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CULINARY TRIP THROUGH  
EUROPE

# Preface

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Chefs have always increased their professional knowledge by working abroad. What is new, however, is that now even trainees can gain international work experience by co-working with colleagues from Estland, Finland, Austria and Spain in order to create their own cookbook which is financially supported by Erasmus.

These trainees' new skills are now presented in the following reference handbook called a "Culinary Trip Through Europe"-Enjoy!

I would also like to take this opportunity to thank the National Agency in Vienna, for their professional counselling, and the team of the Fachberufsschule-Warmbad in Villach, for their support.

Some special thanks go to Mr. Dipl. Päd. Heinz Steindorfer for the perfect management of all international meetings and for his exemplary guidance of this partnership- project. KM GüntherPrommer ( May 2018)

All participating schools are teaching more or less basic knowledge in cooking and nutrition according to their curriculum. Each participating country hosts one mobility and prepares the following topics:

How to prepare traditional Cuisine with healthy background considering allergies.

How to prepare traditional Cuisine using new techniques in kitchen (sous vide, core temperature, IT-controlled-preparation).

How to prepare traditional Cuisine with Slow Food Philosophy and Biodiversity.

How to prepare ethnic food considering international migration and tourism.



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## Participating organisations



Vocational training school of tourism. Located in the town Villach in Carinthia with a population of approximately 61.200 people. Who attends our specialist college of further education for tourism has decided on a varied and creative job.



Riveria, North Karelia Education and Training Consortium, (PKKY) North Karelia Municipal Education and Training Consortium is a vocational education provider owned by thirteen municipalities in the region of North Karelia in Eastern Finland. The main aim is to provide vocational education and training on different specialisation levels support and increase the employability in the region.



Instituto Inter is a private VET school located in Valencia authorised by the Conselleria de Educaci3n, Investigaci3n, Cultura y Deporte de la Generalitat Valenciana. It provides vocational training, Training for Industry Professional Certificates, Training for the Employment, Private courses to learn a profession, since 1977. It also provides official free courses for Unemployed people from the Serve. And it has services such as a free employment Agency, a Foundation, etc. Its motto is: To Learn Practising



**Haapsalu Vocational Education and Training Centre** is a VET school located in the western part of Estonia, offering vocational education in almost 30 specialities in 12 different fields to over 800 students. Our school is an important partner to regional enterprises and organisations as well as other vocational education institutions in Estonia and in Europe. Our cooperation network includes 18 European countries and each year, more than 50 students complete their traineeship abroad.

# Austria, Carinthia

The region with Klagenfurt as its capital is situated in the southern part of Austria. The 562.000 inhabitants of Carinthia enjoy a mild climate and the highest amount of sunshine of all the region in Austria.



One of the clearest characteristics of the southern region of Austria is undoubtedly the variety of the scenery. Set amongst the Tauern Carnic and Karawanken Alpine chain is a region with nearly 200 lakes and ponds, situated to the south and characterized in the north by imposing Alpine summits.



The people live mainly from tourism. As well as this, industry, commerce and energy production play a role of great importance in the economic life of the Austrian community. In contrast with the once flourishing agriculture, forestry is still playing an important part in the economy.



## Falafel – typical Arabic meal

### Recipes for 4 serves:

250	g	dried chickpeas
100	g	onions
2		garlic cloves (season to taste)
1	tsp	cumin
0,5		dried coriander
1-2		chili peppers (season to taste)
50	g	white bread
		juice from a lemon
		fresh parsley
		salt, some olive oils



Soak the chickpeas for 12 hours in cold water and drain. Add all ingredients and mash up in a cutter. Season well. Put the patty on a falafel iron and fry in very hot oil slowly. You can also form the mixture into small balls and then deep-fry.

Best served warm with a dip. Falafel are used for filling side dish can also serve cold.

### You will need for the dip:

Variation / choose 1: Tahina with yoghurt, lemon, garlic and herbs.

Variation / choose 2: sour cream with chives and garlic, salt, pepper.

Alternatively, all well-known fondue sauces go well with it; e.g. garlic sauce, sauce tartare, remoulade sauce, cocktail sauce.

## Ashak – Afghan style pasta filled with leek

### Recipes for 4 serves:

#### For the pasta dough

200	g	flour
2		eggs
		salt, some olive oil

Knead all ingredients well together. Let it sit.



#### For the stuffing

200	g	leek
		salt, pepper, butter

Cut the leeks finely brunoises, sauté in butter. Season with salt and pepper.

#### For the sauce

100	g	red Indian beans
250	g	pelati
		salt, pepper, garlic, chili
100	g	onions
30	g	olive oil

Cut onions finely, sauté in olive oil, add pelati and season. Cook to a pulp (overcook) – keep on stirring with a whisk, add red Indian beans at last season for a well and spicy hot taste.

Roll out dough thinly, make small piles with the mixture and form nice half-moons. Cook pasta gabs in salted water for about 7 minutes and serve with a sauce.

## Bolani بيولان

Stuffed and fried Afghan yeast pastry.

*Recipes for 4 serves:*

### Dough

400	g	flour
42	g	dry yeast
		salt
200	ml	water
5	tsp	rapeseed oil



Mix all ingredients together, let the smooth dough rest on a warm place.

### Filling

9	pc	potatoes
10	pc	spring onions or leeks
2	tsp	pepper
600	ml	rapeseed-oil for frying

Boil the potatoes, peel and mash.

Cut the spring onions or the leeks into small stripes, sauté in butter and mix with the extruded potatoes and season well. Take a rolling pin and roll the dough until very thin, fill with the potatoes mixture, form nice bags and press the edges carefully. Heat the rapeseed-oil in a pan and fry the bags until golden brown. Also serve a sour cream-herbs-garlic dip or an eggplant ragout.

### Eggplant Ragout

1	pc	medium-size eggplant
50	g	red, yellow and green peppers
1	pc	small onion
2		garlic cloves
		fresh chili, salt, pepper, parsley and olive oil

Cut the eggplant into two halves, brush with olive oil and bake them in the oven at about 150 °C for 20 min. Take out the soft pulp with a spoon and mash it. Chop peppers, garlic, and onion, sauté in butter and mix with the mashed eggplant. Season with salt, pepper, chili and chopped parsley.

## Baklava بقلابة

is a rich, sweet dessert pastry made of layers of filo filled with chopped nuts and sweetened and held together with syrup or honey. It is characteristic of the cuisines of the Levant, the Caucasus, Balkans, Maghreb, and of Central and West Asia.

*Recipes for 6 serves:*

350	g	coarsely grated pistachios
150	g	powder sugar
1	tsp	cardamom
1	g	melted butter
2		sheets of a filo pastry or strudel (available in Turkish stores)



Mix pistachios, powder sugar and cardamom. Preheat the oven up to 160 °C. Butter a rectangle-shaped baking tin. Take six sheets of the filo pastry and put one by one into the baking tin, brush melted butter on each before. Now, sprinkle one half of the pistachios over the top. Repeat this action. The last six sheets of pastry should form the surface of the dish. Cut into small rectangles of about 4 x 6 cm. Brush the rest of the melted butter on the rectangles. Bake for 20 minutes at about 200 °C. Continue baking until the surface is golden brown. Remove from the oven, sprinkle three parts of the syrup over the Baklava. Arrange one piece on a nice plate and offer the rest of the syrup separately.

### Syrup

450	g	sugar
300	ml	water
2	pc	cloves

Put water and sugar into a pot and bring to boil. Simmer for ten minutes. Let it cool.

## Marinated Gin-char/ char on the salt rock

### Horseradish mousse/Caviar from the whitefish

*Recipes for 4 serves:*



#### Marinated Gin-Char

2 – 4	pieces	Filet of char
60	g	sugar
60	cl	salt
100	ml	Gin
1		organic orange
½		organic lemon

Mix all ingredients and put it on a plat.  
Place the char on it and let it stand in the refrigerator for approximately 24 hours.

#### Horseradish mousse

330	g	butter milk
100	g	cream
2 – 3	sheet	gelatine
		fresh horseradish
		salt and pepper

Season butter milk with horseradish, salt, pepper.  
Put the soaked gelatine into a pot, let it melt and stir with a whisk.

Spread on a tray – about 1 cm high – and refrigerate for 2 hours. Cut out small rings with a cookie cutter.

#### Quinoa-Paper


Soak 1 tablespoon in 100 ml cold water and leave for 15 minutes.

Spread on a silicon mat and bake at 160 °C

Tip: If the mass should be to thick, add water.

#### Char on a salt rock

1	piece	Fresh char filet – about 120 g
½	dl	lemon oil
½	dl	salt rock

Cut the filet into four parts.

Heat the salt rock in the oven at about 100 °C.

Spread the rock with lemon oil and put the char on it. Let steep 5 minutes.

#### Carrot Makaronen

6	g	Albümina
60	g	reduced carrot juice
5	g	Malto
		salt

Reduce carrot juice and then cool. Mix with put into Albümina in a Blender, fold Malto in it. After that put into a piping bag and make small Makaronen on a tray. Let dry in an oven at about 50 °C for 24 hours.

#### Sepia-Sponge

40	g	flour
60	g	egg white
10	g	Sepia ink
15	g	water
1	piece	CO <sub>2</sub> capsule for ISI
		salt

Mix all ingredients, drain through a strainer and fill in an ISI bottle. Screw on one ISI capsule. After that fill in a glass or cup and bake into the Microwave at a low level.

#### Lemon-Confit

1	piece	organic lemon
10	g	sugar
2 – 3	tips	rosemary

Cut organic lemon into small cubes. Melt butter in a pan and add lemon cubes. Simmer softly for about 10 minutes. Season with finely chopped rosemary tips



**With sour milk braised blade bone from the dairy calf**  
**Sauce Madeira/Vegetables of the season**  
**Puree of truffle potatoes**



*Recipes for 4 serves:*

**Blade bone**

1.200	g	blade bone from the dairy calf	Vacuuming blade bone from the dairy calf with sour milk, organic lemon peel and rosemary and cook sous vide at 59 °C for 4 - 5 hours. Then open vacuum bags, drain water and fry short in butter lard.
125	ml	sour milk	
1		twig rosemary	
1		organic lemon	

**Vegetables vary depending on the season**

4		shallots	Peel shallots and candy with thyme and one slice of garlic in nut butter. Sauté young leeks in butter and steam with veal or poultry fond.
4		young leeks	
2		parsley roots	
2		young fennel	
1		gold turnip	Brush parsley roots, vacuuming with olive oil and one branch of tarragon and steam in a steamer at 90 °C. Slightly fry young fennel in butter, deglaze with Noilly Prat, infuse with Fond and cook till the fennel is al dente. Cut gold turnip into slices. Marinate raw turnip with olive oil, salt and Calamansi Balsam vinegar. Cut Chioggia turnip into filmy slices and ferment with 3 % brine in darkness for 10 days.
1		Chioggia turnip	
		vanilla	

**Puree of truffle potato**

100	g	truffle potatoes	Steam potatoes – with the skin. Peel, mash and stir well with lukewarm milk, cream and butter until smooth. Season with salt and nutmeg.
½	dl	milk	
20	ml	cream	
10	g	butter	

**Sauce Madeira**

1		shallot	Cut shallot into filmy slices. Fry in a pan. Add Port Wine and Marsala and reduce to the half. Fill up with veal stock. Reduce once more to the half. At the end mix with cold butter shortly.
½	dl	white Port	
½	dl	Ruby Port	
1	dl	Marsala	
½	l	dark veal stock	
10	g	butter	

## Frozen lemon dessert

*Recipes for 4 serves:*

### Lemon

150	g	fresh squeezed lemon juice
30	g	sugar
2	cl	Limoncello
1	g	Xantana
2	l	liquid nitrogen
		salt and yellow lime colour



Mix all ingredients and fill in balloons.  
Form lemons and freeze in nitrogen.

### Espuma

75	ml	sugar syrup
40	g	fresh squeezed lemon juice
35	cl	Limoncello
250	g	yogurt
1,5		gelatine
1	g	citras
		vanilla

Blend all ingredients and add liquid gelatine.  
Fill in a ISI bottle and cool it in a freezer.

### Gel

1	dl	sweet wine
1 - 2		gelatine
		bergamot

Mix all together.  
Cool in a freezer and cut into 1 cm cubes.

### Air chocolate

200	g	white chocolate
45	g	rapeseed oil
27	g	cocoa butter

Melt everything in a pan and put into a ISI bottle with  
1 ISI capsule.  
Place in a water bath at 50 degrees for half an hour.  
Then leave the bottle into the water bath at 27  
degrees for approximately one hour.  
Add another ISI capsule and inject into a vessel.  
Break off pieces with a fork.

### Styrofoam from the raspberry

12,5	g	Albumin
125	ml	reduced raspberry juice
10	g	Malto

Whip Albumin with raspberry juice, fold Malto  
carefully and spread the mass ½ cm onto a silicone  
mat.  
Dry at 50 degrees for 48 hours.

### Chocolate earth

43	g	sugar
47	g	handy flour
35	g	cold butter
1	g	salt
15	g	cacao

Knead briefly and crumble on a tray.  
Bake in an oven at 150 degrees for 10 minutes.  
Let it cool and crumble again.

### Schnee

10	g	lemon oil
10	g	Malto

Stir all ingredients in a kettle until a nice  
Similar snow structure is created.

### Garnishing

Gold leaf, mint, frozen organic lemon, crème fraîche.

## Curd dumplings

16	g	butter
1		egg
200	g	curd cheese
10	g	granulated Sugar
40	g	breadcrumbs
10	g	semolina
		grated lemon peel
		grated orange peel
		Salt, Vanilla

### *Recipes for 4 serves:*

Add curd cheese, butter, egg, sugar, breadcrumbs, semolina, grated lemon and orange together. Season with salt and Vanilla. Mix until a smooth dough is formed. Let rest. Form small dumplings. Put the dumplings into boiling salty water and let them simmer for 15 minutes. Heat the butter in a pan and lightly brown the breadcrumbs. Serve with breadcrumbs and melted butter. Sprinkle with ice sugar.

## Apple strudel

100	g	breadcrumbs
80	g	butter to melt
800	g	apples slight sourly
80	g	granulated Sugar
50	g	raisins - soaked with Rum
1		freshly squeezed Lemon
80	g	butter to cover
		icing sugar

### *Recipes for 10 serves:*

Peel the apples, remove the cores and slice them thinly. Preheat the oven up to 200 °C. Roll the strudel dough and put on a cloth. In a small saucepan, simmer some butter for brushing. Spread a third of the pastry with melted butter and sprinkle with breadcrumbs. Distribute apples evenly, sprinkle with cinnamon, sugar and raisins. Cut out the edges of the dough and roll up with the cloth. Carefully place the apple strudel on a baking tray. Bake in the oven 190 °C for approximately 40 minutes until it has a golden brown colour. Portioning and sprinkle with icing sugar.

## Sweet cut-up pancake

2		egg yolk
2		egg white
40	g	flour
40	ml	milk
		salt
40	g	sugar
20	g	Butter
20	g	raisins
1	cl	Rum 80 %
		icing sugar for sprinkling

### *Recipes for 2 serves:*

Separate the eggs and beat the egg whites with sugar until stiff. Mix milk, egg yolks, salt and flour together. Fold in the beaten egg whites carefully. Heat some butter in a pan and pour in the batter about 2 cm high. Spread raisins over it. Let the batter bake at low heat until golden brown. Then turn it and bake it on the second side until golden brown. Cut into pieces and sprinkle with icing sugar. Serve with stewed plums

## Stewed plums (Zwetschkenröster)

Wash, core and cut in half 200 g Plums. Caramelize 40 g sugar in a pan until golden brown. Deglaze with 100 ml red wine and simmer until the sugar dissolves. Put scraped vanilla seed into the red wine. Add half cinnamon stick and the plums. Simmer about 5 minutes. Strain the liquid in a bowl and stir dissolved Maizena. Put plums into the liquid.



## Culinary trip through Europe in Villach 23.4.2018 – 28.4.2018

Many thanks for all students from Estonia, Spain, Finland and Austria for giving their time and effort to join these project days in Villach. You made these days by putting yourselves to prepare and create dishes with our chefs.

You were able to collect experiences together, expand your expertise and make friends.

Also, we are very grateful for teachers and coordinators responsible to make this happen with all partners.

The aim for meeting in Villach was the Ethnic kitchen but also traditional kitchen new construed.





# Spain

Spain's third-largest city is a magnificent place, a wonderfully liveable city with thriving cultural, eating and nightlife scenes. Never afraid to innovate, Valencia diverted its flood-prone river to the outskirts and converted the former riverbed into a glorious green ribbon of park winding right through the city. On it are the strikingly futuristic buildings of the Ciudad de las Artes y las Ciencias. Other brilliant contemporary buildings grace the city, which also has a fistful of fabulous Modernista buildings, great museums, a long stretch of beach and a large, characterful old quarter. Valencia, surrounded by its *buerta*, a fertile zone of market gardens, is famous as the home of rice dishes such as paella, but its buzzy dining scene offers plenty more besides; it's a superb spot for eating.



# Esgarraet

## Cod and red pepper Salad

### Recipe for 4

#### Ingredients

6		red peppers
250	g	salted cod crumbs
3		cloves of garlic
100	ml	Olive Oil



1. Roast the Red Peppers till the meat could separate from the skin
2. Let the peppers cooling down, peel them and cut them into stripes
3. Dice the garlic (not much)
4. Crumble the salted cod
5. Mix and stir everything in a bowl
6. Add the olive oil
7. Stir again, cover it with some plastic wrap and leave to stand for some hours
8. Serve it to take with bread slices

- \* It is much tastier when prepared a day earlier
- \*\* You can keep it for a few days in the fridge
- \*\*\* Optional: add some black olives cut into pieces



# Clóchinas Valencianas al vapor

## Valencian Steamed Mussels

Recipe for 4

### Ingredients

- 1 kg Valencian mussels
- 3 garlics
- 1 lemon
- 1 red paprika teaspoon
- 2 bay leaves
- 1 sprig of parsley
- A few grains of black pepper



1. Rinse and clean the mussels scraping the surface
2. Put the mussels in a pan or casserole
3. Mash the garlics and add them to the pan
4. Cut the lemon into pieces, squeeze it and add the pieces to the pan
5. Add the bay, the black pepper and red paprika, also add the chopped parsley and the olive oil
7. Cover the pan to cook them over medium heat
8. Do not add water as the mussels release water themselves
9. Shake the pan to get the mussels open and keep them turning
10. Check constantly as in a few minutes they will be opened

\* The Valencian mussel is smaller than other mussels around Spain





# Valencian Paella

## Recipe for 5

### Ingredients

500	g	rice
500	g	rabbit meat
1000	g	chicken meat
150	g	diced tomatoes
250	g	green beans
125	g	garrofon (large white beans)
½	dl	olive oil
6	g	sweet paprika
Saffron (for colouring)		
Salt, Water, Sprig of rosemary		



1. Prepare a good wooden fire and level the paella pan (put some oil and check it remains in the middle)
2. Sauté the meat pieces (rabbit and chicken already cut down into pieces) with olive oil in a paella pan
3. Add the green beans, the large white beans (garrofon) and the diced tomatoes to the meat and keep frying
4. When everything is well roasted, add water (but not the to top of the pan) and stir. You can add the rosemary here or in the end
5. Cook everything until the meat is fully cooked
6. Add the rice forming a cross and then the saffron. Stir everything altogether
7. Taste it, if needed, add a little of salt
8. Add a little water to get the same previous level
9. Cook on the fire for about 15-20 minutes
10. Remove from heat and leave it to rest for some minutes



## All i pebre **Eel Stew**

**Recipe for 4**

### **Ingredients**

1	kg	eels
500	g	potatoes
1,5	dl	Extra Virgin Olive Oil
50	g	sweet paprika
½		chilli pepper
1		clove of garlic
Salt		
½	l	water



### **Eels**

1. Rinse the eels with cold water and cut down their heads, and the end of their tails
2. Rinse again and dry them with a cloth
3. Cut the eels into pieces of 6-8 cm aprox and season them

### **Sauce (all i pebre)**

1. Crush/mash the garlic cloves into a casserole or a pan and fry them
2. When the garlies start to fry, add the sweet paprika stirring all time
3. Add a lot of water
4. When the water is boiling, add the peeled potatoes already cut into small pieces (using the starch from cutting them as a natural thickening for the sauce)
5. Halfway through the cooking time add the eels
6. Add salt and chilli pepper (depending on how spicy you would like the stew)
7. Cook it for 15-20 minutes
8. Leave to stand for 5 minutes within the casserole

### **\* Optional \***

In some parts of the Valencian region, it is added a paste of smashed almonds or even some bread to thicken the sauce. But the real recipe from the surroundings of Valencia city and its 'Albufera' is the one mentioned above.



Arnadí

## Pumpkin and sweet potato sweet

### Recipe for 10

#### Roasted Sweet potatoes

500 g sweet potatoes  
Aluminum Foil



1. Rinse with water the sweet potatoes
2. Wrap them with aluminum foil
3. Put them into the oven to be roasted from 60 to 100 °C for about 40 minutes
4. Peel the sweet potatoes to get the pulp after they cooled down

#### Roasted Pumpkin

1. Rinse with water the pumpkin
2. Cut it into halves
3. Put it into the oven to be roasted at 180 °C for about 45-50 minutes
4. Peel the pumpkin to get the pulp after it cooled down and remove the seeds

#### Mixed Pulp

500 g sweet potatoes pulp  
500 g pumpkin pulp  
1 kg white sugar  
4 pcs egg yolks  
1 teaspoon of cinnamon

1. Smash both pulps
2. Put the mixed pulp into a fine mesh strainer. Leave it straining all night long
3. Add the sugar, and the egg yolks to the dough
4. Put the dough into a pan and stir for 15 minutes
5. Add the lemon zest, the grinded and crashed almonds and the cinnamon to the dough
6. Put the final dough into a clay pot, a tray or any container
7. Decorate it with the whole almonds and pine nuts already roasted in a frying pan
8. Put the container into the oven at 150 °C until it is golden

## Mona de Pasqua Easter Cake

### Recipe for 10

- 75 ml oil
- 125 ml water
- 200 ml milk
- 25 g compressed yeast
- 125 g sugar
- 1 vanilled sugar sachet
- 2 pcs eggs (120 g)
- 10 pcs boiled eggs
- 550 g strong flour
- 5 g salt



1. Dissolve the dried compressed yeast in the water and sugar
2. If air bubbles appear, add the rest of sugar, one egg, oil, flour and salt
3. Cover the dough with a cloth
4. Leave the dough aside till it doubles its volume
5. Make the 'Monas' shapes you prefer: animals, instruments. Put a boiled egg into the Mona and cover it with stripes of dough (simulating mouths, nests, boxes,..)
6. Paint the 'Monas' with a beaten egg and decorate it with colourful toppings
7. Heat the oven to 180 °C and leave it for 10 minutes
8. The boiled egg it is usually painted in assorted colours using natural colourants

## Culinary trip Through Europe in Valencia 03.04.2017 – 07.04.2017

Many thanks for all students from Austria, Estonia, Finland and Spain for giving their time and effort to join these project days in Valencia. You did your best during these days by putting yourselves to share dishes and all the experiences with the greatest teamwork ever.

Also, we are very grateful for teachers and coordinators responsible to make this happen with all partners. Danke Heinz, Aität Enna, Kiitos Jorma! Special thanks to KM Günther Prommer, „der Vater“ for this project.

The aim for meeting in Valencia was 'How to prepare Traditional Cuisine with Healthy Background considering allergies' Many thanks for Laura Guillem for her interesting conference. We would also like to thank some people contributing not only to this training activity such as the nutritionists from the company Comensanas and all the staff from Instituto INTER for their cooperation.

Hope that this partnership will be the first of a kind in the line of great co-operation projects for the future.



# Finland, North Karelia

North Karelia is a European meeting point of eastern and western cultures and religions.



The local food culture is based on influences from east and west made from the treasures of the forests and lakes. There are about 2,000 lakes and two thirds of the area is covered by forest.



North Karelia is a place where the Finnish national epic, the Kalevala, was created and it continues to be a source of inspiration of many. Koli National Park, the official Finnish National Landscape is one of the most famous nature attractions in Finland.



## Sokerisuolattua siikaa Sugar salted whitefish

### Recipes for 10

#### Sugar salted whitefish

500	g	whitefish file
100	g	sugar
100	g	salt

1. Mix salt and sugar.
2. Set the whitefish in the mixture and let it rest for 1 hour.
3. Rinse with cold water.

#### Whey sauce

100	g	butter whey
100	g	cream
100	g	crème fraiche
100	g	fish stock

1. Warm whey, cream and fish stock.
2. Put in the blender and add crème fraiche, season with salt and sieve.
3. Add some butter if it is necessary.

1. Mix sugar and salt.
2. Put the mixture in a large bowl.
3. Make some small pots of the mixture.
4. Separate egg whites and yolk and put egg yolks to the sugar salt pots.
5. Cover all of egg yolks with sugar-salt mixture.
6. Dry yolks in the oven at 50 degrees, 12 hours.
7. After that rinse all yolks and dry another 12 hours.



#### Dill oil

1	pack	dill oil
---	------	-------------

1. Blanch dill two minutes and then put dills in ice water.
2. After that dry with paper and put in the blender with regular oil.
3. Mix with the blender until temperature has risen almost 60 degrees.
4. Put the mixture in a bowl and cool with ice.

#### Salted egg yolk

5	pcs	egg
300	g	sugar
200	g	salt

Villisikapatè

## Wild boar pâté

### Recipes for 10

#### Dough

- |     |    |              |
|-----|----|--------------|
| 112 | g  | lard         |
| 150 | ml | water        |
|     |    | salt & sugar |
| 312 | g  | durum flour  |
1. Melt lard, cool it and add water, then boil the mixture.
  2. Mix flour and spices.
  3. Add the boiling lard and water mixture into the flour.
  4. Knead carefully.
  5. Cover the dough with clinging film and let it cool down in a fridge for at least one hour.

#### Paté

- |     |   |                |
|-----|---|----------------|
| 250 | g | Wild boar      |
|     |   | salt           |
|     |   | sugar          |
|     |   | black pepper   |
|     |   | thyme & garlic |
1. Use a meat grinder and add salt, pepper and sugar.
  2. Roll the dough into flat plates.
  3. Put the dough into a pâté casserole.
  4. Cover the casserole with ground meat and seal with the dough. Seal the seams with egg.



5. Cook in the oven in 175 c until the pâté is 68c.

#### Chanterelle caramel

- |     |   |             |
|-----|---|-------------|
| 500 | g | chanterelle |
| 500 | g | cream       |
1. Put the ingredients in a casserole.
  2. Boil until the cream is caramelized.
  3. Mix on a blender and season with salt.

#### Pickled vegetables

- |     |    |               |
|-----|----|---------------|
| 200 | g  | romanesco     |
| 200 | g  | broccoli      |
| 1   | dl | sugar         |
| 2   | dl | apple vinegar |
| 3   | dl | water         |
1. Boil the ingredients until the sugar melts.
  2. Cool it down.
  3. Pour onto the vegetables.
  4. Put in the fridge over night.



# Prässättyä lampaanniskaa

## Over cook lamb

### Recipes for 10

#### Over cook lamb

- 2 kg Lamb neck  
water  
bay leaf  
salt & pepper
1. Put the meat into an oven casserole, add the seasonings.
  2. Cover the meat with water.
  3. Cover with baking paper.
  4. Cook in an oven in 87c overnight.
  5. Rip the meat into small pieces while warm.
  6. Cover a loaf pan with clinging film and place the meat into the pan under a press. Let it cool down overnight.
  7. Cut the cold meat into pieces.
  8. Before serving heat the surface in a pan with seasoned butter and then heat in the oven.

#### Cranberry puree

- 1 kg cranberries  
salt  
sugar
1. Boil the cranberries.
  2. Put in a blender.
  3. Pass it through the strainer,
  4. Add salt and sugar.



#### Potato foam

- 500 g floury potatoes  
5 dl full milk  
salt
1. Boil the potatoes.
  2. Add warm milk.
  3. Put it into siphon.
  4. Add two carbon dioxide cartridges.
  5. Serve.

#### Red wine sauce

- 2 shallots  
1 beetroot  
1 garlic  
fresh thyme  
3 dl red wine  
mushrooms  
3 dl lamb sauce  
salt & pepper  
bay leaves
1. Fry the vegetables.
  2. Add the lamb sauce, wine and vegetables.
  3. Reduce into half.
  4. Strain the sauce.
  5. Brighten with butter.
  6. Check the flavor and thicken with flour if needed.

## Porofilettä

### Reindeer sirloin 55 °C

#### Recipes for 10

#### Reindeer sirloin 55 °C

1,5 kg reindeer sirloin  
salt, thyme, garlic  
spruce sheets  
butter  
salt

1. Put meat in the vacuum bag and add thyme, garlic and spruce sheets.
2. Close bags and cook with circulator 60 degrees until meat temperature is 54 degrees.
3. Before service, cook on the frying pan and make pretty brown colour on top of the meat. Season

#### Celeriac puree

500 g celeriac  
cream  
salt

1. Roast celeriac in the oven.
2. Put in the blender with cream.
3. Season with salt.



#### Game sauce

100 g meat  
5 pcs juniper berry  
rosemary  
4 dl reindeer stock  
2 dl red wine  
6 tsp honey  
1 dl black currant  
2 tsp balsamico vinegar  
whole black pepper  
1 butter

1. Cook meat, onion, spices until onion color is golden brown.
2. Add honey, wine and vinegar and boil until half is left.
3. Add currants and reindeer stock and cook 10 minutes.
4. Sieve.

Mustikkaa ja sitruunaa

## Blueberries and Limoncello

### Recipes for 10

#### Blueberries and Limoncello

800 g blueberries  
5 dl Limoncello  
sugar

1. Boil Limoncello quickly.
2. Add blueberries into warm stock.
3. Let it rest overnight.

#### Lemon yogurt

150 g yogurt  
1 lemon peel and juice  
1 gelatin  
sugar & vanilla sugar

1. Mix the ingredients.
2. Put in a fridge.

#### Blueberry sauce

300 g blueberries  
water  
sugar

1. Boil the blueberries with sugar.
2. Squeeze through a sieve.
3. Check the flavor.

#### Rye biscuit

300 g rye flour  
200 g butter  
175 g sugar

1. Mix the ingredients.
2. Roll the dough into thin circles.
3. Put the biscuit on a baking tray.
4. Cook in 180c for 5 - 6 minutes.
5. Let it cool.



#### Lemon caviar

100 g lemon juice  
1 gelatin

1. Put the gelatin in cold water for 15 minutes.
2. Warm up a small amount of lemon juice and add gelatin.
3. Mix the ingredients.
4. Let it cool down.
5. Add small drops into cold oil with a syringe.

#### Blueberry meringue

120 g egg yolk  
120 g sugar  
120 g powdered sugar  
dried blueberries

1. Whisk the egg yolk and sugar into foam.
2. Add powdered sugar in three parts and whisk until the foam is hard.
3. Spread onto a baking tray.
4. Sprinkle with dried blueberries.
5. Dry in the oven in 80c.

Raparperia kolmella tapaa

## Rhubarb trio

### Recipes for 10

#### Rhubarb porridge

1,5	l	rhubarb juice
120	g	sugar
165	g	semolina

1. Add all in the saucepan and cook 90 min.
2. Whisk.

#### Caramel Anglaise

250	g	sugar
75	g	water
5	dl	warm cream
5	dl	milk
240	egg	yolks
1	g	salt
		vanilla seeds

1. Cook sugar and water until 200 degrees.
2. Add warm cream and whisk.
3. Add vanilla seeds, milk, egg yolks, salt and cooked until temperature is 82 degrees.
4. Cool immediately.
5. Service: 125g porridge base and 100g caramel Anglaise.
6. Put in the soda siphon and add two gas bullets.
7. Keep it warm!



#### Marinated rhubarb

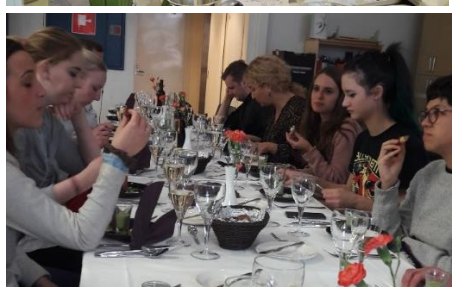
500	g	rhubarb
		rosemary
		sugar cinnamon
		water

1. Clean rhubarb and make pieces.
2. Put in the vacuum bag with sugar, water, cinnamon, rosemary.
3. Cook in the circulator 5 min 65 degrees. Cool with ice!

#### Spruce ice cream

5	dl	double cream
5	dl	full milk
100	g	sugar
100	g	glucose
200	g	egg yolk
2	pcs	vanilla
		spruce twigs

1. Vacuum twigs with milk, cream and vanilla.
2. Cook in a circulator 70C / 45 min.
3. Whisk the yolks and sugar into a white foam.
4. Combine the foam and cream milk and cook in a circulator in 82 degrees for 45 min. Cool.
5. Freeze it in a pacojet tray for 24 hours.



## **Culinary trip Through Europe in Joensuu 02. – 8.5.2017**

Many thanks for all students from Austria, Estonia, Spain and Finland for giving their time and effort to join these project days in Joensuu. You made these days by putting yourselves to share and create dishes and all the experiences with the greatest teamwork you can hope.

Also, we are very grateful for teachers and coordinators responsible to make this happen with all partners. Danke Heinz and Karl, Aitäh Enna and Heli, Gracias Jaume and Jesus! Special thanks to KM Günther Prommer, „der Vater“ for this project.

The aim for meeting in Joensuu was the Modern Cooking Technology and Methods. Many thanks for Metos Development Manager Janne Tirkkonen for his tempting lesson and material.

Hope that this cooperation will be the first of a kind in the line of great co-operation projects for the future.

Danke - Aitäh - Gracias – Kiitos



# Estonia

**Estonia** is situated in the Baltic region of Northern Europe. It is bordered by the Gulf of Finland in the North, by the Baltic Sea in the west, by Latvia in the south and by the Russian Federation in the east.

The capital and the largest city of Estonia is Tallinn. The territory of Estonia 45,227 km<sup>2</sup> and the population 1, 3 million.

Our school is situated in Haapsalu, which is a small summer resort town on the western coast with the population just about 10000 people. **Haapsalu** is a nice quiet town, famous for its curative sea mud, warm seawater and the legend of the White Lady. During the summer it holds a lot of summer festivals and concerts, the most well-known are the blues festival the August Blues and the Days of the White Lady.



## THREE-COURSE OLD ESTONIAN MEAL

### STARTER: Barley flour-curd scone with egg-herb butter (for 15 people)



#### The scones

2 baking-trays  
500 g of curd  
1 l of milk  
2 eggs  
4 tsp of salt  
200 g of butter  
600 g of barley flour  
240 g of wheat flour  
3 tsp of baking powder  
Sprinkle with 100 g sunflower seeds

#### How to cook:

Melt the butter. Mix the flours and baking powder. Beat the eggs. Mix the curd, milk, salt and sugar into the beaten eggs. Add the melted butter and flours with baking powder. Pour the batter on the baking-tray (GN-container) covered with baking-paper and sprinkle with sunflower seeds. Bake in the oven at 180° 15-20 minutes. Check the readiness of the scone by inserting a wooden match in the centre of the batter. It does not stick to the match when it is well cooked. Serve with the herb butter

#### Herb butter

400 g of room warm butter  
100 ml of olive oil  
3 boiled eggs  
1 pot of herbs (dill or chive or parsley)  
Salt

#### How to cook:

Boil the eggs. Cool and grate with a bigger grater. Chop the herbs. Mix the room temperature warm butter with the olive oil into smooth mass, add the herbs, eggs and salt. Stir thoroughly.



# TRADITIONAL ESTONIAN PARTY MENUS

## Ham roll on the toasted black bread (30 pieces)

### Ingredients:

15 slices of black bread  
Cream cheese  
Lettuce leaves  
15 slices of ham  
300 g of cheese  
70 g of mayonnaise  
2 gloves of garlic



### How to cook:

**Black bread:** Cut the bread slices into round shapes. Put them on the baking tray, covered with a baking paper. Brush them slightly with oil and bake in the oven for 6 minutes with 200°C. Let them cool, spread the cream cheese on each slice and cover with the lettuce leaf.

**Filling:** Grate the cheese and the garlic with a smaller grater (to get smaller pieces) and mix it with the mayonnaise. Roll the slices of ham and fill them with the cheese-garlic-mayonnaise mix. Garnish with cornichons (small pickles).

## Devilled eggs (Filled eggs) (30 pieces)

### Ingredients:

#### Eggs:

50g of butter  
12 eggs  
50 g of mayonnaise, Salt

#### For garnish:

Cucumber  
Cranberries



### Cooking:

Boil the eggs for 10 minutes, after taking them off; cool them down in a cold water. Peel the eggs, cut them carefully lengthwise into 2 halves and separate the egg yolk from the white. Cut a thin slice from the bottom of the egg white, so they will stand better on the tray. Put the egg yolks, butter (room temperature) and mayonnaise into the blender and whip, if it feels too thick add more mayonnaise. Put the mixture into the piping bag and fill the egg whites. Garnish with cucumbers and cranberries.

## Roasted pork chop with wild mushroom sauce, potato-swede casserole and stewed cabbage (for 15 people)



### Ingredients Pork:

3 kg of pork neck chop  
Black pepper, salt  
Flour  
Dried herbs

### Sauce:

1litre of 35% fresh cream  
400 g of wild mushrooms  
Mustard  
30 g of butter  
Salt, pepper

## Casserole

1.4 kg of potatoes  
1.4 kg of swede  
200 ml of 35% cream  
Salt, pepper  
Parsley

### Cabbage:

800 g of cabbage  
100 g of onions  
200 g of apples  
40 g of butter  
Salt



### How to cook:

**Pork chops:** Mix salt, pepper and herbs with the flour. Coat the chops from both sides in flavoured flour. Fry the chops on the pan-frying on both sides in a hot fat. Lie the fried chops in a big oven dish with high edges. Cover the dish with foil and roast with 150° for about 45 minutes until the meat is almost soft.

**Sauce:**

Heat the butter on the pan and add the mushrooms. Fry as long as the liquid is gone. Add the cream and boil until it thickens. Flavour with mustard, salt and pepper.

**Casserole:**

Wash and peel the potatoes and the swede. Chop the parsley. Cut them into thin slices by using the mandolin slicer. Season with salt and pepper. Lay up the slices into a GN dish and sprinkle the chopped parsley between the layers. Brush the layers with cream, cover the dish with foil and cook in the oven for 45 minutes at 180°.

**Cabbage:**

Cut the cabbage, onion and apple into thin strips. Melt the butter in the pot, add the vegetables and cook with a low heat. When cooking, cover the pot with baking paper. Season with salt.

**Beetroot salad**

800 g boiled beetroot cut into smaller pieces

**Marinade:**

6 dl of water and 6 Tbsp. of apple vinegar (or 2 Tbsp. of ordinary vinegar), 2 Tbsp. of cumin, 4 Tbsp. of sugar, 2 laurel-leaves, 6 grains of allspice, pepper, clove and 1 tsp of salt

**How to cook:**

Boil the marinade of vinegar and spices, let it cool, drain it and pour all over the beetroot pieces. Let it sit for some time.

# Bread sponge with curd and prune mousse and Old Tallinn sauce

(for 15 people)



## Ingredients

### Sponge:

10 eggs  
50 g of wheat flour  
200 g of black bread crumbs  
200 g of sugar

### Cream:

400 ml of 35% fresh cream  
750 g of curd  
The juice and rind of lemons  
160 g of sugar, 100 g of sugar  
250 g of prunes  
300 ml of Old Tallinn liqueur (Vana Tallinn)

### Sauce:

200 g of cranberries, 100 g of sugar, apple juice for soaking

## How to cook:

**Sponge:** Separate the egg yolks from the egg whites. Whip the whites into a thick foam. Whip the egg yolks with sugar and fold lightly into the foamed egg whites. Sieve the flour and the breadcrumbs into the foam fold mixture lightly. Spread the foam on the baking tray, covered with baking paper. The foam has to be about 2,5 cm high. Bake the batter at 200° C for 5-7 minutes until it is golden. Take from the oven and cool it down.

**Mousse:** Boil the Old Tallinn liqueur with sugar and prunes until the alcohol has evaporated and the mixture has become slightly syrupy. Drain the prunes out of the mixture and leave the liquid for the sauce. Puree the prunes and mix it with curd and sugar. Whip the cream and mix it lightly into the curd.

**Sauce:** Cook the cranberries until they are soft, puree and mash through the sieve

**Serving:** Cut the round shapes from the cooled sponge. Soak with the juice and put some mousse on it. Place one cut round sponge covered with mousse, top with another cut round sponge covered with mousse and sprinkle with the sauce.

## Fish-potato burgers (Western Estonia), sour cream sauce with cucumbers and beetroot salad (for 15 persons)



### **Burgers**

600 g of boiled potatoes  
4 eggs  
2 Tbsp. of sour cream  
2 small onions  
2 tsp of sugar  
6 Tbsp. of wheat flour  
200 g of salted herring  
600 g of fresh salmon  
Fresh dill, Oil for frying

### **How to cook:**

Peel the potatoes and onions. Grate the potatoes with a bigger grater. Cube the herring and the salmon (without the skin) into small cubes. Mix the potatoes together with eggs, sour cream, chopped dill and the small fish cubes. Add the sugar and the flour. Let it sit for 15 minutes. Shape mixture into individual burgers. Fry the burgers about 2 minutes on both sides. If needed, lay the burgers out on a baking-tray and bake them at 200 ° for about 5 minutes.

### **Sour cream sauce with cucumbers**

2 dl of sour cream  
0.5 dl of mayonnaise  
2 pickles (or cucumber)  
2 boiled eggs  
Chopped dill  
Salt

### **How to cook:**

Boil the eggs, then cool and peel them and chop or grate with a bigger grater. Chop the pickles (or the cucumber) into very small cubes (0.3 cm). Mix the sour cream and mayonnaise, add the pickles (or cucumber) and chopped dill. Season with salt.

## Oven baked apples with vanilla sauce (for 15 people)



### Vanilla sauce

1.5 l of milk

2 tsp of vanilla paste

6 egg yolks

100 g of sugar

2 Tbsp. of corn starch

Salt

### How to cook:

Heat the milk to boiling; add the vanilla paste and a bit of salt. Beat the egg yolks with sugar and corn-starch. Add 2 ladlesful of hot milk and stir. Pour the egg mixture into the hot milk and let it simmer at a low temperature until it gets thicker. Cool it down on the ice dish, stirring lightly.

### Oven-baked Apples

2 kg of apples – cut into halves and take out the seeds. Spread the dish with the butter, sprinkle with breadcrumbs. Set the apples into the dish, the cut side up and brush with melted butter. Sprinkle with sugar-cinnamon mix. Bake in the oven at 180 ° until the apples are ready.

## Culinary trip Through Europe in Haapsalu 23. – 27.10.2017

Many thanks to all the students from Austria, Spain, Finland and Estonia for giving their time and effort to join these project days in Haapsalu. You were great with preparing and creating the dishes and made a great teamwork, lots of new friends, useful skills and nice memories. In addition, we are very grateful for the teachers and coordinators who were responsible to make this happen. The aim of the meeting in Haapsalu was to introduce the old Estonian food and nowadays-traditional party menu.

We believe that working in this project heads us all into the co-operation ideas for the future between our schools and the students.

Thank you all for participating.



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