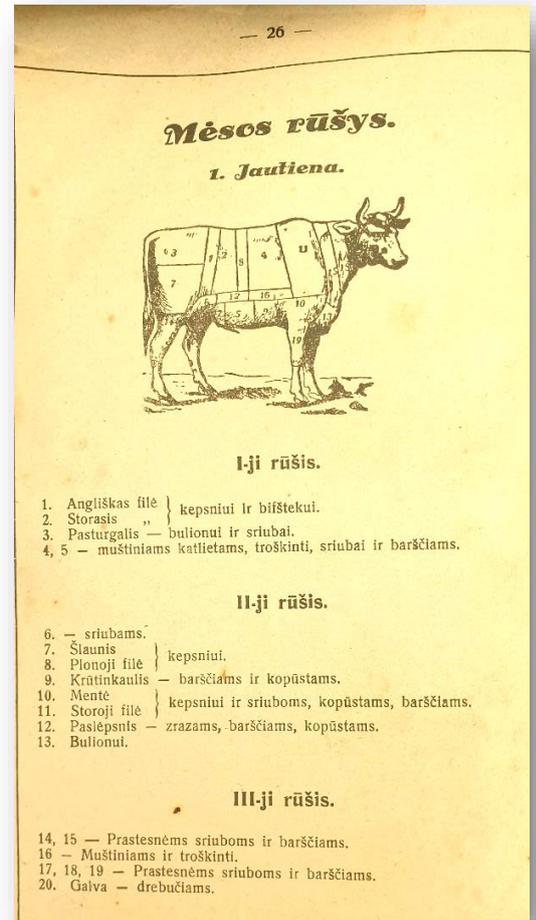
The first book is "For Housewives", which includes recipes how to make "inexpensive, but delicious and healthy meals and drinks". The original cover of the book has not survived, nor is the publishing year specified, but the publisher is known as the "Dirva" company, a publishing and trading company that operated in Vilnius in 1913, and in 1919-1940 - in Marijampolė. They published textbooks and fiction, had a printing house, two bookstores in Marijampolė and Kaunas. In 1919-1937 they published 463 books with over 2.1 million editions. So, based on the life span of the company, one can expect the book to be around 100 years old.

The preface of the book begins with an address to the housewives from the "Dirva" company, which notes "There is a need in Lithuania for books from which the housewives could learn how to make tastier and inexpensive, but healthy meals and drinks", so useful material on how to cook, bake and prepare different meals was collected from different sources and presented for housewives. "By having these books in your own home, every housewife will be able to make everything for the house celebrations better than a hired chef."

The book begins with the rules on how to properly lay the table for dinner. It says that the size of the table should be adapted to the number of people having dinner, it should be covered with a white woven tablecloth, a bouquet of live flowers should be put in the middle of the table with the direction to the sides in the corners as well as glass vases of fruit and sweets. It is emphasized that the senior person is always given priority. The wine types and its presentation are introduced.

Traditionally, there were 6 dishes prepared for festive dinners (soup or broth, fish, beef or pork, roasted turkey, chickens, etc., vegetables and dessert), while fried fish, cutlets, poultry - for a total of 3-4 meals were given for supper. The table for supper was laid just like for dinner.

The book is made up of 30 chapters, each chapter divided into parts, for example: Chapter 1 consists of two parts: Soups and Cold Soups. Each chapter contains several numbered recipes. There are 1054 recipes in the book, and at the end of the book there are indicated the percentages of minerals in various vegetables, the percentage of nutrients in various products, the average digestion time and content.



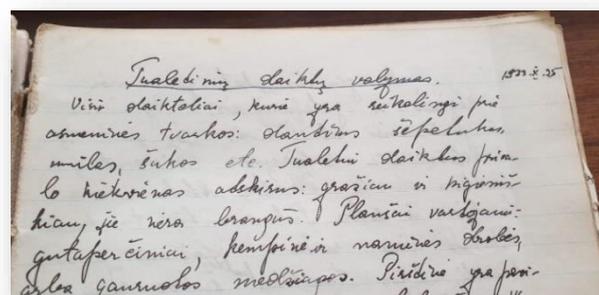
The recipes for potato soup (*bulbienė*), a Slavic pie with meat, and pickled small onions are used from this book.

Neither the cover nor the title have survived from the second recipe book, some pages have disappeared. The style of the book is reminiscent of the first – it is divided into chapters, which are divided into sub-chapters. Almost every chapter begins with general knowledge. For example, Chapter 3 - Meat Dishes. This chapter begins with an illustration entitled "Meat Types", which introduces beef, veal, pork and lamb, their body parts and uses.

The General Knowledge part provides general information what you need to know when preparing meat, for example, that before preparing any meat, it must be cleaned of tendons and membranes as they contract the meat. Wash the meat only with cold water, but do not soak for a long time as it will lose its flavour. To make the meat more succulent, cut it slightly and lard it

We used the apple omelette recipe from this recipe book. It is interesting to mention that in both the latter cookbook and the book "For Housewives" the proportions of all the recipes are quite large – they are adapted for making in larger quantities, for larger families.

The third source that was analysed was the manuscript of Ona B., a 1933 graduate of Marijampolė Teachers' Seminary, which was saved by her daughter, a student of Marijampolė TAU. It is interesting that all inscriptions are handwritten, with margins stating the dates that confirm the longevity of the manuscript.



The manuscript is without a cover, and the first lines read: “Every girl should have knowledge of housework. This knowledge is especially needed for farm girls because they are in more difficult conditions where more orientation is required. The inscriptions teach: “so all women, girls should know about housekeeping and household. Besides this knowledge, a housewife should have good nature qualities: clean, hardworking, thrifty and tidy”.

This manuscript is like rudiments for girls about housework, running a house. There is a description of how to put in order the buildings, the installation of dwelling houses, flat interior installation, room decoration, tidying up, cleaning. Everything is described clearly, the order, hygiene are stressed, there is a description of how to maintain constant cleanliness (from dishes to carpets, windows, extermination of bugs and fleas), it is even explained what clothes to iron and how. The second part of the manuscript begins with cooking notes, the products are described, their storage conditions, tips for keeping the products fresh longer, and recipes are presented. An ancient recipe for cutlets is used from this manuscript.

Recipe books are still relevant. Both the manuscript and the cookbooks show that food and its presentation in pre-war Lithuania received considerable attention. In the old days, as in the present day, one wanted to learn to make inexpensive but healthy meals, taking into account eating habits and traditions. The manuscript also revealed the importance of production and presentation. It is as a beginner's guide to future housewives, as the manuscript contains not only recipes, but practical useful tips ranging from table coverings, serving and room tidying. All of this demonstrates that the new is the forgotten old, which perfectly illustrates the idea of the project - to explore old eating habits, traditions and healthy food cooking methods in Lithuania, applying them in modern life.

### 3. CHAPTER. ORGANIC FOODS



#### 3.1 ORGANIC FOOD, ECOLOGICAL PRODUCTS

Organic products and ecology are in fashion now. We began to take a closer look at our own health and that of our loved ones, and a healthy lifestyle became a symbol of the upper class, such as a luxury vacation or a new car. People liked to buy harmless products and organic cosmetics. According to statistics, 80% of Europeans would like to buy only organic products, and 75% of Europeans would do so if these products were 10% more expensive than conventional ones.

##### **Organic Foods. What foods should be considered organic?**

Surveys of the Lithuanian population have shown that many people have a misunderstanding of what organic food is. Some think that they are products grown on small farms, others think that they are Lithuanian products.

The term "organic" does not refer to a product but to a way of cultivation, treatment or processing.

Products of plant and animal origin which are produced (bred, processed), packaged, labelled, stored, transported and marketed in accordance with the rules of organic farming shall be considered as organic.

Organic foods have many advantages over conventional ones. They are nutritious, have good taste and aroma. They are environmentally friendly: they do not pollute soil, water, air, preserve plant and animal biodiversity, ensure animal welfare, and create new employment opportunities in farming, processing and services.

Why choose organic fruit and vegetables?



Organic fruits and vegetables are products produced on organic farms, processed, packaged, labelled, stored, transported and marketed in accordance with specific requirements. Organic fruits and vegetables are nutritious, have good taste and aroma. They are grown without the use of synthetic chemical fertilizers, plant protection products. They are not genetically modified. The information provided on organic farming will help consumers better understand what fruits and vegetables are considered organic, compare their benefits, and make an informed choice not only on price but also on their health, hobbies and beliefs.

### 3.2 HEALTHY AND RESPONSIBLE FOOD

Nutrition plays an important role in health promotion and the prevention of many diseases. Healthy food basics according to The Finnish Nutrition Recommendations. The primary objective of nutrition recommendations is to improve the health of the population through nutrition. Nutrition Recommendations are intended for use in food service planning, groceries products development and nutrition education. The body needs sufficient protective nutrients and suitable energy to stay healthy and functional. When there is a balance between energy consumption and energy supply, weight remains constant. A physically active lifestyle facilitates weight management and thus reduces the risk of many diseases.

Individual choices of ingredients do not promote or diminish health, but the long-term diet is the key of the health. You can use the Finnish healthy plate model and pyramid to help you make your healthy diet.



Finnish healthy eating plate and pyramid.

- Half of the food portion consists of fresh or cooked vegetables.
- One quarter of the food portion consists of potatoes, whole grain pasta or other whole grain side dishes.
- A quarter stays on fish or meat or vegetable proteins.
- Water, skimmed milk or buttermilk are recommended as a beverage.
- Wholemeal bread and vegetable oil-based margarine and salad dressing.
- Berries or fruits for dessert.

A regular meal rhythm is the basis of healthy eating. Long meal intervals can cause unnecessary snacking on unhealthy delicacies. It is good to eat every 3-4 hours, which means 4-6 meals a day. For example, your daily meal rhythm may be as follows

- breakfast
- lunch
- snack
- dinner
- evening snack

Finnish healthy eating pyramid encourages healthy and varied choices. The healthy eating pyramid describes how to build a healthy diet. The nutrients at the bottom of the triangle form the basis of the diet and should be consumed daily. Foods at the top of the healthy eating pyramid are not used daily in a healthy diet.

A health promoting diet includes

- rich in vegetables, berries and fruits
- legumes
- whole grain
- fish
- vegetable oils
- nuts and seeds
- non-fat and low-fat dairy products

Decrease

- red meat and meat products
- high sugar products
- foods high in saturated fat and salt
- and alcohol use

“The responsible food chain relates to the well-being and health of people, animals and the environment, alongside certain economic aspects.”

The Natural Resources Institute Finland LUKE

### **Ethical and ecological food**

In order for responsible food production to succeed, the different actors in society must have knowledge and understanding of sustainable choices.

There are many dimensions to the responsibility of the food chain:

- nature
- animal welfare
- nutrition
- the well-being of workers
- financial responsibility
- food safety
- locality

In the name of responsibility, one dimension cannot be developed without taking into account the others: responsibility requires balancing the various dimensions. Good knowledge and education as well as natural conditions are the assets of the Finnish food chain.

Eating in a climate friendly way is simple when having a healthy plate model helps. By following most of the meals its relationships are already well advanced.

- observe the seasons
- choose local food
- reduce food waste
- reduce the use of meat and dairy products
- prefers vegetables and fish
- favoured vegetable protein sources

Vegetables should be eaten when they are in season. Vegetables produced in the field during the growing season do not require heating and lighting, as do vegetables produced in the greenhouse outside the growing season. Price is also the reason for choosing products for the harvest season. In many provinces, one of the largest employers is either agriculture or the food industry. Buying local food directly supports Finnish employment.

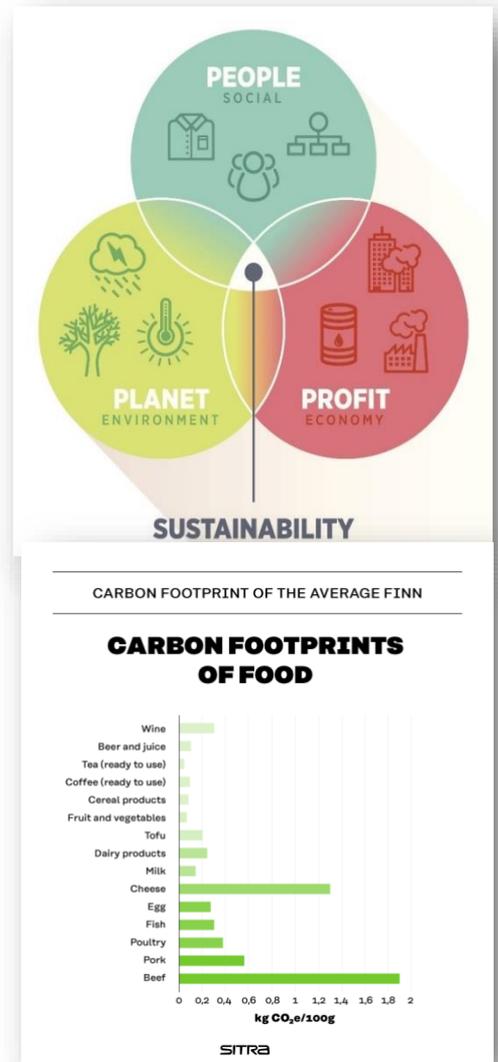
Animal welfare must be taken into account throughout animal production. The general animal welfare requirements are laid down in the Animal Welfare Act (247/1996) and the Animal Transport Act (1429/2006). The purpose of the Animal Welfare Act is to protect animals in the best possible way from suffering and to promote animal welfare and good treatment. It is forbidden to cause unnecessary pain. In addition, animal husbandry shall contribute to the maintenance of animal health and take into account the physiological and behavioural needs of animals.

The impact of human lifestyles on the climate can be measured and compared with one another on the carbon footprint, which represents the human emissions of climate. The carbon footprint is made up of food, living, traveling and tourism and other consumption. The share of food in the carbon footprint of the average Finn is 20%.

Food waste is trash that could have been avoided

- better anticipation of food consumption and
- otherwise preparing or storing food better.

Food waste occurs at all stages of the food chain, but most often in households (35%). In the food services sector, about 20 % of edible food ends up in bio-waste. Food waste occur in the kitchens preparation of food, especially as a buffet meals and when diners leave food



on their plate. The total food waste in the Finnish food services sector is 75-85 million kilos per year (2019).



The quality of food produced in Finland is of the highest quality, but there may still be health threats. Food safety can be compromised by physical, microbiological and chemical factors. Globalization of the food chain brings new risks. Therefore, the dangers of lack of clean drinking and irrigation water and the use of cultivated areas are already present in Finland. The strength of the Finnish food chain is its integrity. The consumer can be shown an unbroken chain from the farm through processing and marketing to the consumer's table. Our strength in food chain management is small markets and high technology that enables traceability.

### 3.3 ORGANIC FOOD PRODUCERS AND SELLERS

#### Lithuania

„Biosala“ <https://www.livinn.lt/>;  
„Du Medu“ <http://www.dumedu.lt/>  
„Holos“ [www.holos.lt](http://www.holos.lt) <https://sveika.lt>  
„Méta“ <http://eco-meta.com>  
„Sveikų bioproduktų centras“ <http://el-bioteka.lt/>  
„Ustukių malūnas“ <https://www.ustukiumalunas.lt/>

## Latvia

“Pakalnieši” (cheese producer) <https://www.facebook.com/pakalniesusiers/>  
“Dimdiņi” (produces vegetables and their products) <https://www.dimdini.lv/>  
“Skrīveru saldumi” (produces sweets) <https://www.skriverusaldumi.lv/>  
“Liepkalni” (produces bread and pastries) <https://liepkalni.lv/>  
“Kalna smīdes” (produces honey) <http://www.biomedus.lv/>  
“Labs no dabas” (produces honey) <https://www.labsnodabas.lv>  
“Latvijas ķiploks” (produces garlic and various garlic products) <http://www.latvijaskiploks.lv>

## Finland

More information on Finnish organic and local food:

<https://luomu.fi/>

<http://www.luomuliitto.fi/>

<https://proluomu.fi/>

<https://ruokaasuomesta.fi/>

<https://aitojamakuja.fi/>

#### 4. CHAPTER. TASKS, QUESTIONNAIRES, ASSIGNMENTS FOR LEARNERS, OTHER METHODOLOGICAL ELEMENTS

##### *Questions to Chapter 1.1. "Eating customs and traditions in ancient Lithuania":*

1. Why were ancient Lithuanian dishes related to the seasons?
2. At what time of the year did people have the most food?
3. Where did ancient Lithuanians get their vitamins?
4. How was the fish eaten?
5. How did Lithuanians preserve fruits and berries for a long time?
6. What is the most popular vegetable to this day?
7. Did Lithuanians like soups? Why?

##### **TEST to Chapter 1.1. "Eating customs and traditions in ancient Lithuania":**

Answer **Yes** or **No**

1. In ancient times, people ate saturated food.
2. In Lithuanian cuisine food was influenced by the seasons.
3. It is recommended to use dandelions in early spring.
4. Pork is the most popular meat in Lithuanian cuisine.
5. Potatoes are used throughout the year.
6. Rye is the most popular grain in ancient times.
7. Kisielius is a popular dish.
8. Soups are eaten even twice a day.
9. The birds were fried even with feathers.
10. Honey - Lithuanian product.



- If you answered **yes** 10 times, you have mastered the methodological material well.
- If you have ever answered **No**, then we recommend that you read the manual again

##### *Questions to Chapter 2.2. "Natural Fermentation"*

1. What products can be tanned?
2. Why are food leavening increasingly popular?
3. What food is alive?
4. What is the significance of microflora for human health?
5. How to preserve / keep bread leaven?
6. What is the basic rule of vegetable tanning?

##### **TEST to Chapter 2.5. "From Past to Future. Discoveries"**

Choose the right answers

1. Project participants researched books of the following period:  
A-18 a. end  
B-19 a. mid  
C-20 a. beginning
2. Books read and examined by participants provide:  
A-only recipes  
B-house rules for handling  
C-References in the literature

3. The project participants found the following books:
  - A In the A-Library
  - B-bookstore
  - C-your own home
4. The following meals are served for the holiday lunch:
  - A-12 meals
  - B-2-3 dishes
  - C-6 dishes
5. The project participants used the found material as follows:
  - A- just read it
  - B-tried several found recipes
  - C- hosted a party where she tested 20 recipes



### Correct answers

1C    2B    3CD    4C    5B

### *Questions to Chapter 3.2. Healthy and Responsible Food*

1. What are organic products?
2. Why use organic products?
3. How is the Finnish health plate made?
4. What is the Healthy Food Pyramid?
5. How can food waste be prevented?

### **ASSIGNMENTS to Chapter 3.2. Healthy and Responsible Food**

1. Describe the Finnish food culture.
2. What does a healthy diet consist of?
3. What does responsible food mean?



### **USEFUL TO KNOW**

#### **Making soups**

- The broth is not recommended to cook from mutton because of its dark colour and unpleasant smell.
- When making soups, the products are placed in the pot in the order that they all boil at the same time.
- Broths and soups are cooked at a low temperature (90-95 C) to avoid lumps, cloudiness and vegetables lose their forms.
- Pearl groats are boiled in salted water because they become red from salt.
- Sour cream is added to the soup and is not mixed.
- Hot soups are served at a temperature of 75-85 C.
- Sauerkraut and cucumber should not be cooked together with potatoes as the potatoes do not boil. When making soups, the spices are added 5-10 minutes till the end of cooking.
- To make the soup more beautiful, aromatic and nutritious, the spices should be added after roasting.
- Tomato puree should be roasted before adding to soup to stop the acid smell and taste.

### *Hot dishes*

- Meat for cooking is added to boiling water to reduce the loss of nutrients. It is salted at the end of the cooking process, since the salt extracts the juice from the meat and the cooked meat is hard.
- The meat is cooked at a temperature of 90-95 C. When cooked at high temperatures, the proteins in it harden and the juices are pushed out of the muscle fibres. The meat cooked in this way is hard and dry.
- To make cooked meat tastier, 0,5-1 hour left till the end of cooking add the spicy vegetables and the spices are added 10-20 minutes till the end.
- Natural steaks are salted during baking. The salt is poured onto the roasted side of the product, if salted earlier, the salt pulls out the juice and the meat becomes hard.
- For better peeling of the tongue, pour it with cold water after boiling. When the water has cooled, the film is peeled off.
- To prevent bitter liver, it should be soaked in cold water or milk before cooking.
- Liver should not be overcooked as it hardens during prolonged baking.
- Fish pieces will not deform during baking if you cut the skin in several places before baking.
- When frying fish in fat, cooked pieces should be placed on paper napkins to absorb excess fat.

### **TEST. Soup Making**

N.	Question	Answers	<i>Correct answer</i>
1	For boiling soups, the products shall be added:	a) first, potatoes, followed by other products b) roasted vegetables, first c) in such a way that all the products are welded at the same time	
2	The broth is not recommended for cooking from:	a) beef b) mutton c) poultry meat	
3	The cream is added to the soup:	a) after the broth has boiled b) when the soup is cooked, in a saucepan c) serving soup on a plate	
4	Broths and soups are cooked:	a) at 90-95° C b) at 100-105° C c) at 70-85° C	
5	Pearl groats are boiled in unsalted soups, because they:	a) not get boiled b) rolls too quickly c) become red	
6	Pickled cucumbers must not be cooked together with potatoes because of their acidity:	a) the potatoes become black b) the potatoes have an additional smell c) the potatoes do not get boiled	
7	To make spicy soups, you will add:	a) 5 to 10 minutes before the end of cooking b) after water or broth began to boil c) to the cold water or broth	
8	Serve hot soups at the following temperatures:	a) 90-95° C b) 75-85 ° C c) 40-50 ° C	

9	Why you should roast vegetables for soups:	a) because of colour b) because of the smell and taste c) the colour, smell and taste and the conversion of nutrients into fat	
10	Why you should roast tomato puree for soups:	a) to evaporate the smell and taste of acid b) to enhance the smell and taste of the acid c) to increase calorie intake	

**Test. Soup Making. Correct answers:**



1	2	3	4	5	6	7	8	9	10
A	B	C	A	C	C	A	B	C	A

**TEST. Hot dishes**

n.	Question	Answers	Correct answer
1	When cooked for the main dish the meat is put to:	a) cold water b) hot salted water c) boiling water	
2	For better peeling of cooked tongues:	a) rub in salt before boiling b) cook at low temperature c) pour cold water when it began to boil	
3	For cooking meat, the spicy vegetables are added:	a) for 0.5-1 hour till the end of cooking b) 10-20 min. till the end of cooking c) 1-2 hours till the end of cooking d) 5 to 10 minutes till the end of cooking	
4	The meat is cooked:	a) at a temperature of 100 to 105 ° C b) at a temperature of 95-100 ° C c) at 90-95° C	
5	To prevent the liver from being bitter, it should be:	a) washed b) soaked in cold water or milk c) soaked in hot water	
6	During the cooking of meat, the spices are added:	a) 0.5-1 hour till the end of cooking b) 10-20 min till the end of cooking c) 1-2 hours till the end of cooking	
7	Natural pork roast is salted:	a) before roasting b) during roasting c) after roasting	
8	If the liver is baked longer:	a) it becomes juicy b) hardens c) stretches out	
9	When frying fish fat pieces of fish are placed:	a) on paper napkins b) on warmed plates c) on pallets	
10	Before baking, in order not to deform fish pieces it must:	a) be soaked in acidified water b) be rubbed with salt c) be cut of the skin in several places	

*Test. Hot Dishes. Correct answers:*

!	1	2	3	4	5	6	7	8	9	10
©	C	C	A	C	B	B	B	C	A	C

**TEST. Food making**

1.	When making sorrel soup, in what order the vegetables are added to broth?	<ol style="list-style-type: none"> <li>Potatoes, fried root vegetables, sorrel, salt, spices;</li> <li>Potatoes, sorrel, boiled pearl-barley, fried root vegetables, salt, spices;</li> <li>Sorrel, potatoes, fried root vegetables, spices, salt;</li> <li>Sorrel, fried root vegetables, potatoes, spices, salt.</li> </ol>
2.	When the spices are added to the vegetable soup?	<ol style="list-style-type: none"> <li>At the beginning of boiling;</li> <li>At the end of boiling;</li> <li>Ten minutes before the end of boiling;</li> <li>30 to 40 minutes before the end of boiling.</li> </ol>
3.	How to store cream products?	<ol style="list-style-type: none"> <li>In the freezer;</li> <li>In the cold showcase;</li> <li>In the warehouses;</li> <li>In the kitchen on tables.</li> </ol>
4.	What is served as a side dish and a decoration for fish dishes?	<ol style="list-style-type: none"> <li>Tomatoes and fried onions;</li> <li>Lemon and greens;</li> <li>Pickles;</li> <li>Fresh cucumbers.</li> </ol>
5.	Which type of thermal treatment is best for preserving the nutritional value of vegetables?	<ol style="list-style-type: none"> <li>Boiling;</li> <li>Stewing;</li> <li>Steaming;</li> <li>Frying.</li> </ol>
6.	One portion of salad requires 50 g of sour cream. How many portions can be made if one has 4 kg of sour cream?	<ol style="list-style-type: none"> <li>8 portions;</li> <li>20 portions;</li> <li>80 portions;</li> <li>125 portions.</li> </ol>
7.	In what water peeled carrots should be boiled?	<ol style="list-style-type: none"> <li>In cold salt water;</li> <li>In hot water;</li> <li>In boiling water;</li> <li>In boiling salt water.</li> </ol>
8.	How to add spices to salad?	<ol style="list-style-type: none"> <li>Sprinkle over the dish;</li> <li>As more convenient;</li> <li>Mixed with the sauce;</li> <li>Mixed with the salad.</li> </ol>
9.	Why vegetables are boiled in boiling salt water?	<ol style="list-style-type: none"> <li>To reduce the loss of minerals and other water-soluble substances;</li> <li>To keep the form and colour;</li> <li>To keep the vitamins;</li> <li>To have more of water-soluble substances in the water.</li> </ol>

10.	Which main sources that oily fish contain are important for heart health?	<ol style="list-style-type: none"> <li>1. Omega-3 fatty acids;</li> <li>2. Sugar;</li> <li>3. Calcium;</li> <li>4. Fibre.</li> </ol>
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**Test Food making answers:**

!	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
😊	1	3	2	2	3	3	4	3	1	1

**TEST. For catering workers**

1.	What is the purpose of safety at work?	<ol style="list-style-type: none"> <li>1. To create an atmosphere that is bright and life-friendly;</li> <li>2. To prevent employment injuries and occupational diseases;</li> <li>3. To create stable living conditions;</li> <li>4. To prevent the economic crisis in the country.</li> </ol>
2.	What does the sanitary clothing protect from?	<ol style="list-style-type: none"> <li>1. Clothing of employees from getting dirty;</li> <li>2. Food from infections;</li> <li>3. Employee from getting infected with microbes;</li> <li>4. Employee from interaction with raw materials.</li> </ol>
3.	How should be cleaned the working surface on which cold appetizers are prepared?	<ol style="list-style-type: none"> <li>1. Wiped with a wet cloth;</li> <li>2. Wiped with a clean towel;</li> <li>3. Washed with a hot water;</li> <li>4. Washed with a hot water and a disinfecting solution.</li> </ol>
4.	Where the instructions of installations should be placed in the production premises?	<ol style="list-style-type: none"> <li>1. In a visible place next to the installations;</li> <li>2. At the entrance of the production premises;</li> <li>3. In a visible place;</li> <li>4. On the installations.</li> </ol>
5.	What does the employee need to do when commencing work in catering undertakings?	<ol style="list-style-type: none"> <li>1. Listen to safety instructions;</li> <li>2. To pass the test of vocational skills;</li> <li>3. To get to know the structure and equipment of the undertaking;</li> <li>4. To get acquainted with personnel work conditions.</li> </ol>
6.	What is gross weight?	<ol style="list-style-type: none"> <li>1. The product together with packaging;</li> <li>2. The product without packaging;</li> <li>3. The product together with the work utensils;</li> <li>4. The packaging without the product.</li> </ol>
7.	What disease can be caused by incorrect cooking of food?	<ol style="list-style-type: none"> <li>1. Diphtheria, measles;</li> <li>2. Influenza, chickenpox;</li> <li>3. Stomach ulcer, gastritis;</li> <li>4. Salmonellosis, botulism.</li> </ol>
8.	How to clean ceramic cooktops?	<ol style="list-style-type: none"> <li>1. Hot surface is cleaned using a sponge and a powder;</li> <li>2. Cooled surface is cleaned using a special cleaning product;</li> </ol>

		<p>3. Warm surface is cleaned using a wire sponge and a sponge;</p> <p>4. Cooled surface is cleaned using a stainless steel spatula.</p>
9.	Production premises include:	<p>1. Lobby;</p> <p>2. Hot production department;</p> <p>3. Trading area;</p> <p>4. Warehouse for dry products.</p>
10.	What purpose does the table card serve?	<p>1. To find out the titles and positions of customers;</p> <p>2. For the guests to be able to find their seat at the table;</p> <p>3. To decorate the table and for the guests to be able to find their seat at the table;</p> <p>4. For the guests to be able to find their seat at the table and to get to know each other.</p>

*Test For catering worker answers:*

!	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
☺	2	2	4	1	1	1	4	2	2	2

1.	2.	3.	4.	5.	6.	7.	8.	9.	10.
2	2	4	1	1	1	4	2	2	2

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