

# Menu

# *Estonia*

*Starter*

Salad

*Main Course*

*Dessert*

*Healthy-Drink*

Kama

*Healthy-Snack*

BLACK BREAD WITH  
BALTIC SPRATS

# Healthy Recipes

## Salad

### Ingredients Salad

Chopped tomatoes

Celery

Spring onions

Sliced cucumbers

Sliced radishes

Small amount of cheese

Tuna

Cauliflower

Broccoli

Carrots

### Ingredients Dressing

Olive oil

Balsamic vinegar or  
fresh-squeezed lemon  
juice

Fresh spices



### Preparation

Add chopped tomatoes, celery, spring onions, sliced cucumbers and sliced radishes.

Add a small amount of cheese. Cheese is high in calories and fat, so use sparingly. Add tuna. Then combine a variety of vegetables like cauliflower, broccoli, carrots. Toss the vegetable combination into the salad.

Top off your salad by sprinkling on a homemade dressing (olive oil is very good for you when not heated), balsamic vinegar or fresh-squeezed lemon juice. For a different taste, throw in some fresh spices like dill, oregano, basil or garlic.

## Main Course

### Ingredients

sauer kraut  
potatoes, peeled  
beef roast  
different spices (pepper, mustard, etc.)  
salt  
water, 1 cup  
mustard, for serving



### Preparation

Preheat oven to 180 °C. Place the beef on a roasting pan, rub with spices and salt. Add the water and put it into the oven for 120-160 mins. While the beef is cooking, boil the potatoes in a salted water and heat up the sauerkraut. When ready, set the table and call everyone in for the meal! The meat will taste best with a touch of mustard. You can drink whatever beverage you prefer.

## Dessert

### Ingredients

100 gr butter  
1 dl dark Muscovado sugar  
3 spoonful kama flour  
3 dl oatmeal (cereals)  
1 egg  
100 gr white chocolate



### Preparation

Mix the sugar, egg, cereals and kama flour with butter (butter has to be in room temperature). Chop the chocolate and add to the mix. Shape little biscuits by hands or a spoon and cook 12 minutes in an oven over 180 degrees Celsius. Time: 20-40 min.

## Healthy Drink—Kama

### Ingredients

1 litre buttermilk  
6 spoonful of kama flour  
strawberry jam - add as much as you please



### Preparation

Kama flour is made of roasted cereal grains – rye, wheat, barley and dried peas. All the ingredients are steamed, dried, roasted, cleaned and then finely milled to a flour-like consistency.

One of the key ingredients in kama flour is pea powder; a great source of protein and amino acids essential for the human body. Historically, kama flour was used as a snack in Estonia. Being on the road for days or even weeks, travellers used this highly nutritious food to satisfy their hunger. They mixed it with butter or lard to get a tasty and energising snack. Kama was an easy to carry food that didn't require baking, since it was already roasted, and it was also non-perishable; all these qualities added great value to the product. In the course of time people came up with new cooking ideas and today we can enjoy kama in delicious breakfast mixes, bread and pastry, omelettes and all types of tasty culinary experiments.

The simplest - and most traditional - way of serving kama is mixing it with curdled or buttermilk. Depending on the amount of kama you end up with a 'kül'm kört' that can be drunk or with thicker 'kamakäkk' that can be formed into small balls and eaten with hands. If you don't like the idea of curdled milk, then you can mix kama flour with fresh milk and season it with salt and some sugar. Mixing kama flour with sour cream and seasoning with sugar results in another tasty option.

## Healthy Snack BLACK BREAD WITH BALTIC SPRATS

### Ingredients

1 loaf black bread, sliced  
baltic sprats  
4 boiled eggs, sliced  
Butter, for spreading  
Parsley or green onions, chopped  
Kõik komponendid paigutada mustale leivale

### Preparation

The Baltic Sprat is a small, herring-like fish, found mainly in the Baltic Sea. Sprats have become a by-word for delicacy and sophistication. The gourmet's choice.



## INTERESTING FACTS ABOUT ESTONIAN CUISINE

Estonian cuisine is influenced by our northern climate and the seasons, the traditions of our ancestors as well the cuisine of Baltic Germans and other neighboring nations.

Nowadays the traditional food of the people living here varies according to the seasons, too. Days full of darkness and cold bring sauerkraut on the table alongside oven-baked dishes like meat, black pudding, thick soups, and casseroles. Pork is the meat of choice for Estonians, which is usually eaten with boiled or oven-baked potatoes and a trimming of vegetables. In addition to meat, Estonians have always favoured fish.

In summer the folk needs little else than sunlight and warmth. It is the time when Estonians eat what they get from the forest and from their gardens.

The beauty lies in simplicity: this can be said, too, when talking about Estonian national cuisine. Still, we have some unique dishes like Mulgi cabbage or jellied meat (boiled pork or veal and seasoned with spices).

One of the staple foods for Estonians is rye bread, and has been since the 12th century. Also, Estonians have always preserved their food for winter, e.g. berries, mushrooms, sauerkraut, jam, salad etc. As to drinking, we consume a lot of milk.

The majority of Estonian food is very simple, and for a long time, grain and bread were in first place, with potatoes being added later. Milk, salted fish and pork have also been part of the daily menu.

Traditional Estonian dishes are conspicuous for the simplicity of their preparation. The same food could vary somewhat from place to place. The food was given a unique and pleasant taste by the threshing barn oven, and no seasoning could duplicate its effect. The way of placing the food on the table was extremely simple: soup in a wooden bowl, a large piece of meat on a platter, accompanied by rye bread. At other times, however, butter in a wooden tub, hot barley bread with cold fresh milk, and stewed mulgi sauerkraut with pork.

The staple food for Estonians used to be bread and various other flour products. Whereas, bread was considered to be sacred, and one was not supposed to throw it or step on it. Other food, primarily animal foodstuffs, such as meat (salted), fish (dried, salted, fresh), and butter were called bread side dishes. Milk and dishes prepared from it was used infrequently. During the milking season, butter was produced and salted to preserve it for fall and winter. Pea, bean, lentil, barley, and flour soups played an important role at the dining table. Porridges were also popular.

Food for festive occasions included barley sausages (bloodless white sausages in North-Estonia, and blood sausage in South-Estonia), pig's head, pork, and headcheese. Small pies with various fillings were also prepared.

Starting at the end of the 19th century, new foods, which previously has only prepared in the towns and manors, started to proliferate. The amount of store-bought food and seasoning increased: Different types of baked white breads and cakes; barley porridge was often replaced by farina or rice pudding. Herring and potatoes appeared on the table.

The grain foods were most important for Estonians, and barley and rye were used most often. Today, Estonians still love rye bread, which has been an everyday food since the 12th century. Dishes from oats and hempseed were prepared to a lesser extent, and wheat products did not reach the Estonian food table until the end of the 19th century.