COMENIUS SCHOOL PARTNERSHIPS
YOU ARE WHAT YOU EAT

SOME HEALTHY RECIPES
FROM ESTONIA AND KAIU
COMENIUS SCHOOL PARTNERSHIPS
YOU ARE WHAT YOU EAT

SOME HEALTHY RECIPES
FROM ESTONIA AND KAIU
Everybody knows that it is useful to eat fruit and vegetables. For some reason or other most of us eat less fruit and vegetables as we should.

You should eat at least 500 grams of different fruit and vegetables a day, to make it easier it is about 5 handfuls.

It is recommended to eat various fruit and vegetables because fruit of different colour contain different useful substances.

Try also these fruit and vegetables which you have never eaten before.
**Estonian Milk Soup with Pasta Shapes**

**Ingredients:**
- 500 ml water (2 cups)
- 1 tsp salt
- 100 g short pasta (1 cup)
- 750 ml full-fat milk (3 cups)
- a generous pinch of sugar
- 1 Tbsp butter

**Cooking Instructions:**
- Bring water to the vigorous boil, add salt and pasta shapes. Reduce heat to simmering, then boil for 5-7 minutes, until pasta is al dente.
- Pour in the milk, give it all a stir and boil for another few minutes, until pasta is fully cooked.
- Season with a pinch of sugar and some more salt, if you wish. Stir in the butter and serve.

---

**Pickled Yellow Pumpkin**

**Ingredients:**
- 1 kg prepared pumpkin/winter squash (see below)
- 1 L water
- 200 g sugar
- 1-2 cinnamon sticks
- 5 black peppercorns
- 1 whole cloves
- 5 allspice berries
- fresh gingerroot, about 2-3 cm, peeled and sliced
- 2 Tbsp vinegar (30% strenght)

**Cooking Instructions:**
- Cut the pumpkin into wedges, then peel, remove the soft bits and seeds. Cut the flesh into small chunks or sticks (even julienne, if you can be bothered). You need about 2 pounds or 1 kilogram of pumpkin chunks/sticks. Mix water, sugar, cinnamon stick, gingerroot, black peppercorns, allspice and whole cloves in a large saucepan. (You may add a teaspoon of salt to the marinade, but it’s not necessary). Bring to the boil, then add the vinegar and then your pumpkin. Simmer on a moderate heat until pumpkin pieces have become translucent, but not too soft and mushy. Transfer the pumpkin with a slotted spoon into sterilised jars, then pour the hot marinate over. Close and keep in the fridge or very cold larder. Wait for about a week before eating, so the flavours could really mingle.
Rosolje or Beet Salad

**Ingredients:**
- 8 potatoes, boiled and cooled
- 4 beets, boiled and cooled
- 3 eggs, boiled and cooled
- 3 dill pickles, chopped
- 3 apples, peeled, cored and chopped
- 3 hard-boiled eggs
- 2 cups chopped ham
- 1-2 pickled herring, finely chopped
- 1/2 sweet onion, chopped
- 1 1/2 cups creme fraiche or sour cream
- 1 tbsp. Pommery or grainy mustard
- 2 1/2 tbsp. white wine or balsamic vinegar
- 1/2 tsp. brown sugar
- 2 tsp. salt
- 1 tsp black peppers

**Cooking Instructions:**
Chop salad ingredients into 1/2 inch cubes and toss together. In a separate vessel blend together cream, mustard, vinegar, spices, etc.
Stir in blended dressing to tossed salad. To make this vegetarian-friendly simply delete the ham and herring. This dish is convenient to bring to parties and social functions as it can be made the day before and refrigerated.

---

Shaken Cucumber Salad

**Ingredients:**
- 1 large seedless cucumber (about 300 g)
- 0.5 tsp salt
- 0.5 tsp caraway seeds, slightly crushed (optional)
- 0.5 tsp 30% vinegar
- finely chopped fresh dill

**Cooking Instructions:**
Rinse and peel the cucumber, cut into thin slices (ca 3 mm, so not paper-thin). Place in a bowl with a lid, season with salt and caraway seeds. Mix to distribute these evenly and leave to stand for 10 minutes.
Now cover the bowl with a lid, and shake the bowl vigorously for 30-60 seconds. This will soften the cucumber slices.
Drain, discarding the cucumber ‘juice’. Season with vinegar (the salad should taste very subtly acidic), scatter the dill on top and serve.
Estonian Bread Soup

**Ingredients:**
- 1/2 cup raisins
- 1/4 cup plum brandy
- 1/2 cup sugar (or according to taste)
- 5 cups water
- 6 slices black sourdough bread (crusts removed, toasted)
- 2 small tart apples (peeled, halved, and sliced)
- 1/2 cup fresh cranberries
- 3/4 cup pitted dried prunes
- 1/2 cup cranberry juice
- 1 piece (inch) cinnamon stick
- 1 lemon juice
- 3 cloves
- whipped cream for garnish

**Cooking Instructions:**
Soak the raisins in the Calvados for 20 to 30 minutes. In a soup pot, put the water and 1/2 cup sugar to a boil over high heat. Add the bread, and then reduce the heat to low and simmer until the bread just begins to dissolve. Remove the bread with a slotted spoon and push it through a fine sieve. You can also process it in a food processor, but for no more than two pulses. The bread should not be pureed. Stir the bread back into the pot. Add the raisins with their soaking liquid, apples, prunes, cranberries, cranberry juice, cinnamon stick, lemon zest, and cloves. Bring to a boil, and then reduce the heat and simmer, covered, until the fruits are tender. Remove from the heat. Taste the soup and add more sugar, if desired. Cool, then refrigerate for at least 1 hour.

**Serving:**
Remove the cinnamon stick and cloves before eating. Serve the soup into serving bowls, with whipped cream. Serving will be enough for 6 people.
Kama, the traditional Estonian summer drink/dessert

**Ingredients:**
250 ml kefir, sour milk or buttermilk
2 Tbsp kama mixture
2 Tbsp sugar
a pinch of salt

**Cooking Instructions:**
Mix all ingredients, let stand in the fridge for 10 minutes, then garnish with berries (I’ve used Alpine strawberries from my container garden), bilberry syrup (see photo here) or go all modern with a drizzle of chocolate sauce (top).

**Serving:**
Kama can either be eaten with a small spoon, or drunk straight from the cup. Use more or less kama mixture, depending on your preferences.

---

Saturday morning pancakes

**Ingredients:**
3 eggs
100 ml plain flour
300 ml milk
pinch of salt

**Cooking Instructions:**
Prepare thin crepe-style pancakes (use the recipe above or your favourite crepe recipe, omitting sugar). Whisk eggs until broken, stir in salt and milk, then add the flour. Fry thin crepe-style pancakes (2 per person).

**Serving:**
Served with the last of wild strawberry jam and a cup of milky coffee.
**Estonian Soda Bread**

**Ingredients:**
- 200 g ricotta or curd cheese
- 200 ml milk
- 1 egg
- 200 ml (115 g) barley flour
- 100 ml (70 g) plain/all-purpose flour
- 1 tsp baking soda
- 1 tsp salt
- 1 Tbsp sugar
- 2 Tbsp rapeseed or olive oil

**Cooking Instructions:**
Combine ricotta/curd cheese, egg, salt and sugar in a bowl. Combine barley and wheat flour with baking soda, then fold into the ricotta and egg mixture. Pour in the oil and mix until combined. Butter a spring form with butter, or line with parchment paper (I use 23x23 cm skillet, lined with paper). Spoon the batter into the form and bake at 200 Celsius for about 25-30 minutes, until the bread is lovely golden brown. Add 2 Tbsp sour creme, if using ricotta cheese.

---

**Smoked herring canapés**

**Ingredients:**
- 6 slices dark rye bread (seeded is fine)
- butter, for spreading
- 3-4 salad potatoes, boiled and peeled
- 2 smoked herring fillets
- 100 g thick sour cream (30%)
- freshly ground black pepper
- fresh chives or green onions, chopped

**Cooking Instructions:**
Butter the bread slices and cut into 2 or 4 pieces, depending on the size of the bread. Cut the potato into 5 mm slices, place onto bread slice. Remove the skin from the fish fillets, cut the fish into 2 cm wide pieces. Place on potatoes. Spoon a dollop of sour cream onto each canapé, then sprinkle some freshly ground pepper on top and garnish with a piece of chive or green onion.
**Seenepirukad or wild mushroom pies, Estonian style**

**Dough:**
500 ml lukewarm milk
25 grams fresh yeast
a generous pinch of sugar
1 tsp salt
2 to 3 Tbsp butter, softened
1.2 to 1.5 litres plain flour

**Filling:**
300-400 ml chopped mushrooms
(if using salted mushrooms, then soak first)
1 Tbsp butter
1 small onion, minced
sour cream
salt
dill, either fresh or dried

First make the dough. Crumble the fresh yeast into a large warm bowl, add the sugar and let it stand for 5 minutes, stirring through, until the yeast ‘melts’. Add milk, salt, most of the flour and stir until combined. Knead in the soft butter, adding more flour, if necessary. Knead for 5-10 minutes, depending on your patience. You should end up with a soft dough that doesn’t stick too much onto your hands. Cover the bowl with a cling film and leave to double in size in a warm draught-free place. That should take about an hour. (If you’re not ready to bake after an hour, then knock the dough back when it has risen and leave to rise again for a bit more).

For the filling, chop the mushrooms finely and fry in melted butter together with the chopped onions for about 5 minutes. Cool, add some sour cream to combine (a Tbsp or two is enough, you don’t want the filling to be too wet). Season with salt - the amount depends on whether you’re using fresh or salted mushrooms - and lots of dill.

When ready to bake, then take about a third of the dough at a time, and roll it out on a floured tabletop until about 3 mm thick. Cut out small circles (I use a 5 cm glass), put about a teaspoonful of filling in the middle*, and pinch the edges firmly together, so you have half-moon shaped pies.

Put onto a baking sheet, brush with egg and bake at 200C for 15 minutes, until the pies are lovely golden brown. Transfer to a metal rack to cool. If you prefer your pierogi really soft, then cover with a clean towel to keep the moisture in the pies.

* If you have some mushroom filling left over, then add some extra sour cream and use as a salad on crostini or vol-au-vents or on rye bread.
The students in the Comenius project "YOU ARE WHAT YOU EAT"
Kaia Saaremets - teacher
Marika Hõbemäe - teacher
Päivi Aljamaa - teacher