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D2.3.4 Report on the preparation method of the traditional recipes investigated

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PU	Public	
PP	Restricted to other programme participants (including the Commission Services)	X
RE	Restricted to a group specified by the consortium (including the Commission Services)	
CO	Confidential, only for members of the consortium (including the Commission Services)	

Meeting: Work package 2.3.1, Traditional Foods – 3 rd workshop		
Date: 27 th and 28 th September 2007	Location: Granada, Spain	
Duration: 1 day	Reporter: Helena Soares Costa	
List of Attendees: 27 th September 2007 - Helena Soares Costa (INSA, HC), Maria Antónia Calhau (INSA, MC), Mariana Santos (INSA, MS), Maria da Graça Dias (INSA, MD), Heinz Freisling (UVI, HF), Sonja Thanner-Lechner (GUT, SL), John VAN CAMP (RUG, JC), Stefan Mladenov (NCH, SM), Erling Saxholt (DTU, ES), Laufey Steingrimsdottir (MATIS, LS), Ana Lucía Vasquez-Caicedo (BfEL, AC), Vardis Dilis (NKUA, VD), Emilia Carnovale (INRAN, EC), Patrizia Gnagnarella (CSPO, PG), Algis Abaravicius (NNC, AA), Wlodzimierz Sekula (NFNI, WS), Rosaura Farré Rovira (CESNID, RR), Mariano Mañas (UGR, MM), Birdem Amoutzopoulos (TUBITAK, BA), Claire Williamson (BNF, CW), Penelope Gilbert (UL, PG), Belen Garcia-Villanova Ruiz (UGR, BR), Lourdes Suarez Gonzalez (AESAs, LG), Maria Dolores Ruiz-López (UGR, ML).		
28 th September 2007 - Helena Soares Costa (INSA, HC), Maria Antónia Calhau (INSA, MC), Mariana Santos (INSA, MS), Maria da Graça Dias (INSA, MD), Heinz Freisling (UVI, HF), Sonja Thanner-Lechner (GUT, SL), Stefan Mladenov (NCH, SM), Laufey Steingrimsdottir (MATIS, LS), Vardis Dilis (NKUA, VD), Apostolos Karoumpis (NKUA, AK), Patrizia Gnagnarella (CSPO, PG), Algis Abaravicius (NNC, AA), Vladimir Mikerov (NNC, VM), Wlodzimierz Sekula (NFNI, WS), Rosaura Farré Rovira (CESNID, RR), Mariano Mañas (UGR, MM), Emilio Martinez de Victoria (UGR, EV), Anna Denny (BNF, AD), Bridget Aisbitt (BNF, BA), Ibrahim Elmadfa (UVI, IE), Hanna Kunachowicz (NFNI, HK), Wojciech Klys (NFNI, HK).		
Actions:	Person responsible	Deadline
1. Austria: To check with the laboratory, the time period for ash determination in apple strudel. To send report on recording of traditional recipes, collection, preparation and distribution of laboratory samples for the other traditional foods and CD with photographs from the recipe preparation.	HF / SL HF / SL	October 2007 October-November 2007
2. Belgium: Ask Mia Bellemans (MB) to send the report on recording of traditional recipes, collection, preparation and distribution of laboratory samples for the other traditional foods.	MB	October-November 2007
3. Bulgaria: To send the report with the recipe preparation, collection and distribution of samples to the laboratory for the other two traditional foods.	SM	October-November 2007

4. Denmark: To send an e-mail with a website to download the photographs of the foods. To send the report with the recipe preparation, collection and distribution of samples to the laboratory for all the 5 traditional foods.	ES	October 2007
	ES	October-November 2007
5. Germany: To check the analytical value for fibre in smoked ham from the Black forest and check if they have determined total dietary fibre. To ask the laboratory to fill out the laboratory analyses results form for the traditional foods that have already been analysed. To send the report on the recipe preparation, collection and distribution of samples to the laboratory for the other 3 traditional foods.	AC	October 2007
	AC	November 2007
	AC	November 2007
6. Greece: To send the report on the recipe preparation, collection and distribution of samples to the laboratory for the other two traditional foods, which have not been accomplished yet due to the seasonality of the foods.	VD	October–November 2007
7. Turkey: To send the laboratory results form filled out for the two foods already analysed. To send the report on the recipe preparation, collection and distribution of samples to the laboratory for the other 3 foods.	BA	November 2007
	BA	December 2007
8. Iceland: To send the laboratory analyses results form filled out for the 5 traditional foods.	LS	December 2007
9. Italy: Send the laboratory analyses results form filled out for the 5 traditional foods.	PG	December 2007
10. Lithuania: To check with the laboratory the value and the method for fibre and confirm if they have determined crude fibre or total dietary fibre. HC will send AA the document with the guidelines for the recording of traditional recipes and the collection, preparation and distribution of laboratory samples. AA will send the report on recording of traditional recipes and the collection, preparation and distribution of laboratory	AA	October 2007
	HC	October 2007
	AA	November 2007

samples		
11. Poland: Send laboratory analyses results form for the 5 traditional foods	WS	December 2007
12. Spain: HC will send RR an e-mail with all the following documents: guidelines for the recording of traditional recipes and the collection, preparation and distribution of laboratory samples and laboratory analyses results form. RR will complete and send the report on recording of traditional recipes and the collection, preparation and distribution of laboratory samples.	HC RR	October 2007 November 2007
13. Report on protocol of sample collection, preparation and distribution [deadline 31st August, 2007], except for those foods that could not be recorded or sampled due to seasonality. CD with photographs	Partners who have not yet sent this information	October-November 2007
14. File in English and in the original language with the name of the traditional foods, recipes (ingredients, quantities and preparation), one photograph for each traditional food and a short description on the culinary history of each traditional food.	All partners	October 2007
15. Laboratory analyses results form filled out.	Partners who have not yet sent this information	December 2007
16. List of SMEs initially interested in producing the traditional food (name, address, contact).	All partners	15 th January 2008
17. File with additional prioritised foods.	For those partners who have documented and prioritised only a small amount of foods (less than 30)	March 2008
18. To send a file to all partners with a template for the final report.	HC	March 2008
19. Final Report on Traditional Foods per country.	All partners	June 2008

AGENDA Traditional Foods: Work package 2.3.1 3rd Workshop – Preparation method of traditional recipes and value documentation of new data		Related Documents	Responsibility
Thursday 27th September, 14:30-17:30			
14:30 – 14:45	1. Welcome & introductions 2. Outline of the workshop <i>Helena Soares Costa, Maria Antónia Calhau, coordinators of WP2.3.1</i>		MC / INSA HC / INSA
14:45 – 15:00	3. Presentation: preparation method of Austrian traditional recipes investigated and reporting on value documentation of new data <i>Heinz Freisling, UVI / Sonja Thanner, GUT</i>	Austrian Traditional foods_Granada.ppt	HF – ST / UVI – GUT
15:00 – 15:05	Discussion		
15:05 – 15:20	4. Presentation: preparation method of Belgian traditional recipes investigated and reporting on value documentation of new data <i>John Van Camp, RUG</i>	Belgian Traditional foods_Granada.ppt	JC / RUG
15:20 – 15:25	Discussion		
15:25 – 15:40	5. Presentation: preparation method of Bulgarian traditional recipes investigated and reporting on value documentation of new data Stefan Mladenov , NCH	Bulgarian Traditional foods_Granada.ppt	SM / NCH
15:40 – 15:45	Discussion		
15:45 – 16:00	6. Presentation: preparation method of Danish traditional recipes investigated and reporting on value documentation of new data <i>Erling Saxholt, DTU</i>	Danish Traditional foods_Granada.ppt	ES / DTU
16:00 – 16:05	Discussion		
16:05 – 16:30	Coffee/Tea Break		
16:30 – 16:45	7. Presentation: preparation method of German traditional recipes investigated and reporting on value documentation of new data <i>Ana Lucía Vasquez-Caicedo, BFE</i>	German Traditional foods_Granada.ppt	AC / BFE
16:45 – 16:50	Discussion		
16:50 – 17:05	8. Presentation: preparation method of Greek traditional recipes investigated and reporting on value documentation of new data	Greek Traditional foods_Granada.ppt	VD / NKUA

<i>Vardis Dilis, NKUA</i>			
17:05 – 17:10	Discussion		
17:10 – 17:25	9. Presentation: preparation method of Turkish traditional recipes investigated and reporting on value documentation of new data <i>Birdem Amoutzopoulos, TUBITAK</i>	Turkish Traditional foods_Granada.ppt	BA / TUBITAK
17:25 – 17:30	Discussion		
<i>Close</i>			
Friday 28th September 2007 - 09:30-13:00 hours			
09:30 – 09:45	10. Presentation: preparation method of Icelandic traditional recipes investigated and reporting on value documentation of new data <i>Laufey Steingrimsdóttir</i> , MATIS?	Icelandic Traditional foods_Granada.ppt	LS / MATIS
09:45 – 09:50	Discussion		
09:50 – 10:05	11. Presentation: preparation method of Italian traditional recipes investigated and reporting on value documentation of new data <i>Patrizia Gnagnarella, CSPO/Emilia Carnovale, INRAN</i>	Italian Traditional foods_Granada.ppt	PG / CSPO
10:05 – 10:10	Discussion		
10:10 – 10:25	12. Presentation: preparation method of Lithuanian traditional recipes investigated and reporting on value documentation of new data <i>Algis Abaravicius, NNC</i>	Lithuanian Traditional foods_Granada.ppt	AA / NNC
10:25 – 10:30	Discussion		
10:30 – 10:45	13. Presentation: preparation method of Polish traditional recipes investigated and reporting on value documentation of new data <i>Włodzimierz Sekula, NFNI</i>	Polish Traditional foods_Granada.ppt	WS / NFNI
10:45 – 10:50	Discussion		
11:00 – 11:30	<i>Coffee/Tea Break</i>		
11:30 – 11:45	14. Presentation: preparation method of Portuguese traditional recipes investigated and reporting on value documentation of new data <i>Helena Soares Costa, INSA</i>	Portuguese Traditional foods_Granada.ppt	HC / INSA
11:45 – 11:50	Discussion		

11:50 – 12:05	15. Presentation: preparation method of Spanish traditional recipes investigated and reporting on value documentation of new data <i>Mariano Mañas, UGR / Rosaura Farré/CESNID</i>	Spanish Traditional foods_Granada.ppt	MM / UGR
12:05 – 12:10	Discussion		
12:10 – 12:40	16. Forward plan	Forward plan_Granada.ppt	HC / INSA
12:40 – 12:50	17. Any other business		
	<i>Close</i>		
13:00 – 14:00	<i>Lunch</i>		

MINUTES OF MEETING

Meeting commenced at 14:30

1. Welcome and introductions

MC introduced herself and together with HC welcomed everyone to the 3rd workshop on Traditional Foods – “Preparation method of traditional recipes and value documentation of new data”.

MC suggested that each person would introduce themselves before the presentation because of the tight schedule.

2. Outline of the workshop

HC presented the outline of the workshop, and started by indicating the two objectives of the work package which comprise the work that will be presented at this workshop.

The two objectives of the work package are:

- To establish a common methodology for the systematic investigation of traditional foods across Europe
- To develop dissemination material on traditional foods for each country.

Then, HC presented the aims of the workshop:

- Presentations on the preparation method of traditional recipes investigated per country
- Reporting on value documentation of new data:
 - Food description
 - Recipe
 - Sampling plan
 - Sample handling
 - Analytical method
 - Component identification

HC presented the agenda for the workshop and explained that the presentations would be in alphabetical order, like in previous workshops, except for the presentation of Turkish traditional recipes investigated, since BA could not attend the workshop on Friday, 28th September. HC asked all the participants if they agreed with the proposed agenda. All participants agreed.

Prior to the workshop, HC asked each partner to prepare a presentation, selecting one traditional food and to include in the presentation, the preparation method of the selected

traditional recipe and also to follow a document with guidelines, which was also developed and given to all partners beforehand, in order to report on value documentation of new data.

3. Presentation: preparation method of Austrian traditional recipes investigated and reporting on value documentation of new data

HF selected Apple strudel („Apfelstrudel“), which is a dessert from Styria, Austria and presented the preparation method of that recipe and followed all the steps giving detailed information on the value documentation of new data (food description; recipe information; sampling plan; sample handling; analytical method; component identification. At the end of the presentation, HF indicated the other Austrian traditional foods that are being investigated:

- Vegetable soup („Gemüsesuppe“)
- Cabbage and Noodles („Krautfleckerl“)
- Viennese Schnitzel („Wiener Schnitzel“)
- Potatoe dumplings („Kartoffelknödel“).

Discussion points:

MS asked if she could see the slide on the analytical method for the determination of ash and commented that in her opinion 1.5 h in the ash furnace didn't seem to be enough time to determine ash. The temperature is fine, usually around 525 ± 25 °C but the time period doesn't seem right.

HC requested HF to check this parameter with the laboratory which performed the analysis for apple strudel.

VD asked if the original traditional recipe uses margarine and if the margarine that was used in the recipe was the traditional one. HF replied that this brand of margarine has been used in Austria for at least 60 years.

HC asked HF to summarise the work that has been accomplished for the Austrian traditional foods. HF informed that the recipe recording has been completed for the 5 traditional foods and the report with the protocol for 2 foods has already been done. The other reports will be sent in the next month along with a CD with the photographs taken during recipe recording. The nutritional composition for Apple Strudel and Viennese Schnitzel („Wiener Schnitzel“) have been determined, the laboratory analyses results form has been completed and for the other 3 Austrian traditional foods; the work should be completed in approximately 4 weeks.

HF commented that the analytical costs for the two traditional foods, Apple Strudel and Viennese Schnitzel were too high.

HC suggested that funding for the analyses could be used from the consumables and travel budget to pay for the surplus cost. HC also reminded that the analyses cost, the € 3845,00 will be paid directly from IFR. The invoices should be on behalf of IFR and sent to IFR.

HF advised that Austria will need around € 3.000,00 to analyse the rest of the traditional foods. HF also pointed out that they have been looking for national funds to be able to determine the nutritional composition of all 5 traditional foods.

Action point 1: To check with the laboratory, the time period for ash determination in apple strudel. To send the report on recording of traditional recipes, collection, preparation and distribution of laboratory samples for the other traditional foods and CD with photographs from the recipe preparation.

4. Presentation: Traditional foods: Belgium

JC selected Gratin of Belgian endives with ham and cheese sauce, a dish from the Province Brabant, Brussels and presented the preparation method for this food and gave detailed information on the value documentation of new data (food description; recipe information; sampling plan; sample handling; analytical method and component identification).

JC also mentioned the other traditional foods that have been selected in Belgium:

- Shrimp croquette (Dutch name: Garnaalkroket)
- Flemish stew (Dutch name: Vlaamse stoofkarbonnade)
- Meat loaf, meat balls (Dutch name: Vleesbrood, vleesballetjes)
- Belgian (Brussels) waffles (Dutch name: Brusselse beslagwafel)

Discussion points:

JC commented that only two traditional foods from Belgium will be analysed out of the 5 foods selected due to high cost of the analyses. Extra funds will be sourced, such as NUBEL.

HC asked for a summary on the work that has been accomplished up to now. JC informed that the sampling and recipe recording for the 5 traditional foods from Belgium is completed. HC will contact Mia Bellemans (MB) regarding the report with the protocol for these foods.

JC also informed that the analytical results performed by NutriFOODchem for the selected two foods are completed, except for the minerals that are being performed by Chemiphar

and should be finished by the end of October. The laboratory analyses results form will be sent to HC by the end of November 2007.

MM enquired which cheese is commonly used in Gratin of Belgian endives with ham and cheese sauce because in Spain, Blue cheese is normally used. JC replied that it is not clear as to whether it is just one or two types of cheese used (a mixture of Emmental and Gruyère). The proportion of the mixture is not very clear because it is not well documented. In the recipe procedure, a mixture of the two cheeses was used according to the information given from an elderly woman.

Action point 2: Contact Mia Bellemans and ask to send report with the protocol for the traditional foods investigated.

5. Presentation: Bulgarian traditional foods

SM selected for the presentation Cold soup Tarator ("Tarator"), which is a starter, a soup with origin in Sofia, south-western part of the country, although it is popular in all regions in Bulgaria. SM presented the preparation method of that recipe and followed all the steps giving detailed information on the value documentation of new data (food description, recipe information, food preparation, sampling plan, sample handling, analytical methods and component identification). The nutritional composition for Cold soup Tarator has already been determined.

Discussion points:

MC inquired if all the ingredients have been weighed in the recipe preparation. SM replied yes.

MC also asked what the origin of the yoghurt used was. How did you choose the yoghurt? SM answered that they bought fresh yoghurt. MC enquired if the yoghurt was the traditional one. SM replied it was made from cow milk and it is high fat yoghurt.

JC asked: Do you have an idea, for the vegetables, how long it takes from harvesting until it arrives at the market? SM replied that it took the regular time and that he could not precise the exact time period. JC commented that if you are analysing vitamins, for example, it is a problem, if it takes too long between harvesting and the analyses because the micronutrient content will decline. But vitamins are not being determined in this work package.

HC asked about the work progress for the traditional foods from Bulgaria. SM informed that the sampling and recording of 3 traditional foods has been done; for one other food it has been started and the 5th one has not been started due to seasonal reasons. The report with the protocol for the 3 foods has been completed. SM informed that the recording and the laboratory analyses will be completed by the end of November.

Action point 3: Send the report with the protocols for recipe preparation, collection and distribution of samples to the laboratory for the other traditional foods by October 2007.

6. Presentation: EuroFIR – Traditional foods Denmark: Sampling and Analysis of Nutrients in some Traditional Danish foods. A presentation of the work until now

ES selected and presented the sampling and analytical results for 3 traditional foods from Denmark: Danish Hamburger ("Dansk Bøf"); Fried Plaice ("Stegt Rødspætte") and Danish Apple Charlotte ("Æblekage"). The foods were collected from restaurants known to serve Traditional Danish Food in the Greater Copenhagen area.

During the presentation ES commented that the number of traditional foods analyzed has been reduced from 5 to 3 foods, as well as the amount of nutrients analyzed due to the costs.

Discussion points:

During the presentation, ES was showing a slide with 5 different recipes of apple charlotte and MC interrupted to ask a question. Did you choose one of these recipes to collect the 5 samples to be pooled? ES replied no, these are all increments in one sample.

HC asked again to see if she had understood well. So, you pooled all of these different recipes? ES replied yes.

MC asked - how did you document the recipe? ES replied that they just took all of the recipes.

HC informed that the work that had been asked in this work package was to choose one recipe, which is traditional, to reproduce it and then to pool 5 different samples from the same recipe. ES answered that this is not possible in Denmark. One restaurant makes it one way and another restaurant makes it another way. This represents what we are actually eating.

VD added that we are actually seeking for the traditional original recipe. ES replied that no one makes that anymore in Denmark. Not even my grandmother. She couldn't make it. ES said that this is what we can do.

MS asked: do you have the origin of the recipe? ES replied the origin is from the restaurant.

HC also asked did you collect the information on the history of the recipe? ES replied No and added that they went through and selected restaurants that serve traditional dishes.

HC asked from the 5 recipes you have in your presentation for Apple charlotte, which is the traditional one? ES showed on the slide, which one was the traditional recipe. HC then replied that you should have collected 5 samples from that traditional recipe, from the same restaurant, since you say that the other restaurants do different recipes, and should have collect it in different months or weeks.

ES replied No that is not possible. HC asked - how is it not possible? ES replied that they had to collect all the samples only in one week. HC replied, well you could have collected samples in different days, but the best way would have been at least from different weeks. ES continued his presentation.

At the end of the presentation, MC stated that ES did not follow the work that was planned for the traditional foods work package. MC informed that we had a lot of work to establish the criteria for sampling, recording, preparation of samples etc., and ES didn't bring here the results and the work that we asked for. It was very well established on how to proceed to have the results for the traditional foods. MC regretted to say that if the Danish partner has no traditional foods, then they shouldn't be in the work package, because as ES explained it seems that in Denmark you don't have traditional foods anymore.

MC added that the Danish partner never said in previous workshops or meetings on traditional foods that it was not possible to obtain traditional food samples, with a recipe, documented, etc.

ES responded and showed again in the slide which one was the traditional recipe.

HC replied, then why didn't you use that recipe? ES answered why should we do that? It's not a good result because it is not representative.

HC informed that we are looking for a representative sample but of **the** traditional recipe.

HC added that ES should have chosen one recipe, the traditional one, from a restaurant, and then reproduce it, so that you have 5 samples of the same traditional recipe.

MC informed that now ES has results from a mixture of different recipes and the objective of the work package was not to have results from an average of different traditional recipes, it was to have the analytical results for **the** traditional food.

HC asked ES for a summary of the work accomplished up to now. ES informed that the recipe recording for the 5 foods has not been done. HC added that the report on the recipe

preparation, collection and distribution of samples to the laboratory and the CD with the photographs from the recipe preparation have not been received yet.

ES informed that in two weeks, he would send an e-mail with a website to download the photographs of the foods. The nutritional composition for 3 foods has been performed. ES will ask the laboratory for the laboratory analyses results form.

Action point 4: Send an e-mail with a website to download the photographs of the foods. HC asked for the report on the recipe preparation, collection and distribution of samples to the laboratory for all the 5 traditional foods to be sent by October 2007, latest November.

7. Presentation: preparation method of German traditional recipes investigated and reporting on value documentation of new data

AC selected and presented the preparation method of Swabian ravioli ("Maultaschen"), a dish from the Swabian region and also presented data on the Smoked ham from the Black forest ("Schwarzwälder Schinken"). For these two foods AC gave detailed information on the value documentation of new data (food description, cooking procedure, sampling plan, sample handling and analytical methods). The analytical results for the above two traditional foods have been shown.

AC also mentioned the other traditional foods that have been selected in Germany:

- Fruit loaf from Dresden (National name: Dresdener Stollen)
- Fried sausage from Thüringen (National name: Thüringer Rostbratwurst)
- Pumpernickel bread (National name: Pumpernickel Brot)

During the presentation, AC focused that to reproduce the recipes, there was a need to practise the procedure. Techniques, parameters, sensory characteristics need to be defined for the reproduction of the recipe.

At the end of the presentation AC informed that recipe recording, cooking experiments and chemical analyses for Swabian Ravioli and Smoked Ham, Black forest have been finished. Detailed information on analytical methods (laboratory analyses results form) is still missing.

Recipe recording (interviews) and cooking experiments for Fruit loaf from Dresden and Fried sausage from Thüringen are currently being conducted.

Discussion points:

AC raised the issue that the analytical result for dietary fibre in smoked ham from the Black forest is too low. HC asked AC to check with the laboratory to see if they have determined dietary fibre, crude fibre?

Regarding the issue that AC raised about the necessity to practice the reproduction of recipes, VD commented that it is important to discuss further with the person who prepared the recipe and to define very well how you will reproduce the recipe.

Action point 5: Check the analytical value for fibre in smoked ham from the Black forest and check if they have determined total dietary fibre.

Ask the laboratory to fill out the laboratory analyses results form for the traditional foods that have already been analysed.

Send report on the recipe preparation, collection and distribution of samples to the laboratory for the other 3 traditional foods.

8. Presentation: Greek traditional foods in Europe

VD selected and presented the preparation method of Chickpea soup (“Revithia Soupa”), a main dish from Greece. VD gave detailed information on the value documentation of new data (food description, recipe information, procedure, sampling plan, sample handling and analytical methods). VD also mentioned the other traditional foods that have been investigated in Greece:

- Leek sausages (National name: Loukanika me praso)
- Rabbit stew (National name: Kouneli stifado)
- Must-jelly (National name: Moustalevria)
- Cherry tomato of Santorini (National name: Ntomataki Santorinis)

Discussion points:

HC commented that the presentation was very clear and that all the requested information had been presented.

MS inquired VD if to determine the total lipids, hydrolysis technique will be used. On the slide with the analytical methods, it only says Soxhlet extraction. VD replied that actually the analysis will not be performed in the Department. The nutritional composition will be performed in other laboratories, and up to now this is the only information they have on the methods. The samples have not been sent yet to the laboratory because they will send all the samples together and there is still one sample missing (must-jelly) due to seasonality.

VD also informed that when the laboratory sends the “laboratory analyses results form” then we will have more detailed information on the method.

HC asked VD to summarize the work that has been accomplished so far. VD informed that the recipe recording and the report on the protocol has been completed for four foods and the other food will be finished in October and this was due to seasonality. The analytical results and the laboratory analyses results form will be completed by the end of December 2007.

Action point 6: Send report on the recipe preparation, collection and distribution of samples to the laboratory for the other two traditional foods, which have not been accomplished yet due to the seasonality of the foods.

9. Presentation: Traditional foods - Turkey

BA selected Baklava, which is a dessert from Gaziantep, Turkey and presented the preparation method of that recipe and followed all the steps giving detailed information on the value documentation of new data (Food Description; recipe information; food preparation; sampling plan; sample handling; analytical method and component identification).

BA also presented the energy and nutrient composition of Baklava, wheat flour and Antep pistachionut.

Discussion points:

During the presentation, MC enquired if the ingredients have been analyzed and what about the composite samples. BA replied that they had understood from the protocol that primary ingredients should also be analyzed, besides the composite food.

HC explained that the nutritional composition was to be determined for the 5 foods that have been selected per country. A pooled sample (made from 5 individual samples) from each food should be analyzed. Or there are other partners that have chosen a primary food to be analyzed but not the ingredients.

MC suggested that the analytical results of the ingredients can be used for e.g. for recipe calculations. BA replied that it is important information that they will use, for example for the national food database.

MC clarified that for the purpose of this work package, analyzing ingredients was not agreed. BA replied that TUBITAK will pay these analyses and the results can be used for the National food database.

HC asked for a summary of the work that has been produced for the Turkish traditional foods. BA informed that the recipe recording and the report on the recipe preparation, collection and distribution of samples to the laboratory is completed for two foods and for the other foods it will only be possible by December 2007.

BA will send HC the laboratory results form filled out with for the two foods already analysed.

Action point 7: Send the laboratory results form filled out for the two foods already analysed. Send the report on the recipe preparation, collection and distribution of samples to the laboratory for the other 3 foods by beginning of December 2007.

End of 1st half day.

The first half of the workshop ended at 17:30 according to the agenda.

Friday 28th September 2007: Meeting commenced at 9:30.

10. Presentation: Icelandic traditional recipes: Reporting of new data

LS in the beginning of the presentation showed a photograph with the five Icelandic traditional foods that have been investigated:

- Cured Greenland shark (National name: Hákarl, kæstur) - (*Somniosus microcephalus*)
- Smoked lamb (National name: Hangikjöt, soðið)
- Blood pudding – pickled (National name: Blóðmör, súrsaður)
- Cheese: Skyr (National name: Skyr)
- Stockfish: haddock (National name: Harðfiskur (ýsa)) (*Melanogrammus aeglefinus*)

and commented that all five foods selected are ready made foods, sampled at production site. Some of these selected foods are also used in recipes. The top 5 traditional foods selected for Iceland are primary foods or simple foods.

LS selected Cheese, Skyr (“Skyr”), which is a fresh acid-curd cheese, eaten by spoon, either as main dish, dessert, snack or breakfast food, ususally consumed with milk or cream. LS presented the preparation method of that recipe and followed all the steps giving detailed information on the value documentation of new data (food description; origin of sample; food preparation; sampling; sample handling and analytical method).

LS also showed the analytical results for Skyr.

Discussion points:

LS informed that they have formed a society of traditional foods and would like to be contacted by anyone else who is interested in participating. LS also said that they are gathering information on other traditional foods, unique ones, on the history, etc.

IE asked if the food was preserved with whey, fermented. LS replied yes, that in previous times, whey was a valuable product used for food preservation and as a drink.

Meat, sausages and blood pudding were pickled in whey and stored for winter. Whey was used because salt was very expensive in the old times.

HC asked LS to summarize the work that has been accomplished for Icelandic traditional foods. LS informed that the recipe recording, the report on the recipe preparation, collection and distribution of samples to the laboratory and the analyses have been completed for the selected 5 traditional foods. LS will send HC the laboratory analyses results form filled out.

Action point 8: Send the laboratory analyses results form filled out for the 5 traditional foods.

11. Presentation: Italian traditional foods: Braised beef with Barolo

PG in the beginning of the presentation showed the selected 5 traditional recipes for Italy:

- Braised beef with Barolo (*main dish*) - (National name: brasato al Barolo)
- Castagnaccio (*dessert*)
- Pizza Margherita (*all-in-one course*)
- Ricotta stuffed roll (*dessert*) - (National name: cannolo alla ricotta)
- Vicentina cod (*main dish*) - (National name: baccalà alla vicentina)

For the preparation method of the traditional recipe and reporting on value documentation of new data (food description, recipe information, sampling plan, sample handling and the list of expected analyses), PG selected Braised beef with Barolo, one of the classic Piedmont meat dishes. PG also presented the nutritional composition of Braised beef with Barolo.

Discussion points:

There were no questions.

MC thanked PG for a very clear presentation and all the requested information had been presented.

HC asked for a summary of the work already done on the Italian traditional foods.

PG informed that the report on the recipe preparation, collection and distribution of samples to the laboratory and the photographs on preparation of the recipe and DVD for the 5 traditional foods have been completed. The analyses have also been finished for all the 5 foods. PG will send HC the laboratory analyses results form filled out.

Action point 9: Send the laboratory analyses results form filled out for the 5 traditional foods.

12. Presentation: Traditional Lithuanian Food: Zeppelins With Meat

AA selected for the presentation Grated potatoes zeppelins with meat (National name: Tarkuotų bulvių cepelinai su mėsos įdaru), a main and common dish in Suvalkijos region (south-west of Lithuania), but spread through the whole country. AA gave information on the preparation method of that recipe and followed all the steps on the value documentation of new data (food description, recipe information, laboratory details, sampling plan, sample handling, analytical methods and component identification). AA also presented the nutritional composition for Grated potatoes zeppelins with meat.

Discussion points:

MS asked AA about the value presented for total dietary fibre in Grated potatoes zeppelins with meat. Is this value for dietary fibre or crude fibre? It seems that the laboratory has determined crude fibre, instead of total dietary fibre.

HC asked AA to check the value and the analytical method with the laboratory.

HC also asked for a summary of the work on traditional foods from Lithuania accomplished so far. AA informed that the analyses and laboratory analyses results form have been completed for the 5 selected traditional foods. Recipe recording and the report on the recipe preparation, collection and distribution of samples to the laboratory and the photographs of the recipe procedure are under way.

HC will send again the document with the guidelines for the recording of traditional recipes and the collection, preparation and distribution of laboratory samples to be completed.

Action point 10: To check with the laboratory the value and the method for fibre and confirm if they have determined crude fibre or total dietary fibre. HC will send AA the document with the guidelines for the recording of traditional recipes and the collection, preparation and distribution of laboratory samples.

13. Presentation: preparation method of Polish traditional recipes investigated and reporting on value documentation of new data

Following the recommendations of the WP 2.3.1 coordinator, WS selected one product out of five traditional Polish ones for the presentation at the workshop, named in Polish *oscypek* (smoked ewe's milk cheese – in English), representing the starter category.

Oscypek has been made since at least four centuries in the Southern Poland, from the ewe's milk, in the region called *Podhale* (with the well known city – Zakopane, which is called the winter capital of Poland) situated high in the Tatra mountains on the Polish side of the border with Slovakia.

WS also presented information on the value documentation of new data (food description, recipe information, laboratory details, sampling plan, sample handling, analytical methods and component identification). WS presented the nutritional composition for Smoked ewe's milk cheese (*oscypek*).

Discussion points:

During the presentation WS mentioned that only three samples, from three different producers and locations (shepherd's huts), were collected.

AD asked WS how many producers there are for smoked ewe's milk cheese? WS replied that it is difficult to assess how many traditional manufacturers exist.

HF commented that the sodium content of smoked ewe's milk cheese is high. WS replied that the sodium content of *oscypek* determined in our laboratory amounts to approximately 1.6 g per 100 g.

During the presentation, WS informed that *Oscypek* (Smoked ewe's milk cheese) has been the first Polish product for which registration procedure for protection of its name (as regional product) has been initiated at the EU Commission level.

VD inquired if the application to the EU Commission for protection was only for the ewe's milk cheese or also for others. WS replied that this traditional product was the first one to be registered but other traditional foods have also been registered.

HC asked WS to summarize the work that has been accomplished for Polish traditional foods. WS informed that the recording, report on the recipe preparation, collection and distribution of samples to the laboratory and photographs for the recipe preparation of all 5

traditional foods selected in Poland have been completed. The analytical results for the 5 foods should be finished by the end of October 2007 and the laboratory analyses results form should be filled out by November 2007.

Action point 11: Send laboratory analyses results form for the 5 traditional foods

Before coffee break, since there were still a few minutes, HC suggested that PG could show the DVD that Italy has produced for the recipe preparation of Brasato al Barolo. After seeing the DVD, HC commented that Italy has done an excellent work documenting the Italian traditional recipes.

Also, just before coffee break, all the participants were able to taste the Smoked ewe's milk cheese (oscypek) that our partners from Poland have gently brought to the workshop.

14. Presentation: preparation method of Portuguese traditional recipes investigated and reporting on value documentation of new data

HC selected for the presentation Green cabbage soup ("Caldo verde"), a starter from the region of Minho. HC gave information on the preparation method of that recipe and followed all the steps on the value documentation of new data (food description, recipe information, sampling plan, sample handling, analytical methods and component identification). HC also presented the nutritional composition for Green cabbage soup.

At the end of the presentation HC showed photographs of the recipe procedure for the other Portuguese traditional foods investigated:

- Cod fish with chickpeas (National name: Bacalhau com grão)
- Portuguese boiled dinner – meat, sausages and vegetables (National name: Cozido à portuguesa)
- Roasted goat kid (National name: Cabrito assado)
- Egg sweet from Murça (National name: Toucinho do céu de Murça)

Discussion points:

There were no questions.

15. Presentation: Traditional foods: Spain

MM in the beginning of the presentation showed the 5 selected Spanish traditional foods for investigation:

- Hot Vegetable Sauce (*Mojo Picón* - *Canary Islands*)
- Thistles in almond sauce (*Cardos con salsa de almendras* - *Aragón*)
- Roasted pepper/aubergine salad (*Escalivada* - *Cataluña*)
- Galician octopus (*Pulpo a Feira* - *Galicia*)
- Soplillos alpujarreños (almond cake from the Alpujarra) –Andalucía, Granada

MM explained that the traditional food Egg yolk from Saint Therese was replaced by the almond cake from the Alpujarra, because for the former food it was difficult to find out the recipe. MM presented some information on the origin, history and traditionality of this recipe and the cooking procedure.

MM also showed the preparation method of Hot vegetable sauce (“Mojo picón”) and followed all the steps on the value documentation of new data (food description, recipe information, sampling plan, sample handling, analytical methods and component identification). Hot vegetable sauce is from the Islas Canarias and it is perhaps the most typical recipe of the Canary cuisine.

HC asked MM to give information on the work that has been accomplished for Spanish traditional foods. MM informed that the recipe recording has been completed for 4 foods and in October they will start the recording and recipe reproduction of the almond cake. The analytical results for all 5 foods will be finished by end of December.

Discussion points:

MS asked if they had only one sample of Hot vegetable sauce. MM explained that to reproduce the recipe, 2 kg of hot vegetable sauce was prepared. This was done by different persons but it was prepared at the same time. Most of the ingredients were bought in the local market.

Action point 12: HC will send RR an e-mail with all the following documents: guidelines for the recording of traditional recipes and the collection, preparation and distribution of laboratory samples and laboratory analyses results form. RR will complete these forms and will send to HC.

16. Presentation of the forward plan

HC did a presentation with the forward plan for WP2.3.1 – Traditional foods.

First, HC showed a slide with WP2.3.1 Tasks for months 25-42 and informed that the selection of laboratories has been done in January 2007, according to the plan. The recipe recording, sample collection and preparation of samples for nutritional analyses should have been finished by all partners by Month 32, 31st August 2007, except for those traditional foods that could not have been recorded and sampled due to seasonality.

The chemical analysis of the selected foods is an ongoing process, although some partners have already sent the analytical results. This task should be ended by December 2007.

We have already started another task, which is the development and promotion of dissemination material of selected foods (Month 30-38). So, for this time period, we will need to prepare a list of SMEs which would be interested in producing the traditional foods.

For month 41, it is planned to prepare a file with additional prioritised foods. HC informed that some countries have already documented and prioritised a large amount of foods, but other countries should prioritise more foods (approximately 30 traditional foods).

Then, HC presented the deliverables of WP2.3.1 for months 25-42, so that the partners are aware of the work that has been done and the work that needs to be accomplished.

Month due	Deliver. Number	Description
M 25	D2.3.14	Report on the list of proposed laboratories to perform nutrient analysis, methods and costs
M 36	D2.3.4	Report on the preparation method of the traditional recipes investigated
M 36	D2.3.13	Initial data on the nutritional composition of traditional foods for each country
M 36-42	D2.3.11	Dissemination materials (poster/pamphlet per country) on traditional foods
M 38	D2.3.12	List of SMEs initially interested in producing the traditional food
M 42	D2.3.15	Final evaluated dataset & final documented/prioritised country specific traditional foods files

HC mentioned that in December, she will have to prepare a report on the preparation method of the traditional recipes investigated, so that is why HC asked all the partners to contribute by sending the report on the recording of traditional recipes and the collection,

preparation and distribution of laboratory samples by August 31st, 2007, so that all the information can be gathered.

In December, HC will also prepare a document with the initial data on the nutritional composition of traditional foods for each country. This will be prepared with the information HC has received by that time.

Therefore to be able to achieve these deliverables, HC asked all partners to contribute with the following information:

- Report on protocol of sample collection, preparation and distribution [deadline 31st August, 2007], except for those foods that could not be recorded or sampled due to seasonality.
- CD with photographs [deadline 31st August, 2007]
- File with recipes and chosen photograph for each traditional food - pamphlet / poster [15th October, 2007]
- Laboratory analyses results form [December, 2007]
- List of SMEs initially interested in producing the traditional food (name, address, contact) [15th January, 2008]
- File with additional prioritised foods [March, 2008]
- Final Report on Traditional Foods per country [June, 2008]

(Action points 13-19).

After an open discussion on the information that should be included in the pamphlet/leaflet, with the contribution from AD and BA from BNF, HC asked the partners to send a word document with the following information in the original language and in English:

- The name of the 5 selected traditional foods
- The 5 recipes on the selected traditional foods (ingredients, quantities and preparation)
- 1 photo for each of the traditional foods
- Background - a short description on the culinary history of each traditional food

HC informed the partners that she would like to receive this information by October 15th 2007, and asked the partners if they agreed. All the partners present agreed.

Afterwards, HC informed that the analytical results for the traditional foods should be sent by December 2007 and all the laboratories which are performing the analysis should fill out the excel file “lab analyses results form” and all partners should send it to HC.

Regarding the list of SMEs interested in producing the traditional foods, LS commented that it was difficult to find industries. HC suggested to partners to send the information that it is possible to obtain.

HC informed that the File with additional prioritised foods should be sent by those partners who have only documented and prioritised a small number of foods (less than 20 foods) by March, 2008.

The final report on the traditional foods per country should be sent to HC by June 2008. HC will send all partners a protocol/template for the final report by March 2008.

At the end, there was also an open discussion about the information that should be included in a poster that will be produced for each country. This issue will be further discussed with BNF and from the feedback from partners; a template will be developed for a poster with the traditional foods per country.

Action point 18: HC will send all partners a protocol/template for the final report by March 2008.

17. Any other business

No other business.

The meeting was closed at 13:00 h.

Helena Soares Costa
Maria Antónia Calhau
Mariana Santos
Maria da Graça Dias
20th November 2007