

## Diet for the Clean Baltic Sea

The state of Baltic Sea waters systematically getting worse. The biggest problems of the Baltic Sea are: eutrophication, chemical pollution, oil spills, overfishing, and invasion of alien species. We managed to solve most of those problems, however the range and effects of eutrophication of the Baltic Sea are increasing year by year. The agriculture is a main cause of eutrophication, however in farming lays the solution to the problem. Not all kinds of agriculture produce the same surplus of nitrogen and phosphorus. If in the farm is animal and plant production and manure is used for plant production or plants are used for fodder, amount of nitrogen and phosphorus will be balanced, the leaching of nutrients will be minimal.



It is important that consumers appreciate the food not only due to its taste but also environmental friendly production. The following criteria of food production, which should be taken into consideration while buying food products.

**Local food** is extremely important for our well-being. Food from our climate zone provides us with proper nutrition adapted to seasons. Local, traditional meals and recipes, which are stored from generations and tested in certain climatic conditions, are very beneficial. Usage of local products reduces the green gas emission, due to lower fuel consumption during food transportation.

**Food according to seasons.** Our organisms are used to the diet compatible with four seasons. We eat different during a hot summer, windy and rainy Fall, frosty Winter and variable in weather Spring. And so, eating citrus fruits in winter do more harm than good, because they are cooling down our bodies and makes us more susceptible to infections. Vitamins, such as Vitamin C can easily be found in root vegetables and in sauerkraut.

**Well balanced food.** We should be heating more vegetables and fruits, products from whole meal flour, fish and much less meat (beef, pork, poultry). Proper proportion is: 80% vegetables, fruits and whole grain flour, 20% products from animal origin.

**No leftovers.** Truly balanced food consumption is linked with a lack of leftovers. We should not leave food on the plates. One should take only as much as one can eat. The kitchen does not need to produce more food than the demand

Below there are some recipes from different Baltic countries which are dedicated to the Baltic Sea and according the criteria mention above.

## **Poland**

Most of the recipes based on traditional Kashubian cusine.



### **Starter:**

#### ***Chicken liver with sour apples:***

*Ingredients:* portion of chicken livers, flour, lard, salt, pepper and sour apples.

*Preparation:* Sprinkle a portion of liver of flour and pepper, and then strangled with chopped onion. In the other pot the sour apples was strangled with little bit of sugar. When the chicken liver was soft, than was join with the apples and little bit salt.

### **Soup:**

#### ***Kashubian borsch with the dried forest mushrooms.***

*Ingredients:* dried forest mushrooms, fish heads and tails, carrot, parsley, celery, leek, 2 onions, salt, pepper, allspice, bay leaf, cream, dill, spoon of flour, some potatoes, glass of juice od sauerkraut

*Preparation:* mushrooms boiled in small amount of water. Cut into thin strips and keep in boiled water. Boil the broth for the fish pieces with spices, strain and add vegetables, chopped potatoes. Braise onions on a spoon of fat, add spoon of flour and finally add small amount of cold water. When the vegetables became soft, add braise onion with flour, cream and glass of juice of sauerkraut. Finally add some salt, pepper and dill. The soup should be spicy.

**Second course:**

***Roasted Pomeranian duck***

*Ingredients:* duck, salt, marjoram, sour apples, dried plums

*Preparation:* Rub the duck with salt and marjoram and fill by apples and dried plums. Roasting under covered, during roasted it's necessary to sprinkled with water.

**Desert:**

***Yeast cake with crumble***

*Ingredients:* flour, milk, eggs, sugar, east, butter, raisins, vanilla, baking powder

*Preparation:* In a warm bowl put 2 kg of flour. Yeast solutions prepared with a few tablespoons of milk, 1 tablespoon of sugar and 180 grams of yeast. Put in a warm place to grown. Put into the flour 250 grams melted butter, add 8 yolks, 4 eggs, and about 1 litter of milk as required. Then add one cup of sugar and soaked raisins in warm water. All knead well and let stand in a warm place to rise for about an hour.

To make the crumble need 1/2 cup butter (100 g), a cup of sugar, less than 2 cups of flour, a teaspoon of baking powder and vanilla. Quickly knead and keep cool. Grease a baking pan with fat and sprinkle with flour. Put dough to 1/3 of the form, because it will continue to grow. Wipe crumble to the dough surface. The pie crust and bake grate near an hour in preheated oven at 180'C.



## Lithuania

Lithuanians like to eat a lot and enjoy good food. Our traditional cuisine is pretty simple but has a variety of interesting dishes. Rye, potatoes, various meat, beet root, mushrooms and dairy products are often used when preparing Lithuanian food. You can find some of the most popular traditional Lithuanian foods, dishes and drinks on the page below.

### Didžkukuliai or Cepelinai: the National Dish



Cepelinai are big, Zeppelin-shaped (that's where they get their name from) dumplings made from potatoes stuffed with meat. They are usually served with sour cream, spirgai or mushrooms. Some restaurants serve a vegetarian version of the cepelinai made with a curd filling instead of meat. As you can imagine, it's a rather filling meal with enough calories to make any light eater or dieter run for the hills.

### Juoda Duona - Black (Rye) Bread



Lithuanian dark rye bread is delicious, heavy, fragrant and can remain fresh for a long time. It can be eaten during breakfast, lunch or dinner. However, it isn't as popular these days as it was in old times



## Šaltibarščiai - Cold Borscht (Beetroot Soup)



Šaltibarščiai is a popular summer soup. It's made from cooked shredded beets, cucumber, dill and green onions. All the vegetables are put into a pot and cold soured milk or kefir is added. Šaltibarščiai are usually served with hot boiled or fried potatoes on the side. Sometimes a sliced hard-boiled egg is added into the plate as well. It's a great meal on a hot summer day.

## Gira



Gira is a fermented drink made from black rye bread. It is considered a soft drink but contains some alcohol (0.05-1.5%) due to natural fermentation process. Gira has a unique flavor, contains a lot of vitamin B and is a great drink for a hot day. It is known as "kvass" in Russia and is popular in other countries of Eastern Europe as well.

## Latvia

### Grey Peas with Bacon

Grey Peas with Bacon perhaps is the most traditional Latvian hot dish. It can be served as a snack with beer, or as a main course. Professionally made Grey Peas with Bacon shouldn't be

dry. If you would like to try the traditional Latvian kitchen during your visit, this course must be in your list. The preparation is very easy, but it will take some time.

Peas and Bacon are both nutritious ingredients, therefore, the course is quite padding, especially if you have it with beer. In general, all traditional Latvian food restaurants should have this dish in menu. Moreover, if you'll go to the party where you will be tasting different Latvian traditional food – grey peas with bacon will be there for sure. It's essential to try it!

*Ingredients:* 200 g - grey peas, 60 g – bacon, onions, salt,

*Preparation:* Soak the peas for a few hours, then boil them on the low fire until they will be soft, but still kept in their form. Dice the Bacon and Onion, fry them in the pan. The peas can be served separately from bacon or mixed. A perfect drink with this course is kefir.

### **Beetroot Soup**

A burgundy colour soup smells really nice when steaming in a bowl – it's Beetroot Soup. Especially in the cold time of the year, this soup is like an elixir of renewal. The soup usually is served with sour cream and a few peaces of black or white bread. Traditional Latvian Beetroot Soup is without meat. However, today it's often flavoured with these ingredients.

*Ingredients for 4 portions:* 3 mid. size raw beets, 4 potatoes, 2 mid. size carrots, 1 mid. size onion, Optional - 300 g ribbings, salt, pepper, laurel leaves, other spices (coriander, chilli pepper, bouillon, etc ), butter/oil, sour cream, greens (dills, parsley, celery, basil)

*Preparation:* Put ribbings to boil for an 1,5 hour. Raw beets, onions and carrots cut in stripes. Fry in the butter/oil. Dice up the potatoes. Put all vegetables in the boiling water. Add salt, pepper, laurel leaves and other spices. Boil for 40 min more. Serve with sour cream and greens, snack it with black bread.

### **Rupjmaizes kārtojums (Layered Latvian rye bread dessert)**

The dessert we will be talking about today is originally called Rupjmaizes kārtojums, which means layers of bread. The most common method is to layer rye breadcrumbs, whipped cream, and cranberry or cowberry jam. Sometimes cream of cottage cheese is used instead. The dessert can be made in small individual ice-cream bowls or in a larger bowl and then cut in portions. We made it in a larger container for four and used mascarpone instead of whipped cream. Mascarpone has a richer taste than whipped cream; the only shortcoming is that it's thicker and you'll probably need to let sit your Rupjmaizes kārtojums for at least 5 hours until the breadcrumbs saturate in jam and mascarpone. At least that's what we did – and the result was very pleasing! Imagine rye breadcrumbs toasted with sugar and cinnamon, layered with tangy mashed cranberries, and topped with soft, vanilla-flavoured mascarpone; repeat once and top with those crunchy breadcrumbs. Sounds good, uh? And those fresh forest cranberries that Mom pureed with sugar came up really handy here: we

store them in refrigerator and use for time-saving baking and dessert-making. Fresh cranberries can be replaced with cranberry jam, if you prefer.



*Ingredients:* 10 slices coarse rye bread (about 350g in total), slightly dried and crust removed, 250g mascarpone cheese, 4 tbsp sugar, 1 tbsp ground cinnamon, ½ tsp vanilla, sugar, 6 tbsp mashed cranberries (with sugar), 3 tbsp cream

*Preparation:* Grate slices of bread on a hand grater. In a non-stick pan, mix breadcrumbs, 2 tablespoons sugar, and cinnamon, and toast the mix on a medium heat for 20 minutes. Some lumps might appear as the sugar slightly melts. Keep stirring and breaking any lumps with a spatula. Set to cool (as you see, it's better to cook the breadcrumbs in advance). Mix mascarpone cheese, 2 tablespoons sugar, cream, and vanilla sugar. Cream is used here to make the cheese more elastic. Divide the breadcrumbs in 3 parts, two of which are equal and one is slightly smaller in size (we'll use it for topping). Divide the mascarpone mix in two parts. Put one part of the breadcrumbs on the bottom of your bowl. With a spatula or spoon, gently spread the mascarpone mix over them. Spread 3 tablespoons of mashed cranberries over the mascarpone mix. Repeat with bread, mascarpone, and cranberries. Top the dessert with a thinner layer of remaining breadcrumbs. Cover the bowl and set it in the fridge. Chill the dessert for 5 to 10 hours.

## **Estonia**

### **Estonian recipes by Õie Laksberg**

#### **Barley groat soup with smoked meat (8 people)**

*Ingredients:* 500 gr smoked pork meat with bones, 1.5 dl barley groat, 3 liters of water, 2 to 3 tablespoons oil, 3-4 carrots, 1 parsnip, 1-2 medium size onions, 8-10 potatoes, 2-3 pickles, 250 grams of fried mushrooms, 2 bay leaves, 5-6 grains of black pepper, crushed pepper, salt, sugar, herbs

*Preparation:* Take the water to a boil. Add meat with bones and washed groat, boil 20 minutes. Peel and grate the carrots and parsnips, slice the onions. Fry the vegetables in oil to medium-done. When the groat is also medium-done, take out the meat (clean bones of meat and chop the meat), and add a bay leaf and peppercorns in a pot. Peel the potatoes, cut into cubes and add to pot. Add the mix of fried mushrooms, carrot, parsnip, onion and diced pickles. Heat the soup to boil. Finally, add chopped meat. Finish seasoning with salt, pepper and sugar. Serve with sour cream and herbs.

### **Estonian style hotpot with vegetables (6 people)**

*Ingredients:* 1 kg beef or pork chop (with a bone), 1.5 liters of water, 2 smaller onions, 1 small cabbage, 1 small turnip, 2 carrots, 1 kg of potatoes, 1 tablespoon oil, 8 grains of black pepper, 2 tablespoons salt, parsley leaves, chives

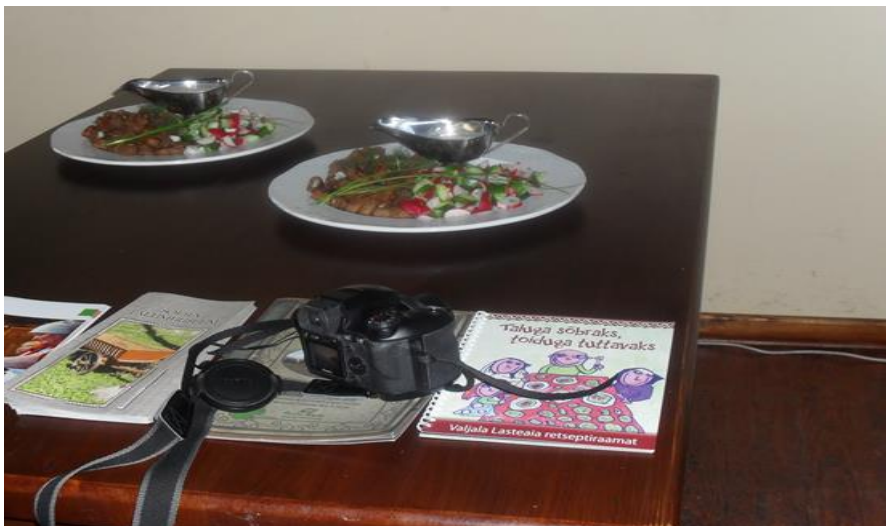
*Preparation:* Brown the meat on both sides in a large heavy bottomed pot. Add water, peeled whole onions, and cabbage cut in sectors. Simmer over a low heat for half an hour. Add 1 teaspoon of salt, roughly cut turnips and carrots, simmer for another 10 minutes. Place peeled and halved potatoes on top of vegetables; add a little salt and peppercorns. Simmer for 20 minutes or until all ingredients are done. Serve in a platter, and decorate with the fresh parsley and chives. While simmering, make sure that the food does not remain dry! Add boiled water if necessary. As gravy, the broth seasoned with herbs, can be served.

### **Cheese cream with Kama (4 people)**

NB! Kama we will bring with us from Estonia!

*Ingredients:* 400 g creamy cottage cheese, 1 dl whipping cream, 2 to 4 tablespoons sugar, 2 tsp vanilla, 3 tablespoons of Kama, fresh or smashed strawberries (may also be some other jam) for serving

*Preparation:* Whip cream with sugar, mix in the creamy cheese and Kama. Place into glass bowls, decorate with strawberries or jam and serve.





## **Sweden**

### **Cabbage pudding**

*Ingredients:* 2 cabbage heads, 100 gr of butter, 0,5kg ground beef, 0,5kg ground pork, 300gr of cold mashed potatoes, 1,5tsb of salt, 0,5 tsb white pepper, 6-7 dl of milk, 2 tbsp of syrup

*Preparation:* Owen temp 175 – 200 degrees. Cooking time about 60 min. Take away the root and slice the rest of the cabbage in nice small bits. Fry the cabbage in a pan and in the last minute add the syrup. Mix the ground meat with the spices, potatoes and the milk. Put half the cabbage in a tray and put in the ground beef on top of it finish with the rest of the cabbage. Put in the oven until done. Served with gravy, boiled potatoes and lingonberry.

### **Boiled Brown Beans**

10 portions

*Ingredients:* 1 kg dried brown beans, 2-2,5 tsp of salt, 4-6 tbsp of syrup, 3-4 tbsp of vinegar.

*Preparation:* Soak the beans for 10 to 12 hours in 4 times the amount of water. Boil the beans in the soaking water, stir so the beans doesn't get stuck in the pan. If needed add more boiling water. Seasoning the beans with the salt, syrup and vinegar. The beans should have a slightly thick consistent so if necessary thicken it with white flour and water.

### **Beef casserole from the south of Sweden**

10 portions

*Ingredients:* 1,7 kg of beef, 300 gr of yellow onion, 250 gr of carrots, 1 tsp of salt, 0,5 tsp of ground white pepper, 3 bay leaves, 1 tsp of whole allspice.

*Preparation:* Frying: 150gr of butter, 1,5 litres of beef stock. Thickening: 1dl of wheat flour, 1,5 dl of water. Boiling time: 2 – 3 hours. Cut the meat in 3cm cubes. Peel onions and carrots. Cut carrots in 1cm pieces, chop onion coarsely. Fry meat, carrots and onions. Place everything in a casserole (be sure that the gravy from the frying pan adds as well). Seasoning and add the stock. Boil under lid until tender. Add thickening until it is a light stew. Boil for a few minutes and seasoning if necessary. Served with boiled potatoes, pickled beetroots.



## Germany

### Lapskaus

(per 3 persons)

*Ingredients:* 500 g potatoes, 1 onion, ca. 340 g corned beef, 1/8 l milk, 1/8 l Broth, pickled red beets, pickled cucumbers

the dish can be served either with an egg or 'Rollmops' which is a kind of pickled Hering.



## **Macrobiotic and vegetarian food**

**Red lentil soup with seaweed (algae) and miso paste** - a soup, which are based on a variety of vegetables (mostly root: carrots, celery, onion, leek, garlic clove, etc.) fried in good oil, seaweed (wakame and arame ), dried forest mushrooms and red lentils. But really the secret of this soup is included in the set of spices: white pepper (or herb), fresh marjoram, summer savoury and thyme (for lack of fresh can be dried) and fresh ginger. You can also add a few leaves of basil or oregano. Miso paste is best to add two (namely, barley miso and soy or rice) and tamari soy sauce or shoyu. In the season you can add sawn or chopped tomatoes. We cut vegetables into cubes and fry in oil briefly, pour water, add seaweed, mushrooms and lentils, rinsed (about 100 grams per liter of soup). When cooked (about 20-25 minutes) soup, season with salt, pepper, marjoram, savory and thyme and soy sauce, miso paste (about teaspoon per quart of soup) and freshly grated ginger.

**Gomasio** - flat tablespoon of salt roast in a dry frying pan for a few minutes until it turns lightly golden. Do the same with 14 tablespoons of unhulled sesame seeds or flax seed, or do a mixture of 7 tablespoons sesame and linseeds 7. When roasted seeds will give off a pleasant smell (after 4-6 min.), We break roasting, pour into bowl and rub with salt already popped a wooden club, as many as half the seeds will be grated into a powder, and half will be in full. In the kitchen, natural gomasio (also called sesame salt) is used instead of salt for almost all dishes and dishes.

**Cooking grains and groats** - cereals cook in a pressure cooker or in a pot with a thick and solid bottom if you have not, have, cook in a regular pot and on a metal plate (Note: This may not be asbestos tile). Rice cook for about 1 hour., In a ratio of 1: 2 (one serving of rice and two water), wheat (spelled) and rye cook for about 4 hours., At a ratio of 1: 2 Buckwheat and millet cook briefly, about 15-25 min., At a ratio of 1: 2 Oats and barley , about 1.5-2 hours., In a ratio of 1: 2 Coarse cereal, so-called. hulled barley for example barley, wheat cook for about 40 - 60 min., in a proportion of 1, 1.5. In a pressure cooker shortens cooking time by half, we also less water. The fastest prepares the finest meal, for example: manna, corn, cook it for 10-15 min., As well as couscous and bulghur, which simply pour boiling water. Cereals after cooking can be combined with each other and in this form serve. When cooked cereal can bake, braise, bake. Grains always cook with seaweed, longer brewing - with kombu, less - with wakame. Rice cooked with millet, oats and barley - brown rice (brown) can be cooked with other cereals in various proportions. Rice with millet near boil in a ratio of 1:1, 2: 1, and up to 4: 1 (about 50-60 min.), With oats and barley 1:1 or 2:1, increase the cooking time to 90 minutes . Similarly, we can combine other cereals, eg wheat with rye, buckwheat of millet, etc.

**Chops base on tofu** - tofu cubes take the natural (others it may be, for example, smoked) and cut into slices with a thickness of about 0.5 inches, put on a flat dish and marinated them, or gently rubbed tofu (which is tasteless) salt , pepper, turmeric and sprinkle with soy

sauce or tamari shoyu, from both sides. After a maximum of 10-12 minutes chops are dipped in the mix wholemeal flour: wheat (spelled), corn and buckwheat (6:2:2) with finely chopped walnuts and fry in hot oil for 3-4 minutes on both sides.

**Stew with tofu** - to little bit fried onions in oil and add crushed garlic (Stark on coarse mesh) tofu, season to taste with salt and pepper and fry briefly (1-2 min) with gentle mixing.

**Fried vegetables (nituke)** - nituke is a way of preparing vegetables, so as to deprive them of juice (root jin) by jangizacji (evaporation). Nituke best done with two types of vegetables with similar cooking times. For example, cabbage and carrots cut into so-called. match and briefly fry in oil (1-2 min.), and then stew in their own juices until tender vegetables and often revealing mixing them in order to get rid of the water. Season with salt and at the end of shoyu or tamari sauce. Well prepared nituke is a dish "dry". Serve with cereal grains, other vegetables, bread, etc.



**Fermented vegetable salads** - in the kitchen natural-vegetarian salads and various salads with vegetables fermented (pickled) are a frequent visitor to our tables. Prepare the salads to your liking, are indicated mixed salad with seasonal vegetables such as root, or leafy round with the addition of fermented and everything is spiced vinaigrette. For example, grated raw pumpkin or finely shredded cabbage (white, red, Beijing) add sauerkraut, finely chopped onion and season with vinaigrette: oil, pepper, basil and spoon cereal malt or honey.

**Chops with rice, millet and wild mushrooms** - cooked brown rice (can also be wheat, spelled, etc.), millet and mushrooms, in a ratio of 1: 1: 0.3 Mince the onion and add a clove

of garlic, you can add some cooked vegetables root, such as carrots, celery, but not necessarily. The prepared mass season with salt, pepper, turmeric and shoyu or tamari sauce, we form small patties, coat them in flour or ground wholemeal oat flakes and fry in hot pan well.

**Chickpeas with vegetables** - perfectly fried onion in oil add finely chopped vegetables (carrot-most, celery, cabbage, parsley, etc.), fry for about 15 minutes while stirring, then watered with water and cook until tender. When the vegetables are al. dente add the cooked chickpeas (two peas in a glass cup vegetables). Season with salt, pepper, marjoram, savory and thyme, and reconstituted with water, miso paste and freshly grated ginger. In season you can add to a dish of finely chopped (or sawn through a sieve) tomato (or tomatoes) with natural crops. The dish is served with a full (ie brown) rice or other grain.

