

# What is so special about Estonia –

Estonians are widely considered a singing nation, however, the diverse wild nature of bogs, lakes, rivers, and deep forests are really the core of the Estonian spirit.

Estonians love nature and all the four seasons that come and go each year. We love to go to the forest to forage mushrooms, berries and, of course, bear garlic in springtime or just to hug a tree. For these reasons, our food traditions are strongly influenced by nature, growing our own food, fermenting, preserving in jams, chutneys, curing meats and freeze-drying.

Estonian cuisine is rich in traditions but also increasingly interwoven with modern techniques. It is a culinary journey that is influenced by our Nordic history and natural curiosity. Just everyday magic living in Estonia.





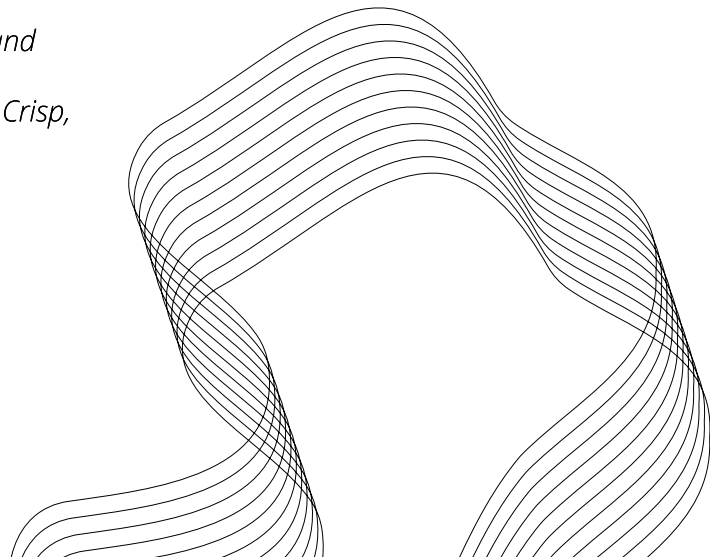
# Trout from Pähkla

(*Oncorhynchus mykiss*) is special not only because it comes from an idyllic island called Saaremaa, but the fish that grow there swim in crystal clear and fresh Põhjatu spring water which gives the fish a very delicate taste and superb quality.

Pähkla is known above all for its clean water and the miraculous effect of the biggest and most famous sacrificial Põhjatu spring that according to legend is so deep, that all the ropes of the entire village did not reach the bottom when tied together.

---

*Trout Terrine with Lemon Verbena,  
Crayfish Mousseline with Crayfish Bisque Jelly  
and Oyster Leaf Emulsion,  
Kohlrabi Cornet with Cream Cheese and  
Trout Roe,  
Lightly Smoked Trout Tartar and Rye Crisp,  
Kohlrabi and Onion Puree  
Garden Greens with Pickled Seaweed  
Sauce: Leek Blanquette, Dill Oil*



Trout Terrine with Lemon Verbena

- 17 500 g trout
- 800 g salt
- 800 g sugar
- 80 g lemon zest
- 120 g dill stems

Clean the fish, prepare clean fish fillets and cut the fish into strips. Mix salt, sugar, lemon zest and dill stems. Mix fish and the marinade and keep it in the marinade for 45 minutes. Remove the fish from the marinade and wash it. Mix the fish with the green powder, put the strips into moulds and press tight, roll them in cling film and put in vacuum bags. Cook the fish in sous-vide at 38°C for 20 minutes. Remove it from sous-vide and chill it in a chiller. Cut it into small cubes of 40-45 g per portion.

Green powder for the fish

- 3 kg green tops of leeks
- 300 g nori
- 300 g lemon verbena
- 100 g TGF

Dry all the ingredients, grind them into powder, sieve it and use.

Lightly Smoked Trout Tartar and Rye Crisp

Lightly smoked trout tartare

- 1,2 kg marinated trout
- 500 g marinated celery
- celery marinade liquid and 3 g Xanthan salt

Cut the trout into small cubes and smoke it with a smoking gun for 10 minutes. Cut the celery into brunoise. Mix all the components together, add celery marinade with Xanthan and roll it in cling film. into cling film and freeze.

Rye crisp

- 250 g rye flour
- 50 g soft butter
- 250 g water
- 7 g salt

Mix all the ingredients together, let the dough rest for 30 minutes. Put the dough in moulds and bake in the oven at 175°C for 7-10 minutes.

Marinated celery

- 500 g peeled celery
- 200 g chicken stock
- 30 g white wine vinegar
- 10 g salt
- 10 g thyme
- 10 g garlic

Mix all the ingredients except the celery, put everything together in a vacuum bag and cook on steam at 90C for 18 minutes.

Crayfish Mousseline with Crayfish Bisque Jelly and Oyster Leaf Emulsion

Crayfish mousseline

- 1 kg whole tiger shrimp
- 420 g whole crayfish
- 900 g double cream
- 240 g egg whites
- salt

Clean the crayfish and shrimp. Chop the crayfish into small pieces. Blend shrimp, double cream, egg whites and salt in a blender and add the crayfish with a spatula. Put the mousseline into moulds and freeze. Remove the mousseline balls from the mould, put them on a baking tray, cover them with cling film and bake them in the oven on steam at 100°C for 15 min.

Bisque jelly sheet

- 1 l bisque stock
- 10 g agar-agar
- 2 gelatine sheets

Bring the bisque to boil and add agar-agar, making sure that agar-agar dissolves. Cool it down until 40°C and add the gelatine. Pour a thin layer of bisque on a cold tray, let it set, then cut out rings with a small ring cutter.

Bisque stock

- 1 kg shrimp and crayfish shells
- 300 g celery
- 400 g carrot
- 900 g fennel
- 300 g leek
- 300 g white onion
- 300 g tomato paste
- 450 ml white wine
- 6 g star anise
- 1 l fish stock
- 100 ml oil
- salt
- lemon juice

Peel all the vegetables and cut them into small pieces. Fry the vegetables in a pot with oil, add shrimp and crayfish shells and then the tomato paste. Cook it for 10 minutes, then add white wine and star anise and reduce the wine. Add the fish stock, bring it to boil and leave it to stew. Then blend all the components, strain through a sieve and season with salt and lemon juice.

Oyster leaf emulsion

- 100 g oyster leaves
- 60 g egg yolk
- 300 ml oil
- salt
- 20 g mustard
- 10 g white wine vinegar

Warm the oil in Thermomix until 40°C. Add the oyster leaves into Thermomix and turn the heat off, mix for 1 minute, then pass it through a sieve. Put the egg yolks in Thermomix, add vinegar and mustard. Pour the oil into Thermomix carefully spoon by spoon, salt to taste.



Leek blanquette

- 1 kg white part of leek
- 500 ml white wine
- 1 l double cream
- 1 l fish stock
- 70 g butter
- salt

Cook leek in butter without letting it colour. Add white wine and reduce by half. Add fish stock and cream, blend until smooth. Strain through a sieve and season with salt.

Dill Oil

- 400 g dill
- 375 ml oil

Remove the dill leaves from the stems. Warm the oil to 40°C in Thermomix and add the dill, mix it all until uniform and of green colour, strain through a sieve and put into a freezer to chill the oil faster.

Kohlrabi and onion puree

- 1 kg kohlrabi
- 500 g white onion
- 500 ml cream
- salt
- 5 drops of smoking liquid

Peel onion and kohlrabi and cut them into small pieces. Put everything into a vacuum bag and steam in the oven at 100°C for 1 hour. When the kohlrabi is soft, put it into Thermomix with cream, blend it until creamy, add salt and smoking liquid.

Kohlrabi cornet with cream cheese and trout roe

- 3 kg kohlrabi
- 900 ml water
- 300 ml white wine vinegar
- 600 g sugar
- 30 g fennel seeds
- 600 g mascarpone cheese
- 400 g trout caviar
- 16 g rose pepper

Peel the kohlrabi and cut it into sheets with KitchenAid vegetable sheet cutter. Blanche the kohlrabi for 30 seconds. Mix all the ingredients and bring it to boil. Keep the kohlrabi sheets in vacuum bags with the marinade for 20 minutes. Remove the kohlrabi and cut each sheet into 30 cm. Roll it, cut by half and put the roll on a piping tip and pull it down to form a cornet. Mix mascarpone and caviar together and fill the piping bag. Fill the cornets with mascarpone cream and top with trout caviar

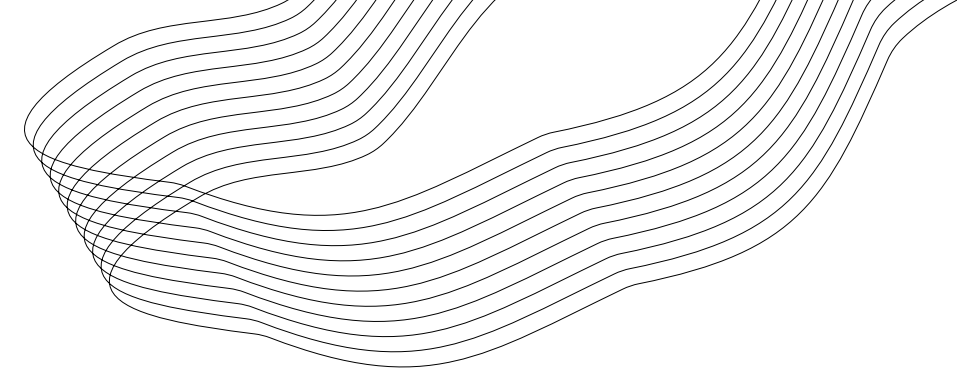
Garden Greens with Pickled Seaweed

- 1 kg frisée lettuce
- 400 g radish
- 50 g kombu seaweed
- 100 g salicornia
- 100 g fennel tips or fennel cress
- 100 g dill

Wash and clean the frisée lettuce. Cut thin slices of fennel and radish. Clean the dill. Hydrate kombu in water for 30 min, then put it into a hot marinade (1 part vinegar, 1 part water, 1 part sugar) for 10 minutes. Remove it from the marinade and cut it into sticks. Clean the salicornia, blanche in hot water for 30 seconds and cool in ice water. Mix all the components together, put on a plate and spray a little bit of lemon and oil dressing on the herbs.







## Bear garlic

(*Allium ursinum*) season is short in Estonia but the aftermath is gastronomically intense. All the foods turn green, the strong smell of garlic overtakes the kitchens and there is no household left without tub of bear garlic pesto in their fridges and freezers. When the forests are blooming with white blossoms, it will soon be time for chefs to stock up on bear garlic capers.

Our entire team went together to collect them so that we could share this wonderful garlic flavour explosion as a garnish at the competition.

---

*Red deer roll with Fermented  
Wild Garlic Capers,  
Red deer ragout with Ceps, Chicory Braised  
with Cherry,  
Wild Mushroom Croquette with  
Smoked Bacon,  
Blackberry and Põltsamaa Tõmmu Wine Gel,  
Salsify and Meadow Herbs Galette,  
Sauce: Venison Jus with Herbs*



Green sponge

- 8 eggs
- 240 g flour
- 10 g baking powder
- 5 g salt
- 120 g butter
- 120 g milk
- 80 g herb puree
- 80 g parmesan cheese

Whip the eggs, add dry ingredients, melted butter and milk, mix until smooth, add herb puree and grated cheese. Spread the batter on a silicone mat using a stencil of 3 mm, bake it in the oven at 175C for about 6-7 min. Cool it down. For serving, spread the salsify cream evenly on top of the sponge, freeze, and cut into portions of 2x8 cm. Top it with cooked salsify, warm it in the oven, add chopped chives and cornflower petals.

Herb puree for the green sponge

- 10 g thyme leaves
- 40 g parsley
- 100 g mini spinach
- 40 g coriander
- 100 g oil
- 40 g lovage

Salsify cream

- 2 kg peeled salsify
- 800 g milk
- 800 g cream
- 400 g water
- 100 g mascarpone
- 10 g agar-agar

Peel and dice the salsify. Cook it in a pot with cream, milk and water until soft. Strain off all the liquid, blitz in a blender until smooth. Add mascarpone and season to taste. Add agar-agar, 5 g for every 1 kg of puree, and blend in thermomix or similar with heating on 100C for 3-5 min. While puree is hot, spread it on the green sponge with a stencil and freeze in the blast freezer. When frozen, cut to 2,5 cm x 8 cm strips, and top with cooked halves of salsify.

Cooked Salsify

- 3000 g salsify
- 500 g butter
- Peel of 2 lemons

Peel the salsify, cut to same size of 8 cm, cook in a vac bag, steam at 100C for 25-30 min, with some lemon peel, salt and brown butter, cool down, cut in half.

For brown butter, heat the butter to 145C while constantly whisking, take it off the heat and strain.

Chicory braised with cherry

- 1000 g cherry puree
- 200 g sugar
- 2500 g chicory
- 2500 g white radish
- 550 g sour cherries
- 50 g olive oil
- salt

Cook cherry puree with sugar to a thick syrup. Cut chicory to cubes, sweat off with some oil, add the cherry syrup and cook until thick, cool down. Slice the radish and cut rings the same size as the mould for chicory. Put in a vacuum bag with some salt, water and olive oil, cook in steam at 100C for 10-15 min.

Fill the mould with cooked chicory, top with cooked radish, freeze in a blast freezer.

For smoked cherries, cook cherries in 62C sous vide with 10% hickory smoke liquid for 20 min.

Venison Jus with Herbs

- 8000 g beef stock
- 1000 g red wine
- 400 g carrot
- 400 g onion
- 400 g leek
- 100 g garlic
- 200 g butter
- thyme, rosemary

Roast venison trimmings and cut vegetables in the oven, put them in a big pot, add beef stock, reduce by 2/3, add reduced red wine, thyme, garlic and rosemary, strain, season and add butter.

Blackberry and Põltsamaa Tõmmu Wine Gel

- 800 g frozen blackberries
- 800 g Põltsamaa Tõmmu sweet red wine
- 18 g agar-agar

Put berries and wine in a vacuum bag on full vacuum, cook on steam or in simmering water for 10 min. Slightly mash the berries in the bag with the hands, strain through a very fine sieve, boil for 2-3 min. Weigh all the liquid and add agar-agar. For every 100 g of liquid add 1,2 g of agar-agar. Boil with agar-agar for a couple minutes, constantly mixing. Cool the mix down until fully cold and solidified, then blitz at high speed in a blender until smooth and glossy. Strain through a fine sieve and reserve in a serving bottle or piping bag until plating.



# Red deer roll

14 000 g red deer loin  
1200 g sea salt  
200 g rosemary  
30 g juniper berries  
200 g garlic  
2000 gcream  
50 g TGF  
Oil for frying  
Butter for frying  
thyme, rosemary, garlic  
fermented wild garlic capers for plating on top of meat

Blitz salt, juniper berries, rosemary and garlic in a food processor.

Clean the red deer striploin of any sinew, cut it to half lengthwise to get two long loins, trim to shape to get it rounder, keep the trimmings for the mousse.  
Cure the long meat strips in salt mix for 10 min, then scrape off salt and discard the salt.Wash the meat in cold water, dry it with a paper towel and refrigerate it.

Weigh the saved meat trimmings, add the same amount of cream and blitz until smooth. Season the mousse with salt and put it through vac pac machine to remove air.

Spread the mousse on cling film, add some meat glue and roll the cut and cured meat piece by piece, roll it tight and tie the ends.

Cook the rolls on sous vide at 60C for 40 min, take them out, remove the cling film and sear them on a pan with oil from all sides, adding in the end 1 tbs of butter, some fresh rosemary and thyme and a clove of garlic and basting the fried meat with the butter mix.

# Red deer ragout with Ceps

1300 g venison meat from shoulder  
1200 g beef stock  
300 g Granny Smith apple  
60 g dried ceps  
650 g apple juice  
50 g sugar  
60 g Sosa vegetable gelling agent  
10 g thyme  
2 g Xanthan

Sear meat on a pan, season with some salt, put in a boiling stock in a pressure cooker and cook for 1h. Thereafter remove the meat and strain the stock through a fine mesh sieve or a muslin cloth and reduce by half, add soaked and diced mushrooms with liquid and reduce the cooking liquid to a sauce. Cut meat, add diced apple, add the sauce, thyme and Xanthan, freeze in a mould, then dip in apple gel made out of 350 g apple juice, 30 g sugar and 30 g vegetable gelling agent.

Fill the mould with cooked chicory, top with cooked radish, freeze in a blast freezer.

For smoked cherries, cook cherries in 62C sous vide with 10% hickory smoke liquid for 20 min.

# Wild mushroom croquette with bacon

880 g brown champignons  
360 g shallots  
440 g smoked bacon  
160 g Jerusalem artichokes  
20 g ground chanterelle powder

For béchamel:  
90 g butter  
600 g milk  
80 g heavy cream  
100 g Emmental cheese  
90g flour

For seasoning:  
black pepper, salt, lemon juice/peel  
For coating: flour, eggs, panko breadcrumbs

Dice mushrooms, shallots and bacon, sweat on a pan, put aside.

Make the béchamel and add to the mushroom mix, season with some lemon juice, lemon zest, black pepper, chanterelle powder and salt.

Put in a piping bag and pipe to a silicon mould, freeze. After fully frozen, take out of the mould, cover with flour, put in an egg wash, then sieved fine panko, thereafter again in egg wash and finally in coarse panko. Keep in the freezer until needed. Fry in a deep fryer until golden.





# Sea Buckthorn

(*Hippophaë rhamnoides*) is a true miracle berry and a superfood with its bright orange color, unique taste and the highest vitamin content of any berry of the Northern latitudes.

Sea buckthorn trees survive in the most innutritious soils and it is cultivated, among others, to ameliorate land's fertility for example in the eastern part of Estonia on the shale mountains near the old mines. Sea buckthorn trees are common in gardens all around Estonia and treasured dearly.

---

*Sea buckthorn bavarois cake with caramel chocolate glaze and juniper whipped cream  
vanilla madeleine with sea buckthorn syrup  
sea buckthorn sherbet and honey tuile,  
sea buckthorn pâte de fruits*





# Sea buckthorn bavarois cake with caramel chocolate glaze and juniper whipped cream

## Sea buckthorn bavarois

175 g sea buckthorn puree I  
260 g apricot puree  
230 g sugar  
260 g egg yolk

18 gelatine sheets (platinum)  
580 g sea buckthorn puree II  
865 g whipping cream

Make crème anglaise with sea buckthorn puree I, apricot puree, sugar and egg yolk, add bloomed gelatine and sea buckthorn puree II, blend. Cool the mixture and add whipped cream. Fill the cake moulds, placing the frozen inserts in the middle and freeze.

When frozen, cover the cakes with chocolate velvet spray, dip in chocolate gourmet glaze and let them defrost in the fridge.

## Caramel chocolate

1 kg white couverture chocolate (e.g. Valrhona Ivoire)  
100 g cocoa butter

Caramelize chocolate by heating it in the oven at 115 degrees and mixing it every 10-15 minutes until it is golden brown. Add cocoa butter and mix with hand blender.

## Sea buckthorn gelee

450 g sea buckthorn puree  
65 g sugar  
11 g pectin NH

Heat the puree, add pectin mixed with sugar, bring to boil. Fill half of the insert moulds and freeze

## Caramel chocolate mousse

140 g milk  
80 g egg yolk  
45 g sugar  
2,5 gelatine sheets (platinum)  
130 g caramel chocolate  
140 g whipping cream

Melt the chocolate. Make crème anglaise with milk, sugar and egg yolk, add bloomed gelatine and pour onto chocolate, blend. Cool the mixture and add whipped cream. Fill the insert moulds and freeze.

## Chocolate velvet spray

500 g sea buckthorn chocolate  
500 g cocoa butter

Melt chocolate with cocoa butter and blend, sieve and use at 40 degrees Celsius

## Whipped ganache with juniper

1075 g whipping cream  
325 g white chocolate (e.g. Valrhona Ivoire)  
325 g sea buckthorn chocolate  
20 g ground juniper berries  
5 gelatine sheets (platinum)

Heat 200 g of whipping cream with juniper berries, cover the pot with cling film and set aside for 10 minutes. Melt the chocolate halfway. Remove the juniper from the cream, heat it again, add bloomed gelatine and pour onto chocolate, mix. Add the remaining cream and blend. Keep refrigerated for at least 4 hours, then whip carefully and pipe onto the cakes.

## Feuilletine

60 g butter  
60 g powdered sugar  
60 g egg white  
60 g flour

Whisk room temperature butter with powdered sugar, add egg white and sieved flour. Spread thinly on a silicon mat and bake at 180 degrees Celsius for 5 minutes.

## Chocolate gourmet glaze

575 g caramel chocolate  
115 g cocoa butter  
60 g grapeseed oil  
115 g crushed feuilletine

Melt chocolate with cocoa butter, add oil and blend, add the feuilletine. Use at a temperature below 35 degrees Celsius.

## Chocolate leaves

500 g white chocolate (e.g. Valrhona Ivoire)  
green natural coloured cocoa butter  
yellow natural coloured cocoa butter

Colour and temper chocolate and make chocolate leaves.

## Decoration

110 yellow marigold flowers  
110 green leaves

## Sea buckthorn sherbet

965 g water  
535 g sugar  
350 g glucose powder  
70 g honey  
3 vanilla pods  
7 gelatine sheets (platinum)  
465 g Greek yoghurt  
840 g sea buckthorn puree  
700 g apricot puree  
25 g lemon juice

Mix water, sugar, glucose powder, honey and vanilla in a pot, heat to 85 degrees, remove from heat, add bloomed gelatine, blend and refrigerate the sherbet base for 2 hours. Then add Greek yoghurt, the purees and lemon juice, blend again and freeze the mixture in Pacojet beakers. Pacotize and make quenelles.

## Crumble

275 g flour  
195 g sugar  
3 g baking powder  
6 g salt flakes  
185 g butter  
30 g egg yolk  
zest of 1 orange  
zest of 1 lemon  
½ vanilla pod

Mix the dry ingredients, citrus zest, vanilla and cold butter into crumble with a paddle attachment, add egg yolk and mix until the dough forms. Roll between two sheets of baking paper and refrigerate for 1 hour. Bake at 180 degrees Celsius until golden brown, cool down and crush.

## Honey tuile

75 g egg white  
75 g powdered sugar  
75 g butter  
75 g honey  
75 g flour

Whisk the egg white with powdered sugar, add melted butter, honey and sieved flour. Keep refrigerated for 1-2 hours. Fill the tuile moulds and bake at 160 degrees Celsius for 5 minutes, until golden.

# Sea buckthorn sherbet and honey tuile



Madeleines

- 10 eggs
- 425 g sugar
- 210 g milk
- 100 g milk
- 600 g flour
- 30 g baking powder
- 665 g butter
- zest of 2 lemons
- 1,5 vanilla pods

Whip eggs and sugar, add milk and honey heated to 60 degrees Celsius, sieved dry ingredients, lemon zest and butter heated to 60 degrees. Refrigerate the batter. Then pipe into moulds and bake at 180 degrees Celsius for 10-11 minutes, until golden brown.

Unmould, cool down and keep covered. When plating, soak in hot sea buckthorn syrup.

Sea buckthorn berries in syrup

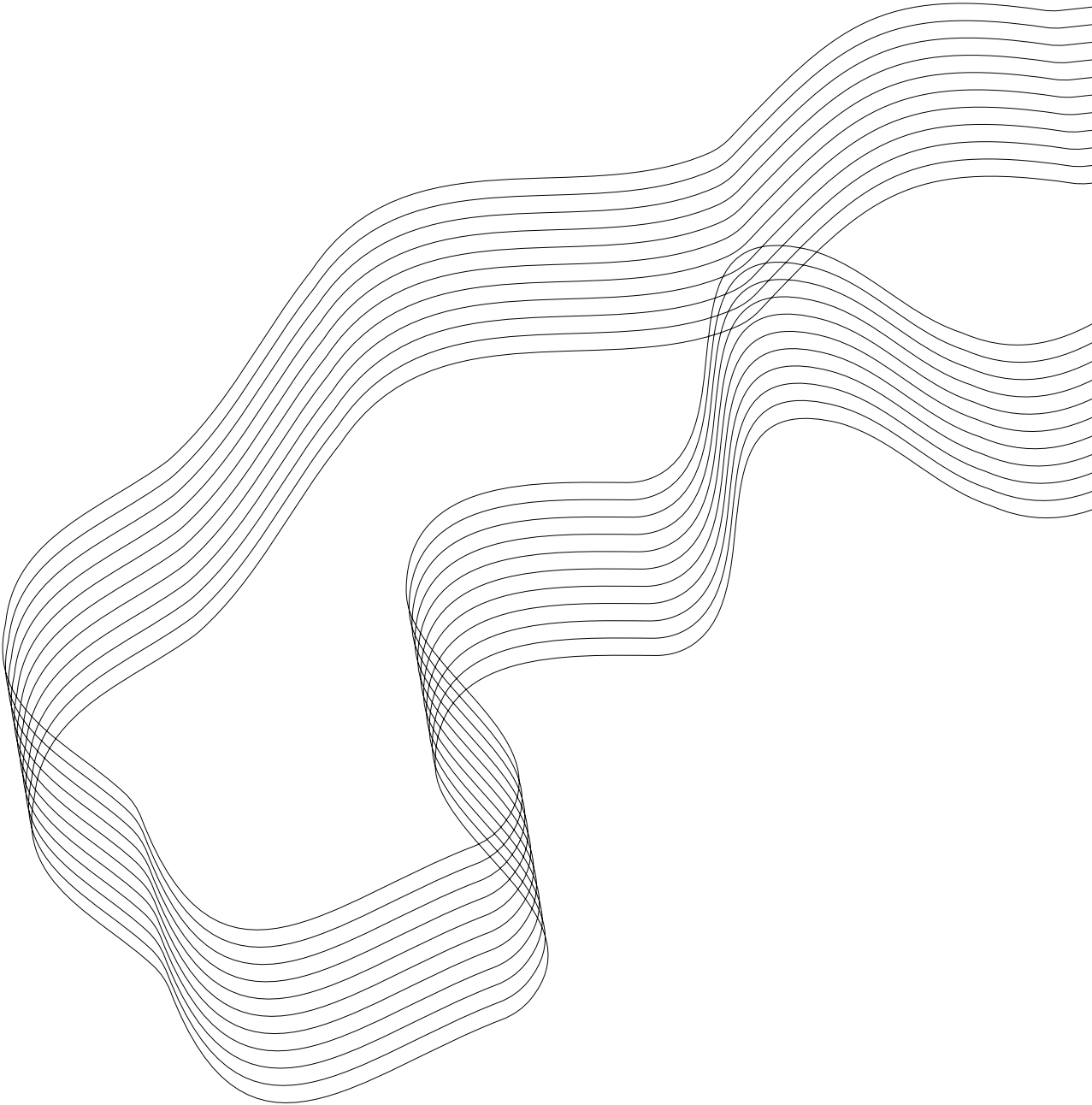
- 300 g sea buckthorn berries
  - 1960 g sea buckthorn puree
  - 1400 g sugar
- Boil puree and sugar into a syrup, add the berries to one part of the syrup, leaving the other part for soaking the madeleines.

Sea buckthorn pâte de fruits

- 600 g sea buckthorn puree
- 25 g yellow pectin
- 145 g sugar I
- 540 g sugar II
- 170 g glucose syrup
- 25 g lemon juice

200 g extra sugar for coating the pâte de fruits

Heat the puree to 40 degrees Celsius, add the mixture of sugar I and pectin, let it boil, add the glucose and sugar II, boil until it reaches 106 degrees Celsius, add the lemon juice and pour into moulds. Let it set, cover with sugar, cut into bands and roll into spirals.





## President of Estonian chefs association

Taigo Lepik



## The Culinary Team of Estonia consists of

captain Marko Sõmer, pastry chef Merle Jakobson, Denis Golik, Maksim Ivanushkin, Kirill Beljakov, Anna Šaluhhina, Lauri Ööpik, Karl Markus Lehtoja, German Macharashvili



**We would like to thank those,**  
without whom we would not  
be on this journey.



Photos Lauri Laan, Karl Ander Adami, Arne Ader, Erik Karits  
Graphic Design Kertu Rannula