

# Gastronomy

Knowing me – knowing You  
Act 6

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The kindergarten Rõõmupesa in Tallinn  
The presentation in Madrid, March 2016



Erasmus+

# The mealtimes in Estonia

Three main meals are eaten: in the morning, in the afternoon, and evening.

✓ **Breakfast**

✓ **Lunch/Dinner** is usually our main meal about at 12.00 – 14.00 o'clock

✓ **Supper** is usually at home before 19.00

- A meal, sandwiches or snack, usually between lunch and supper  
*/merenda, la merienda, gouter/*
- Some coffee breaks - usually on first half of the day

In the kindergarten our children have:

✓ Breakfast at 8.45

✓ Lunch at 12.30

✓ A “little meal before dinner” at 16.00

# Breakfast

✓ Morning coffee

✓ Breakfast as the meal:

- Porridge (rice, oatmeal, semolina, buckwheat...) with butter or jam
- Milk and corn soup + sandwiches with sausage, cheese or fish
- Eggs – boiled or omelette, can be with bacon or fried potatoes
- Coffee, milk

In the kindergarten our children have:

The soup or porridge in change over day

# Lunch/Dinner

- ✓ Soup + bread
- ✓ Meat or fish, potatoes, salad + bread
- ✓ Dessert
  - Starter more common during ceremonies or in the restaurant
  - Usually Estonians have only one dish per lunch – the first dish (soup) or the second one
  - Often will take lunch without dessert and will have coffee and cake instead

A special dinner is usually in the evening (birthdays, anniversaries)

In the kindergarten our children are eaten around mid-day:

Soup or the second dish, swapped everyday + bread + dessert

# Supper

- ✓ Meat or fish
- ✓ Potatoes
- ✓ Bread
- ✓ Vegetables salad

Supper used to be the main eating event with the whole family. Nowadays this tradition has faded. People eat when convenient where convenient, often alone or with friends.

Dishes from the traditions of other countries have become popular – pasta, risotto, pizza, hamburger, Asian dishes.

# Starter

- ✓ Cold table is common for parties – birthday celebrations, weddings
  - ✓ meat
  - ✓ fish
  - ✓ potato salad
  - ✓ rosolje – potato salad with beetroot and herring
  - ✓ stuffed eggs (with or without a sprat)
  - ✓ boiled beef tongue
  - ✓ pâté – mostly of beef liver
- ✓ Small pastries filled with meat, cabbage, carrots, rice, mushrooms and other fillings are served with bouillion. Nowadays more common for gatherings like funerals.

# Dessert

Common Estonian desserts are :

- ✓ a cream made of semoline and juice (cranberries, ribes preferred)
- ✓ sweet soup made of black bread
- ✓ creamy curd
- ✓ kissel or compote
- ✓ whipped cream
- ✓ rhubarb or apple pie
- ✓ kringle - a sweet yeast bread often flavored with cardamom
- ✓ semla is a traditional dessert every Tuesday before Ash Wednesday
- ✓ ginger nuts are traditional dessert on Christmas
- ✓ oatmeal cookies - an Estonian sweet on the list of Sweet Europe, the nominal list of typical sweets and cakes of every member state
- ✓ curd snack - freshly pressed sweet curd covered in chocolate

# Drinks

- ✓ Milk is also widely drunk by children as well as adults

- ✓ Beer

locally brewed beer is the number one choice to accompany food. Two of Estonia's oldest breweries are A. Le Coq, founded in 1807, and Saku Brewery, founded in 1820.

- ✓ Kvass - a traditionally popular drink is made by the natural fermentation of bread, such as wheat, rye, or barley. The alcohol content is low (0.5–1.0%)

- ✓ Mead is made for setting the mood on national holidays as well as mellow summer evenings. It is a traditional fermented drink with a taste of honey and an alcohol content of 4.0% - quite forgotten.

- ✓ Estonia belongs to the vodka belt countries



# Traditional Estonian cuisine

Traditional Estonian cuisine has substantially been based on meat and potatoes, and on fish in coastal and lakeside areas.

The most typical foods in Estonia have been:

- ✓ rye bread
- ✓ soup is made of meat and mixed with a variety of vegetables
- ✓ pork products e.g. black pudding, head cheese
- ✓ potatoes –boiled or over-roasted, turnips used to be on the first place
- ✓ potato and groats porridge
- ✓ sauerkraut with groats (barley grain)
- ✓ dairy products e.g. cottage cheese and other variations of buttermilk
- ✓ “kama” - a drink from flour made from different grains (usually barley, rye, oat, pea) and curdled milk; or with whipped cream as well
- ✓ European sprats, salted with spices or smoked
- ✓ mushrooms and berries from the forest

# Rye bread

For centuries, rye bread has been one of the most important foods for Estonians. In time, bread began to symbolize all food and income.

In the more distant past most common grain for bread was barley.

Rye bread replaced barley bread at the beginning of the second millennium. Since then Estonian bread has been black bread – rye bread. Rye turned out to be the most persistent and stable grain for the local climate, therefore rye cultivation increased from the 11th century onward. Rye became the main grain culture and bread grain in Estonia.

Rye was grown in the home fields; wheat grain for white bread was imported.

Bread has at least four different names in Estonian, depends of grain:

rye - leib (bread), wheat – sai (white bread), wheat+barley - sepik (graham bread), barley – karask (barley bread).

Rye bread has fed Estonians for ten centuries; therefore it truly deserves to be called our national food.

**Rye = bread**





# Rye bread

leib



# Potato and Groats Porridge



mulgipuder

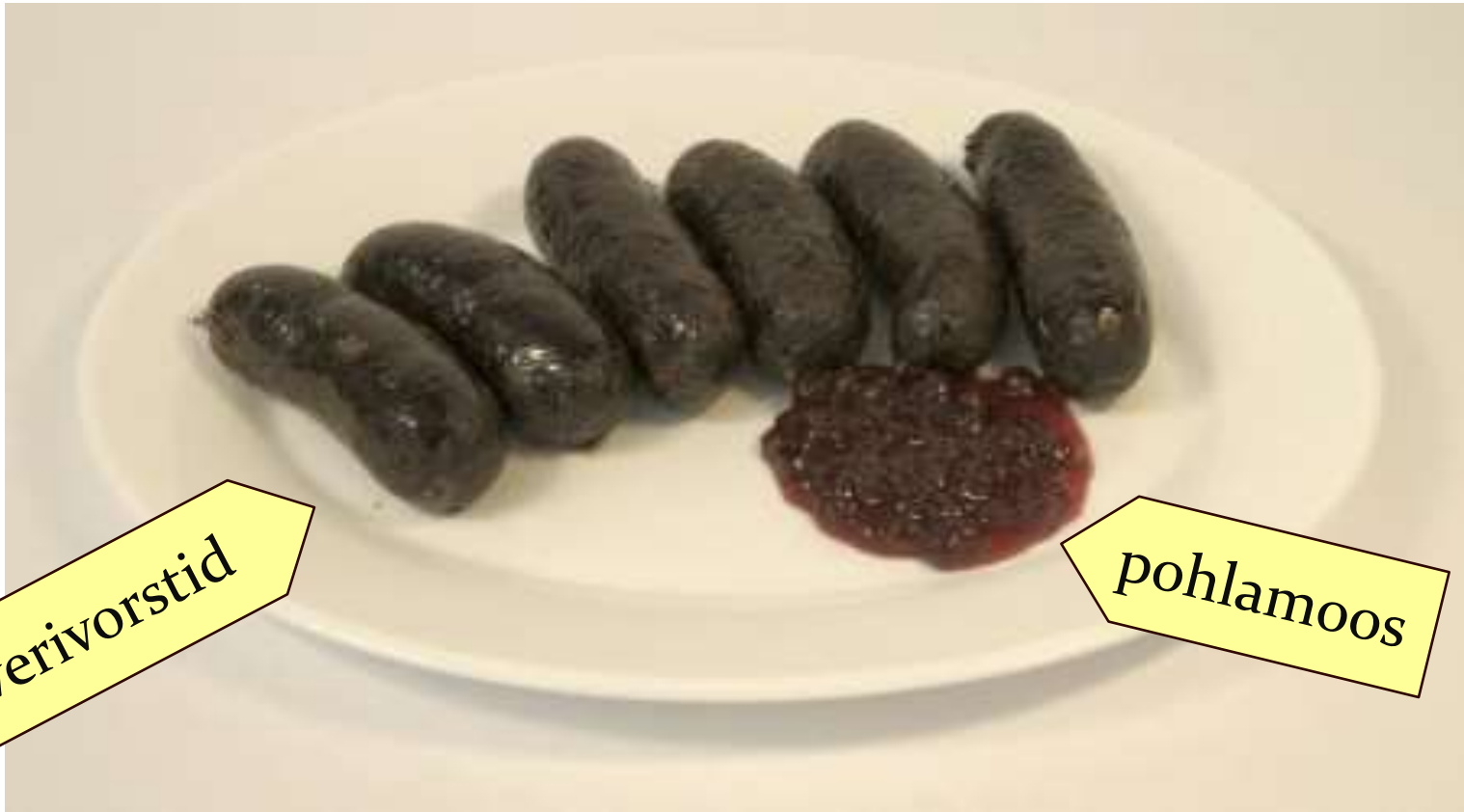
This porridge is typically served with bacon. It's one of the very few Estonian foods that's not adapted from other cuisines.

# Sauerkraut with barley grain



mulgikapsad

# Black pudding / blood sausage



verivorstid

pohlamoos



# Head cheese and potatoes



kartulid

sült



# Pea soup with smoked pork



hernesupp

In this soup are vegetables and barley grain as well

# Mushrooms



**Milkcaps**



# Berries from the forest



woodland strawberries



European blueberries



Cranberries



cowberries





**Bread**



# Bread



First day. Rye bread will be made using a sourdough starter and rye meal



# Bread



The second day. Rye meal will be admitted



and children make little breads.



# Shrovetide bun or semla



# Oatmeal cookies





# Oatmeal cookies



# Spiced sprat sandwiches





# Stuffed eggs



# Poteto salad





# Rosolje



# Rosolje





# Kama



Kama is a mix of  
different grains

Curdled milk



# Kama





# Kama as a dessert



# Kama as a dessert





# Kama balls





# Thank You!

You can taste that all during our next meeting –  
on 6-7 Juny 2016 in Tallinn

We are waiting for You!

**Bienvenue!**

**¡Bienvenida!**

**Benvenuta!**

**Welcome!**

**T e r e t u l e m a s t !**