

A Personal approach to sustainable diets

- Stegt flæsk (DK)- Grilled pork belly and parsley sauce

By Jane C. Petersen



UNIVERSITY OF COPENHAGEN



sus+

Innovative Education towards
Sustainable Food Systems



Table of content

- Description of national dish
- Sustainability and health aspects of the dish
- Potential improvements towards enhanced sustainability
- Learning outcome
- References



Description of national dish

- Recipe 4 pers.
 - 800 g pork belly
 - 500 g potatoes, boiled
 - 1 tbs. salt
 - parsley sauce:
 - 2 tbs. butter
 - 2 tbs. wheat
 - 4 dl milk
 - ½ lemon juice
 - 1 large bunch of parsley
 - Salt and pepper

Method:

Boil the potatoes for 10-15 mins

Salt the sliced pork belly and put in the oven at 225 degrees for 13 minutes on both sides.

The parsley sauce: Melt the butter in a pot at a low temperature add in wheat and slowly add the milk while stirring continuously. Boil the sauce in 5-7 minutes at medium heat and whip with a little bit of lemon juice, parsley, salt and pepper



Sustainability and health aspects of the dish

- All products used, were produced in DK
- Amount of waste:
 - Waste during preparation
 - Potatoes: 60 g
 - Sauce 105 g
 - Pork (oven) 400 g
 - Amount of leftover
 - No leftovers
 - Amount of package
 - 50 g



Potential improvements towards enhanced sustainability

- 200 g of pork => less meat as part of the dish → stay within the Nordic recommendation
Ex. Alternatives food products for vegetarian / vegans
- Improve production of food products ex. Sustainable energy, more effective production, less waste during production
- Product for this dish, can be produced all year in DK → however more local produce



What I have learned

- Cook a new meal and try the recipe in practice
- Knowledge about everyday dishes and reflect upon their nutritional and sustainable content
- Gained more knowledge about sustainability and have more aspect of it's complexity
- Reflecting upon small changes and concepts and how these might affect the environment



References

1. <http://www.visitdenmark.com/denmark/places-eat/denmarks-official-national-food-crispy-pork-parsley-sauce> visited 12/8-17
2. <http://www.dr.dk/levnu/mad/stegt-flaesk-er-kaaret-til-danmarks-officielle-nationalret>
3. Boyhus, Else-Marie. *Grisen: En Køkkenhistorie*. Kbh.: Gyldendal, 1998.
4. <http://frida.fooddata.dk/ShowFood.php?foodid=938&342>
5. <https://www.puregreenshop.dk/naeringsindhold>
6. Boer, Joop De, Hanna Schösler, and Harry Aiking. "“Meatless Days” or “less but Better”? Exploring Strategies to Adapt Western Meat Consumption to Health and Sustainability Challenges." *Appetite* 76 (05 2014): 120-28. doi:10.1016/j.appet.2014.02.002
7. Nordic Nutrition Recommendations 2012: Integrating Nutrition and Physical Activity /.Copenhagen: Nordic Council of Ministers, 2012.
8. Pimentel, D. and M. Pimentel. " Sustainability of meat-based and plant-based diets and the environment." *The American Journal of Clinical Nutrition* 78, (2003).
9. Donini LM, Dernini S, Lairon D, Serra-Majem L, Amiot M-J, del Balzo V, Giusti A-M, Burlingame B, Belahsen R, Maiani G, Polito A, Turrini A, Intorre F, Trichopoulou A and Berry EM (2016) A Consensus Proposal for Nutritional Indicators to Assess the Sustainability of a Healthy Diet: The Mediterranean Diet as a Case Study. *Front. Nutr.* 3:37. doi: 10.3389/fnut.2016.00037