

# 04 RESTAURANT SEDEM

Taste Maribor

**Type:** Restaurant  
**Country:** Slovenia  
**Contact:** Mojca Polak mojca.polak@vsqt-mb.si



## Why it is a good practice?

This school restaurant is an innovative way to build a basis for the future of food through promote local culinary heritage. The next generation of food creators is empowered through culinary storytelling, local sourcing of raw materials, healthy balanced menu planning.

## About

Restaurant Sedem is the first school restaurant in Slovenia that operates according to an innovatively designed business model, where students independently perform all professional duties & processes under the supervision of mentors. The introduction of Restaurant Sedem itself, is a great asset for the school, as the students get to use the theoretical knowledge acquired also in practical manner. They train in the preparation of good coffee, natural juices, learn about raw materials, design and preparation of menus, dishes and desserts of all kinds.

They develop and strengthen skills in receiving guests and serving, organising the workspace, and get think about introducing their own innovative ideas. For students at the end of school and graduation it is very important that they know how to demonstrate all the acquired professional competencies. Under the watchful eye of the mentors in the restaurant, they gain even more knowledge and experience and are more confident and ready for new discoveries and creative professional challenges the moment they leave the school with a diploma in hand. The Restaurant received a Michelin Plate for 2020 indicating the quality of the food being served. This is hugely encouraging for the students and mentors alike.

## Healthy

Sedem encourages the revitalization and reintroduction of local traditional dishes, with a twist. The students are encouraged to consider their culinary heritage but in a healthy approach. They create dishes using seasonal local ingredients and create nutritionally balanced meals.

## Sustainable

Culinary heritage is based on the integration of local knowledge and skills. This involves strengthening collective awareness and pride and promoting deficient professions in the fields of agriculture, food technology and hospitality among students and local consumers. Restaurant Sedem, through promoting local culinary heritage through a modern lens, promotes the use of seasonal produce which feeds into a reduction in carbon footprint.

## Ethical

The restaurant school employs mentors from the local environment, who pass on a sense of heritage and hospitality through their teachings. The students consequently learn the necessity of local gastronomy heritage, how to reintroduce forgotten dishes and the correct usage of local produce. The restaurant is open to the public and offers an honest approach to their guests, by having a very visually open kitchen. They also have a garden terrace, which acts as a green oasis in the middle of the city giving rest bite to the diners.

## Dietary requirements

The restaurant considers all dietary profiles: organic food, seasonal ingredients, local recipes and vegetarian dishes all with a view to improving or innovating the traditional recipes into healthier versions. They offer alternative breakfasts, lunches and dinners but all as balanced meals.

## Use of technology

Website, cashless payment and delivery, that adapts to the demand

Follow SEDEM story

