



Co-funded by
the European Union

3,2,1... Time for Health

Delicious Estonia

January 2024

January 2024



Estonian cuisine is very simple, modest, tasty and traditional



Tastes of Estonia

"Kalev" chocolate is always a nice gift



Kohuke is a type of sweet snack made from curd cheese

Estonians consider bread, especially traditional black rye bread, one of the most essential foods.

Instead of wishing "bon appetite", Estonians say may your bread last.



Estonian super food



honey



cranberry

herbal tea



blueberries



kefir



chanterelle



Black pudding (Verivorst)

Sausage made from blood and barley is called "blood sausage" due to its color. In Estonia it is a traditional Christmas food served with red berry jam.



Sauerkraut stew (Mulgikapsad)

Estonian side dish of sauerkraut. Stewed cabbage with pork, served with boiled potatoes.



Christmas Estonian food is easy and delicious. Marinated pumpkin salad together with cowberry-apple salad, beet-garlic salad, potato salad, smoked eel, marinated mushrooms, pickled cucumbers and tomatoes, black pudding, roasted pork, turkey or goose, blood sausage, homemade sauerkraut, meat jelly, mustard, homemade pies, gingerbread are mandatory dishes on Estonian Christmas table. Estonians like to drink beer or hot wine - mulled wine with cinnamon.



ring



Roosamanna or semolina mousse



pumpkin salad



liver pate

Mulgikapsad is a traditional dish of Estonia

It is cooked with pork and barley. It is very tasty.



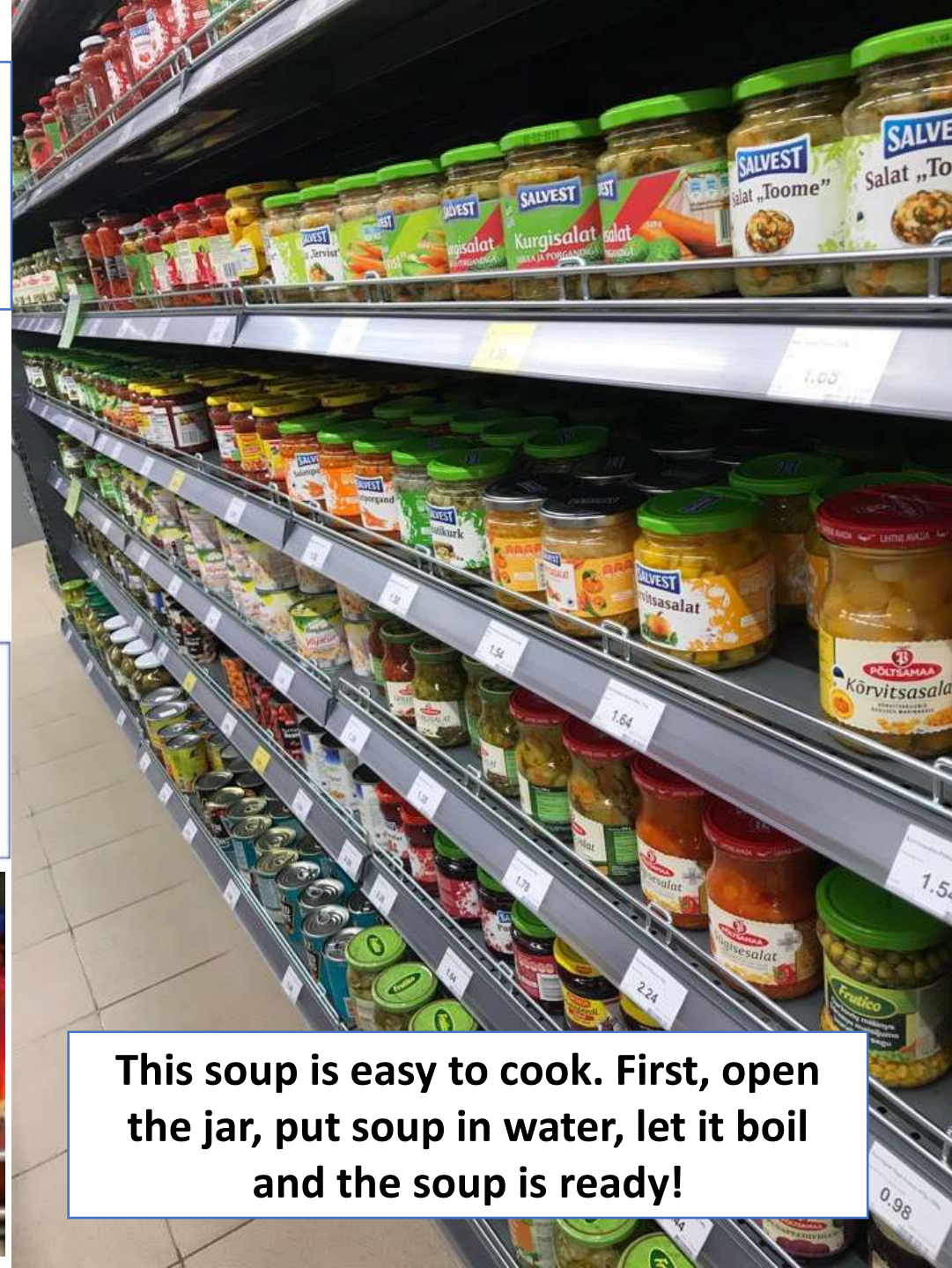
Rosolje is a salad made from potatoes and beets, a typical Estonian holiday dish.



Soups make up a large part of every Estonian`s diet.



Many people go to a local store after work and buy canned soup.



This soup is easy to cook. First, open the jar, put soup in water, let it boil and the soup is ready!

Milk soup with herring

In Estonia, people add dairy products wherever possible. One of the most exotic dishes is milk soup with herring.

Estonian cuisine used to have few spices and the combination of milk and sour foods was a way to diversify the taste of dishes. Now it has become a tradition.



When it comes to Estonian lunch, the answer is simple – soup, soup, soup. One of the most popular soups in Estonia is Solyanka.



A unique type of Estonian soup is **leivasupp**, a sweet soup made from black bread and apples, usually served with sour cream or whipped cream, often flavored with cinnamon.



**Estonians love to pickle everything:
vegetables and other foods.**



Wild berries and mushrooms have always enriched Estonian food.





Estonia has around 1,000 herbs to improve your health



You can try and buy organic products at various farms all over Estonia, for example, at the Konju farm, which is located near our town.



Thank you for your attention!

