



Cooking with alternative proteins



Suscop project meeting in Landstede 10/2019

One of the important events in the Suscop project is a training session about the actual cooking with alternative proteins. Teachers and students from the partner schools participated in the training of students in Landstede Harderwijk. To give you an insight in the actual work done first an overview of the week and also two reports with the opinion of students and teachers.

Monday, 14-10-2019

All the students and teachers met at 09:00 o'clock at Landstede school, presentations and a short coffee-briefing.



Before starting the actual cooking there was a bit of theory. To understand this fast growing world of cooking with alternative proteins, we invited a guest lecturer.

Topi Kairenius gave both students and teachers a masterclass "bugs on plate; Insects in Modern European Food Culture". Topi is a well know writer and chef in Finland and an expert on alternative proteins. He explained the beginning of the use of insects as alternative protein in Finland from scratch until insects were accepted legally. Topi also showed how to pick our own insects and new species available like wild ants.

We think eating bugs is a new way to eat but actually our ancestors and many people all over the world are used to do this. We forgot it!



After visiting the school and having lunch at 14.00, the group was split into two groups (students and teachers). The students were taught a master class about entrepreneurship “how start up your start up” given by Otto Palonen and another one about Dutch education provided by Dutch students.

Meanwhile the teachers discussed about the learning outcomes, photos for the E-book and organized the teams that would cook the recipes the next two days. We agreed that teachers of each school would remain together but students will be mixed so that each school teachers would work with two students from two different countries. The students evaluated the recipes provided by the teachers and tested whether recipes worked or not. This was very enriching for both, students and teachers.

Teachers agreed as well not to introduce the concept of vegan or vegetarian in the e-book but the sustainable concept, underlining the difference between recipes with insects and without insects. After checking the ingredients and the kitchen facilities for the next two days, we ended the day having the dinner altogether at the school. The dinner we were given was typical food from the Netherlands which was very tasty and interesting to learn. Moreover, teachers and students learnt how to play sjoelen!

Tuesday, 15-10-2019 / Wednesday 16-10-2019

Both days, all the groups cooked their recipes; first day with insects and the second day without them. Four recipes were prepared in total by each team. It was amazing to work with mixed international teams and the learning environment was really enriching.

In general the recipes worked really well and the evaluation provided by the students was very useful.

It is important to point out that Otto Palonnen and Topi Kairenius took part in this activity cooking their own recipes with fresh and frozen insects. Their input when it comes to use fresh and wild insects was appreciated by the rest of the participants.



Thursday 17-10-2019



The last day at 10:00 o'clock the Leioa Hospitality and catering college-Ikaslan team offered a master class about typical Basque cuisine/pintxos. The history of the pintxos was explained and the use of the different ingredients, including the special wine.

The Basque students also took part in the presentation which they had prepared with their fellow students in Leioa catering school.

During the theoretical part different pintxos were prepared, traditional ones but also the ones with bugs..

After the masterclass all of the participants took part in the evaluation of the meeting. The conclusions were very positive and we agreed that it was a very enriching meeting for all of us. Also we spoke about the next steps of the project and the tasks we should fulfill in the future.



Students and teachers opinions:

Ruth and Maddie, students from Bridgwater & Taunton college, said the following about their experience in this new world of cooking:

As none of us had been to the Netherlands before, not only was this going to be interesting due to the bugs and insects but also to see a whole new culture!

On the first day, we were collected from the hotel and walked through to the college, giving us a quick look at the town. When we arrived we met all the other students and teachers. We were introduced to Topi who is a celebrity bug chef from Finland. He gave us a great look at different bugs, how they are farmed and the legal stuff behind eating them. We then split away from the teachers and Otto presented us with the Finnish study programme and showed us how EntoCube started, and how we could start our own.



Tuesday was our first cooking day, we were broken up into different teams to test different recipes from other colleges to make sure they worked. Ruth was with Da Vinci and Maddie was with Perho. Some dishes we made included bug sushi, cricket croquette, mealworm burger and cricket ravioli.

On Wednesday, it was decided to do a half day of cooking and the rest exploring the town. We found a great steak restaurant to eat at and met some of the other students there. We also went for a walk down to the city beach and the Dolphinarium. We then managed to get souvenirs and presents for friends and family.

Final day on Thursday, we were presented to by the school in Bilbao about Pintxos – a Spanish delicacy from the Basque region. They explained the history and the concept and had spent the morning making them for us. It was one of our favourite days of the week as we got food without bugs! At the end of the day we all sat down to talk about and feedback on the recipes. It was a great way to finish with us all together.

International perspectives and new teaching experiences in Suscop-training

Jari Karjalainen and Sakari Ketolainen, teachers of Haaga-Helia University of Applied Sciences in Finland, participated in the training of students in Landstede Harderwijk. They taught and coached an international group of students.

What were their thoughts about the experience?

Jari remarked that all the students approached the training seriously and the recipes were well planned beforehand. The recipes had both plant-based and insect-based proteins, e.g. seitan with beetroot, cricket-mushroom ravioli and the cricket "meat" pastry. Compared to Haaga-Helia, students were from different educational level, which was also a good challenge for the teachers. Vocational school students had a different starting level and Jari noticed that it was good that students questioned matters that teachers can see as self-evident. Sakari added that it could be interesting to mix up the study groups even more in Finland and bring together students of different backgrounds, ages, nationalities and educational levels. There could be a possibility to try, for example, how more experienced students could guide the beginners.

Importance of sustainability and learning from the global context

Sakari believes that the insect-food and the so-called alternative proteins will be important in the future of food industry and the project makes these more approachable. *"There is still need for product development, but we are on the right path."*



The project working has also showed that Finland is a forerunner in sustainability and probably in our context, the plant-based food or insects are not necessary *alternative* proteins anymore. Jari adds that we should also learn more from other cultures and countries, e.g. Asia and Africa, in which insect or plant-based food have been used in cooking and traditional recipes for a longer time.

In conclusion, Jari and Sakari sum up that the experience brought thought-provoking new thoughts for teaching and international angle. New knowledge was shared and the work continues.

