

A personal approach to sustainable diets

Fränkischer Zwiebelkuchen

Case study on National Dish from

Magdalena Becker, FH Münster



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Innovative Education towards
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Franconian onion tarte – origin and eating

Why chosen?

- Traditional franconian dish

Origin

- Original: Sourdough not yeast dough
- Use of residual ovenheat for baking
- Traditionally baked on big plates in wood stove
- Served in autumn at the wine harvest, wine festivities, feasts
- Seasonal eaterys in franconia after wine harvest

Eating

- Eaten warm, with hands or knife and fork
- Served with partially fermented wine

Taste

- Hearty, aromatic, solid



Recipe Franconian onion tart

Recipe for 8 pieces

Ingredients for the dough:

150 ml warm Milk
½ Cube Yeast
½ tsp Sugar
½ tsp Salt
200 g Rye flour
100 g Wheat flour

Ingredients for covering:

1 kg Onion
100 g Bacon
400 g Sour Cream
3 Eggs
Salt, Pepper, Kummel



- 1. Yeast dough:** Mix all ingredients, leave the dough at a warm place for 40 minutes.
- 2. Covering:** Peel the onions, cut them into rings. Roast the bacon in a pan and take them out. Roast the onions. Mix the onions and the bacon.
- 3. Eggbulk:** Mix the sour cream and the eggs, spice the bulk with salt, pepper and kummel. After the dough is raised it can be rolled out on a bakingsheet. Pull the edges of the dough up. First, spread the onion-bacon bulk on the dough and second the eggbulk.
- 4. Baking:** 200 degree (bottom-/topheat) for 35 minutes.
Enjoy warm or cold (I prefer warm 😊).

Sustainability and health aspects

Health aspects

Nutritional value per portion		Nutritional value % of daily requirement
Energy	302,5 cal	15,6 %
Fat	11,95 g	18, 21 %
Saturated fatty acids	5,3 g	35,3 %
Carbohydrates	35,35 g	12,8 %
Sugar	0,5 g	-
Fiber	5,95 g	19,84 %
Protein	12,45 g	21,8 %
Salt (sodium)	1,7 g	40,44 %

Packaging and waste



Origin of foods

- Ingredients bought at the supermarket and butcher
- Foods from Germany (North Rhine-Westfalia, Bavaria, Lower Saxony), Netherlands
- All products, except onions preprocessed

Seasonality

- Onion season: january-march + august-december
- Onions storable for ca. six months
- All other ingredients don't depend on the season



Potential improvements towards enhanced sustainability



- Buying products from **local organic** producers
- Bacon, sourcream, eggs and milk from producers that consider **animal welfare/organic**
- **Vegetarian alternative** with mushrooms instead of bacon → **less fat, less meat, more vegetables**
- Dough out of organic **wholegrain flour** → **more fiber**
- Use bacon of **old and rare pig breeds** (e.g. Bentheimer Schwein) and **old onion sorts** (e.g. Höri Bülle)



Learning outcomes

1. Important to challenge the dishes you eat to create awareness for sustainability
2. Traditional german foods often contain a lot of meat, a low amount of vegetables and are fatty
 - Not very healthy and sustainable
3. Possible to recreate traditional dishes in a more sustainable way
 - Less meat, organic, local, more vegetables
4. Sustainable nutrition requires effort
 - Shopping, packaging, information, preparation
5. Missing transparency/labelling of products makes (e.g. information of product origin) sustainable buying decision hard
 - Trust organic logo and the local producers you know

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