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**MENU PLANNING IN
SCANDINAVIAN CUISINE FOR
THE RESTAURANT TALLI**

Bachelor's thesis
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Name of the bachelor's thesis Menu planning in Scandinavian cuisine for the restaurant Talli		
Abstract <p>The main goal of the following thesis work is to create a Scandinavian menu for the restaurant Talli. Menu has to be useful and suitable. It is planned to serve a menu after planning. Menu will be planning for three days.</p> <p>Research methods are used to collect data. Personnel real observation and questionnaire were applied. Interview with restaurant staff, managers and chef were made to create a correctly made menu and plan it well.</p> <p>It is expected to offer new dish suggestion for Talli as a result. Plan a well-balanced menu according to survey results as well. Get professional skills in cooking Scandinavian cooking. Make wine and waste suggestions for Talli.</p>		
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CONTENTS

1	INTRODUCTION.....	1
2	SCANDINAVIAN (NORDIC) CUISINE.....	2
2.1	New Nordic cuisine movement.....	3
2.2	Restaurant Talli impact	4
2.3	Healthy choice for the young generation	5
2.4	Comparison.....	6
3	THEORETICAL BACKGROUND OF THE SCANDINAVIAN CUISINE	8
3.1	Food from Finland	8
3.2	Food from Norway	12
3.2.1	The importance of the seafood	15
3.3	Food from Sweden, Denmark and Iceland	16
4	MENU PLANNING.....	19
4.1	Menu types and planning process	19
4.2	Talli's buffet and a la carte menus	22
4.2.1	AROMI computer program.....	24
4.2.2	Pricing	25
4.2.3	Purchasing and delivery in Talli.....	26
4.3	Research before menu planning.....	27
5	WEEK OF SCANDINAVIAN CUISINE IN TALLI	30
5.1	The process of menu planning and serving	31
5.2	Ingredients purchasing	34
5.3	Ingredients preparing.....	35
5.4	Waste reduction	37
5.5	Wine suggestion.....	38
6	SUMMARY / RESULTS	39
	BIBLIOGRAPHY	41
	APPENDIX/APPENDICES	
	1 Appendix on one page	
	2 Appendix on several pages	

1 INTRODUCTION

The word “restaurant” appeared in Paris in the 1765. French word “*restaurer*” means “to restore”. In the past the meaning of this word was clear to understand. The correctly made food is good for the human health and helps to recover it. Moreover a food should be delicious and good-looking, attractive to the customers. The Scandinavian (Nordic) cuisine combines all these factors together. It usually consists of fresh, raw and healthy products and has perfect taste. There are no complicated cooking methods in Scandinavian menu, and it is another important factor to stay healthy. The healthy and delicious nutrition at the same time – it is the choice of the modern customers. To raise interest according to this point of view, as example, the following description was made.

The main idea of this bachelor’s thesis project is to create a menu based on the traditional principles of the Scandinavian cuisine and to make it useful and justified. The applied part – is to make real dishes and serve them as lunch or a la carte dinner in the restaurant Talli. It is possible to make a significant contribution to the development of the Scandinavian cuisine in the Mikkeli region during this project.

The second idea of this bachelor’s thesis project is to get more knowledge of the Scandinavian cuisine and to develop it in restaurant Talli. Topic was chosen to go deeper through this type of cuisine and to get experience in cooking techniques which are important for improving cooking skills. The idea was also to get more experience in working with Scandinavian cuisine professionals in the restaurant Talli and continue evolving own professional skills with modern equipment applied in preparing Scandinavian food.

To achieve targets of bachelor’s project was started by dividing the following thesis into several parts. The first part is about Scandinavian cuisine in general, its present situation and future findings. The main content of this part is information about Nordic cuisine style, basics of cooking and examples of the menu and dishes. The main sources were Scandinavian cookbooks. Other useful information from the chefs and cooks was included into this part.

The second part is about theoretical menu planning. To create useful and right menu literature, articles and advice from chefs and cooks from restaurant Talli restaurant-were used. Research work must be done before menu planning to get useful information to make preparing easy. Research methods are real observations, personal interviews with chefs and questionnaires. It was included into this part interviews with restaurant manager Merja Hölttä for understanding the price formation, to plan an economic profitable menu for restaurant Talli.

Third part is a detailed description of preparing, purchasing, cooking process and serving procedure in the Talli restaurant. Basic information about Talli, its personnel and equipment are included into third part. Typical theoretical and practical mistakes in cooking Scandinavian food will be mentioned in this part. Chef's suggestions, layout and background will be concerning. Menu corrections and advices of menu improvement will be in this paragraph.

Finally an analysis is made of work and feedback form restaurant Talli personnel, the summary about usefulness of the planned menu and personal professional skills level. Then apply already got knowledge about Scandinavian cuisine and its preparing in the real-life conditions.

2 SCANDINAVIAN (NORDIC) CUISINE

Nordic cuisine takes past traditions and looks forward to the future. Nowadays in Europe we have the world's best restaurants which are working on this type of cuisine. The main idea of thesis came with inspiration of the Denmark restaurant NOMA. This restaurant works in the new Scandinavian cuisine style and has high 2 Michelin stars rate. According to "The world's 50 best restaurants" [2012], it was the world best restaurant in 2012. NOMA's head chef Rene Redzepi creates unique flavors and tastes by using native ingredients, his success inspired to make a research work in this type of cuisine. (Appendix 1)

Simple methods of cooking and combinations of completely different ingredients make Scandinavian cuisine interesting for the customers and researchers. To above reasons Nordic style has become a serious competitor against European famous cui-

sines such as French or Italian. Future food culture in Europe will grow and soon we will see the rise of Scandinavian restaurants and as a consequence more young chefs and ordinary cooks.

2.1 New Nordic cuisine movement

The description in this chapter about manifesto of the new Nordic cuisine is based on the “New Nordic cuisine movement” article by Claus Meyer [2013.]

Claus Meyer is a chef and a businessman. He delivers an idea about originality of Nordic ingredients and their unique internals. The impression of manifesto belongs to him and Rene Redzepi. The beautiful and virgin nature in the whole Nordic area pushed Claus Meyer to use raw and ecologically friendly ingredients. The main idea of this manifesto is to raise a level of the Nordic cuisine and to set a new level in Scandinavian daily nutrition. To achieve this target best Scandinavian chefs and cooks signed an agreement. This agreement obliges them to use in their dishes, ingredients prepared only in Nordic area.

There are two main problems exist. One problem is that Scandinavian food was underestimated in the past. But during the time farmers and local producers improved their professional skills and nutrition culture. They improved the quality of ingredients and became serious competitors in the world gastronomic sphere with their own ideas and proper fresh concepts. Second problem is nutrition culture in Nordic area. People use food only as energy function and don't care about beauties of their dishes. Nowadays, because of above two problems solutions, restaurant customers may observe the quality rise of their nutrition culture.

To improve the goodness of the manifesto idea above, approximate plan may be applied in other countries. The communities and chefs unions are developed around the world nowadays and widely spread in Europe. It is a great way to raise a professional level of the national cuisine movement and improve economic situation of the restaurant business by raising interest to the gastronomic culture. With the help of the customers restaurant owners may increase profits and raise a professional growth. As a consequence it means product and food culture development in overall.

Another important part of the existing manifesto is that Claus Meyer provides only local ingredients and this fact highly promoting for Scandinavian cuisine in general. Moreover this idea creates differences between other food cultures and gives special traits to the Nordic food.

The success is achievable and it may be seen with high rates of the NOMA restaurants and interest among customers to the TV show about Scandinavian food which Claus Meyer provides with his partners.

2.2 Restaurant Talli impact

Talli provides Scandinavian food with buffet table, a la carte menu and banquets. Restaurant chef is Jukka-Pekka Riipinen and dining room manager is Merja Hölttä. During a practice work the basics of cooking traditional Finnish food were learned and wanted to get more knowledge about food culture in the Mikkeli area and cooking methods. There were several months of cooking different dishes for the buffet table and serving lunch. It was also studied fundamental cooking methods of Scandinavian cuisine and get aspiration to continue and grow in this sphere for the future professional life.

The main idea of the following thesis task is to create a menu based on theoretical and practical suggestions and then try it in “real” life conditions in Talli’s kitchen. To get a real experience in cooking Scandinavian food as well. These important goals during applied thesis part inspired to research the topic deeply. The logical process is to order ingredients, prepare food and serve it to Talli’s guests, analyze what have been done and upgrade new menu with purchased experience.

A menu has to be suitable for restaurant Talli. Firstly, personal menu planning process will be then discussion and improving with supervisors and practice trainers. After theoretical planning and applied part a menu must be remade considering all the mistakes. Managers will review and make suggestions about menu. Process of practice work and making applied project will increase a personal responsibility as a consequence.

According to the future professional career as hospitality manager it is necessary to know well all the parts of the restaurant work. Work in the dining room with custom-

ers has to be achieved as well as work in the kitchen, cooking process and equipment. In this case, in spite of specialization, every side of the restaurant work has to be learned to become a professional manager. This project with Scandinavian food preparing in Talli as a thesis work improves own professionalism.

2.3 Healthy choice for the young generation

According to Héðinsdóttir et al. [2010, 2] the way of being healthy it is active lifestyle which includes correct daily nutrition. To build a strong body and healthy mind it is necessary to have a right meal during the young age. While body is growing it takes a lot of nutrients and vitamins which are provided by healthy and natural ingredients. This problem in Scandinavian countries solve with help of school and army meals corrections and control. Nordic countries try to impose healthy nutrition to the school age people and students to grow a national health future and reduce diseases. Government actively advertises an active lifestyle and healthy being among young generation. This is a factor that should be followed by other countries in a Europe and across the border of the EU.

According to Héðinsdóttir et al. [2010, 2] Scandinavian government provides healthy and active lifestyle among school age people and students. The problem is that occasionally, pupils do not eat at all in a school time. Children choose fatty and unhealthy products instead of natural ingredients because the main criterion is a taste. The low level of physical activity and fatty food become as reasons of overweight and heart diseases. A great deal of the right advice exists but nonetheless the diet of children and young people is far from perfect. Many enthusiasts across all the Nordic countries, such as government establishments, scientific institutes and universities combined together to influence the stakeholders of in the food sector.

According to Héðinsdóttir et al. [2010, 3] the “Food for life” – Nordic national technology platform was made to promote innovations in the food sector to deliver a healthier diet. Government is under pressure now of the increasing overweight and heart diseases, especially among younger generation. The target is to raise interest among the stakeholders with regular and repeated dialog. Main research methods according to this project are:

- Qualitative approach by conducting interviews and workshops
- Sending questionnaire survey to stakeholder

Above methods may be using also during similar thesis project and applied in preparing to practical part.

The involvement of representatives from food manufacturers, catering services, canteen staff, public health authorities, municipal authorities, customers and professionals of public health, nutrition and food science is emphasized in the project [Héðinsdóttir et al. 2010, 3-4].

Héðinsdóttir et al. [2010, 4] state: “The objective was to obtain the collective multidisciplinary view of stakeholders on the concept healthy food for children and young people on a national and Nordic level.” It means a raise a level of the responsibility among the stakeholders and changes the situation to better way. It is possible by providing new ideas and suggestions in healthy nutrition to the school age people. The responsibility of suggesting new ideas belongs to enthusiasts of this project.

Prove the high level of healthy ingredients and great taste at the same time it necessary. New methods in cooking exist nowadays and help to spread native Scandinavian meals among the young generation. The next chapter includes comparison between two different products and it was made to build a correct understanding of the situation described above. Next paragraph also includes example as a theory proving.

2.4 Comparison

Nowadays Denmark sandwiches (Smørrebrød) are popular in the Scandinavian cuisine. Smorrebrod it is an open sandwich with rye bread with butter as a basics and other different toppings. There are more than 700 recipes types of this dish. These sandwiches are enough big enough and suitable for a full lunch. Lunch generally consists of 3 sandwiches. Smorrebrod have to be eaten with fork and knife. The process of feeding has strict rules; it starts with meat sandwiches then fish and last one with cheese or other ingredients. [Frikadellersmorrebrod: Danish comfort food 2013.]

The comparison between two analogous product types is building an adequate general picture of nowadays daily nutrition. MacDonald's burger "Big Mac" was chosen for comparison with Smorrebrod because of its popularity among young generation and because of its usage as a complete lunch which is also typical for the Smorrebrod. Take a look closer to the MacDonald's burger "Big Mac" and Denmark's sandwich with shrimps which is common enough today in the Scandinavian cuisine.

TABLE 1. Nutrition elements comparison

	Big Mac	Typical Danish sandwich with shrimp
Protein (grams)	27	27
Carbohydrates (grams)	41	37.5
Fat (grams)	26	19
Energy (kcal)	510	455
Cooking technique	Generally frying	All the ingredients are raw except boiled egg

TABLE 2. Main nutrition elements of the typical Danish sandwich with shrimps

Food	Amount	Unit	Mass g	energy kJ (kcal)	carbohydrate, available g	fat g	protein g	alcohol g
Rye bread	85	gram	85	880.77 (210.5)	36.131	1.447	6.57	0
Butter	5	gram	5	151.76 (36.27)	0.02	4.065	0.06	0
Lettuce	5	gram	5	2.64 (0.63)	0.049	0.01	0.06	0
Boiled egg	60	gram	60	358.11 (85.59)	0.18	6.15	7.5	0
Mayonnaise	10	gram	10	228.28 (54.56)	0.21	6	0.15	0
Shrimp	85	gram	85	243.25 (58.14)	0	0.935	12.27	0
Cucumber	35	gram	35	16.01 (3.83)	0.49	0.035	0.2	0
Parsley	5	gram	5	5.72 (1.37)	0.055	0.01	0.07	0
Lemon without peel	10	gram	10	17.21 (4.11)	0.22	0.11	0.06	0
Total			300	1903.75 (455)	37.355	18.762	26.94	0

The table of MacDonald's nutrition was used to get information about Big Mac. Table was taken in the MacDonald's restaurant in Mikkeli city center, Finland. Original table is available as appendix. (Appendix 2)

TABLE 3. Main nutrition elements of the Big Mac sandwich

	Energy (kcal)	Protein (grams)	Fat (grams)	Carbohydrates (grams)
Big Mac	510	27	26	41

The fat and unhealthy fried food which MacDonald's provide it is not a choice of the future. As may be seen above, the energy level, carbohydrates and protein are almost the same, but Big Mac contains much more fat. It often becomes a reason of overweight of the MacDonald's customers. The Big Mac loses from the position of the healthy and a good taste. The modern Denmark sandwich which is called "Smørrebrød" takes leadership in healthy points. As a result from above comparison – the future leadership belongs to the "Smørrebrød" and to the Scandinavian cuisine in general.

3 THEORETICAL BACKGROUND OF THE SCANDINAVIAN CUISINE

Scandinavian cuisine it is a combination of the food habits and eating habits of the five countries: Finland, Sweden, Norway, Denmark and Iceland. In the first part of this report, as explanation, will be the basics of the Scandinavian cuisine. Theoretical and practical specialties will be shown. The following report part is about typical products in use in Scandinavian cooking likewise. Direct influence of the geographical position is one important specialty of the North European countries. Menu will base on research data which available in the next part of this thesis. In the end it is going to archive suggestions about theoretical and applied parts. The following part will describe Nordic cuisinetheoretically. Every country will be described separately. Each of five countries of the Nordic area and their nutrition will be introduced.

The practice work before thesis plan was done in Finland, Mikkeli, in campus restaurant Talli. It was decided to go deeper with Finnish food much more then with other countries of Scandinavia. Information provided about Finnish food culture was chosen by own interest. Other countries cooking style will not be revised in such a great volume.

3.1 Food from Finland

The food in Finland is variable and depends on season of the year. The country is situated in the northern part of the Europe and has borders with Russia and Sweden. These two and other Nordic countries have affected the Finnish food culture. The

main Russian features are pickled cucumbers, sauerkraut, stroganoff and *blini*. Meat balls and cutlets came from Sweden as well as fish dishes. Finnish sweet desserts are may be made with *tvorog* or *smetana*. One of the traditional Finnish dishes is a Karelian pie. It is usually filled with boiled rice, barley or mashed potatoes and historically and geographically connected with Russia.

The geographical position and climate is also connected with daily nutrition of the Finns. As a country of lakes and forests it has a long variety of fish, berries and mushrooms. Tradition food such as rye bread, butter, milk and soured milk and potatoes is always available round the year.

Local products in the Nordic area are dissimilar in different seasons of the year. To understand the whole composition of the products in Finnish daily nutrition is necessary to go through the all seasons of the year. [Tantt 2007, 6 - 9.]

Typical spring menu from Finland includes nettle soup, fried fillets of perch with a chopped false morel sauce, cucumber and radish salad and rhubarb kissel as a dessert. Eggs filled with roe and herring, roast lamb basted with coffee, potato au gratin, Brussels sprouts and pasha or kulitsa (Easter cake) are also included into Easter menu. The traditional Easter foods include *mammi*, the creamy desserts, sweet bread and red-painted eggs.

In the foreground are spoon biscuits and a Mignon egg, a real eggshell filled with fine chocolate. Springtime in Finland is a celebration period. Mother's Day and May holidays are family occasions which include eating ceremonies and a great deal of special dishes. Family holiday comes with non-alcoholic drink which is called *sima*. May Day in Finland is the time for eating doughnut nests and drinking mead. [Tantt 2007, 34 - 44.]

To clearly understanding, the typical recipe of the classic springtime drinks mead (*sima*) includes: 5 liters water, 2 lemons, ¼ kg granulated sugar, ¼ kg brown sugar, 2 dl treacle of honey, ¼ tsp fresh yeast or a pinch of dried yeast, (1 bottle of beer), raisins and sugar. To prepare this type of lemonade is necessary to peel the lemons with a potato peeler, remove and discard the white pith and cut both the lemons and their peel into slices. Place the slices of lemon and peel in a large bowl or bucket with a

sugar. Bring the water to the boil and pour it over these ingredients. Let the mixture cool, and when it is lukewarm, add the yeast, dissolved in a little of the liquid. Let the mead ferment at room temperature overnight. Pour through a sieve into bottles. Put a few raisins and a teaspoon of sugar in each bottle before closing it. Keep the bottles at room temperature for a few hours and then store in a cool place. The drink is ready to serve in a few days, but is best after a week. [Tantt 2007, 44.]

Example of the typical making springtime dish is necessary to understanding the way of preparing dishes in Finland. Here is understandable that preparing is not complicated and includes simple ingredients which is typical not only for Finland but to the whole Scandinavian cooking at all. Methods are predominantly simple and deliver freshness as a specialty of northern nutrition.

Finnish summer is short. It is rich in fresh products in use and whole harvest time. New potatoes, cultivated and wild strawberries, blueberry, cloudberry and peas change each other in summer harvest. Summer menu includes light soups, smoked fish, new and fresh potatoes with dill, cakes with fresh berries and other food made with season products. Strawberry cake is popular dessert in summertime. Drinks include fresh fruit juices and *sima*. [Tantt 2007, 48.]

There is a great deal of summertime cafes on the islands and coasts. A typical cafe meal includes light summer soup, smoked fish, new potatoes with dill, herb sauce, strawberry cake and coffee. In summertime people prefer to have a rest in the open air in cottages and sauna. It means that barbecue becomes popular in summertime. The most common things to barbecue are sauna sausage, pork chops or spare ribs. The outdoor food is popular during the summertime in Finland. *Rantakala* – the fish cooked over an open fire is spread among Finns. Early potatoes and vegetables, peas, lightly salted fish, the new season spiced herrings, summer soup, *viili* (a fermented milk product) and cultivated and wild berries and mushrooms are also typical for the summertime. [Tantt 2007, 50 - 52.]

Summertime in Finland it is a period of fishing. Country consists of lakes and it opens a great opportunity to taste a fresh fish. Fish stew (*rantakala*) is traditionally cooked on an open fire on the shore. The frying fish is as much popular as stewed. Frying on the open fire creates a unique taste of the summertime. The fish are usually coated in

rye flour before they are fried. It is common to smoke food in summertime. Fish is smoked on the open fire right after being caught. There are many types of fish in Finnish lakes (translated in English) Pike-perch, Perch, Eel, Baltic herring, Whitefish, Pike, Vendace, Bream, Burbot, Ruffe, Cod, Salmon. As a consequence the caviar takes a necessary part in summertime nutrition. Such dish as *blinis* came from Russia and actively used with caviar in Finland. *Blinis* with their finest: with fish roe, smetana and chopped onions. [Tanttu 2007, 59 - 77.]

Finnish autumn is a time of the mushrooms and berries. Typical autumn menu includes vendace, whitefish of rainbow trout roe, small cabbage rolls, boiled potatoes and lingonberry jam and apple crumble. Street markets opened in summer continue to work in autumn. Several types of the wild mushrooms and forest berries are available on the farmers markets during the autumn time. Apples harvest in autumn brings such dishes as apple pies and fresh apple juices. Whitefish and vendace roe, lampreys with mustard sauce, mushrooms and cabbage dishes, game, in its various form, such as elk meat balls, elk stew or joints of roast elk are the main delicacies during autumn time in Finland. [Tanttu 2007, 78 - 80.]

Picking mushrooms is a rest and a gastronomic tour in one time. Good selections of autumn mushrooms are funnel chanterelles, yellow chanterelles and wooly milk-caps. People prefer eat mushrooms fresh with simple cooking methods preparing or canned it for a winter time. Mushrooms are used for pies, sauces or to mix it with vegetables or meats. A sweet chanterelle pickle will add spice to meat and game dishes. Some of the mushrooms are poisoned and it is necessary to know the types and select the correct once. Finnish people salt mushrooms in a row. It is important to salt mushrooms and soak in cold water for a few hours or overnight before use. [Tanttu 2007, 87 - 93.]

Forest berries are a good choice for people who want to stay healthy. Wild cranberries, as example, are full of healthy antioxidants and they may be easily found in Finnish forests. Berries may be eaten fresh or frozen during the winter time. Finns eat about eight kilos of the fresh berry during the year. Berries in Finland are also used to produce jams and liquors. Among the great variety of berries in Finland most spread are the wild strawberry, arctic bramble, cloudberry, raspberry, sea buckthorn and lingonberry. The most popular dishes with this kind of berries are fruit or berry kissel,

whipped berry porridge, berry salads, rowanberry jelly, frozen rowanberry puree, strawberry and meringue cake, bilberry pie and soup. [Tanttu 2007, 95 - 93.]

Winter is a time of the Christmas menu. The gingerbread spices – cinnamon, cloves, orange peel, and ginger – are among the most homely smells of Christmas. Christmas food includes rice porridge, glassmaster’s herrings, herring salad, herring caviar, mushroom salad, lightly salted salmon, fish roe, stockfish. Ham is popular dish for Christmas and may be tasted in the restaurants around the whole Finland. Swede casserole, carrot casserole, sweetened mashed potatoes baked in the oven and rice baked in the oven are the main side dishes during the winter time. Prune kissel, prune and cream parfait, Christmas tarts and ginger biscuits are the key desserts. The traditional Christmas season warming drink is *glögi*. This drink came to Finland from Sweden. It is a mulled red or white wine that can equally well be made in a non-alcoholic version from berry juices. *Gloggi* is a kind of Russian *glintwein* and probably its roots came from Russia. The typical Christmas table menu includes lightly salted salmon, Baltic herrings with mustard dressing, fish roe, mushroom salad, Christmas ham with swede casserole, sweet potato casserole, boiled prunes, tinned peas and home-made mustard. As a dessert Finns prefer prune kissel, or prune and cream parfait or Christmas tarts and whipped cream in winter time. [Tanttu 2007, 108 - 119.]

Not only is the Christmas food typical for the Finnish wintertime. Soups as sausage soup, pea soup and salmon soup are popular in wintertime. Winter food includes more thick soups and sauces, stews and casseroles, dishes baked in the oven, root vegetables and hot juices. Typical daily menu may include mushroom salad and potatoes, Karelian stew, vegetables baked in the oven and poor knights. Among everyday dishes mincemeat and macaroni casserole baked in the oven is popular. It is simple and may frequently be served in schools and universities for students. [Tanttu 2007, 120 - 125.]

3.2 Food from Norway

The description in this chapter is about Norwegian food habits and daily nutrition based on the fundamental source wrote by Innli [1998, 37-44] and divided into two smaller parts. Daily diet of the human being is often influenced by geographical position and climate. Norway is not exception from this rule. Norwegian kitchen is seasonal and natural. Natural flavors combine all the Scandinavian food style into one

and it has become as a main idea of the whole cuisine. As in Finland a great part of Norway covers with snow in wintertime and canned food is spread. Special trait of the Norwegian food is use of few spices and originally few herbs. The clean and true flavor of the basic ingredients is still the most important in many dishes. The food is supposed to retain the taste of the raw materials. It is especially true for fish and shellfish. This fact became as a main idea of the Scandinavian cuisine at all and it came from Norway mostly.

It is important to look at the history of the Norwegian cuisine because of its age and connection with nowadays Scandinavian food at all. Norway has one of the finest nutrition history among the all countries involved into Scandinavian area. The roots of the Scandinavian cuisine directly connected with Norwegian history and it may be seen during the seafood menu.

Natural resources were spread at the past times in Norway. Fish from the sea and lakes, game from forests and mountains, and grain, milk, and meat were common at the past times. Nowadays not much has change, only methods of preparing and food making. Food still stay raw and cooked simply and the tendency to leave ingredients fresh. Starting from the far history, Norwegians ate wild animals. Meat and bones were the main ingredients and wild pigs, seals and moose were the most important animals. Of birds, the guillemot, and the now extinct great auk, was the most popular, while cod was the favorite fish. People collected hazelnuts, and we can deduct that they also gathered roots and berries.

Innli [1998] states: "Cultivation of grain and raising animals did not provide enough to feed the family, so hunting and fishing counted to be important." It means that farms were at past times and grain cultivation and animal raising were as well. Hunting and fishing were as an additional food consumption for the family. Since the past not too much has changed. Modern nutrition still includes hunting and fishing. Here tendency to farm settlements may be seen and it means a development in nutrition habits and ration changes.

Farm settlements establishing became a second theme of the Norwegian kitchen. It means appearing of the farm animals such as cows and goats and as a consequence appearing of the milk products, cheese and meat. Grain also becomes, barley and oats

meant porridge, bread and beer. The culture of the daily nutrition started to grow. In the Middle Age Norwegian farm food was added by potatoes and cereals were spread. Sausages, blood pudding, dumplings and other things were appeared as well.

Daily meals included two breakfasts at times. Early breakfast was served from 5-6 am and consisted of ersatz coffee or warm milk, a barley cake, with butter and cheese or whey spread. Second, main breakfast was served from 8-9 am and consisted of cold porridge with warm milk and dried halibut, flatbread and warm sour milk with dried bacon, dried bacon or sausage. Dinner which was served in the noon included halibut soup, herring soup, herring and barley, barley soup, stew, meat and potato dumplings, poached fresh or salt fish, soaked dried peas and pork, flatbread mixed with soup, fish dumplings stuffed with fish liver or plain. Afternoon meal was served from 4-5 pm and consisted of ersatz coffee or warm sour milk, flat bread, barley or rye bread, potato pancakes, raised pancakes with butter and whey bread. Evening meal from 7-8 pm consisted of milk and porridge, herring and potatoes, or cooked yellow peas with sour milk and soup.

The meat and milk products were actively used among farm families and porridge was popular too. It means that people ate a lot of proteins and carbohydrates and energy consumption level was on the normal level. In present time the tendency to eat more fatty food and increases the level of overweight among the population. At past times the taste was not a concluding factor in daily nutrition.

Traditionally holiday meals are important in Norway as well. Scandinavian people respect their traditions and it is important to look at these food traditions habits. Christmas day is the most religious day of the year. People serve a buffet table and have a celebration together with family. The buffet table may include pork ribs, pork patties, cheeses, headcheese, ham, coarse liver pate, mutton roll, beef roll, anchovies, different herring dishes, fermented trout, bread and flatbread. Turkey, fish, reindeer or roast moose are featured on the New Year menu. Every family has their own traditions which are important even in our times.

Wedding is a special occasion and from the past times comes with great eating. Food prepared the day before and cooks came to the farm to make porridge and bake different finds of sour cream wafers. Cheese was often served with the salt meat, pork and

sausages were on the menu. On the wedding day guests brought with them special foods, which might be molded butter, waffles, cakes, milk and sour cream. The idea is to bring the best food.

3.2.1 The importance of the seafood

Gulf Stream and mild westerly winds have a great impact for the country. It means that even in wintertime fishing stay as a source of food consumption. Fish has a special place in the Norwegian kitchen in every season of the year. Fishing is important by two reasons – trading and table. Fishing raises an economical position of the country and solves nutrition problems of the civilians. The sea has always been a stable source of food for people along the coast. It is always possible to catch enough fish to survive. The important point is that fish for dinner two or three times a week is still the norm for the better part of the population. It is necessary among Norwegians to have high standards when it comes to fish. In many cases fish could be prepared almost straight from the sea. Norwegians prefer fish to be fresh and have no other tastes than its own. These nutritional habits of Norway influence the Scandinavian cuisine at all and dishes become well known with their pure taste.

Including fjords and bays, Norway has a little over 21.000km of coastline. Many who live along the coast line have their own boat and fish to provide for their own needs. For many civilians, fishing provides a second income. Since Viking times the most popular way of cooking fish is drying. The most common way to prepare dried fish is to soak it for several days and then poach it. Served with hot boiled potatoes or boiled kohlrabi. Today, we can buy small bags of skinless and boneless dried fish in the markets or shops and it is called “Lofoten” candy. The last week before Christmas is a time of lutefisk and restaurants around the country serve it. Lutefisk – the method of preserving fish and dried fish is used to make it. Another way of cooking fish in Norway is to salt a fish. There is a great deal of the fish salt methods in Norway. In spite of methods fish firstly dried during the day and then pressed. About 80% of the salt fish consumed in the world is shipped from Norway. Another peculiar Norwegian tradition is “boknafisk” and method includes fresh or salted cod, flounder or pollack is hung until half-dried. “Boknafisk” has to be soaked before cooking, and it tastes rather like soaked, poached dried fish.

One of the important points in fish nutrition of Norway takes the mackerel. First mackerel in the year is the key sign of the summertime coming. It is served with new potatoes, cucumber salad, sour cream, and a sprinkling of dill and parsley. Mackerel commonly serves in restaurants and may be also both warm and cold smoked.

Fish farms in Norway are widely spread. Not far ago salmon and salmon-trout were the most popular fish served on special occasion. The problem was that salmon is seasonal fish from May to August. Fish farms came and changed the situation. Norwegian salmon farms export fish to the rest of Europe, USA and Japan. Salmon in Norway prepares with simple cooking methods and widely used in Scandinavian cuisine. Norwegian salmon sells and serves in many forms: whole, round-cleaned or in fillets, frozen or fresh, lightly salted, salted, smoked, half-dried, salted and dried, marinated and pickled.

Not only “classical” fish as salmon spread around the Norway land. Mollusk and shellfish were used actively. Most common shellfish is the shrimp. Shrimp is available round the year and fresh ones are always the best. Norwegians use shrimp in many ways – in shrimp cocktail, as a garnish in a fish soup, simply with white bread and mayonnaise and lemon. Shrimp is the best party food and simple to prepare. Late summer in Norway is a crab season. Crabs sometimes are prepared on the open fire immediately after being caught. Norwegian seas are reach for the lobsters and popular among the country restaurants. Other shellfish types are also common among Norwegians. People steaming mussels and oysters prepare it on the coastline or in the restaurant kitchen.

3.3 Food from Sweden, Denmark and Iceland

It is not necessary to describe each country one by one to understand the basics of daily nutrition among Scandinavian countries. All products and ingredients are similar and have no completely difference. According to geographical position, Scandinavian area includes comparable dishes prepared in different ways or, as a rule, in one way. Applied equipment is frequently equal between professional kitchens. There are several differences, as exception, but the whole picture of Scandinavian cooking is the one.

According to “Eating in Sweden” [2013] Sweden restaurants are expensive and eating-out culture has not developed in comparison with other European countries. Fast food sector is highly developed in Sweden. Restaurant fast food chain called “Max” takes leadership. Supermarket shopping has developed as in the rest Europe. Fresh vegetables, fish, canned food, bread, cheeses may be found on the store shelf. Swedish civilians prefer to eat fish and fish dishes. Fishing has also developed as much as in Finland. “Princess Cake” is common dessert in Sweden. It may be served with fruit filling. Marzipan is typical dessert and applied with cakes or by its own.

Another article “Traditional Swedish dishes” [2004] was written by a Swedish person. It is essential to look at Sweden nutrition as “inside” vision. Winter is long and cold, as a result Swedish don’t use many fresh vegetables. Popular vegetables include potatoes and cabbage. Civilians prefer healthy lifestyle and nutrition mirror this fact. People in Sweden eat bread, pork and beef as popular as seafood. Food is cooking frequently without many spices. *Humaniskost*—dish in Sweden which has high popularity and includes variable ingredients. Typical ingredients for the *humaniskost* are potatoes, fish, milk, cereals, cabbage, apples and other root vegetables. Meatballs and pancakes are included in *smorgasbord* – a traditional meal in Sweden. As in Finland, Swedish civilians pick berries and mushrooms. Widely spread desserts in Sweden are different berry jams.

Useful information about Icelandic food is available in the internet. Article “Iceland food, don’t you love good food?” [2012] by Icelandic resident, express an important personnel opinion from the first face. As other Scandinavian country Icelandic prefer fish and lamb. *Bacalao* (salted cod) is prepared on Saturdays. It serves with potatoes and fat lamb. Another unique product for the Iceland is a *skyr*. *Skyr* – is a milk product made from skim milk and is nearly fat free. Chicken and beef are too expensive in Iceland and horse meat is frequently prepared instead. Eating horse meat is common in Iceland. Meatballs with brown sauce are typical for dinner. Steamed cabbage with meat, mashed potatoes with butter are good for everyday meals among Icelandic. Goulash is also typical and it serves with potatoes and sauce. Jam also may be applied. Gardening is spread in Iceland and because of it almost every family include root vegetables in a daily ration. As in Finland, Icelandic people smoke meat and fish. Dry fish is also common. People in Finland eat lake fish rather than Icelandic who prefer sea fish. History traditions in Iceland area developed especially in food and nutrition.

Old Icelandic food differs with simple cooking methods. Fish eggs spread in spring-time and fish products also. Among drinks, beer is spread. There is a beer day in Iceland celebrated in March. A bun with whipped cream and jelly is famous dessert in Iceland.

Article “Danish food” [2013] is about primary dishes in use. It tells about Denmark as a nation of farmers and fisherman. These professions need a high level of energy and food to stay vitality full. Traditional open-faced sandwiches are a special trait in Danish nutrition. Specially prepared sandwiches differ Danish dishes from other Scandinavian countries. There is a huge variety of these sandwiches in Denmark and special restaurants serve only this dish. It may be prepared in different ways but necessary conditions are rye bread and butter.

“Danish food culture and cooking” [2012] - a detailed article about Danish nutrition is available in the internet. As in Iceland, smoked meat such as ham or pork is common and has been prepared since old times. Cheese in Denmark also came from the past times since Vikings Age. As in Finland, smoked or marinated herring is spread in Denmark. These dishes came from the past times and they don't have to be prepared in a complicated way. Cold salad table – is a buffet line with fresh vegetables, seafood and other ingredients available to make an own salad plate. This idea with cold tables widely spread among Scandinavian area nowadays. Danish bacon is widely spread among Scandinavians also. It is frequently served at breakfast. Danish people eat pork meat more than other European countries. One of the Danish national dishes is a *Fricadelle* and serves as an everyday meal. It is a kind of meatballs made with pure pork. *Fricadelle* serves with boiled potatoes or beetroot. Beans with different sauces steamed or fried are served as a side dish as frequently as boiled potatoes. Steamed meat, stew meat and boiled potatoes are popular as in Finland and Iceland and Sweden. Here a connection between Scandinavian countries and nutrition may be determined. Danish desserts often make with berries such as strawberry. Whipped cream is popular, berry pudding and jams are also common. Apple charlotte with whipped cream is a traditional dessert as well.

According to the article “Danish food and Danish recipes” [2013] Danish cuisine has many similarities with Northern cold European countries. Danish butter is one of the best qualities in the world nowadays. Tendency in Danish nutrition nowadays changes

to making it “lighter” and healthier. Meals are becoming simpler and include much raw ingredients. Widely spread methods as preserved by salting, smoking, air-drying and pickling because Scandinavians want to stay food longer and last duration of use through the wintertime.

4 MENU PLANNING

Every restaurant starts its work with a menu. Correctly made menu helps to archive two important goals. First goal - is to satisfy customer interests and needs, show to guests a “face” of the restaurant. Second goal – is to make restaurant profitable and raise satisfaction of the owners. Restaurant Talli does not need an absolutely new conception in menu planning because it already has it.

4.1 Menu types and planning process

“Menu” – as a term was a detailed list, in fact. This term appeared as a development of “shopping list” term. This “shopping list” was a list of purchased goods which helped chefs to order the food items. At the present times restaurants and taverns serve food with price-fixed policy and provide no choice to customers. It was a period of table d’hôte menu type. A la carte menu firstly appeared in Paris during the 1800’s. Owners were placed the list of items on the front door to help guests decide what they want to eat. This method is still popular in the modern restaurant business. Next, to help guests with items selection, restaurants started to use cards with handwriting items on it.[Ninemeier& Hayes 2006, 177-178.]

According to Ninemeier& Hayes [2006, 180] there are four common types of a menu exist:

- *A la carte menus* – It means individually-priced menu. Each item with its own price and guests may choose one or several positions from the menu.
- *Table d’hôte menus* – It means “all at one price” basically. Sometimes it is called meals with fixed price. Guests select food items from the buffet line and pay static price. In many cases this menu type applies with breakfasts in hotels or in a lunch time.

- *Cyclical menu* – cycle menu which may be planned, for example, a twenty-eight-day menu and repeats after all. This type of menu mostly applied with none-commercial nutrition establishments, for example, schools, hospitals, army and etc.
- *Du jour menu* – Also called “daily specials” in English. The word “du jour” may be translated as “of the day” and used in restaurants as additional refer.

According to Ninemeier& Hayes [2006, 182] there are several steps in menu planning:

- Incorporate menu planning priorities
 - Guests
 - Quality
 - Operating Limitations
 - Financial Objectives
- Consider menu categories
- Place items within categories
- Establish quality standards for menu items
- Write descriptions of menu items

Marketing research has to be included into menu planning. Before start of menu planning process managers have to pay attention to the following points:

- There are several important information points which should be known about guests before menu planning. Age, occupation, family status, ethnicity, gender and etc.
- In spite of restaurant category and status, product quality must not to be considered. Flavor, consistency, texture, form, shape, nutritional content, temperature, visual characteristics have to be on the same level as restaurant category and status.
- Operating limitations includes availability of ingredients, volume production requirements, and other operating concerns, equipment limitations, sanitation and operating gross.

- Financial objectives – it is a part about restaurant payment policy. The main goal is to set “reasonable” prices and determine how much can be spent for product costs.

Menu organization involves logical categories with menu items. There are several categories: entrées, appetizers, soups, salads, vegetables and accompaniments, desserts, beverages, specialty categories.[Ninemeier& Hayes 2006, 182.]

General entrées include meat items such as beef, pork, poultry and lamb. Seafood is also as common as salads and vegetarian items. Entrées may be recognized as a primary(main) course of the menu.Appetizers usually consist of bite-sized items and serve before the meal. They may be hot or cold, for example, stuffed mushrooms or shrimp cocktail. Most of the soups are served as a hot dish and some of them are served cold. Soups are made with meat, vegetables or fish. Salads are basically made from lettuce and other greens and other vegetables. Salads serve as entrées or accompaniment to the main course or main dish. Popular salads are made with fruits. Potatoes, carrot, onion, asparagus, broccoli are basic products in vegetable dishes. Other accompaniments may be done with rice or noodle, for example, as a salads or dumplings. Desserts category serves, as usual, as after-dinner meal. In most cases desserts include sugar and it tasty sweet. Every restaurant meal includes beverages. Coffee, tea, soft-drinks, water, strong and low alcohol drinks, and etc. are included into the previous following category. Specialty category or otherwise “signature items” may include special dishes from the restaurant chef or unique menu item which provided by a single category restaurant. [Ninemeier& Hayes 2006, 182-183.]

Next logical step in the menu planning is an items placing. Firstly, all the menu items have to be collected and then selected into each determined category.According to Ninemeier& Hayes [2006, 184–186] several categories are set step-by-step after entrée:

- Appetizers
- Potatoes, rice, and related items
- Soups
- Salads
- Desserts
- Bread

- Beverages

To create harmony of the menu numerous factors have to be considered. Rightly done menu contains dishes with range of temperature, different preparation methods, shape and color. There are some typically cooked dishes which have to be served hot or cold. Customers expect, for example, hot mashed potatoes and cold side salads. Different preparation methods should be available in the menu. Well prepared menu typically consists of variety of cooking methods such as steaming, boiling, roasting, grilling, frying and etc. Shape and plate's size, flavor and color have to be variable to satisfy customer's selection and taste expectations. It is recommended to use "center of the plate" concept to make a pleasing "picture" on the plate. According to this concept a portion of the food should be positioned on the plate by placing the entrée in the center of the plate. The main idea of this concept is no center area of the plate that is not covered with food. [Ninemeier & Hayes 2006, 182-183.]

Quality standards are significant points in menu planning. There are two different ways of planning – standard recipes and purchase specifications. Standard recipes stipulate list of ingredients, amounts of ingredients, preparation methods and occasionally pictures of complete dish or process of cooking. Purchase specifications explain quality requirements. [Ninemeier & Hayes 2006, 186.]

Correctly made menu has to provide all necessary information to the guests and inform them enough. Attractiveness is important. Menu helps with choosing process and raise upselling by correctly made advertisement of additional meal positions. Description helps to understand from what ingredients food has been made. It helps to take care of customer health. Restaurants guest may have allergic reactions on the certain ingredients. Description helps them to find prohibited elements in the menu list. Photographs includes in the menu list as additional point. Customers want to know what to expect from the order. Another important point which has to be included into menu is price. Customers have to know how much to pay and what for.

4.2 Talli's buffet and a la carte menus

Restaurant Talli is situated in campus area of the MUAS. Restaurant serves lunches and organizes additional dinners and banquets. Talli is a buffet restaurant and serves

meals with fixed price in lunch time. A la carte menu is available in addition. Guests can order food from a la carte list or buffets. Buffet lunch includes all the food from a buffet.

Restaurant Talli's buffet menu for the following week is made by chef and then improved by managers. Chef plans menu for the next week in the beginning of during week. Managers improve a buffet menu and print it then. Talli's chef plans a menu with his own suggestions, by using his own professional sense. There are two basic suggestions which chef uses during the menu planning:

- According to use-by dates of the available ingredients in freezers and coolers, chef tries to use them. Products are used with FIFO principal. Ingredients with nearest deadline will be used at first and this factor has a great meaning for the menu planning.
- Chef tries to make less dish repeats. There are no regular repeats in a buffet menu. Chef looks at the previous week's lunch menu dishes and tries to make no frequently repeats. Some items in buffet menu repeat, but chef tries to reduce it.

According to the plan, Talli has a six weeks cycling menu. It means that restaurant once planned a menu and repeats it every week in duration of six weeks. The menu will be corrected by the chef before each week starts. It is necessary to have an approximate plan to make corrections according to the immediate situation and ingredients vacation. Talli's buffet line includes number of the following menu items:

- Soup
- Entrées
- Hot side dish
- Vegetarian side dish
- Salads (three, four or more)
- Dessert
- Bread and butter
- Sauces
- Oil, vinegar and spices
- Nuts and sunflower seeds

Self-service principle is used with restaurant Talli's buffet lunch, so the customers serve themselves. Before lunch starts, cooks transfer hot food from the kitchen to the lunch line in ceramic containers. Cold food and salads are served with glass bowls. Buffet furniture is equipped with heating panels and food stays hot during the lunch time. Heating elements keep the water hot and the steam heats the food. Lunch table is equipped with lighting as well. Customers move from the beginning of the buffet to the end during they take the food. Plates are available in the beginning of the table. Talli's guests take plates at first, and then they choose the food and after this take seats. An operational principal of the heating panels is shown. (Appendix 3)

A la carte menu is available during the whole lunch time in restaurant Talli and includes items of individual price range. Talli's a la carte menu is planned by the chef and is available according to guest's requirements. Chef or his helpers generally cook a la carte menu orders. Semi-finished ingredients for preparing an a la carte meal always have to be available in the kitchen. Ordinary cooks and trainee students help to prepare semi-finished ingredients.

4.2.1 AROMI computer program

Another useful point which was recognized, during a practice work, is AROMI. It is a Finnish computer program. This program includes a great deal of Finnish native and other recipes, as well as Scandinavian recipes. It is actively used in Talli but no information is available about this program in English. AROMI provides an opportunity to find recipes by title or ingredients by using search pole. It is possible to control quantity output of finished product. It is possible to print any recipe by pressing "print" button on the keyboard. This program provides an opportunity to create new recipes by own suggestions and after giving the name, save it in the electronic library. It is comfortable to use this option if recipe author frequently uses created dishes in the restaurant. The printed recipe contains the following information:

- Dish name
- Date of printing
- Portion size and the number of portions
- Volume of finished output (in kilograms)

- Necessary ingredients
- Quantity of necessary ingredients
- Cooking description
- Price per kilo
- Percentage of waste
- Different update information

The picture of the printed original AROMI recipe is available as an example in appendix 4.(Appendix 4)

4.2.2 Pricing

The mark-up pricing method is widely spread in restaurants pricing policy nowadays. It covers all costs and desired profit. There are three steps in mark-up pricing method:

- Step 1. Determine the food costs. It is necessary to assume that, for example, lunch costs 3.32 euro, to understand this step. Lunch includes several courses. This price consists of net costs of ingredients included.
- Step 2. Determine the multiplier. To mark-up the food costs the multiplier is used. The objective is to cover food, other costs and profit requirements. This step is more clearly understandable with visual example:
 - Budget food revenues: 875,000 euro
 - Budget food costs: 325,000 euro
 - Budget food cost %: 37,1 % (food costs / food revenues)

A multiplier can now be calculated:

$$1 / \text{budgeted food cost percentage} = 1 / .371 = 2.7 \text{ (rounded)}$$

- Step 3. Establish a base selling price. Multiply lunch cost from the first step by the multiplier from the second step:
 - 3, 32 euro (ingredient cost) X 2, 7 (multiplier) = 8, 96 euro (base selling price)

It is reasonable selling price, as example, the lunch is sold for about 9.00 euro.

Several different methods of pricing, but the mark-up price method is one of the basics. Contribution margin pricing method, ratio pricing method and prime cost pricing method are the other methods applied in restaurant business. Because of pricing me-

thodis not the main topic of this thesis it is enough to stop with example given above. [Ninemeier& Hayes 2006, 199-202.]

In case with Talli, lunch table includes all the food in one price range. Buffet lunch is served from Monday till Friday. It starts at 11.00 and continues till 14.30. A price without any discounts for the whole lunch is 10 euro per person. Student discount card allowed buying lunch meal with 8 euro. Talli provides an opportunity to buy lunch items separately. Salads cost 6,50 euro. Soup price is 5,00 euro. Salads and soup together are cost 7,70 euro per person. [Hölttä 2013.]

It is well known fact that a restaurant works for the profit. Talli is not an exception. Served food has to stay in one price range. It is not economical to purchase expensive ingredients for the lunch table. This is one of the most important points which should be followed while the menu is planned. The general point is to raise quality of food and stay at price frames. It is possible to achieve using the following suggestions:

- By the contract with the right food supplier it is possible to improve ingredients quality without extra spending.
- It is necessary to count customers and to know approximate guest quantity in a lunch day. It allows counting exact food volume and cooking dishes strictly, without much dissipation. This point helps to save money and reduce extra spending.
- It is possible to save money by controlling ingredients consumption. According to this point, coolers and refrigerators have to be checked firstly and acquired ingredients have to be used in priority.

4.2.3 Purchasing and delivery in Talli

All ingredients and dish components purchased by a Talli's chef and chef's helper. Restaurant manager Merja Hölttä improves order and keeps in contact with delivering companies. Purchased ingredients in Talli may be conditionally divided into two groups:

- Essential goods – frequently used ingredients which have to be purchased for everyday use. This group is purchased several times in a week according to the

restaurant needs. The chef checks storages and in case of needs he includes required goods into ordering list. Vegetables, fruits, milk products and other similar, perishable ingredients are included into this group.

- Secondary needed goods – less frequently used compared to the first group. These products are purchased rarely according to restaurant needs. The problem is that this product group may include exclusive goods which are unavailable in supplier's storage and the purchaser has to wait the delivery several days. Secondary needed goods group is purchased before necessity. Delivery may take 5 – 7 days. This group includes canned food, fresh meat, fish, cereals and other ingredients depending on the restaurant type.

There are several companies that provide delivering service to the Talli. Food suppliers get ingredients from nearest local farms and green houses. "Mikkelin Vihannes" is one of these suppliers. "Mikkelin Vihannes" provides all necessary ingredients to the Talli. Milk products, vegetables, fruits, spices, canned food and part of the frozen ingredients come with "Mikkelin Vihannes" food supplier. Exotic fruits and vegetables it provides as well, but delivery time may increase. Exotic goods are not available in Mikkeli area and "Mikkelin Vihannes" orders them from other countries. Papaya, avocado, saffron and other ingredients are included into "exotic" goods group. "Mikkelin Vihannes" customers have to be attentive and make order for exotic goods beforehand. Ingredients from essential goods group are mostly available to order. [Kankkunen 2013.]

Already delivered food and ingredients come to the Talli several times a week. Food comes in plastic, wooden or cardboard. Frozen, cooled and fresh are the basic types of ingredients condition. Incoming food and ingredients are weighed in Talli's hallway. Cooks have to carry all the new ingredients into freezers, coolers and dry storages. Food carrying takes time and slows down work in the kitchen.

4.3 Research before menu planning

It was decided to make a narrow research work in frames of the existing thesis project. The main idea is to ask customers about their awareness in Scandinavian food before planning a complete menu. It is necessary to understand customer expectations and topic awareness before scheduling a menu. It is required to increase the quality of the

menu and make it suitable for the target audience. The research work helps to determine the following points:

- Justify clients hopes
- Understand audience consciousness about suggested topic
- To ease menu planning process

Another important term in research work is target audience. A group of people under research work. Target audience is assumed customers in the restaurant. Teachers and students of MUAS are Talli's target group of people. Mikkeli civilians belong also to the target audience. According to this point of view research work was made. Another part of the target group is Talli's employees. This group of people may create a correct vision of the studied topic based on personal experience in cooking Scandinavian food. Another questionnaire or interview among them is similarly important.

There are several types of research methods. To ease a research process the questionnaire method was chosen and then applied. Questionnaire method optimally situated in frames of this thesis project. According to a target audience questionnaire was most appropriate method. There are two methods of doing questionnaire. Survey may be made with special on-line program and then it will be sent to the target audience by e-mail. Second method is to create questionnaire in printed version and then target audience fill it in real. Mailing method was declined because of inaccessibility of e-mail addresses of Talli's customers.

The following questionnaire was done to recognize a clear picture of understanding Scandinavian cuisine principals among Talli's customers. Short survey was made on one page of paper, because idea is not to distract guests from the meal. Survey consists of several short and fundamental questions to reduce time spending. The main idea was customers to fill in the form before having a lunch in Talli. Thirty papers were placed on the bar table in Talli. The idea was to put survey near the cash register and while customers were paying for a meal, they could pay attention to the survey and fill it. Questionnaire starts with short description about the task to induct respondents. Introduction to survey:

“Hello, my name is Denis Ananev and I am the last year double degree student from Russia. Now I work under the MUAS bachelor’s thesis project and according to the plan I am going to make a menu in Scandinavian cuisine. Please answer to this short questionnaire to help me to collect customer’s data and make my menu more suitable for you.”

Introduction explains in detail the main idea of the survey and respondents may understand the idea of the task. Then four questions follow and short conclusion. Conclusion:

“Thank you for the help. Contact me by the following e-mail address if you have any suggestions according to this topic. denis.ananev@edu.mamk.fi”

Polite gratitude in the end of a questionnaire cares about respondents. It is necessary to leave personal contact information to customers and respondent may suggest anything useful according the topic theme.

Research plan, as a questionnaire, was made to understand the following problems and to make a new menu more suitable for Talli’s guests. A questionnaire was done to recognize next points:

- What do Talli’s customers know about Scandinavian food in general?
- What do Talli’s customers expect from a Scandinavian meal?
- Are the Talli customers interested in getting more information about Scandinavian meals?

Example of made questionnaire is available.(Appendix 5)

Questionnaire data analysis shaved the following results:

- 18 customers were filled in the survey
- 12 respondents had ever tried a Scandinavian food and 6 of them didn’t
- 11 of 12 respondents liked it and 1 disliked

- Fresh fish, milk products, berries, cereal products, bread, fresh vegetables, herbs, eggs, game are the main ingredients included into Scandinavian cuisine in customer's opinion based on their suggestions and experience.
- 9 of the respondents prefer fish in their daily meals
- 16 of the respondents prefer vegetables in their daily meals
- 12 of the respondents prefer fruits in their daily meals
- 13 of the respondents prefer meat products in their daily meals
- 4 of the respondents prefer cereals in their daily meals
- 7 of the respondents prefer sweets and deserts in their daily meals
- 3 of the respondents mentioned mushrooms in the survey
- 2 of the respondents mentioned fresh herbs and greens
- 16 of respondents wanted to get more information about Scandinavian food

With the help of the survey results the right direction to the planning was determined. Survey helped to deeply understand the project work and planning process. As we can see 18 respondents filled the form. According to the answers we can see what kind of food and ingredients customers prefer in their daily nutrition and in lunch. From the questionnaire we can determine what kind of ingredients is good to use in Talli's Scandinavian lunch and what ingredients customers expect.

Research process before menu planning showed the approximate level of knowledge in Scandinavian cuisine among Talli's customers. Main suggestion is that Talli is actually a Scandinavian restaurant and its customers know well this type of cuisine. According to this reason the task was not to introduce something new to the Talli's customers and surprise them with something new. The task was to make a well prepared, habitual and traditional food for the customers. Suggest something new, but carefully and not in an extraordinary way. The implemented survey helped to understand correctly the task and guided the menu development in the right way.

5 WEEK OF SCANDINAVIAN CUISINE IN TALLI

The menu planning was made by the thesis idea. The decision of making a real menu and test it in the real life conditions was provided by supervisors. After negotiations with Talli's manager and chef it was decided to provide three week days in frames of

this project. Firstly menu was planned and approved by Talli's chef. The second step was to purchase necessary ingredients and get them in time. Next step was to prepare ingredients and store them till serving. After all this three days of the buffet table serving was in Talli. According to this task, the great opportunity is not only a preparing experience and chef role. The main point is to share a responsibility with real life situation.

5.1 The process of menu planning and serving

The planning process started one month before applied part. Firstly was a theoretically based suggestion. During the negotiations with chef and Talli's manager a comfortable time to run the project was determined. The period for the applied work was from Monday (18.03.13) till Friday (22.03.13). It was determined that on Monday (18.03.13) all the ingredients will come. On Tuesday (19.03.13) – all the preparing has to be done. Starting from Wednesday (20.03.13) till Friday (22.03.13) the lunch has to be served. It was decided to plan the work day according to the following logical scheme:

- First part of the working day starts from 8:00 pm and continues till 11:00 pm. During this part all the dishes which were not ready have to be done.
- Starting from the second part of the working day all the preparing items for the next day have to be ready. During this part, all the lunch items have to be under control and there must be enough food on the lunch table.
- The third part is about preparing items for the next day and taking off all the food after the lunch has ended.

The menu was planned and approved with help of Talli's sauce-chef. The instance is that Talli is already a Scandinavian restaurant. This case influenced on the planned menu and dish choice. According to the task the menu has to be planned with traditional dishes and also includes some new suggestions for the Talli. The AROMI program includes a great deal of the Scandinavian recipes and it was actively used during a menu planning. Menu for the whole week without corrections is available. (Appendix 6)

The menu for Wednesday (20.03.13) includes:

- **Cream salmon soup.** Popular dish among the Scandinavian area. The recipe was made by Talli's chef Jukka-Pekka Riipinen. It was taken from the Talli cookbook. [Haaja 2012.]
- **Cabbage rolls with onion sauce.** This dish rarely serves in the Talli. The problem is that cabbage rolls come as already done. It was decided to make cabbage rolls by own recipe. 160 cabbage rolls were prepared on Tuesday (19.03.13) in the teaching-kitchen. There was no rice inside and filling was changed for the Scandinavian style, with fried onion, carrot and minced meat, by own suggestions. Recipe is available. (Appendix 7)
- **Mashed potatoes.** Potatoes are typical for the Scandinavian area and widely used.
- **Small size carrots.** Small size carrots were boiled and served as a garnish for the vegetarians.
- **Green salad.** Typical recipe for the Talli. It was taken from AROMI computer program. Ingredients also available in AROMI.
- **Mushroom salad.** This salad is widely used in the Nordic cuisine and especially in Finland in winter time. The recipe was taken from AROMI computer program.
- **Sausages and potato salad.** Salad is typical for Scandinavian area, fried sausages are widely used in Finland as well as potatoes. The recipe was taken from Talli's cookbook. [Haaja 2012.]
- **Fruit and berries yoghurt swirls.** A new dessert suggestion for the Talli. The recipe was taken from the internet page and then corrected by own suggestions for the Talli. (Appendix 8)

Instead of green salad was planned to make a salad with cheese and bread and then this idea was declined after discussion with Talli's cooks. Grandmother's cucumbers - canned product, was planned before but then, in frames of the work, a mushroom salad was chosen. Mushroom salad is much more typical dish for the Scandinavian area.

Menu for Thursday (21.03.13) includes:

- **Bratwurst soup.** The soup with sausages and cabbage. Recipe from AROMI computer program.

- **Pork sauce with organic pepper.** Peppered pork meat sauce by chef's own recipe.
- **Roast cabbage.** Cabbage is a widely spread around the Scandinavian area and it is a cheap ingredient which economically attractive to the Talli.
- **Roast vegetables.** Carrots, leek and potatoes were roasted and served as a vegetarian menu. Typical dish for the Talli. Chefs own recipe.
- **Country side salad.** Typical green salad for the restaurant Talli. Recipe may be found in AROMI computer program. Salad includes lettuce, cucumbers and tomatoes.
- **Beetroot and pineapple salad.** New suggestion for the Talli. Made by recipe from internet with own suggestions. Pineapples are not typical ingredient for the Scandinavian area but it is frequently used in Talli. (Appendix 9)
- **Potato salad.** Salad made with potatoes. Recipe was taken from AROMI computer program.
- **Fruit kissel.** Typical Scandinavian dessert. Recipe was taken from the AROMI computer program in Talli. [AROMI, 2013].

On Thursday (21.03.13) the group of 40 people came and they suggested eating pork. Because of this reason the pork sauce was cooked under chef's control. After Wednesday (20.03.13) a great deal of cabbage was left. It was correctly by restaurant usage to cut and roast the cabbage and serve it as a side dish instead of throwing away. After discussion this idea with chef the cabbage was left for Thursday (21.03.13). It was planned to apply in Italian salad but after discussion with supervisor this idea was declined. Instead of Italian salad the potato salad was served. Fruit kissel was prepared a day before but it became thick. Kissel was mixed with water to reach a normal consistence and then served on the lunch table.

Menu for Friday (22.03.13) includes:

- **Champignon soup.** A creamy mushroom soup made with champignons instead of forest mushrooms. Typical for the Scandinavian cuisine and available in AROMI computer program.
- **Fish cutlets with tar-tar sauce.** Main dish made by restaurant chef.
- **Boiled barley.** Main side dish for the fish cutlets. Widely used in Talli and popular among the Scandinavian area.

- **Roasted red cabbage.** Vegetarian side dish.
- **Cheese and pear salad.** New suggestion for the Talli. Pears are not common in Scandinavian nutrition but it is interesting for Talli customers as a new suggestion. Recipe was taken from internet culinary web-site. (Appendix 10)
- **Carrot salad.** Carrot is a typical vegetable and grows around the Scandinavian area. Dish is economically attractive and not complicated and also good for the lunch table. The recipe is available in AROMI computer program.
- **Salad with canned cucumbers, vegetables, rice and sausages.** Recipe belongs to AROMI program and is frequently used in Talli.
- **Chocolate mousse.** One of the favorite dishes among Talli's regular customers. Recipe is made by the chef Jukka-Pekka Riipinen.

The salmon filet was planned for this menu instead of fish cutlets. Extra case was on Tuesday (20.03.13) because of the salmon soup was not enough and as a consequence all purchased salmon had to be used. According to this reason the chef made an extra case dish – fish cutlets. Pear and cheese salad was chosen as additional dish to perform something new for the Talli and to keep customers with fresh suggestion. Salad with canned cucumbers, vegetables, rice and sausages is very popular in Talli and in spite of rice included, it was made. The idea of making this salad is to give to the constant customer's typical food which they are interested in. Chocolate mousse was made with the same idea.

5.2 Ingredients purchasing

Ingredients had to be purchased seven or ten days before the project week. It was determined during the negotiations with the supervisors and the restaurant chefs. The main problem was that Talli's manager and chef were confused with the time of the project. Products were purchased in extra time before 5 days. The purchasing process started after the menu approved. The chef is competent in purchasing and controls delivery. According to the menu suggestions she purchased ingredients with the computer program provided by delivering company. It was enough to left the menu and to rely on her professional skills in food purchasing. Talli does e-mail orderings frequently as well. The most essential factor is to purchase ingredients in a correct time because all necessary ingredients have to be available during the working day. This factor means that fresh fish, as an example, should be prepared immediately after deli-

very. Some food items are non-stable in storing and it means often ordering process without any interruptions.

All the ingredients came on Monday (18.03.13) and the main daily goal was to count every ingredient and check the quality. Restaurant has to be prepared for mistakes and immediate changes. Because of lessons in teaching-kitchen on Tuesday (19.03.13) there were not enough potatoes for the restaurant kitchen on Wednesday (20.03.13) and the frozen potatoes was used. Mashed potatoes became not right consistence because of it. The next mistake was to loss all the salmon filet. Because of the popularity of the salmon soup on Wednesday (20.03.13) it was not enough salmon on Friday (22.03.13) and fish cutlets were made for the extra case. All mistakes may be avoided by correctly done purchasing and counting the food items but frequently it is not enough and situation may become under control. This point has to be looked at during the menu planning and food purchasing.

In frames of this bachelor's applied project was determined that purchasing process in the restaurant Talli is under control. Depending on orders delivery companies suggest a transporting time. Ingredients ordered for this project came in a good condition and quality. All the vegetables grown on the local farm are in anoptimal condition and may be served in a restaurant. It was no problems with delivery and purchasing during the project work and applied part. It was determined that incorrect amount of food it is frequently a mistake of a person who orders the ingredients. All steps in delivering and purchasing ingredients were familiarized and details were understood. Professional skills also were developed and may be applied during a future career in hospitality sphere.

5.3 Ingredients preparing

In the end of the each working day preparing started. Starting from Tuesday (19.03.13) restaurant was working under Scandinavian cuisine concept. On Tuesday (19.03.13) preparing started with cabbage rolls. According to the idea of the menu, cabbage rolls were made by own recipe. Rolls were made from the beginning till the end. Talli frequently orders already done cabbage rolls but free time to prepare was available. It was decided to demonstrate to the Talli a new suggestion. The new recipe of the cabbage rolls also surprised Talli's constant customers. Preparing took several

hours of work. Recipe was tested with small amount of the rolls. Restaurant chef approved the recipe and the rest of total amount was made after it.

After cabbage rolls were prepared, the dessert for the next day was made. The fruit and berries yoghurt swirls is a new dish suggestion for the Talli and it took more time to test the recipe. The level of sugar, forest berries and strawberry was regulated until the normal balance. Yoghurt was not enough for all the portions and it was decided to make cottage cheese and Finnish kind of smetana mix instead. This dessert was made for Wednesday (20.03.13) and cooled in the blast chiller. On the next day the dessert was portioned and served. The mistake was that dessert was not enough for the all the customers. Pannacotta dessert was in the cooler it was made before Monday before and left several portions. Pannacotta saved the situation and was served instead of fruit and berries yoghurt swirls.

The third dish which was prepared on Tuesday (19.03.13) it was a sausages and potatoes salad. To easy work day the salad was prepared before and put into cooler for the night. Salad recipe was taken from the Talli's cookbook. It means that the recipe was made several times before and it was not a new suggestion. According to this it didn't take much time to prepare.

On Wednesday (20.03.13) pineapple and beetroot salad and fruit kissel were prepared. Pineapple and beetroot salad was a new suggestion for the Talli and it meant that the dish was prepared longer. Process of making this salad was made in the first time. Sous-chef tried it and gave suggestions. After all, the salad was put into a cooler for a storing. Fruit kissel recipe was taken from the AROMI computer program in Talli. Too much potato flour was used and the mistake was noticed next morning. Restaurant chef didn't accept prepared dessert and it was necessary to remake it. All the dishes have to be checked and controlled with chef and sous-chef.

On Thursday (21.03.13) fish cutlets and rice with sausages salad were prepared. Fish cutlets were made by restaurant chef instead of salmon filet which was the original plan. It was an extra case because of the popularity of the salmon soup on Wednesday (20.03.13). To save the buffet line from the empty places it was decided to change menu items. Fish cutlets were served with tar-tar sauce which was prepared on Thursday (21.03.13) as well. Rice and sausages salad was made without mistakes under

chef's control. This recipe was taken from the AROMI computer program and already done mix was put into the cooler for the night time.

5.4 Waste reduction

During the applied part and food preparing, it was admit that a great deal of food is simply thrown away after the lunch ends. Several suggestions were planned to correct this situation and to reduce wastage. According to my personal idea, constant customers in Talli have their favorite menu positions and, by this reason, changing positions have to start with less popular items. These items have to be changed into new suggestions and fresh dishes.

It is proposed to the Talli to range the dishes. This idea as a system was invented during the following research work. The main point is to range dishes by grading them, for example, from 1 till 10. The scale measures the popularity of the specific dish. According to bio wastage after the lunch time dishes have to be marked. If the dish was eaten full after the lunch and have no wastage it equals to 0% of wastage. This dish have popularity grade 10 and it means, that customers are interested in this dish. If another dish has not been eaten at all and everything was thrown away after the lunch time, this dish has grade 1 and it is less popular.

By applying these grade systems Talli may have more reasonable change to the menu positions. Dishes with grade 5 or less have to be changed firstly with new suggestions. Dishes with grade 6 till 10 are the most popular among customers. One more useful point of the new system range is to save the food from the throwing and reduce trash wastage by replacement less popular items to the items with highly range mark. According to this marking system the menu has to be balanced by dishes with different marks.

Above system is must to be connected with customer amount. This system will not work without information about approximate customer's quantity in each lunch day. The amount of food must be cooked for determined the number of customers. In frames of this work, it is also extremely important to reuse ingredients. The example of reusing ingredients has shown above, after cabbage rolls preparing a great deal of small cabbage was left. Cabbage was cut to small, fried and used for the next day as a

garnish. The decision of the menu correcting was applied and throwing reduced. Idea with wastage ranging may be deeply developed in frames of the other bachelor's thesis or course work. Deep research for this idea needs wide applied part.

5.5 Wine suggestion

It is not common in Talli to serve wine in the lunch time but on the other hand, restaurant has wide wine list and frequently, guests order wine with buffet lunch dishes. Guests also may order an a la carte lunch from the menu and suggest having wine to drink as addition. Groups of people frequently come to Talli to have a lunch or dinner. Dinner group guests often order wine glasses or whole bottles. According to upcoming reasons the following wine suggestion was made and attached as an addition to the beforeplanned menu list. Wine suggestion was created in overall and not connected with exact dish from the buffet menu list.

Every buffet lunch includes main course for every day. It would be correct idea to suggest wine type firstly for the main course and then to plan wine for additional dishes and salads. As a main dish on Wednesday (20.03.13) were the cabbage rolls. Cabbage rolls were made with minced meat and onion sauce. According to the professionals suggestions it is correct to choose wine for the sauce and not what is underneath. To try with onion sauce and minced meat may be suggested Brunello di Montalchino from Italy. This wine is recommended with beef stroganoff dish which is quite similar with made cabbage rolls because of onion sauce and meat inside. Another suggestion here is for ripe, smooth reds because they are recommended with stews. The cabbage rolls in Talli were made with stew method and, as a reason, may be serve with reds. [Gasnier 2006, 328.]

Pork sauce with organic pepper was on Thursday (21.03.13). Here the meat, especially pork may create a good composition with full of tannins red wine, for example, Syrah but the problem is that pork sauce has a soup structure and included spices. Chili paper was added and it takes refreshing wines. Pinot Grigio or Chablis would be good in this case. To take control of spices - a light crisp white are good and is much more attractive then reds with this kind of the dish. [Gasnier 2006, 323.]

Fish cutlets with tar-tar sauce were served Friday (22.03.13) made with frying method and sauce was based on the mayonnaise. It is not a one way suggestion because dish contained less oil and spices. Tar-tar sauce creates a connection between the oily foods and acidity or tannin which it needs. It is good to apply, for example, white wine with high degree of acidity, to cut through the fattiness or oiliness of the dish and leave a clean feeling. [Gasnier 2006, 327.]

Wine suggestion may be connected also with other dishes from the buffet lunch menu nonetheless it is not in frames of the following thesis work. The main suggestion is to serve wine with the main course and observe the rules given above. Wine suggestions are made with own experience and have no strict rules to follow. The recommendations were done, to fully complete a planned menu, and in case of customer's interest, serve the correct wine with new developed dishes.

6 SUMMARY / RESULTS

The goals of this bachelor's thesis were achieved. The necessary experience was collected during the practical and theoretical parts. Organization and cooking processes were mastered on the high level. The basics of the Scandinavian cuisine were understood during the theory and practice work. Methods of cooking food were mastered as well. Talli provides a great opportunity for hospitality management students in creation of the personal ideas in cooking and managing the kitchen. The great experience was given to all the kitchen workers and foreign students because of no similar possibility in Russian universities given. The option of doing applied projects on the basis of Talli restaurant is a good solution in training future cooks and kitchen managers.

Kitchen workers familiarized themselves with professional kitchen equipment. During Scandinavian dishes preparing different machines were used. Basics of using modern equipment were achieved and personal level of professional skills increased. Talli provides new cooking machines which are powerful enough to prepare a big volume of the food to the customers. Lunch line preparing need to be served fast and it takes a lot of capacity which may be archived only with professional kitchen equipment.

The point of the personal professional skills level was determined. It means that understanding of the professional growth became as a result of the applied part. All the mistakes that were made during the applied work became as knowledge about personal professionalism level. A meaning of the teamwork was achieved and the meaning of the kitchen staffs the restaurant business at all. It takes its own segment in the world gastronomic market and continues to fight against best rate places in European culinary sphere. Future tendencies were understood as well. Scandinavian food is young but has a great future starting from nowadays. After familiarizing to the basics of the Scandinavian cuisine a future research work is forecasted. The interest in cooking Scandinavian food is raising and more young chefs and cooks are involved into the process of Scandinavian cooking development.

Comparison between the different food components was made. The healthy way of being was shown and theoretical baseline was given as well. As a matter of fact the description about Talli was given and the reader now may understand the meaning of this establishment even without visiting it. Applied part description gives information about kitchen staff, managers, workers and equipment in the restaurant.

One of the paragraphs is about menu planning. It was deliberate to create and combine together information from theoretical sources and practical menu planning in Talli. This idea was archived and main points were described and involved into this paragraph. Pricing methods from fundamental theoretical source were illuminated. Also the main methods of menu planning were added. Applied menu planning and preparing process has shown an importance of personal view of the chef. It means that during the cooking process not every point makes with academic knowledge. The main opinion of the restaurant chef is extremely meaningful and complete dish depends of it. Recipes may be corrected according to chef's suggestions and needs. It is necessary to admit that Scandinavian cuisine in general includes all the best traits of northern countries and its food habits.

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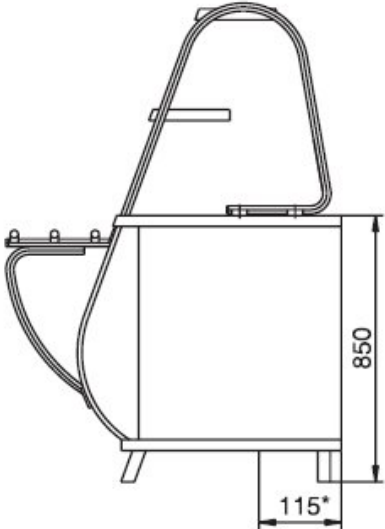
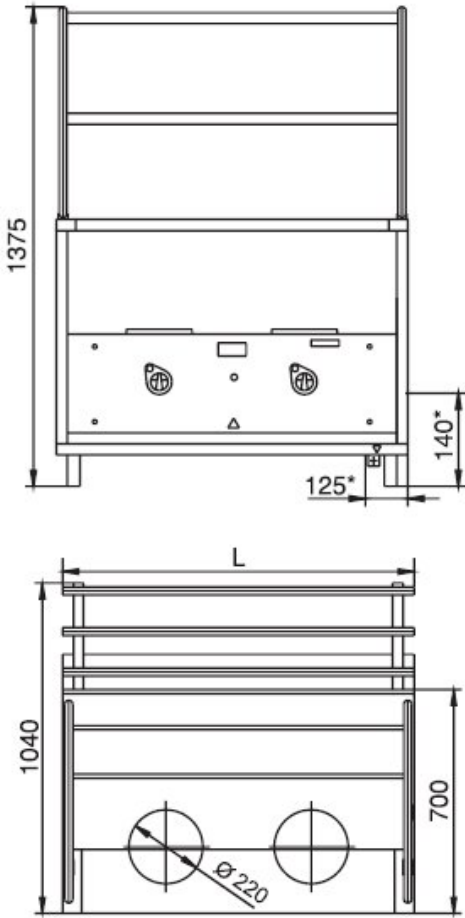
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Danish restaurant NOMA

Fried bacon with ramsons and grilled cucumber



Working scheme of the heating panel (example)



*подвод электропитания

*electricity input

Fruit kissel

Example of printed AROMI recipe (original)

HKONTIO		MAMK		20.3.2013		
		Reseptin työohje		Sivu: 1		
HEDELMÄKIISSELI						
90 annosta à 140 g						
Saanto yht.:	13,320 KG					
Hinta:	1,35 /KG					
Reseptikirja:	LOUNAS					
Valmistuslaite:	KP					
Kust.paikka:	5740					
Tekijä:	MYLON	Muuttaja:	MYLON			
Pvm:	23.3.2011	Muutospvm:	23.3.2011			
Ei sovi:						
Lisätieto:						
P	Ostopaino	Käyttöpaino	Raaka-aine	Työohje		
	3,191 L	3,191 L	Mehu, omenatäys tiiv.	KUUMENNA NESTEET MAUSTEIDEN KANSSA		
	0,279 L	0,279 L	Mehu, appelsiinitäys, tiiviste	KIEHUMISPISTEESEEN		
	6,937 L	6,937 L	Vesi			
	0,007 KG	0,007 KG	Anis, tähti			
	0,006 KG	0,006 KG	Vaniljatangko (1kpl=n4g)			
	0,277 KG	0,277 KG	Jauho, peruna	SUURUSTA PERUNAJAUHO-VESI SUURUKSELLA VAROCASTI SEKOTTAEN		
	3,588 KG	2,081 KG	Hedelmäcocktail sokeriliemessä	LISÄÄ LOPUKSI VALUTETTU HEDELMÄCOCTAIL JA HALKAISTUT RYPÄLEET		
	0,616 KG	0,555 KG	Viinirypäle, tumma	RIPOTTELE SOKERIA KIISSELIN PÄÄLLE, SÄILYTÄ HUONEENLÄMMÖSSÄ		
	0,069 KG	0,069 KG	Sokeri, hieno talous			
Raakapaino yht.:				13,403 KG	Valmistushävikki:	0,62 %
Saanto yht.:				13,320 KG	Jakeluhävikki:	5,41 %
Sivuja yhteensä: 1						

Hello, my name is Denis Ananev and I am last year double degree student from Russia. Now I work under the MUAS bachelor's thesis project and according to the plan I am going to make a menu in Scandinavian cuisine. Please answer to this short questionnaire to help me to collect customer's data and make my menu more suitable for you.

Have you ever tried Scandinavian food (cuisine)?

- YES
- NO

If **YES**. Did you like it?

- YES
- NO

What products Scandinavian food includes, in your opinion/experience?

What ingredients do you mostly prefer in everyday meals? (Can choose several)

- vegetables
- fruits
- meat
- fish
- cereals
- sweets

Other variant(s):

Would you like to get more information about Scandinavian cuisine?

- YES
- NO

Thank you for the help. Contact me by the following e-mail address if you have any suggestions according to this topic.

denis.ananev@edu.mamk.fi

APPENDIX 6.

Original weekly menu plan (without corrections).

Viikko 4.		Denksen opinnäytetyö			
	Maanantai 12+	Tiistai	Keskiviikko	Torstai 40+	Perjantai
Keitto	Maanantai 12+ Jauhelihaketta (M, G)	Tuistai Juustosta porkkanakeittoa (L, G)	Kennaista lohikeittoa (L, G)	Batruusikeittoa (M, G)	Herkkusenikeittoa (L, G)
Lämmön pääruoka	Tallin uunimakkaraa ja paahdettua sipulia (M, G)	Sinappiset kaaslerpihvit (L, G)	Kaarikäärteet, ruskea kastike ja piolukkahillo (L, G)	Luonnupippurista possukasitetta (L, G)	Lohta ja kasitetta ? (L, G)
Energiasäike	Pinaatti-perunasosetta (VL, G)	Luonnuperunaa (M, G)	Perunasosetta (L, G)	Keitetyjä perunoita (M, G)	Ohrua (M)
Lämmön lisäke	Kukkakalagratiniia (L, G)	Höyrytettyjä punajuuria (M, G)	Pikkuporkkanoita (M, G)	Uunijuureksia (M, G)	Haudutettua pinnakaalia (M, G)
Suositus 1.			Wieninleikettä ja perunannuhennoista (L) -paistettua paprikaa ja suolakurkkua		
Suositus 2.			Grillattua kananrintaa ja vuohejuustoa (G) -hedelmäsalsaa, nuudeli-rucolasalaattia		
Kasvisruoka			Sienipastaa (L)		
Salaatti 1.	Kreikkalaista salaattia (L, G)	Vihreää melonisalaattia (M, G)	Leipäjuustosalaattia (VL, G)	Maailmasalaattia (M, G)	Juustosta päärynäsalaattia (L)
Salaatti 2.	Porkkana- mandariinisalaattia (L, G)	Martinointia kaalisalaattia (M, G)	Munnon kurkkuja (M, G)	Punajuuri- ananussalaattia (L, G)	Porkkanarasetta (M, G)
Salaatti 3.	Kinkku-pastasalaattia (M)	Kananjogian- ohrasalaattia (M)	Chorizo- perunasalaattia (M, G)	Italiansalaattia (L)	Meetranssi-riisisalaattia (M, G)
Jälkiruoka	Luonnujogurtti- smoothiea (G)	Valkaitta mushherukka- puuroa (M)	Marija- luonnujogurttipuurotta (G)	Hedelmäkisseliä (M, G)	Suklaamoussea (L, G)

Cabbage rolls (own preparing technology)

For 160 portions

Ingredients:

- White cabbage – 20 kilos
- Menaced meat – 15 kilos
- Carrot – 3 kilos
- Onion – 3 kilos
- Rapeseed oil – 300 ml
- Salt – 30 grams
- Black crushed paper – 30 grams

Preparing:

Boil cabbage over 10 minutes. Cool the cabbage. Put out leaves. Fry carrot and onion with rapeseed oil for 5 min. Add menaced meat and then continue frying until meat became ready and change the color. Then put salt and paper into mix meat with vegetables. Cool it. Put fried mix into boiled cabbage list and form an envelope. Steam about 10 – 15 minutes before serving.

Raspberry and yoghurt swirls

Raspberry And Yogurt Swirls



Source : Masterchef Magazine

Ingredients:

- 800g frozen raspberries
- 110g (1/2 cup) caster sugar
- 1.5kg greek style yogurt
- 175g (1/2 cup) honey

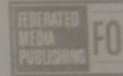
Place 500g raspberries, sugar and 60ml water in a large saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until sugar dissolves. Transfer mixture to a food processor and puree. Combine yogurt and honey in a large bowl.

To assemble, place 1 tbs raspberry puree in the base of each cup. Top with 60g yogurt mixture. Repeat layering with 1 tbs raspberry puree and 60 g yogurt mixture, finishing with 1 tbs raspberry puree. Divide remaining 300g raspberries among cups and serve.

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Melbourne
Cooking
my hot
Please
love for cooking and
inspirations!!
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Beetroot and pineapple salad

For 1 portion

Ingredients:

- Beetroot (boiled or canned) – 40 grams
- Pineapple (fresh or canned) – 40 grams
- Fatty cream – 10 ml
- Walnut (crushed) – 5 grams

Preparing:

Peel the beetroot, cut in small cubes and combine with pineapple also cut in cubes. Whipped cream and mix with pineapples and beetroot. Decorate with crushed walnuts by putting on the top.

Cheese and pear salad

For 1 portion

Ingredients:

- Emmentalcheese – 30 grams
- Pears (canned, sliced into cubes) – 35 grams
- Krutonki–15 grams
- Thyme (fresh) – 2 grams
- Limon juice (fresh) – 5ml
- Walnut (crushed) – 3 grams
- Olive oil – 10 ml
- Balsamic vinegar (white) – 5ml
- Salt – 3 grams
- Black paper (crushed) – 2 grams

Preparing:

Slice cheese with thin squares approx. 2x2 centimeters. Take out pear pieces. Mix all ingredients in one bowl and decorate with thyme and walnut.