

## 4. Panel discussion

### RESTAURANT TECHNOLOGY: NATIONAL AUTHENTICITY AND GLOBAL TRENDS

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#### THE INVENTION OF THE DANISH CUISINE

*The article is dedicated to the research of peculiarities of culinary authenticity of the Danish national cuisine, caused by historical factors. Within the framework of the desk-research the analysis of general history and features of Denmark's food habits was done.*

**Keywords:** *Danish cuisine, culinary authenticity, ancient traditions, country's culture, national dishes.*

**Relevance of the research topic.** It is relatively new that we have taken ownership of what we eat ourselves, previously we have been much more influenced by both politics, technology, concrete events at home and abroad, research and feelings, these are some of the most important events of the last 200 years.

Traditional Danish cuisine is an important part of the country's culture. Formed over centuries, and absorbing culinary traditions of ancient Vikings, Danish cuisine turned into one of the richest and the most diverse of Nordic and Scandinavian cuisines. That is why, the features of Denmark's food habits have been affected through the time under the influence of natural, socio-economic and historical factors. Through the analysis of historical and ethnographic foundations of Danish folk cuisine, it is possible to search for new ideas, both technological and marketing. Study of the nature of national culinary authenticity makes it possible to preserve old recipes and use them with modern raw ingredients.

#### **Formulation of the problem.**

Danish restaurants and Danish food are always in development and follow the latest trends. Denmark is home to of a whole new generation of chefs who are developing Danish food culture. For several years, the Danish Noma restaurant in Copenhagen, where New Nordic cuisine was born, was considered the best restaurant in the world. Based on regional and seasonal products from the Nordic area – and

making the most of what is at hand, Danish gastronomic development doesn't just make restaurant visit in Denmark more exciting. It also enhances every step of the Danish food value chain; whether you are a retailer, food producer or chef, Danish collaboration can inspire you to new gastronomic heights.

The article deals with the investigation of the authenticity of Danish cuisine, to distinguish it into a separate segment of national Danish cuisine and to reveal the peculiarities of cooking some dishes. The general analysis of provenance of food products and culinary recipes is investigated on the example of the most famous dishes of Danish / Nordic cuisine. Seeking to diversify the restaurant products, make it more original and attractive for customs, professionals and chefs increasingly turn to the best that has already been created by Danes and enrich ancient traditions with a modern culinary culture.

#### **Analysis of recent researches and publications.**

The information base of the research was the works of scientists B. Christensen, F. Mangiapane, K. Blixen, R. Redzepi. C. Gold, C. Meyey, B. Palling, D. Hellerstein et al. on the problems of ethnography, features of Denmark's food habits and main raw materials and ingredients of Danish national cuisine.

#### **Presenting main material**

Through the 19<sup>th</sup> century, the Danish king tried diligently to prevent coffee prevalence in Denmark, but the black drink became the farms everyday drink, the king would prevent a greater trade in the imported coffee beans then a coffee consumption should make the money disappear from the Danish economy, but it does worked only in the cities where the tea drinkers were still, the tea letters was to expensive to peasants [1].

From 1850 and the next 30 years there was a general change from grain to meat, which change our eating habits radically.

During the agricultural crisis of 1818 – 1828 grain prices plunged due to severe competition from abroad, and agriculture was beginning to re-think, and especially increased sale of butter and bacon saved the Danish farmers [2].

In 1868, Danes in particular began to eat rye bread, which was a saturating basis for the Danish meal, but the Danes also started eating more cereals and sugar.

The hard work of farming in the fields necessitated a warm and saturating lunch until the 1880s, but the industrialization of the mid -1800s – still more Danes moved to the cities to work in a factory, but they stayed long lunch breaks, and the workers could not reach home and eat for long. They had to bring lunch instead, so from the 1800s the cold smeared breakfast hit throughout Denmark, it typically consisted of rye bread smeared with fat, sausage or cheese.

In the period 1840–1910 a new trend came, cakes became the highest fashion, Mazarin lentils, Sarah Bernard and ruby cake as well as the famous Danish wiener, specially in the capital Copenhagen invented the pastries and bakers the sweetest creations for the bourgeoisie – not least because the crème flowed freely in these years

as a result of the many dairies, even the regular Danish families started making dessert. Porridge with crème became the new Danish national dessert, but also apple cake buttered grater and whipped cream were popular.

The agricultural change made more room for the potato in the field, at the same time the stove moved into the Danish kitchens of the 1850s, and they revolutionized

The Danish eating habit and from the 1880s put the new clover in the center: meat, gravy and potatoes.

Around 1990, pork exports and the meat trade flourished, giving lower prices and one higher consumption as the meat chopper had become a permanent part in the Danish kitchen, became the fast food popular, the Danish meatball culture was born, and the Danish cuisine stagnated for decades, which meant World War 1 shortage of food, compensation and narrow cost.

In 1946–1954 however, something happened, the freezer came on the market, only every ten family had its own freezer, so the cooperative freezer houses quickly spread, here you had to either picking or slaughtering what was in the freezer, but soon the range grew for frozen foods.

In the 1960s, the Danes eat an average of 2,1 kg of food from deep – frozen annually, in 1996 it was increased to 50 kilos, consumption really took off during the 1970s and the 1980s, which carved potato boats, broccoli bouquets and Saturday chicken [2].

In the 1950–1960 the canned food also had its big breakthrough as the women went out into the labor market, already in the 1960s canned food was even modern, it is mentioned nicely in the women's magazines, where it was highlighted for its ease, speed and not least for the myriad possibilities.

However the variation in the plate was significantly expanded during the 1960s, where the economy was good, both meat, butter, cream, cheese and eggs became available in that quantity one wanted.

It resulted in the heyday of the stew, canned tomatoes, canned mushrooms and frozen peas were new ingredients in the kitchen along with avocado, pineapple, green asparagus and squash.

The new kitchen was not least shaped by Karoline's kitchen a concept created by dairy association in 1962. From 1980 a new cookbook came from Karoline's kitchen every 3 years in the letterbox of all Danish households [3].

In the 1970s the world opened in earnest, and we started talking the foreign dishes to us in form of distorted versions of Greek moussaka, Spanish gazpacho and Italian spaghetti bolognese, ingredients like eggplant, fresh herbs, garlic, cougette and olive oil could now be purchased at the supermarket or the grocery store [4].

American fast food: pizzas, chili corn, burger and pizza was suddenly popular, also a slightly fine dinner meal from America won in the late 1970s namely steak with baked potato and salad. The sauce and potato culture were under severe pressure.

In the 1970s, however the food pyramid also introduced a new concept introduced in the 1976 by FDB (joint association of Danish utility associations) the idea was to give Danes to have an easy picture how to eat and put together a healthier and varied diet, the pyramid was divided in 3 layers.

You should eat mostly from the starch, where the complex carbohydrates like bread, cereal, pasta, rice, potatoes and dairy were. Less from the middle, where the vegetables and the fruit lay, and least from the top proteins in the form of meat, eggs and fish, soon had the Danes took the food pyramid advice.

However, fast food culture was increasingly filling in response arose in 1980s a regular health wave and grooving focus on ecology.

More vegetables in the dishes, low fat types like turkey and more fruit that are now available in many exotic shades, in the 1980s the Danes could for the first time in the Danish history buy organic vegetables, while at the same time increased focus on good raw materials, and poultry became more popular.

The 1990s where marked by a wave of gourmet food, in response to consumers increasing dissatisfaction with the quality of meat and the way the animals were reared and produced, the gourmet pig was launched.

For the more advanced the fusion kitchen arose, which served steak, among other things blasted foamed molecules, freeze dried cream chunks for the red porridge and foil grass like ice cream.

The gourmet wave culminated in the evening, where restaurant Noma for several years in features was voted the worlds best restaurant, the gastronomic quality was in all and all, not least driven by the idea of a New Nordic Kitchen.

The year after Noma's opening, Rene Redzepi, Claus Meyer, and other Nordic Top Chef's, food people, farms, food politician and parts of the retail trade together to create a food culture based on health, taste, high aspirations and sustainability [5].

In 2020 Danish restaurants were awarded 30 Michelin stars in 25 different restaurants, restaurant Geranium 3 stars, and Alchemist 2 stars Denmark is a small country with only 5.5 million habitants, it tells a lot about the Danish chef's and the Danish Gastronomy [5].

To focus also affected the beverages – not least the beer, the micro breweries popped up, and soon counted over 200 breweries and more than 1500 different beer.

9,7% of Danish food production is organic and increase from year to year, the goal is that the entire Danish food production must be converted to ecology.

In the late 1980s there was a strong focus on the small producers and his effort to deliver quality after principal soil to the table the principle followed the supermarkets are thriving, and decorated the first small organic corns in the stores, however, consumers found the goods too expensive.

But international reports on bird flu victims, animal transports, lack of fair treatment of poultry, pig and cows, marine pollutions and bans toward catching salmon from the Baltic Sea accelerated its sustainable production outlets.

The food authority – a new expression of state interest in ecology was created and sent out a wording about ecology, organic foods are made after principles that take into account the environment and animal welfare.

An important principle in organic production is that farmers do not use artificial fertilizers or synthetic sprays, in addition to ensuring a variety of detailed rules that allow animals to have natural behavior, get fresh air and daily exercise, and that there is usually daylight in the stables.

Processed organic food must not contain artificial sweeteners or artificial flavoring, substances and far fewer additives are allowed in conventional prepared foods. Ecology is good for the environment, we know that the environment does not benefit from artificial sprays and that residual sprays are regularly found in ground water, the principles of ecology help to reduce the total chemical load on nature, organic farmers are not allowed to use straw shortening and genetically engineered crops [6].

**Conclusions.** It is worth, at this point, to dwell on why the case of the new Nordic cuisine may be considered interesting regardless of the hype and the charge of notoriety derived from its election as «best restaurant in the world» by magazine Restaurant. The New Nordic cuisine is still a political cuisine, which shatters every national affiliation and looks at reconfiguring it in a wider Scandinavian identity. It is a radical cuisine which, taking seriously the question of identity, works at the deepest level of a gastronomic identity, re-thinking the eating patterns and proposing its own model of what to consider edible. The New Nordic Cuisine might be thought of as an invention of the tradition that exceeds, however, the banality of the conceptions à la Hobsbawm [7], focused on «unmasking» through a historical verification carried out in terms of truth / falsity of the ethnic connotations inherited from tradition. The problem is not «verifying» the historicity of the dishes served, on the contrary, allowing the translations of them (and, in a sense, therefore, the re-invention) in a contemporary culinary scene, within a properly European culinary culture. The new Nordic cuisine is, therefore, a cuisine which ferries an endangered synthetic culinary identity towards its new revival, into an analytical one full of appeal. In that regard, worth nothing is the progressive function of such position, in which the call to tradition is used, rather than as an element of resistance, as a catalyst for change towards a contemporary and fully European culinary culture. An example of «translation of the tradition» [8], which is a brilliant alternative to the stale rhetoric of roots and social and culinary immutability of local contexts. It is a complex cuisine, which elaborates as well as its own original culinary paradigm also processuality and a compositional aesthetics for the next creative dish.

All of this happens, it is worth remembering, from a scope, such of food, historically considered marginal and negligible of actually articulating social relations and of working as a proper language able to mean «something else» then itself. The New Nordic/ Danish Cuisine is a collective kitchen where the role of the chef, even of the best one in the world, remains at service of the group identity.

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