**KARASK (barley meal and sour milk cake)**

Ingredients:

* 1 l kefir
* 5 eggs
* 125 g butter
* 125 g oil
* salt to taste
* 1 teaspoon of baking soda
* 300 g multigrain flour
* 300 g barley flour
* 350 g oat bran

Preparation:

Melt the butter to room temperature.

Add oil, eggs and kefir, and mix the ingredients well together.

Add solids and stir thoroughly.

Divide the dough into three and place into greased metal bread tins.

Bake in the oven at 180 ⁰ C for 45 minutes.

Let it cool and then drop the tin on the table.

Turn it around and repeat it again. That way you can get your *karask* out of the tin!

Eat it on the same day when it is still slightly warm.

Author Inga Paenurm

Watch the video:

<https://www.youtube.com/watch?v=FRtxO49Vyrg&list=PLk8F-STepltxtqOl1-tVOrkFHRnXCT5yw&index=8>

The Ministry of Rural Affairs and Estonian Chefs Association started a project CHEFS AT SCHOOLS.

43 chefs visit schools all over Estonia in September and October, prepare food with children and teach the basics of cooking.

Our students cooked with **Lauri Tomingas**, the chef of Tallinn Hilton restaurant. They prepared chicken meatball soup, karask, pork coverd with brown breadcrumbs and apple crumble pie.

<https://www.eestitoit.ee/en>

Last year, Year 9 students worked on the theme “Estonian food” and prepared *karask,* spiced sprat sandwiches and *kama.*