



National cooking event by NIK-project

International cuisines - NEPAL

SATAEDU TRAINING RESTAURANT

RUUKKU

25.9.2019



FOOD CULTURE

Food culture, or national cuisine, is a selection of dishes and a common vocabulary known and produced by a nation or other group. Food culture also encompasses the social side of eating, the values and symbolic meanings of food choices, as well as daily food rituals and everyday activities.

Asian cuisine is a very diverse concept with traditions, beliefs and lifestyles. Asian cuisine is spread over a wide area and different countries have their own cuisine and customs. Asian food culture includes Chinese, Indian, Japanese, Thai and Vietnamese regional cuisine. Although each region has its own influences and typical food, Asian food culture has in common the influence of Asian philosophy and different religions on food and dining.

Everything, both in life and in food, strives for balance in order to stay healthy and reach a long life. The balance of food flavors consists of a combination of sweet, sour, salty, hot and sour flavors. Similarly, rice is valued in every country, and it is eaten several times a day.

In addition to rice, vegetables are important in Asian cuisine as well as drinking tea. As a rule, Asian food is prepared quickly in a wok pan. The ingredients are chopped into small pieces of the same size to cook quickly and evenly. Chopsticks and a spoon are used as cutlery along with the fingers of the right hand. Asian cuisine is brought to the table at the same time, and every diner can eat in any order he or she wants.

Students from all over the world, bring a fresh breath to our country's cuisine. In Sataedu training restaurant Ruukku, we made lunch to for paying customers in this Case 25.9.2019.

In the kitchen, we had 10 students from seven different countries (Estonia, Thailand, Turkey, Ukraine, Ethiopia, Afghanistan and Finland).

THE THEME OF CASE

Nepalese cuisine has been influenced by India, Tibet, China and Thairuoka, from where it has evolved into its own cuisine. But because there are many different ethnic groups in Nepal, so are the dishes. One food eaten all over Nepal is dal-bhat tarry, dal means lentils, bhat rice or some other cereal, tarry means curry vegetables.

The cooking skill is passed down from mother to daughter and is also appreciated by future husbands. Since Nepal opened its borders only in the 1950s, it has generally focused on growing its own food. Common Nepalese ingredients in cooking include rice, wheat, corn, lentils, fresh vegetables and various meats. Because of the harsh conditions of the Himalayas, food is also preserved by drying and acidification. Food is especially important during festivities and festivals. It is even said that celebration and good food mean the same thing.

Nepalese food is quite mild in spiciness compared to Indian food. Nowadays, because tourism is so popular in Nepal, the country's restaurants also serve Western cuisine. But if you want local food, you can find it in the markets and the supermarkets.

The food culture of the Newari Group has evolved over the centuries to its present form in the Kathmandu Valley. Newari cuisine is one of the most popular cuisines in Nepal with their rich selection of 200 different dishes. Newari cuisine is the most thorough cuisine in Nepal precisely because of the fertile soil of the Kathmandu Valley.

Nepalese cuisine uses many different cooking techniques, such as currying, baking ("Bhuteko"), grilling ("Seseko" or "Poleko"), deep frying ("Tareko"), marinating ("Sadheko"), tempering ("Jhaneko").) and evaporation ("Baphaeko").

Well-known Nepalese food is Momo, a dough mound containing finely ground meat and vegetables from a buffalo, chicken or other animal. The second is dal-bhat, the third is a chat lady resembling pizza, the bread usually has minced meat, eggs and vegetables. The fourth food is dheedo, with either wheat or corn and some dried green vegetable. Dheedo is usually prepared as a soup with beans and potatoes. The last food is curry soup called aloo tama, aloo means potato and this means bamboo shoot.

The theme of the day's lunch – NEPALESE CUISINE



Together we start planning lunch: appetizer, main courses and desserts. Together we look at the background information on Nepalese cuisine. We searched for different recipes and buy raw materials and tableware.

In the picture is some of the adult students planning Nepalese lunch event.



Students work in teams and there is always one Finnish student in each team. In this way, student also communicate with each other. There were always one Teacher and Assistant in the training kitchen.

In the foto you can see our storage of ingredients (sugar, flour, jam, spices, etc.)





Some of the fres vegetables and other ingredients, spices etc. used in cooking.



Here is students make Beluga-Eggplant salad.



Preparations started the day

before (24.9.2019).



Here is coming tomatoes to salad.



Dima starts to prepare sheep like Nepalese style.



Food seasoning is an essential part of cooking and spices are typical in different countries.



The girls are happy bakers.



Coach Paula shows you how to cut spring onions.





The dessert included coffee or tea.
We had to buy different cookware and
other different dishes.



In 25.9.2019 Lunchtime 11.00 – 13.00. 25 customers visited in Ruukku and they were satisfied with the food. Customers pay for theis own lunch and at the same time we were given information about NIK project and international cuisine.



Students also
enjoy their
own dishes.



WHAT WE LEARN

It is fun to see that food cultures are talking about us in different continents at the same time. Here is a brief introduction to Nepalese cuisine. Dal Bhat is a traditional Nepalese food that is eaten every morning in the evening on a big plate. As a meal, it is very nutritious, as the meal contains both proteins, carbohydrates and vitamins. The food is based on rice, Nepalese Bhat, which is served with lentils (dal), vegetable curry (tarragon) in various forms, in addition to meat for meat eaters and often-spicy pickle sauce. Dal bhat are as diverse as there are cooks.

In Nepal, the vegetables change seasonally, springtime is the cauliflower season and currently good zucchini and eggplants are already now. Dal bhat usually has seasoned fried vegetables and often spinach. However, one unchanging factor in Dal bhat is season after season: there is always a huge amount of food on the plate. There is at least four to five dices per rice per eater, topped with a vegetable sauce and various appetizers for dinner. We used to eat just normal sized (two dices) portions in Finland. The fun detail in dining situations is that we first eat and then serve drinks. Eating is done with a spoon, regardless of the type of dishes.

Nepalese food is easy to prepare, cheap and good!

Finnish people like very much Nepalese food. We have all the ingredients what we need for cooking all year round.



Five keys to safer food

Keep clean

- Wash your hands, before handling food and often during food preparation
- Wash your hands after going to the toilet
- Wash and sanitize all surfaces and equipment used for food preparation
- Protect kitchen areas and food from insects, pests and other animals

Why?

While most microorganisms are harmless, dangerous microorganisms are widely found in soil, water, surfaces and people. These microorganisms are carried on hands, clothing, dishes and vessels, spreading onto food and causing the slightest contact can transfer them to food and cause food-borne diseases.

Separate raw and cooked

- Separate raw meat, poultry and seafood from other foods
- Use separate equipment and utensils such as knives and cutting boards for handling raw foods
- Store food in containers to avoid contact between raw and prepared foods

Why?

Raw food, especially meat, poultry and seafood, and their juices, can contain dangerous microorganisms which may be transferred onto other foods during food preparation and storage.

Cook thoroughly

- Cook food thoroughly, especially meat, poultry, eggs and seafood
- Bring foods like soups and stews to boiling to make sure that they have reached 70°C for meat and poultry, make sure that juices are clear not pink. Usually use a thermometer
- Reheat cooked food thoroughly

Why?

Proper cooking kills most dangerous microorganisms. Undercooked food can contain dangerous microorganisms which may cause illness. Food that appears cooked, such as soups, stews, and casseroles, may not be hot enough to kill the bacteria. Reheat cooked food thoroughly.

Keep food at safe temperatures

- Do not leave cooked food at room temperature for more than 2 hours
- Refrigerate promptly all cooked and perishable food (preferably below 5°C)
- Keep cooked food piping hot (over 60°C) prior to serving
- Keep cooked food piping hot in the refrigerator
- Do not reheat frozen food at room temperature

Why?

Microorganisms can multiply very quickly if food is stored at room temperature. In heating at temperatures below 5°C or above 60°C, the growth of microorganisms is slowed down or stopped. Some dangerous microorganisms will grow below 5°C.

Use safe water and raw materials

- Use safe water or treat it to make it safe
- Select fresh and wholesome foods
- Choose foods processed for safety such as pasteurized milk
- Wash fruits and vegetables, especially if eaten raw
- Do not use food beyond its expiry date

Why?

Raw materials, including water, can contain dangerous microorganisms and chemicals. These can cause illness and damage to health. Choosing safe raw materials and using them properly can reduce the risk of illness and damage to health.

Knowledge = Prevention

Special attention:
Hygiene in preparation of food and to the warm/cold storage of food products.

USEFUL LINKS

- <http://www.taksvarkki.fi/nepal/nepal/kulttuuri/ruoka.htm>
- <http://ravintolalumbini.com/nepal>
- <http://eatocracy.cnn.com/2011/10/14/in-search-of-nepals-culinary-identity/>
- <http://www.acethehimalaya.com/blog/famous-five-nepali-food/>
- http://en.m.wikipedia.org/wiki/Nepalese_cuisine

RECIPES FOR LUNCH FOODS

<https://www.pinterest.com/pin/314407617719571219/>

www.nickspalate.com/2011/12/momo

www.weallnepali.com/recipe

[https://www.sbs.com.au/food/cuisine/nepalese](http://www.sbs.com.au/food/cuisine/nepalese)

<https://www.youtube.com/watch?v=xMwKhlf0HA>

Shrikhand Recipe <https://www.youtube.com/watch?v=BcL0MffThhk>

Paneer recipe <https://www.youtube.com/watch?v=kvq-jZwZRDE>

Roasted Eggplant <https://www.youtube.com/watch?v=QHhU4hA5Sb0>