



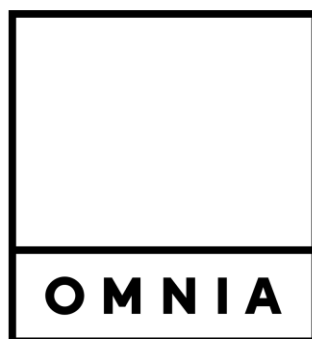
Themed findings from the interviews conducted in spring/summer 2019 in the context of the CORE project.

**CORE – Cooking for the future**  
WP2, edited by Kristin Brogan, ITT

## EUROPEAN LEVEL COMPETENCE AND SKILLS ENTITY – DEFINITION AND STANDARD, BACKGROUND RESEARCH

Interview findings – Themes in  
Finland 2

## Partnership:



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Topics/Chefs	Joona	Kristina	Linnea	Ossi	Sasu
<b>Background</b>	Head Chef	Managing Director of a Catering company Serves schools and VIP events	Head Chef Creates recipes	Ecological Chef Opened a waste food restaurant	Head Chef Partner in a restaurant
<b>Themes</b>	Traditional cooking techniques Local ingredients Social Media for marketing	Basic cooking techniques essential Knowing where food is coming from	Basic skills Adapting to people's needs	Social media Creativity Environment	Cooking will become more social Sustainability
<b>Cooking Techniques</b>	Return to traditional cooking techniques	Basic techniques are essential	Knowing the basic technical skills Classic	Being creative	Understanding of the basics in a kitchen The more we go back to basics the more flavor we generate
<b>Social Media</b>	Useful for following trends Researching recipes Used for marketing			Social media aspects are coming into the kitchen If you want to be successful you need to have an Instagram account and know about marketing	
<b>Career</b>	Need to be more adaptive Knowing seasonal ingredients More flexible Keeping traditional cooking techniques	Future chefs need to be more customer orientated Good team player Food hygiene Working as a team Follow food trends Listen to your customers	Need to be more specialized into individual diets Sustainable cooking Be able to react to changeable situations Communicating with foreign chefs compared to natives	Doing something meaningful Understanding the role of everything around the cooking Be creative Equality in the kitchen and the work life balance will change Being humble Chefs must find their own vision of what good food is	Need to analyze and think Need to be more social Human relations skills Having open kitchens and communicating with the client Common sense is the best skill to have

<b>Special Diets</b>	Proteins getting more expensive so they need to find cheaper alternatives Insects could be an upcoming trend	Food trends can come and be gone again in 3 months People are travelling more and know much more about other countries' foods	Change menu items into vegan or vegetarian options	Increase of special diets Very rewarding working with the changes	Understanding of nutrition Making desserts without a lot of sugar More ingredient based cooking
<b>Environment</b>	Use of local fresh ingredients Wild Food	Sustainability will become more popular People want to know where their food is coming from, Domestic or International Wild food	Respect nature Wild food	Finnish chefs are really starting to use nature Where ingredients are sources from Using all the left-overs Wild food	Use what farmers use and not let their stuff rot Best possible fresh ingredients in the future
<b>Technology</b>	Feels people prefer knowing something is made with people's hands Prefers the contact with customers instead of automation Fast food restaurants will use as much robots as possible Press a few buttons and get a meal ready through a machine 3D printing useful for pastry		Using smart fridges and ovens		Automation will be used for fast food Doesn't feel 3D printing will become big

This material was produced by  
**CORE – Cooking for the future** project



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