



Analyzing Finnish food culture and food ingredients

Abhiroop Dasgupta, Nouamane Bayzi, Jean pierre dulin, Amaury Agard, Nairit Mukhrejee

About

This presentation puts a focus on all the aspects of the Finnish Food culture and conducts an in-depth analysis about:

- The ingredients
- Traditional and common everyday meals
- Cooking techniques used
- seasoning techniques
- Role of sustainability
- Links with French food culture





•Finns consume vegetables daily, frequently eaten fresh in salads. The source of carbohydrates varies: potatoes, pasta and rice are all part of the diet. they consume a lot of bread, and they prepare it with several kinds of cereals (wheat, rye, oats, barley), as well as fish and cheese and reindeer with very important in Finnish cuisine.

Finish Food Habits

Meal lunch is usually served between 11 and 12 am. Dinnertime is often around 5 pm. Healthiness of food is often stressed in Finland.

Milk and lots of Dairy products whit lunch and food

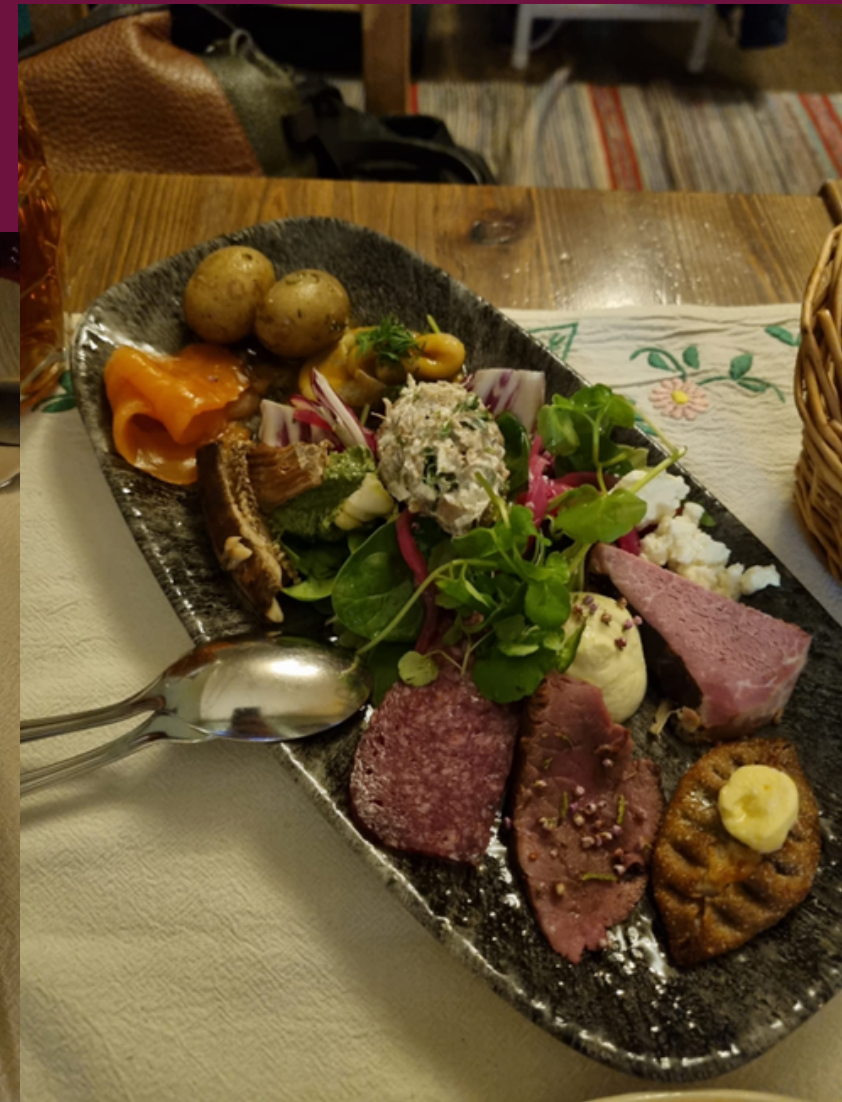
Game meats

Alcohol in FinnlandThey Alko, the national alcoholic beverage retailing monopoly.



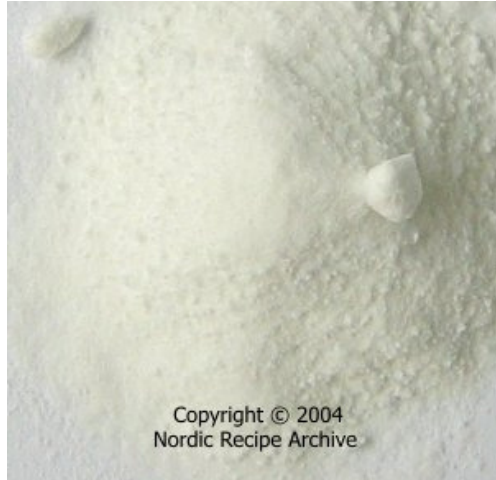
FINNISH RESTAURANTS

SUSTENABILITY
MORE, GAME MEAT



Dry Products

THE INGREDIENTS



POTATO FLOUR



WHOLE WHEAT FLOUR



TALKKUNA



CORN FLOUR



RYE MALT POWDER



RYE FLOUR

Berries and Fruits



ARCTIC BRAMBLE



CLOUDBERRY



SEA BUCKTHORN



ROSE-HIP



RASPBERRY



BLUEBERRY



LINGONBERRY

Dairy Products



Rakha



Piimä

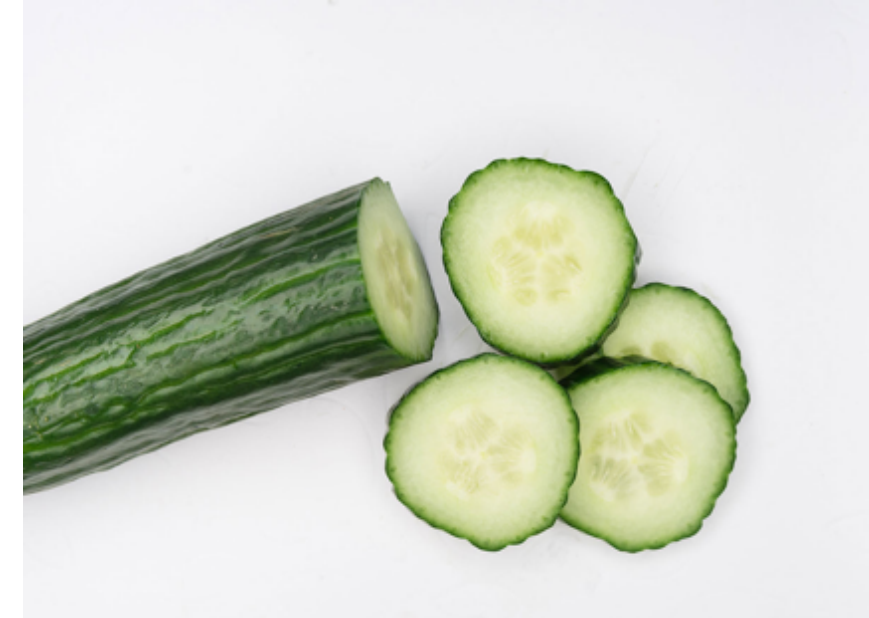


Leipäjuusto



Raejuusto

VEGETABLES



Mushrooms



PINE MUSHROOM



CHANTERELLES



FAKE MORELS



AUTUMN CHANTERELLES



CEPS

Meats



Reindeer is one of the most used meat in finland. and they used different methods: cooked, smoked...



Bear meat

This is the first time I've seen this meat used. it's really interesting

GASTRONOMY



Baltic herring



Toasted Rye Bread



Rye Fried Vendace



Smoked Whitefish





Cooking Techniques Used

Salting



Fermenting



Sugar Preserving



Smoking



Drying



Seasoning technique:

Really we were amazed by these seasoning techniques these times when we use fresh herbs to season without pepper and without any spices it gives freshness to the dishes and keeps the taste of the product.



Role of Sustainability

With accelerating climate change , it has been essential the role of sustainable gastronomy around the world and some things we notice with respect to Finnish Food culture and their Role in sustainable gastronomy:

- Foraging for Wild Herbs and Mushrooms during the forest seasons in Finland is a sustainable practice used since a long time in nordic countries.
- Hunting season moves around spring , that is the time when the population of wild game meats increases. Thus Hunting activities are also sustainable by nature.



- Fermentation and home preservation techniques are highly sustainable practices used extensively in Finland.



- The fishing industry in Finland is highly sustainable. They procure fishes from not mass export chains and farming of fishes but from the nature near them - Baltic sea



- Using Locally sourced fruits , vegetables and Fishes.

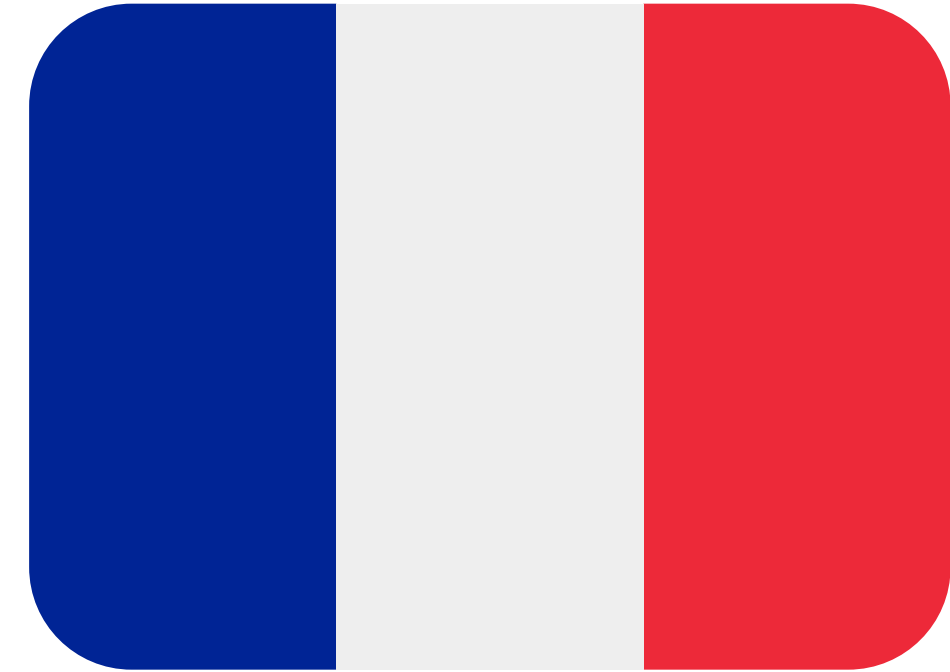


- Also for farmed animals , antibiotic use is extremely low and also fruits and vegetables are grown organic without use of pesticides.



Similarity with French Cuisine

- Consumption of wines in both Finland and France.
- Nowadays curing , preserving and fermenting techniques are used extensively in modern French cuisine as well as classical Finnish cuisine.
- Focus on the ingredients mostly local - high locavorism
- Plentitude of Fish - both freshwater and sea.
- Also Hunting and game meats are common in both Finnish and French Food Cultures.
- Historic cooking techniques are given importance in both cuisine types.
- Ingredients are highly seasonal in both cultures.



Difference with French Food Culture

French food often tends to be richer and heavier.

Meal time for the French is a bit later than the Finns.

Ample use of beef in the cuisine.

Use of natural and local products are important but not as crucially as in the Finnish cuisine.

Baking is among the most favorable cooking techniques.

Pairing wine with different courses of meal is an integral part of the eating habits.



**THANK YOU FOR YOUR
ATTENTION**
