

A personal approach to a sustainable diet

Finnbiff / Reindeer stew

Marianne Erichsen, U-CPH,
Norwegian dish

"Wild food is not only naturally healthy and ethically produced, it is also good for the environment and for the society. So let's live closer to nature."

(citation by a reindeer meat producer)

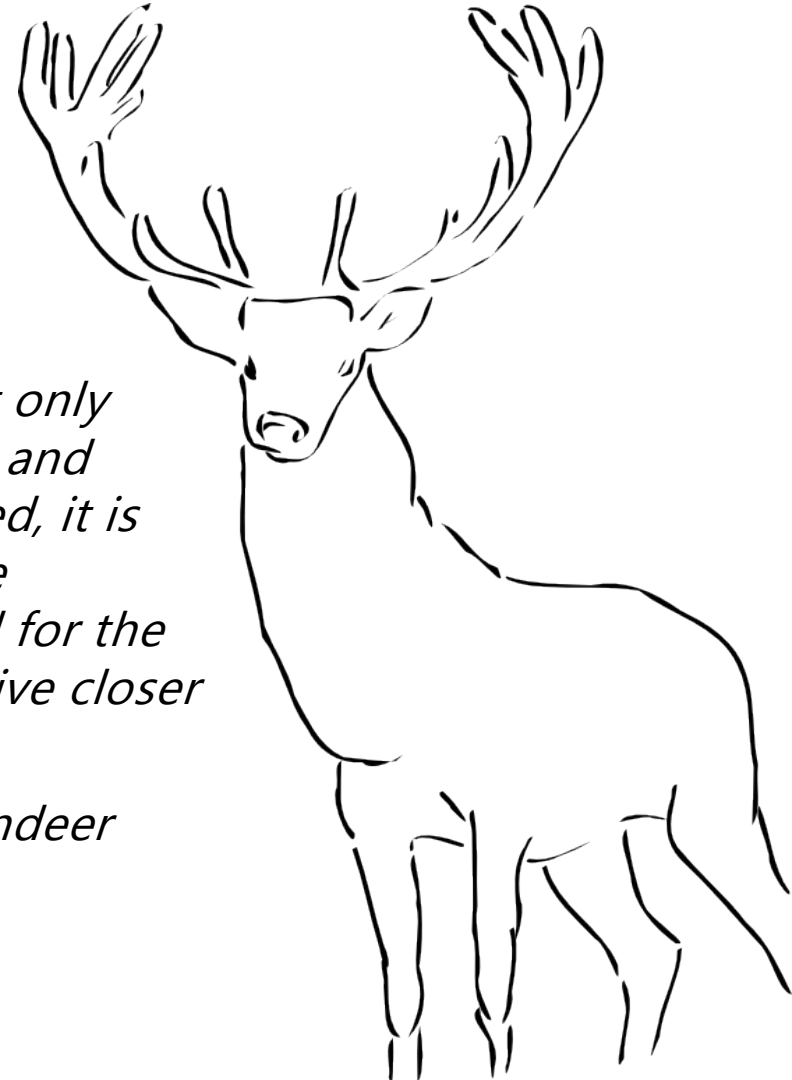


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Description of the dish and recipe

Finnbiff

400g shredded reindeer (finnbiff)
250g mushrooms
2 dl water
1 dl milk
3 dl rømme (norwegian yoghurt, 38%)
Salt, pepper

Potato mash

Ca. 800g potatoes
2 dl milk
Salt, pepper

Server with **broccoli** and **cranberries**.

Preparation

Meat and mushrooms are fried quickly on high heat and then put into a pot with the water. Let it boil, and pull for approx. 10-12 minutes. Add rømme and fluid. Let it simmer for 5-6 minutes and season with salt and black pepper. Cooked potatoes manually mashed with milk, butter and spices.



Origin, preparation, serving and eating

REMA 1000

Meget mere discount!

Pre-processing

1. Produced in Norway
2. Approved by the Norwegian quality system for farming
3. Packed and produced by a Norwegian company



Amount of waste

During preparation (incl. packaging):

Plastic: 49 g

Paper: 88 g

Foods: 78 g

Leftovers after eating:

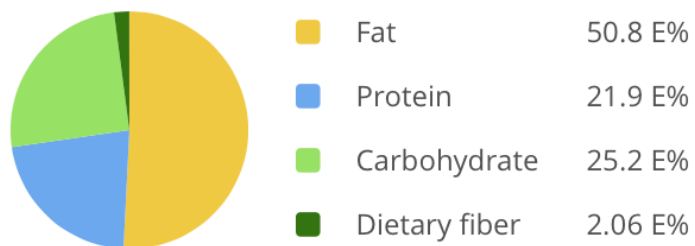
No leftovers



Health and sustainability aspects of the dish



Energy content:



2873kJ/684kcal/person

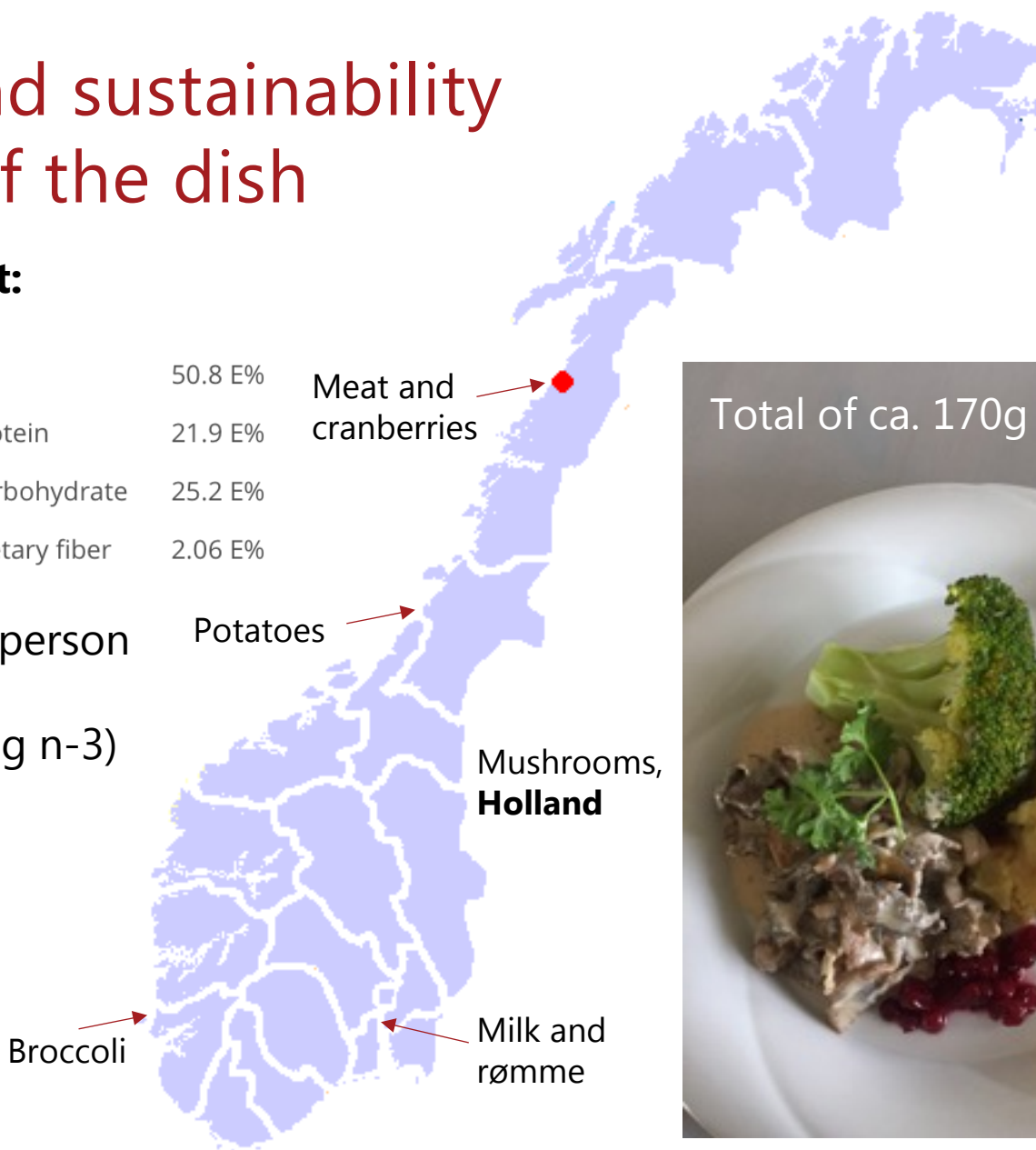
Fat: 39,5 g (0,12 g n-3)

Sugars: 9 g

Salt: 0,6 g

Protein ratio:

43g V / 105 g A
= 0,41



Mushrooms,
Holland

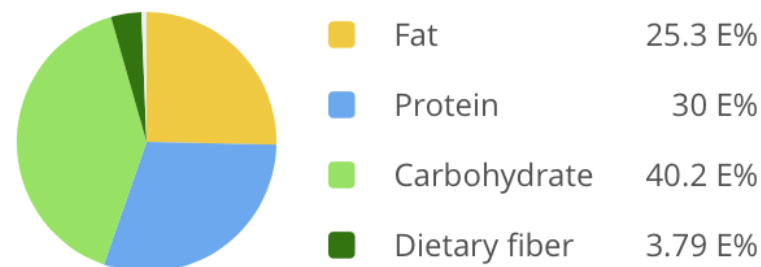


Potential improvements towards enhanced sustainability and personal learning outcomes

Potential improvements

- Use chanterelles from the local woods (freeze and use all year)
- Buy the potatoes from a local farm
- Switch vegetable after season, use e.g. brussel sprouts, kale or carrots instead of broccoli
- Use dairy products with a lower fat content to fit the FBDG
- Experiment with reduction of meat, and replacement with beans

Improved energy content:



Personal learning outcomes

- Knowledge about the nutritional content of reindeer meat
- Reflection about origin, food waste and nutritional composition of the dish
- Reflection and ideas on how to make dishes more sustainable (in general)
- Every traditional meal is named by the protein source of the dish!

References

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