

COOKING COMPETITION IN ZADAR

06TH - 10TH MARCH 2017

The Sustainable cooking competition was held as part of the European Union Erasmus + funding program implemented Healthy food choices for a sustainable future project. The aim of the competition organized by HUTS was to discover new culinary talents from the participating schools.

Purpose: To prepare a dish with using products placed in a box. Each participant was meant to receive the same amount of the same products.

This boxes contain:

Module 1. Cold side dish (hors d'oeuvre) –smoked ham, soft cheese

Module 2. Soups- For the M2- wild asparagus

Module 3. Main dish- For the M3- beefsteack, arugula, Pag cheese

Module 4. Desserts- For the M4 – apples, cottage cheese, sour cream, honey, almonds, lemon, and strawberry marmelade ecologically made.

Our cooking competition was held in Zadar. The host organization was Hotelijersko-turisticka i ugostiteljska skola (HTUS), school of tourism and catering.

The competition was held between schools of catering from Finland (OMNIA), Zagreb (Slava Raskaj) and Zadar (HTUS). At the beginning participants got acquainted with each other. On Monday, 06th March, chef Mirko Poljak held his workshop about octopus. Participants learned how to clean the fish before preparing it and how to prepare some dishes of octopus. The menu was: carpaccio of octopus and the main dish brudet of octopus.



After lunch, participants went to the Zadar old town for a small sightseeing. Teacher Marina Mijolović told them about the history of the town and showed them the main touristical attractions so as the historical monuments. Participants enjoyed the most being at the "sea organs" which is today the main touristical attraction of Zadar. The first day finished with a little walk within the city.

The second day participants went to visit the Island Pag. They visited the cheese factory where is produced the famous cheese of Pag (the brand of the island). There, they learned all about the cheese production (all the procedure).

After the visit of the factory participants went to the Salt Museum to learn about the history of salt on the same island. The cheese of Pag is the best exemple for explaining the sustainable development, because here are all the elements twisted together : the wind (the bura), the salt and the sheep: the sheep eat the grass which is salted because of the wind, their milk is also salted and with that milk we produce the cheese. At the end of the day participants went to the household Prtorić, where was organized lunch. The owner explained that all the food they serve is produced by them. Everything on the menu is homemade.



That day at Pag was unforgettable because of the wind bura which was blowing all day. It was quite amazing because that wind blows sometimes at the speed of 100 miles.

The third day began with the workshop about entrepreneurship and sustainable development. Participants shared ideas concerning their own future business. It was very interesting and creative.

During the afternoon, they had another workshop about pastry and sustainable development. Chef pastry Kristina Lončar taught them about traditional dalmatian desserts. She also spoke of the fig the queen of the Mediterranean. Together they participated in the making of a traditional dalmatian dessert : smokvenjak. This dessert consists of only three ingredients :almonds,figs and grape brandy.

Participants finished the third day by preparing themselves for the next day: the competition.



Cooking competition was held on Thursday, 09th March. At the beginning judges introduced themselves before participants were allowed to enter the kitchen. The jury consisted of three members – Mrs. Lidija Udiljak, Chamber of Trades, chef Mario Arbanas and chef Petar Pera. Competition lasted five hours. Regional and national newspapers followed the competition. The overall score OMNIA got was 94 points out of 100. Slava Raskaj got 84 points. HTUS got 96 points. All recipes will be available in our e-Cookbook.

After announcing the winner participants had some cake and then went to a nearby bar to celebrate.

On Friday students' abilities were tested by Open badge applications in sustainable development Local food and menu planning.

Open Badge is a digital reward which can be stored inside a student's 'digital backpack'. The badges can be achieved by completing tasks and goals set by an issuer, such as a learning provider (awarding badges for achieving soft skills) or a website (for completing an online task), basically anyone who wants to keep a user motivated and interested.



At the cooking competition at Zadar, students participated in social entrepreneurship workshop where they gathered knowledge about what does it mean to be a social entrepreneur in a context of carbon footprint and healthy food. A social enterprise definition is given by Social Business Initiative:

- A** *A social business is defined as a holder of entrepreneurial activity whose primary objective is to achieve social impact rather than generating profit for owners or shareholders;*
- B** *Social entrepreneurs provide goods or services on the market.*

A social business is managed by entrepreneurs in an entrepreneurial and innovative way and uses its surpluses primarily to achieve the social goals. Also, they learned about food production and carbon footprint relation. The total of greenhouse gas emissions produced by an individual, an event, a product or an organization generally expressed in tons of carbon dioxide. Carbon footprint is for ex. we need the same amount of carbon dioxide for driving 250 km and for one steak.

They also learned that healthy food is food that has been grown in an environmentally friendly manner without harmful chemicals (pesticides, fertilizers, growth hormones and the presence of CO₂).



"Today we participated in two workshops - one for social entrepreneurship and the other for sustainable development in pastries. In the first workshop we were divided into two groups and were supposed to come up with a business idea that combines healthy food, sustainable development and social entrepreneurship. In between the workshops we had a nice lunch at the school which consisted of a starter soup and pork and vegetables for dessert." Says Jouni Koskinen in his blog posting".

<http://healthyfutureproject.blogspot.fi/p/jouni-koskinen.html>

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