

# TEN EPICURIOUS MASTERCLASSES

Tallinn  
2019

This cookbook was created on the support of the European Social Fund project PRÕM / “Development of Vocational and Higher Education for the Needs of the Labour Market” within the framework of the “Additional Language Learning Vocational and Higher Education” activities.



European Union  
European Social Fund



Investing  
in your future

## TEN EPICURIOUS MASTERCLASSES

Published by Tallinna Teeninduskool

Recipes by Kertu Lukas, Tim Bramish, Pensiri, Emmanuel Wille, Radoslav Mirto, Mathijs Rust

Marko Sõmer, Jevgeni Generalov

Photos Meeli Küttim

Layout Anu Uusmaa

# Contents

<b>Foreword</b>	<b>5</b>	Dark chocolate mousse	72
<b>Kertu Lukas</b>	<b>9</b>	with sour cream ice cream	
Paris-Brest	10	Pan fried <i>foie gras</i> , cherry compote, pistachios and brioche	76
Saint-Honore	14	Squab pigeon with braised chicory, beetroot and truffle sauce	78
Lemon tart	20	White chocolate “cheesecake” with passion fruit and lemon verbena	80
Flødeboller	24		
Wedding cake / Plum cake	28	<b>Mathijs Rust</b>	<b>83</b>
<b>Tim Bramish</b>	<b>35</b>	Tomato variation and trout	84
Salmon 2 ways	36	Morrells - cannelloni and duck leg	86
British style braised lamb shank	40	Trio of chocolate	88
Lemon tart	42	<b>Marko Sõmer</b>	<b>93</b>
<b>Pensiri Pattanachaeng</b>	<b>47</b>	Cured salmon with grapefruit salsa and horseradish mayonnaise	94
Marinated prawn patties, plum sauce	48	Corn fed chicken breast with tomato compote and pistachio sauce	96
Green curry with chicken, egg-plant	50	Mango parfait with almond tuille and raspberry gel	100
Warmed banana in coconut milk	52	<b>Jevgeni Generalov</b>	<b>103</b>
<b>Emmanuel Wille</b>	<b>57</b>	Salmon confit and goat cream cheese	104
Belgium asparagus soup with smoked elk meat	58	Mussels Coconut Soup	106
Quail fillet with saffron and spinach puree	60	Beef Striploin	110
3 rice pudding	64	Mixed Berry Clafoutis with Vanilla Ice Cream	114
<b>Radoslav Mirto</b>	<b>67</b>	<b>About Tallinn School of Service</b>	<b>117</b>
Seared scallops with squid and leek puree, butternut squash, apple and chorizo	68	<b>Students and teachers</b>	<b>119</b>
Roasted roe deer with celery puree, caramelized cranberries and fried ceps	70	<b>Index</b>	<b>123</b>



LET THE JOURNEY BEGIN

## Foreword

«10 Epicurious Masterclasses» – a cookbook which is created in need to provide additional language training for students of Tallinna School of Service specialising to be chefs and bakery-confectioners.

### **Why do the students need a cookbook like that?**

Tallinn is a small town compared to other capitals in the world, however, a large part of companies' income in Estonia comes from the tourism sector near Tallinn, one of which is the catering sector. The kitchens have become multilingual over the last decade, and the main working language of the most famous and popular kitchens is not Estonian. The most prestigious restaurants in Tallinn are run by Estonian chefs or foreign performers with international professional experience. Not only the chefs of the restaurants are multilingual, but *Sous Chef's*, *Commis'es* and *Chef De Partie* are multilingual as well.

Seven groups of students were involved

in the additional Professional English-language studies: five groups of chefs and two groups of Bakers-Confectioners'. Preparatory and follow-up language classes were group-based, with practical language classes taking place in small groups based on laboratory lessons.

The activities were initially planned for 100 pupils. Graduation was made conditional on participation in 70% of the lessons with the correlation of the submitted homework. Eventually, 102 pupils graduated from the project. The language level of the participating students was A2 – B2. Due to the project, students are able to express themselves better in a foreign language and are familiar with the English-language professional terminology used. The students have gained a competitive edge/advantage through the project to enter the Estonian and/or European Union labour market.

The selection criterion for chefs was either their mother tongue which was neither Estonian nor Russian and/or their international work experience as well as their daily communication in the kitchen in English.

All together eight chefs and one confectioner were involved in «10 Epicurious Masterclasses»:

**Kertu Lukas** – Suhrkuingel

**Tim Bramish** – restaurant Köök

**Pensiri Pattanachaeng** – restaurant NokNok

**Emmanuel Wille** – restaurant Olde Hansa

**Radoslav Mitro** – restaurants Ribe and Radio

**Mathijs Rust** – restaurant Monaco Nordic Hotel Forum

**Marko Sõmer** – restaurant Horisont Swissôtel Tallinn

**Jevgeni Generalov** – Gastro Studio

In practical classes, chef teachers were involved to draw attention to the process of work – and professional skills and thus the English language skills of teachers were improved. The language project activities helped students understand why they need good professional English skills in their future work. The lessons, which were supervised by top chefs of Tallinn restaurants, increased the motivation of students to study English furthermore in the future.

Looking for new projects :)

**Astrid Maidla**

*International Projects Coordinator*







HERE IT STARTS





## Sugar Angel Kertu Lukas

**Who is Kertu Lukas?** Kertu has her own confectionery company. She is a confectioner in her own company called “Suhkruingel”, where she works with another confectioner Kristi Jalakas. Together they make wedding cakes, birthday cakes and many other beautiful pastries.

Kertu has published a book full of delicious pastries and sweets. She made a book with her co-worker Kristi in 2015. Kertu herself said in this book, that she wants people to get knowledge about making pastries and also serving these on beautiful plates, trays and even in bowls.

She is actually a sommelier. That’s right, so if you can’t decide what kind of wine suits your dinner, then she is the one you should turn to!

Kertu has a bachelor’s degree. She studied public relations in The University of Tartu. She graduated in 2004 and in 2009 she went to Tallinn School of Service to become a confectioner.



## Paris-Brest

### *Pâte à Choux*

100 ml water

100 ml milk

100 g butter

125 g flour

2 g salt

2 g sugar

200 g eggs

30 g sliced (flaked) almonds

Preheat oven to 175–180 °C.

Line 2 large perforated baking trays with perforated silicone mat.

In a large saucepan, combine the water, butter, sugar and salt and bring to a boil. Add the flour all at once and stir vigorously with a silicone spatula until a tight dough forms and pulls away from the side of the pan, for 2 minutes. Remove the pan from the heat.

Transfer batter to a large bowl and allow to cool. Add the eggs one at a time, carefully incorporating each into the batter with a spatula.

When homogenous, transfer the dough to the piping bag fitted with star tip (14 mm). Pipe 7 cm diameter circles, sprinkle with

sliced almonds.

Place sheets in oven and bake. After 8–10 minutes, when they have started to puff up, open the oven door very slightly, about 2–3 mm, to allow steam to escape. Bake for approximately 30 minutes with the oven door slightly ajar, until golden (you can slip the handle of a wooden spoon into the oven to keep ajar).

Remove Paris-Brest from oven and allow to cool on wire rack.

### **Caramelized almonds and hazelnuts**

2 tbsp water

70 g granulated sugar

50 g whole almonds

50 g whole hazelnuts

In a saucepan, bring the water and the sugar to boil and cook to 118 °C. Add the almonds and hazelnuts and stir together off the heat until the sugar starts to resemble coarse sand. Return to medium heat and gently stir just until the sugar coating the nuts has caramelized.

Remove from heat and using a spatula, spread the almonds and hazelnuts on a piece of parchment paper. Be very careful as the caramel is extremely hot. Allow to cool.





## **Praline Mousseline Cream**

370 g butter

760 g whole milk

6 egg yolks

240 g granulated sugar

70 g cornstarch

180 g almond praline paste

70 g hazelnut praline paste

Remove the butter from the refrigerator to soften. In a large saucepan whisk the egg yolks and sugar until slightly pale. Incorporate the cornstarch and add milk. Bring the mixture to boil while stirring with a whisk. Remove from heat and allow to cool for 10 minutes so that it is hot but not boiling. Incorporate half of the butter. Pour into baking dish, cover with plastic wrap and allow to cool.

The cream should be at room temperature (18–20 °C).

In a large bowl, whip the mousseline cream with an electric mixer until smooth. Add the praline paste and the remaining half of the butter. Whip to emulsify the mixture until smooth.

Carefully slice the cooled pastry rings horizontally to obtain a base and top.

Transfer mousseline cream to the piping bag fitted with a star tip, and pipe a thin layer. Sprinkle the crushed caramelized almonds and hazelnuts over the cream. Pipe circles of cream over the nuts. Cover the Paris-Brest with their pastry tops.

Dust with confectioners' sugar and keep in the refrigerator.







## Saint-Honore

### Tart

180 g soft butter  
70 g icing sugar  
2 g salt  
160 g flour

Preheat oven to 180 C. Sift icing sugar and flour together and mix with salt. Work the butter to homogenize and then add the sugar and flour mixture. Roll out the dough into the 7cm rings and bake 8 min.

### Sponge cake

160 g sugar  
100 g eggs  
80 g heavy cream  
120 g flour  
2 g baking powder  
40 g olive oil

Oven temperature 170 °C. Whip eggs with sugar until fluffy, add cream. Sift flour and baking powder together and add to the mixture. Add olive oil. Transfer to the piping bag and pipe to the tart base. Bake for approximately 10–12 min.

### Profiteroles

#### *Pâte à Choux*

100 ml water  
100 ml milk  
100 g butter  
125 g flour  
2 g salt  
2 g sugar  
200 g eggs

Preheat oven to 175–180 °C.

Line 2 large perforated baking trays with perforated silicone mat.

In a large saucepan, combine the water, butter, sugar and salt and bring to a boil. Add the flour all at once and stir vigorously with a silicone spatula until a tight dough forms and pulls away from the side of the pan, for 2 minutes. Remove the pan from the heat.

Transfer batter to a large bowl and allow to cool. Add the eggs one at a time, carefully incorporating each into the batter with a spatula.

When homogenous, transfer the dough to the piping bag fitted with star tip (14 mm).



### **Crisp sweet pastry for profiteroles**

100 g butter

125 g flour

125 g granulated sugar

Cut the chilled butter into small pieces. In a large bowl mix the flour, sugar and butter until homogenous. If you have a stand mixer, you can prepare the dough in the bowl of the mixer fitted with the paddle attachment.

Roll out the dough between two sheets of parchment paper, as thin as possible (1 mm). Transfer the rolled dough to refrigerator and freeze until firm.

Remove the top sheet of parchment paper and cut with 3 cm rings.

Pipe profiteroles and place the chilled rings of crisp sweet pastry on top of each piped profiteroles.

Place sheets in the oven and bake. After 8-10 minutes, when they have started to puff up, open the oven door very slightly, about 2-3 mm, to allow steam to escape. Bake for approximately 20 minutes with the oven door slightly ajar, until golden (you can slip the handle of a wooden spoon into the oven to keep ajar.)

Remove profiteroles from oven and allow to cool on wire rack.

### **Pastry Cream**

1 vanilla pod

800 ml milk

8 egg yolks

120 g granulated sugar

60 cornstarch

50 g butter

In a large saucepan whisk the egg yolks and sugar until slightly pale. Incorporate the cornstarch and add milk. With a sharp knife, slice the vanilla pod into halves lengthwise. Using the tip, scrape the interior to remove the seeds and add the vanilla pod and seeds. Bring the mixture to boil while stirring with a whisk.

Remove from heat and pour the cream into a clean bowl. Allow to cool for 10 min so that it is still hot but not boiling. Incorporate the butter while stirring. Cover the bowl with plastic wrap until ready to use.

Fill the profiteroles with pastry cream and let cool in refrigerator.

### **Cream Chanilly**

250 ml curd

250 g mascarpone

30 ml heavy cream

70 g icing sugar

Whisk all together.



SAINT-HONORE

SUOMEN KERTTILUKK



## Topping

50 g raspberries

icing sugar

Place the baked tarts onto the serving plate. Spread the remaining pastry cream on the bottom, leaving a half-inch space around the outside edge. Arrange the profiteroles on top of the tarts, creating a ring around the outside. Pipe whipped cream and add some raspberries chill until ready to serve.

The St. Honoré is best served the day it is assembled, but the separate parts, pastry base, profiteroles and pastry cream, can be prepared a day ahead.







## Lemon tart

### *Vanilla pâte sablée*

100 g soft unsalted butter

20 g almond meal

65 g icing sugar

seeds from 1 vanilla pod

1 small (40 g) whole egg

a pinch Fleur de sel

170 g flour

In the bowl of a stand mixer fitted with paddle attachment, mix butter with almond meal, sifted icing sugar and vanilla seeds. Add lightly beaten whole egg and mix to combine. Add the sifted flour with salt and mix just to combine. Flatten the dough into a round disc, wrap in cling film and refrigerate for 1 hour.

Brush the interior of perforated ring with butter (19 cm) and place on a micro perforated tray and perforated silicon mat.

Roll the dough gently until you have an even 2 mm thickness.

Gently ease the dough into the sides of the ring, use your fingertips to press the pastry into the edges and up the wall of the tin.

Using the knife, remove the overhanging pastry.

Prick the base with a fork and refrigerate for 1 hours.

Heat fan oven to 175°C.

Bake the tart shell for 20 minutes and let completely cool.

### **Lemon curd**

127 g fresh lemon juice, sifted

zest from 1 lemon

40 g superfine granulated sugar

174 g whole eggs

3 g gelatin, 200 bloom

150 g white chocolate, chopped

5 cocoa butter, chopped

Soften gelatin in cold water and set aside. In a bowl, whisk whole eggs with sugar to combine. Add lemon juice, lemon zest and whisk to combine. In a saucepan, bring some water to a boil. Bring a large pot of water to boil, place over the bowl with eggs/sugar/lemon mixture and cook stirring constantly until 82°C.

Remove from the heat, add wringed gelatin sheets and stir to melt.

Pour the lemon mixture over finely chopped (or melted) chocolate and cocoa butter and mix with a hand blender for a couple of minutes until you get a smooth and silky mixture.





## Swiss meringue

340 g egg whites

500 g sugar (or lightly toasted sugar\*)

1/2 tsp salt

1/2 tsp cream of tartar

Scraped seeds from 1/2 split vanilla pod

Combine egg whites, sugar, salt, cream of tartar, and vanilla seeds in the bowl of a stand mixer. Set over bain-marie stirring and scraping constantly with a flexible spatula, until egg whites hold steady at 83°C. Transfer to a stand mixer fitted with a whisk attachment and whip at high speed until meringue is glossy and beginning to ball up inside the whisk, about 5 minutes. Use immediately.

Fill the tart shell with lemon curd and cover with meringue. Use a kitchen torch to toast the meringue

\*To make your sugar less sweet, you can toast the sugar in the oven 160 °C 30 min, until its lightly golden brown.







# Flødeboller

1200 g marzipan

1 egg white

100 g flour

Oven 180 °C.

In a stand mixer fitted with a paddle, beat marzipan and egg white together until combined. Add in flour until starts to come away from the sides and be less sticky.

On floured surface, roll out about 1/2 cm thick. Cut into circles, about 4-5 cm.

Place on a parchment lined baking sheet. Bake about 10 minutes until just slightly golden. Let cool completely.

## Filling

150 g sugar

170 g glucose syrup

60 g water

1/8 tsp salt

2 egg whites

1/4 tsp cream of tartar

1/2 vanilla pod

In a saucepan, whisk together the sugar, glucose syrup, water and salt until combined. Place on stovetop over medium/high heat. Boil without stirring until it reaches 118 °C.

While the mix is heating up, whip the whites and cream of tartar in a stand mixer until you reach soft peaks.

Once mixture reaches temperature, take off heat and with mixer on low, slowly drizzle into whites. Turn the stand mixer up to high and beat for 8-10 minutes, until stiff glossy peaks and bowl is cool. Transfer to a piping bag fitted with a round tip

## Assembly

500 g dark chocolate, tempered

Pipe the marshmallow onto the biscuits, covering the entire based and swirling upwards into a little pyramidish shape. Place in fridge for one hour until cold and not sticky. With the tempered chocolate, either dip the marshmallow puffs in or place them on a rack and pour the chocolate. Then top with your choice of topping and let chocolate harden completely.









FLØDEBOLLER

SUGAR ANGEL KERTU LUKAS

## Wedding cake / Plum cake

### Jellyfied Plum Coulis

120 grams plum puree (unsweetened)

24 grams sugar

7 gelatin

120 g plums, de-stoned and cut to chunks

Place the plum puree and the sugar in a saucepan. Bring to a boil. In the meantime, soften the gelatin in ice water. When the puree comes to a boil, turn the heat off and add the gelatin to it. Whisk so it dissolves evenly. Add plum chunks.

Pour this coulis into 16 cm ring and freeze until it's solid.

### Frangipane

125 g butter

100 g sugar

2 eggs

115 g almond meal

2 tbsps flour

1 vanilla pod

4 ripe plums, halved and de-stoned

Preheat the oven to 150–160 °C.

Place the butter and sugar and vanilla seeds in a large bowl and cream until light and fluffy. Beat in the eggs, one at a time, adding a little of the flour if the mixture looks like it might split. Fold in the ground almonds.

Spoon the mixture into the 18 cm cake ring, using the back of a spoon to evenly level the top.

Arrange the plum halves prettily on top of the frangipane, gently pressing each half down into the batter.

Bake 35–40 minutes until lightly golden brown and cooked through.

### Yoghurt sponge

5 eggs

100 g sugar

80 g butter

60 g yoghurt

60 ml heavy cream

60 g flour

Preheat oven to 180 °C.

Beat the egg yolks with 50 g of sugar and egg whites with 50 g sugar. Melt butter in saucepan. Add yoghurt and heavy cream to melted butter and mix. Pour the mixture into egg yolks and mix. Add flour and mix gently. Add egg white and mix gently.

Spoon the mixture into two 18 cm cake rings. Bake until lightly golden brown and cooked through.





PLUM CAKE

## Vanilla Bean Bavarian Cream

160 grams half and half  
1 vanilla bean, scraped and seeded  
80 grams sugar  
40 grams yolks  
6 gelatin  
160 grams heavy cream, soft peaks

In a medium saucepan, place the half and half, the vanilla bean and half of the sugar and bring to a boil. In the meantime, whisk the yolks and the other half of the sugar in a bowl. Also, start softening the gelatin in ice water. When the half and half comes to a boil, temper into the yolks and whisk. Add this custard back to the pan and cook until it slightly thicken and coats the back of the spoon (about 84 °C).

Strain this custard through a fine sieve into a clean bowl. Add the softened gelatin to it and whisk. Place this bowl over an ice bath so it cools faster. When it's cool to touch, add the whipped cream and fold gently until it is all incorporated.

Once the bavarian is made, the cake must be built so have all your other components ready.

## Assemble the cake

Use 18 cm ring to assemble the cake. Start with first yoghurt sponge, add half of the bavarian cream, cover with second yogurt sponge, add some Bavarian and then frozen plum jelly. Pour over with bavarian and finish with plum frangipane. Chill until solid.

## Swiss buttercream

100 g egg white  
100 g sugar  
200 g softened butter  
lemon and rum to taste

Add egg whites and sugar to the bowl. Stir to combine.

Place the bowl over a pot of simmering water (*a bain-marie*). Stir the egg white/sugar mixture gently but constantly until the mixture reaches 83 C. Remove the bowl from the heat and attach to the mixer fitted with the whisk attachment. Whisk the mixture on medium high speed until a thick, glossy meringue forms. Turn the speed to medium low and continue mixing until the mixture is completely cool, about 10 minutes. Continue to whip the mixture while adding room temperature butter slowly - a few tablespoons at a time.















## Just the best Tim Bramish

**Tim Bramich** is an Englishman representing Restaurant Kõök, which is a private cooking school.

He ended up in Estonia 10 years ago because his wife is Estonian. In London he used to work in several fine dining restaurants, including the ones with Michelin stars though his real passion is presenting a little bit simpler dishes. Before starting work in Kõök he used to work in restaurant Horizon, on the top floor of Swissotel Tallinn.

For the starter he chose salmon, which is a classic fish in Estonia but he tried to make it a little bit more Asian with the help of wasabi and fennel as well as a little bit more elegant.

For the main course he chose lamb with cabbage as a very classic British dish, one of his personal favourites, he wanted to introduce a comfort food from the UK.

His chosen dessert, as he thinks, is a very elegant and refreshing way to finish this menu. He also thinks there were a couple of techniques with this dessert our students might have not known before so he wanted to introduce these too.



## Salmon 2 ways, confit and tartare, fennel and mango salad, wasabi mayonnaise for 4 people

### Salmon confit

4 small pieces of salmon fillet (ca 50 g each)  
equal amounts of sea salt and sugar  
(enough to lightly cover the fish)  
black pepper  
1 lemon  
300 ml grapeseed oil  
bay leaves  
garlic  
chilli  
star anise

Mix the salt, sugar and black pepper and cover the salmon pieces. Chill for at least an hour.

Wash off the salt mix and place into a deep tray with oil, lemons, chilli, star anise, bay leaves.

Place in an oven set for 70 °C for about 20 mins.

Remove from the oven and allow to cool and serve.

### Asian flavours salmon tartare

250 g fresh salmon fillet (chopped into small pieces)  
handful chopped coriander leaves  
1/2 chopped red chilli

1 small piece ginger (peeled and grated)  
1 lime zest and juice  
1 tbsp dijon mustard  
1 tbsp cream cheese  
salt

Combine all the ingredients in a bowl, taste for salt and other flavours.

### Fennel and Mango salad

1 bulb of fennel (finely sliced)  
1 mango (finely sliced)  
1 handful coriander leaves (finely chopped)  
1/2 red chilli (finely chopped)  
1 lemon (juice)  
1 tbsp olive oil  
salt and pepper

Combine all the ingredients, season to taste and set aside.

### Wasabi Mayonnaise

1 egg  
100ml light virgin olive oil  
pinch of salt  
1 clove garlic  
squeeze of lemon juice

In a plastic cup (that fits to a hand blender) combine all the ingredients. Insert the hand blender, turn on the power and start to blend, slowly bring the blender up and down mixing all the ingredients.





## British style braised lamb shank, parsnip puree, red cabbage for 4 people

### Lamb Shank

4 pieces lamb shanks (front legs)  
1 large onion (peeled and sliced)  
5 cloves garlic (peeled)  
2 bay leaves  
2 carrots (peeled and chopped)  
1 medium leek (washed and chopped)  
10 pieces peppercorns  
fresh rosemary  
fresh thyme  
300 ml red wine  
500 ml demi glace  
seasoning

Lay the shanks in an oven tray, sprinkle with sea salt and roast for about 30 minutes, turning the lamb after 15 minutes.

Brown all the vegetables in a pan. Add all the ingredients to a deep baking tray or casserole dish. Ensure the meat is covered in liquid.

Cover the dish and place in an oven at 180 degrees for about 2 hours, until the meat is tender.

If necessary pass the sauce through a sieve, reserving the vegetables, and reduce in a pot.

Use the sauce with lamb shank

### Wintery Braised Red Cabbage

500 g red cabbage  
1 apple (peeled, cored and roughly sliced)  
1/4 stick of cinnamon  
1 piece star anise  
50 g sugar  
50 ml orange juice  
150 ml red wine  
20 ml red wine vinegar  
2 bay leaf

Remove the outer leaves of the red cabbage, and the white core. Finely slice the cabbage and combine all the ingredients in a heavy bottomed pot.

Cover and cook on a low heat. Ensure that the liquid doesn't evaporate too quickly. If needed, add more wine. Braise until the cabbage is soft. This will take about 90 – 120 minutes. Season to taste.



BRITISH STYLE BRAISED LAMB SHANK



## Parsnip puree

1 kg parsnips

500ml milk

500ml water

1 clove garlic

salt and pepper

Peel the parsnips, and roughly chop. In a large pot cover with milk and water and add the seasoning and garlic. Bring to a boil and then simmer. Cook until tender. Pass the liquid through a sieve, reserve the liquid, and puree the parsnips in a blender until very smooth, adding the liquid when needed.







# Lemon tart, Mascarpone

for 4 people

## Sweet Pastry

400 g flour

200 g softened butter

100 g icing sugar

2 egg yolks

1 whole egg

In a mixing bowl combine all the ingredients until they start to bind together.

Put the pastry on a clean surface and finish mixing by hand until you have a smooth paste. Wrap in plastic and rest in a fridge for an hour.

After it has rested, roll out the pastry and place into a greased tart mould. Prick several times with a fork. Cover with baking paper and weigh this down with raw rice.

Blind bake for 15 minutes at 170 °C. Remove the paper and rice and continue to bake for 5 minutes until the pastry is not raw.

Meanwhile prepare the lemon filling.

## Mascarpone

zest of 1 lime

4 tbsp icing sugar

250 g mascarpone

25 ml rum

Mix the icing sugar, rum, lime zest and mascarpone until creamy. set a side in fridge.



















## Wizard of sweets Pensiri Pattanachaeng

**Pensiri Pattanachaeng** is a chef in the restaurant „NokNok“ that offers taste experience from the Kingdom of Thailand.

Pensiri has more than 15 years of professional experience and her specialities are authentic Thai as well as modern Asian, Indian, Chinese and Kore cuisines. Pensiri has worked in high-class hotels and restaurants in Thailand, India and United Arab Emirates.



## TOD MAN GOONG

### marinated prawn patties, plum sauce

#### Ingredients

150 g prawn raw  
150 g pangasius fish  
10 g garlic  
5 g coriander leaf fresh  
15 g tempura flour  
1 pc egg  
30 g panko breadcrumb  
cooking oil for deep fry  
plum sauce for dipping

#### Seasoning

a pinch of sugar  
a pinch of white pepper powder  
1/2 tbsp light soy sauce  
1 tbsp oyster sauce

#### Directions

Clean prawn and fish keep dry with kitchen paper.

Chopped prawn and fish and keep a side.

In a mortar add garlic, coriander leaf, white pepper powder, pounding well. Then add mince prawn, fish mixed together.

Add egg, tempura flour and all seasoning mixed well about 5 minutes.

Keep bread crumb in a bowl, keep a side.

Molding prawn patties to be a ball first. Then add in bread brumb bowl, coating prawn patties with bread crumb all.

For cooking heat oil in a pan. Fry prawn patties to be golden color. Ready to serve.

Present prawn patties in a plate with plum sauce a side.







## KANG KHEW WAN GAI

### green curry with chicken, eggplant, beans, Thai basil leaves

#### Ingredients

150 g chicken leg boneless  
30 g eggplant  
20 g green bean  
3 g fresh Thai bird's red chilli  
5 g basil leaf  
30 g thai green curry paste  
300 ml coconut milk  
15 ml fish sauce  
8 g palm sugar  
15 ml cooking oil

In cooking pan add cooking oil, then Thai green curry paste. Stir with low fire for 2-3 minutes. Till get nice aroma.

Add chicken and stir for few second. Then add coconut milk. Keep cooking for few minutes and add eggplant.

Add green bean. Keep cooking until all chicken and vegetables cooked well.

Add seasoning, Fish sauce, palm sugar and a pinch of white sugar. Check taste.

At last add basil leaf.

Serve with steamed jasmine rice.





## **KLUAY BUAD CHI**

### **warmed banana in coconut milk, sesame seed**

#### **Ingredients**

500 g banana  
200 ml coconut milk  
40 g white sugar  
a pinch of salt

#### **Directions**

Clean and cut banana, keep a side.

In a pan pot add coconut milk, cooking with slow fire.

Add sugar and salt, slow fire, keep cooking till boiled.

Add banana keep cooking till boiling.

Ready to serve.

















*Olde Hansa*  
Emmanuel Wille  
Chef De Cuisine

Sir

## Emmanuel Wille

**Emmanuel Wille** is a chef in the restaurant Olde Hansa, located in the heart of the Tallinn Old Town.

Emmanuel (Manu) comes from Belgium but he has been living in Estonia for over 20 years now. Cooking is not work for Manu – but rather a passion and a love, thriving to perfection and a trip to open new tastes.

The most important thing in cooking is respect for original ingredients, respect for customers, respect for his employees, for his friends and family. “It’s important to achieve balance and the right texture in dishes. For this the original smell, taste of the ingredients should be preserved rather than disrupted by excessive and unknown additives.

Manu highly appreciates classical style of cooking, he emphasizes that good food cooks slowly, cooks with a heart. So it should be enjoyed also slowly and with a heart. Food is not only for eating, food is enjoyment that can always surprise you.



## Belgium asparagus soup with smoked elk meat for 4 people

500 g green asparagus  
300 ml whipping cream  
110 g onion  
20 g butter  
0,5 chicken broth  
80 g smoked elk meat  
250 ml milk  
5 ml olive oil

Cut off the ends from green asparagus, around 3 cm long. Blanche them.

The rest of the asparagus cut into 1-cm big pieces. Peel the onions and chop them into small cubes.

Glaze the asparagus and onions in butter for 10 minutes, don't let them turn brown.

Add the broth and boil for 25 min. Add the cream and boil for another 15 min.

Blend in blender and sieve.

Season and serve with cubes of smoked elk meat and tips of green asparagus and whipped milk and drops of olive oil.







## Quail fillet with saffron and spinach puree for 4 people

4 pcs quail  
40 g walnut oil  
20 g corn flour  
salt  
ground black pepper  
butter  
80 g leek  
50 g peeled onion  
80 g red apple  
1 pcs bay leaf  
0,5 g saffron  
230 g chicken broth  
130 g white wine  
200 ml 35% whipping cream  
5 g honey

Debone the quail and fillet it.

Put the rest of the quail to boil together with chicken broth for around 20 min.

Season the quail fillet with salt, pepper and walnut oil.

Clean and chop onion, leek and apple.

Coat quail legs in corn flour and fry in oil until golden brown.

Add chopped onion, leek, apple and fry slightly.

Then add wine, bay leaf, saffron and boil it all together.

Add the chicken broth and whipping cream and bring to boil again.

Remove quail legs and sieve the sauce that is on the pan.

Blend the sauce with a blender and put the legs back into the sauce.

Fry the quail fillet until golden brown and serve.



QUAIL FILLET WITH SAFFRON AND SPINACH PUREE



QUAIL FILLET WITH SAFFRON AND SPINACH PUREE



## Spinach puree

1 kg peeled and mashed potatoes

100-200 g butter

100 ml milk

100 ml 38% cream

nutmeg

salt

white pepper

bacon

Prepare mashed potatoes classical style.

Blend and mash the spinach with the cream

Fry the bacon until crispy.

Add the spinach cream and crispy bacon to the puree, season with pepper, nutmeg and salt.

## Kohlrabi

3 pcs kohlrabi

100 g fresh ginger

20 g orange jam

salt-pepper

pepper

100 ml grapeseed oil

Peel the kohlrabi and cut it into sectors of the same size.

Blend the rest of the ingredients until smooth homogeneous mass

Mix the kohlrabi into the mass and bake at 160 °C until ready

Season with salt and pepper at your choice.

## Decorations

Cabbage micro herbs

Brown bread chips



QUAIL FILLET WITH SAFFRON AND SPINACH PUREE



QUAIL FILLET WITH SAFFRON AND SPINACH PUREE

EMMANUEL WILLE

### 3 rice pudding for 4 people

500 ml milk

100 ml 38% cream

40 g sugar

100 g rice for pudding

26 g prunes

25 g dried apricot

50 ml Vana Tallinn liquer

50 g white chocolate

oxalis leaves

Pour the milk into the pot and bring to the boil.

Add sugar and rice. Close the lid and put into the oven at 145 °C until the rice gets soft.

Cool down.

Whip the cream and mix into the pot.

Cut the prunes and the apricots and boil them for 3 minutes with Vana Tallinn liquer.

Melt the white chocolate in the oven at 180 °C and mash it.

Serve the rice pudding together with prunes, apricots, and melted chocolate up to your taste.









## Radoslav Mitro

**Radoslav Mitro** is from Slovakia. He started cooking when he was 23. He spent 9 years in England working in different establishments his way up from a dishwasher to a chef in some of the best restaurants. He has worked in two-Michelin-star restaurants, „Noma“ and „Hélène Darroze Connaught“, and in a one-Michelin-star restaurant „Fishers Baslow Hall“.

Since 2014 year Rado has been working in Tallinn restaurant „Ribe“. Now he shares his time between Restaurants „Ribe“ and „Radio“.





## Seared scallops with squid and leek puree, butternut squash, apple and chorizo for 2 people

1,2 kg fresh scallops in shells 1,200kg  
125 g leek  
4 g cuttlefish ink  
30 ml heavy cream  
50 g butternut squash  
10 ml apple vinegar  
25 g choriso sausage  
25 g green apple  
40 ml white wine  
50 g butter

Open and clean scallops shells, dry the scallops, place them in form and let cool in fridge. Slice leek and fry it till it becomes soft, add cuttlefish ink with heavy cream and let it boil for a couple of minutes, try to keep the colour dark, if needed add more ink. Remove leeks from heat and blend them into puree consistency, then strain it. Clear squash of its skin and make it in rectangular shape and make thin slices, blanch them in water to let them soften up.

Dice remains of squash into small cubes and marinade them in apple vinegar. Dice chorizo and apple into small cubes without skin, fry chorizo sausage till it becomes slightly gold-

en, add white wine and let it boil till alcohol evaporates. Add apples and let it boil for two minutes, strain it.

Make rolls with squash slices and fill them with apple chorizo filling. Prepare sauce for scallops by melting butter in a pot with white wine and heavy cream, let it boil for a couple of minutes and add lemon juice for flavor. Fry scallops until golden crust, repeatedly covering them in melted butter so they wouldn't burn, then dry, placing them on a paper cloth and drizzle them with lemon juice before serving. Put all prepared ingredients on the plate and serve.



SEARED SCALLOPS



SEARED SCALLOPS

## Roasted roe deer with celery puree, caramelized cranberries and fried ceps

for 2 people

200 g roe deer loin

200 g celery

150 g butter

250 ml milk

100 g cranberries

50 g sugar

1 g salt

20 g thyme

200 g ceps

Wash and clean celery root and cut into cubes (1×1 cm).

Melt the butter, add fresh thyme and fry celery root till golden brown color.

Take off the thyme, add milk, salt and mash all together.

Take sugar and water and make sugar syrup, pour over the cranberries.

Clean and take off excess fat from roe deer loin and cut into portion pieces.

Fry deer on both sides, it has to be rare inside.

Fry mushrooms.

Serve deer with warmed-up puree, cranberries, fried mushrooms and sauce.







ROASTED ROE DEER

# Dark chocolate mousse with sour cream ice cream

for 15-20 people

120 g egg yolks

50 g sugar syrup

120 g sugar syrup cooked to 120 °C

320 g dark chocolate

600 g double cream

Beat yolks and sugar syrup and start adding hot sugar syrup. Mix in a mixer until completely cool and light.

Melt dark chocolate and add it to your egg mixture making sure it's fully mixed.

Whip double cream and fold it into the mixture being careful to keep as much air in it as possible so mousse is nice and light.

Pour mixture into a container and refrigerate.

## Sour cream ice-cream

200 g milk

600 g sour cream

100 g glucose

150 g sugar

zest of 1 lemon

3 leaves of soaked gelatin



DARK CHOCOLATE MOUSSE





Heat milk, glucose, sugar until dissolved.

Add gelatin and lemon zest.

Let it cool down and add sour cream.

Process in an ice-cream machine.

Pour mixture into a container and refrigerate.

### **Black bread chips**

100 g black bread

100 ml milk

Heat up the ingredients and mix them in blender until smooth.

Spread thinly on baking paper and bake at 140 °C for 20 min.

### **Meringue**

120 g egg whites

250 g sugar

1 tsp white wine vinegar

1 tsp corn flour

Whip eggs in a mixer till light adding sugar slowly.

Add vinegar and corn flour and continue whisking until stiff and shiny.

Spread on baking paper and bake at 90 °C for 2 hours.

### **Tuille**

60 g egg whites

85 g flour

60 g sugar

Mix all ingredients until well combined.

Spread on baking paper and bake at 140 °C for 15–20 minutes.

### **Apple wine reduction**

Reduce bottle of apple wine until syrup-like consistency and cool down.

### **To assemble the dish**

Scoop out chocolate mousse and pour over 1 tsp of apple wine reduction. Next to it place a scoop of ice-cream and arrange all crispy parts (meringue, bread chips, tuille) on the top. Next to it place a scoop of ice-cream and arrange all crispy parts (meringue, bread chips, tuille) on the top.



## Pan fried *foie gras*, cherry compote, pistachios and brioche

for 2 people

500 g cherries  
3 g pistachios  
90 g Foie gras  
salt  
pepper  
20 g cornstarch  
water  
micro herbs  
25 g brioche  
3/4 cup of red wine

Add sugar to cherries and simmer with wine over medium high heat until liquid is reduced by half. Stir in the cornstarch simmering for 2 minutes. Cut foie gras into pieces of about 90 g. Sprinkle with salt and pepper. Heat a non-stick pan over high flame and fry the foie gras medallions for about 30 seconds per side. Put foie gras into the oven for 5 minutes. Then lay it on the plate. Place on the brioche foie gras medallions, sprinkle with pistachios and top with cherry sauce. Decorate with greens.







## Squab pigeon with braised chicory, beetroot and truffle sauce for 2 people

2 pigeons  
5 cloves of garlic  
40 g chicory leaves  
35 g bones  
15 g Thyme  
One onion  
200 ml red wine  
0,5 l demi-glace  
5 ml butter  
salt, pepper  
25 g truffle paste

Rinse the pigeon inside and out with cold water. After rinsing, pat the bird dry with a folded paper towel, pull out the giblets. Leave the heart and liver.

Give crust with a burner. Heat a frying pan and add butter into it.

Season the pigeon with salt and pepper and brown the bird in the hot pan until golden

on all sides.

Wash the beets. Coat the beets skin with olive oil, salt and pepper, then wrap them in foil pouches.

Roast for about 20 minutes peeking and checking of the beets to 2 tests for doneness.

When the beets are cool enough to handle, cut them into slices.

For the squab pigeon sauce, add butter to a hot frying pan. Finely chop and add the pigeon bones, heart and liver and cook until lightly browned. Deglaze the pan with the red wine and heat until the liquid evaporates completely. Then add demi-glace and truffle paste. Boil for some minutes. Press the sauce through a sieve.

Dice the vegetables. Add to the hot saucepan along with the garlic, herbs then sweat until soft but not colored.

Put the pigeon onto the heated serving dish. Arrange beetroots and chicory leaves around the bird and drizzle over the pigeon sauce.





## **White chocolate “cheesecake” with passion fruit and lemon verbena** for 2 people

### **White Chocolate Cheesecake filling**

100 g white chocolate

150 g cream cheese

150 ml double cream

1 tsp of lemon juice

Melt chocolate, while chocolate is melting, whip double cream and keep cold. Add melted chocolate to cream cheese and lemon juice and mix well. Fold in the whipped cream and add a pinch of salt. Transfer mixture to a piping bag and keep refrigerated until needed.

### **Passion fruit sorbet:**

500 g passion fruit puree

60 g sugar

60 glucose

2 leaves of soaked gelatin

Mix puree, sugar and glucose and bring it to the boil for everything to dissolve. Remove from heat and mix in gelatin. Churn in an ice-cream maker until frozen.

### **White chocolate crumble**

75 g softened butter

150 g sugar

100 g flour

90 g white chocolate chopped into small pieces

Mix all ingredients together and bake in the oven at 145 degrees for approximately 15 min. Remove from the oven and let it cool.

### **Passion fruit crisp**

150 g sugar

75 g flour

75 g passion fruit puree

75 g melted butter

Mix sugar, flour and puree in a mixer, mix until combined and start adding melted butter. Spread thinly on a baking paper and bake in the oven at 150 degrees for 10 minutes. Remove from the oven, cool and break into desired pieces.

To assemble the dish, pipe amount of cheesecake into a deep bowl, sprinkle with white chocolate crumble, place one scoop of sorbet on the top with 3 leaves of lemon verbena and finish off with passion fruit tuile.







## Mathijs Rust

**Mathijs Rust** is from Holland. He has been living and working in Estonia for about three years. He has been working in different places.

Now he is a chef in Monaco Restaurant of Nordic Hotel Forum. The choice of his recipes has been dictated by several circumstances: first, he himself likes tomatoes and trout. Second, he wanted to make things not too complicated. He chose mushrooms and duck for the main course because it was a mushroom season at the moment. For the dessert he chose different types of chocolate because he thinks chocolate is a good way to start learning to cook. First chocolate, and then other things to cook, as he put it. He is convinced that exact recipes are necessary only for desserts.

Otherwise cooking is all about feeling, not the particular recipes.



## Tomato variation and trout

for 4 people

320 g trout fillet

350 g green tomato

20 g yellow cherry tomato

500 g red tomato

4 g garlic

50 g shallot

rosemary

sage

thyme

25 g spinach

15 g parsley

sugar

pepper

salt

4 g lecithin (mixed with the consomme to get foam)

Chop the shallots and garlic into a fine mix and then make marinade out of them. Add salt, sugar, black pepper and red wine vinegar. Chop up half of the red tomatoes

into small cubes and add to the marinade. Mix thoroughly in a blender and then push through a sieve so you get a nice clean red liquid. Blanche the rest of the red tomatoes with half of the green tomatoes, remove the skins and cut into 1-cm-sized cubes. Season with tarragon, salt and pepper. Lightly blanch the spinach and parsley and dry, and when they are dry make oil out of them and season.

Fillet the trout from bones and portion into 80-gram pieces. Roll in cling film, tie up the ends and then cook in sous vide in 60-degree water about 8 minutes. Mix up the cream and tomato consomme in a pan on stove until it is thoroughly mixed constantly stirring it to keep it airy.

Add on the bottom of the plate 3 slices of 3 differently colored tomatoes and build the rest on top.

Mix with a hand blender some ground consomme with 4 g lecithin powder until foamy.





## Morrells – cannelloni and duck leg for 4 people

50 g dry morrells

500 g onion

300 g mushrooms (champignons)

10 ml brown rum

50 g garlic

200 g shiitake mushrooms

800 ml cream

180 g egg yolk

200 g pasta flour

4 psc duck legs

800 ml cooking oil

beef stock

sage

rosemary

thyme

salt

Peel and clean whole onion and garlic. Put morrells on the water.

Season duck with salt and pepper, cover with oil, add 150g diced onion 5x5mm and sliced 10g garlic. Cover with foil and cook in the oven pre-heated to 170°C for 2 hours.

Separate egg whites from egg yolks, weigh

out the flour and bring flour to the table and in the middle make a hole in the flour, where you can add egg yolks, salt, add oil to taste and start kneading.

When the dough is ready, put the dough in the fridge to rest for 30 min.

Wash mushrooms and cut them into thicker slices. Chop the rest onion 150 g into 4x4 mm pieces

Heat oil in the pot and brown mushrooms, add onion and garlic, rum, herbs, boil for a few minutes, then add cream and boil for 15-20 min.

Strain sauce through a sieve, put the leftovers in the blender.

Start making pasta sheets with pasta machine, out of them cut 7x10 cm size sheets.

Fill pasta sheets with mushroom sauce puree, turn roll them and boil in the water for 10 min

Tear duck meat from bone, and split into two parts, put them into two-food membrane and put them into fast cooling machine. Re-heat them before serving.

Serve!



## Trio of chocolate for 4 people

### Chocolate mousse

200 g milk chocolate

150 ml whipped cream 35%

150 g egg white

Separate egg whites from the yolks, and use only egg whites.

Make a water bath.

Melt the chocolate above it.

Pour the whipped cream into the chocolate.

Cool the mixture to 40 °C.

Whip the egg whites for about 3 minutes.

Start adding the egg whites to the chocolate.

Pour the mixture into the chiffon and add 1 gas.

Shake and serve.

### Chocolate fondant and mango

300 g butter 82%

250 g dark chocolate 70%

5 pcs eggs

150 g sugar

25 g wheat flour

350 g mango

10 g red chilli

5 g mint

200 ml water







Make a water bath. Melt the chocolate in a water bath and add 250 g of butter.

Whip all eggs with 125g sugar until firm.

Cool the chocolate mixture

Pour the chocolate mixture into the egg mixture, stir a couple of rounds with mixer.

Sieve in flour and mix again.

Preheat oven to 180 °C.

Spread silicone forms with butter and cover with cocoa powder.

Place the mixture in a plastic bag and fill silicone forms by three quarters.

Bake at 180 °C for 8-10 minutes.

Cut the mango into cubes of 5 mm, chili and mint into 1-2 mm cubes.

Pour the water into a bowl, add the mango, chilli, mint and 25g of sugar, leave to stand on a shelf.

### **Chocolate sorbet**

200 g caster sugar

50g cocoa

50g dark chocolate

1 tsp vanilla extract

Pour the sugar into a bowl, sift in the cocoa and stir. Bring 600ml water to the boil in a medium saucepan. Whisk in the sugar and

cocoa and return to a gentle simmer. Simmer, uncovered, for 5 mins, whisking occasionally. Remove from the heat and stir in the chocolate and vanilla until the chocolate has melted.

Cool the mixture, then put in the freezer for several hours or overnight until well chilled. Finish the sorbet in the paco-jet next day.











## Marko Sõmer

**Marko Sõmer** is a *Chef De Cuisine* in the restaurant Horisont, Swissotel Tallinn. He has been working there for six and a half years already. Before that he worked in Ireland in restaurant „Gordon Ramsay at Powerscourt“ for five years. And before Ireland he used to work in such famous Tallinn restaurants as Gloria and Egoist.

He chose this menu because all the ingredients are locally available and because the dishes are, on the one hand, quite complicated, and on the other, it is possible for beginning cooks to make them.

He wanted to become a chef since age around 12 or 13, grand-grandmother was a cook, uncle is a chef. Cooking is a hobby for him and on days off from work, always cooking at home. My family, wife is chef, little daughter likes to help in kitchen especially desserts and cakes. We go with my wife and daughter every season to pick in forest: mushrooms or berrys or wild garlic and often use them in restaurant menu. I have a small garden outside of Tallinn and we grow some edible flowers and I like to use them in restaurant as well.



## Cured salmon with grapefruit salsa and horseradish mayonnaise for 4 people

### Cured salmon

500–600 g salmon fillet

200 g sugar

200 g salt

1 star anise

1 l water

Make a brine by placing the sugar, salt, star anise and water in a saucepan.

Gently heat to dissolve the sugar and salt. Cool the brine completely.

Remove the pin bones, skin and all the fat from the salmon. Cut the salmon in portions around 80–110 g per portion. Place the salmon in the brine for 1 hour.

Preheat the water bath to 40°C or pot of water and remove the salmon from the brine and wash it under cold running water.

Place the salmon on cling film and roll very tightly in round shape and tie the ends, cook the salmon in the preheated water bath for 10 minutes. Cool the salmon completely in ice water.

### Grapefruit salsa

50 ml olive oil

small bunch chives

1 pcs kohlrabi

1 pcs pink grapefruit

salt

Chives, kohlrabi, fillets of grapefruit without the pitch and skin cut about 1 cm size, kohlrabi cut into dice 5 × 5 mm, boil in water for 1 minute and cool in ice water, drain, cut the chives, mix the salsa with olive oil.

### Horseradish mayo

200 ml olive oil

50 g horseradish or horseradish cream

2 pcs egg yolk pasteurized or whole eggs

50 ml white wine vinegar

10–15 g Dijon mustard

1 shallot

1 tbsp crème fraîche (optional)

### Crumb

1 pc lemon

1 pc lime

1 pc orange

50 g panko bread crumb

10 g rose pepper

1 tsp maldon salt flakes

green asparagus

Cut the salmon in half, discard the cling film, roll in the crumb mix place on plate. Add mayo and salsa.





## Corn fed chicken breast with tomato compote and pistachio sauce for 4 people

### Corn fed chicken breast

4 corn fed chicken breast with skin  
black pepper  
2 sprigs rosemary  
salt  
water

Put chicken fillet into 10% brine 2 h 20 min  
rinse in 65 °C 55 min, pat dry, and fry on hot  
pan, with oil and rosemary, thyme, pepper.

### Mashed potatoes

4-6 bigger ones Laura potatoes  
100 g butter  
100 ml cream

Mash potato, butter, cream, salt, roast in  
oven 40-50 min with skin, after mash and  
add butter, pass through tammy, or fine  
sieve, warm up, with butter and cream.

### Tomato compote

4 pcs tomato  
3-5 sprigs thyme  
50 g shallots  
3 cloves garlic







Peel tomatoes – score cross with knife on bottom, put in boiling water and boil until skin starts to loosen, quickly place tomatoes from boiling water to iced water and let cool few minutes, take off skin, cut them in big dice discarding the core of tomatoes.

Dice the shallots, sweat them off with a bit of oil in wide pot, add diced garlic and tomato, dice and cook on a very slow heat until dry. Take around 2-4 hours depends on amount used, add a few sprigs of thyme, season with salt and if necessary some sugar, depending on tomatoes.

### **Vegetables in honey glaze**

1-2 pcs golden beetroot

1 medium size carrot

1 medium size parsnip

1 pcs celeriac

20 g honey

20 g butter

thyme

Cut the vegetables in about 5mm thick and then cut out squares or circles with a cutter (to have the same size and shape), boil vegetables in separate pots until cooked but crunchy, cool down, make glaze: with honey, butter, thyme and glaze vegetables .



CORN FED CHICKEN BREAST



# Mango parfait with almond tuille and raspberry gel

for 4 people

## Mango parfait

200 g mango puree  
500 ml double cream  
100 ml water  
115 g caster sugar  
6 egg yolks  
1 leaf of gelatin

Whip the cream, keep in cold. Boil sugar and water until 100 °C, on water bath, whisk egg yolk and add sugar syrup, whisk until thick, add gelatin bloomed in water, add mango puree, cool down on ice bath to around 25 °C and mix in the cream. Put into silicon mould and freeze.

## Almond tuille

200 g almonds  
70 g butter  
150 g sugar  
60 g cream  
35 glucose

Melt butter, sugar, cream, glucose, add almonds, cook in oven on silicon mat 180 °C 10 min, break to smaller parts.

## Raspberry gel

300 g frozen raspberries  
50 g ginger  
agar-agar

Melt the raspberries and strain, use only juice, grate ginger and press the juice out, add to raspberry juice, weigh the juice and boil with agar-agar for around 5 minutes, stirring to prevent from sticking.

Pour it on the tray or pot to have around 1 cm thick, let cool down and cut cubes.

## Mango parfait

1 fresh mango  
2 pcs passion fruit  
2-3 pcs fresh peaches or compote (halves)  
2 pcs cinnamon sticks  
2 g pectin

Dice fresh mango and peach, add passion fruit, cinnamon stick. Put in the pot and cook slowly, add sugar and pectine mix, boil off, cool the compote.







## Jevgeni Generalov

**Jevgeni Generalov** was born in Estonia. He works as a head chef at Gastro Studio. When he was a child he loved to come to visit his grandmother, who lived in the heart of old Tallinn. He still remembers these unusual flavours of fresh pastries, sounds and smells coming from restaurant kitchens.

His father is also a cook, so he grew up and played in the real kitchen. After finishing cooking school he wanted to learn and get new experiences, so he worked in Ireland, Cyprus, and in Norway for 8 years.





## Salmon confit and goat cream cheese for 4 people

2 kg salmon fillet  
300 g goat cream cheese  
2 lemons  
1 orange  
2 bunches of asparagus  
2 l cooking oil  
500 ml olive oil  
2 long cucumbers  
200 g fresh dill  
1 pack cod caviar  
300 g baby onions  
500 ml regular vinegar  
1 kg sugar  
1 kg fine salt  
300 ml heavy cream 35%  
100 g dry coriander seeds

Mix together equal quantities of salt and sugar. Rub the salmon in the mixture, coating well on both sides. Let it stand for 1 hour at a room temperature. While the salmon is brining, roast dry coriander seeds.

Make up a simple goat sauce by stirring together the goat cheese, heavy cream, half the lemon and finely chopped dill.

Peel and grill asparagus. Set aside. Make the dill oil. First blanch the dill in salted water for 5 seconds and submerge in ice water.

Squeeze out any excess water from the dill. Put the dill and oil in a blender and puree until smooth. Use green oil for decoration.

Remove from the blender, pour through a fine sieve, and let cool.

Then cut salmon into portions. Combine olive oil with roasted coriander seeds, lemon and orange.

Place the fish fillets in an ovenproof dish that is just large enough to accommodate them and cover them completely with olive oil. Insert a thermometer into the fish.

Cook in a pre-heated oven until the internal temperature reads 38°C, then carefully lift your fish of its oil bath with a fish spatula. Pat the salmon dry with paper towel.

For marinade mix 1 part of vinegar, 2 parts of sugar and 3 parts of water. Let it boil and cool down.

Blanch baby onion and sliced cucumbers and put them into marinade for half an hour. Meanwhile gather your selected accompaniments ready to serve.

To serve pour green oil on bottom of plate and top with salmon asparagus.

Decorate with goat cheese mixture and caviar. Pick pickled and cucumbers on the plate and sprinkle with green oil.



SALMON CONFIT AND GOAT CREAM CHEESE

# Mussels Coconut Soup

for 8-10 people

3 kg fresh big mussels  
500 g bok choy cabbage  
50 g garlic, minced  
200 g shallots, chopped finely  
4 fresh lemongrass stems, outer layer removed  
4 fresh red chili peppers, thinly chopped  
50 g butter  
100 g ginger  
3l coconut milk  
1 kg cauliflower  
100 g chives  
100 g fresh dill  
50 g spring onion  
100 g olive oil

Rinse vegetables (bok choy cabbage, shallots, red chili peppers, cauliflower, chives, dill, lemongrass, peel, slice finely).

Wash the mussels in a strainer discarding any that are not closed. Heat the oil and butter in a large pot over medium heat and add red chili peppers, garlic, lemongrass, gin-

ger, shallots. Bring to the boil while stirring continuously, until the vegetables have softened. Add the mussels. Cover and continue cooking, stirring frequently until they open, about 5 minutes.

Drain the mussels from their juice. Take the cooked mussels from their shells and lay them on a flat surface to steam dry. Set the mussels aside.

Strain the stock. Add the coconut milk to the stock and bring to a boil. Then add the mussel meat and simmer for some minutes.

Break cauliflower into florets (Blanch fresh cauliflower). Put a large pot of water on the stove top to boil. Pour the cauliflower florets in and boil for 3 minutes.

Remove the florets and place them in an ice water bath. Remove and drain.

Serve the soup in a big bowl. Put mussels, cauliflower, bok choy cabbage on the bottom of the bowl, ladle the soup over them. Decorate with chives, fresh dill and spring onion.





## Beef Striploin for 4 people

2 kg beef striploin

Process meat – cut away membrane excess fat (use it for sauce).

Cut meat into portion pieces (ca 180 g of raw meat). Set aside at room temperature covered with plastic wrap.

Put the done pieces of meat into a clean and dry GN. Grease the meat with vegetable oil, salt and pepper and mix well.

Fry on a grill pan for a few minutes on each side until the pattern is formed.

In the oven heated to 180 degrees, place the meat for 7-8 minutes or use a needle (meat temperature must be 48 degrees).

### Soubise puree

2 kg white onion

250 g butter

100 g parsley

bunch of fresh thyme

Cut the onion into medium half rings.

Fry until readiness in a well-heated pan, then add butter and chopped thyme. At the end, grind the prepared mass with a mixer until homogeneous mass.







BEEF STRIPLIN



### **Bordelaise sauce**

1 l demi glace  
100 g beef bone marge  
50 ml red wine vinegar  
bunch of fresh thyme  
100 g sugar

Pour ready demi-glace into a saucepan and reduce by half.

Fry beef trimmings in vegetable oil. When the sauce becomes reduced, add the fried trims.

Add fresh thyme, red wine ,vinegar and sugar.

Strain the prepared sauce then boil it.

### **Vegetable side dish**

300 g baby carrots  
300 g baby beetroots  
250 g sugar snaps  
250 g broccoli

Wash beets and put them to stew.

Prepare bowls with ice water (water + ice).

Blanch the rest vegetables separately: baby carrots, sugar snaps, peas, broccoli (put the vegetables into the boiling water for a couple of minutes, then immediately put them into the ice-cold water until they are completely cool). After getting out of the water ,dry.

Cut the cooked vegetables: carrots and beets – in halves, broccoli – in florets.

### **Serving**

Put 4 meat pieces in the middle of the plate, near to it put vegetables (baby beetroots, carrot and sugar snaps). As the side dish put Soubise puree. Pour the sauce on the top of the meat.





## Mixed Berry Clafoutis with Vanilla Ice Cream for 4-6 people

5 dl heavy cream

160 g sugar

175 g egg yolks

1 vanilla pod

50 g corn starch

pinch fine sea salt

500 g mixed berries, such as blueberries,  
raspberries and blackberries

powdered sugar, for serving

vanilla ice cream, for serving

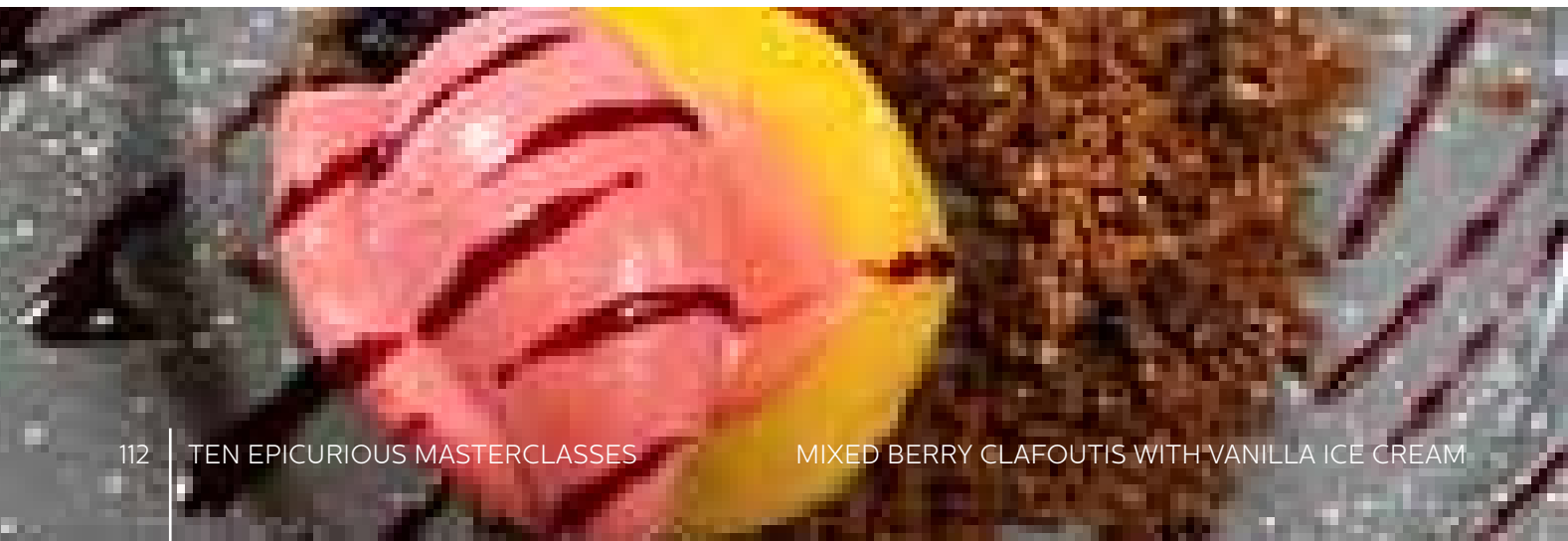
50 g fresh mint

Preheat oven to 180 °C. Split the vanilla pod  
in half with a sharp knife and scrape out the  
seeds. In a separate pan, place the cream  
and vanilla seeds and put over a medium

heat and bring up to simmering point. Re-  
move from the heat, then leave to cool for  
the flavors to infuse. Combine the cream,  
sugar, corn starch, egg yolks and salt in a  
blender or food processor and process un-  
til the batter is smooth, about 20 seconds.  
Place four medium ramekins or jars, about  
6 ounces each (or six smaller ones, about 4  
ounces each) on a baking sheet. Spread an  
even layer of berries on the bottom of each  
ramekin and fill about 3/4 of the way full with  
batter.

Bake until puffed, golden brown about 20  
minutes. The clafoutis will deflate consider-  
ably, like a souffle. Garnish with powdered  
sugar and serve with vanilla ice cream.

Decorate with fresh mint. Serve warm.







MIXED BERRY CLAFOUTIS WITH VANILLA ICE CREAM

## About Tallinna School of Service

Tallinn School of Service is the most prestigious vocational school in North Estonia providing education in the field of Hospitality.

In Teko there is an agreement of values which everyone should follow:

- › professionalism
- › reliability
- › contemporaneity
- › quality

We have curriculums in Food and Catering (cooks, bakers, confectionaries, catering services etc.), Hotel Service, Beauty Service and Commercial Studies. Our focus is on providing education in levels 4 and 5 (European Qualification levels). There are approximately 700 students in our school. The study period varies from 1-3 years, depending on the speciality.

We also provide many different training courses for work-based learning that take place in the evenings.

Our mission is to create the best variety of opportunities for lifelong learning as being an innovative educational centre in Estonian

vocational training.

Studies in Tallinna School of Service are based on eight-level EstQF, which was established in 2008, with the Occupational Qualifications Act. According to the Occupational Qualifications Act, the EstQF has 8 levels, the first of which is the lowest and the eighth is the highest. The descriptions of the qualification levels are identical with the EQF level descriptions.

Tallinn School of Services is located in Tallinn, Lasnamäe's seashore in Majaka street. Built in 1935 as a general study school building, then re-built for a vocational school in 1976, got the extension building in 1984 and the B-side extension in 2009.

Tallinn School of Services (Teko) is a conjunction of two major trading and culinary schools – Tallinn Trading, Culinary School and Juhkentali Trading School.

In 1997 the Northern- Estonian Unified Services School was created in Tallinn, which has a researched history backdated to 1945. Catering and trading have been the main fields of study by then. The school operated in two different buildings in Majaka and Juhkentali streets up to 1997, however, at the beginning of the year 2000, all learning was centralized to Majaka Street 2.

## Students involved to the project

Adelina Dombrovski

Alar Tiismaa

Aleks Štovbonko

Aleksandr Morozov

Aleksei Solomanin

Alex Reemet

Alexander Ruubel

Alexandra Pochuenkova

Alexandra Pappel

Anastasia Mokrik

Anastasia Goroško

Anastasia Košeleva

Anastasia Kotova

Anastasija Škljarova

Anastassia Koržova

Andre Paio

Andreas Sinimaa

Andrei Kulešov

Andri Bašmakov

Andris Erich Popp

Angelina Protsak

Annabel Paulus

Anton Fedjajev

Arina Kadina

Arina-Anna Jankovskaja

Arthur Vyurtt

Artjom Kazakov

Artur Astahhov

Brenda Roosimägi

Darja Dubinina

Darja Galimurza

Denis Sinitsa

Deniss Bojarov

Diana Nožejeva

Diana Vassiltsova

Dmitry Sysolyatin

Eleanora Vojevodina

Eneli Vint

Georg Roosalo

Georgi Šatkovski

Harry Käär

Heleen Kenna

Helnader Piip

Igor Pantšuk

Igor Motšalov

Igor Grigorjev

Ilona-Jelena Dinovskaja

Jan-Oscar Aunver

Jasper Jürisson

Jekaterina Kurankova

Jekaterina Bujevitš

Jessica Metse

Jevgeni Gorbatenko

Jevgenia Satina

Jüri Martšenko

Karina Timkina

Karl Leomar

Karl Joonatan Ütt

Katriin Viruneem

Katrin Pavlovitševa

Kerton Gromov

Kim-Erik Bötter

Kristel Kondas

Kristo Tarasov

Laury-Margus Lind

Leonid Matvejev

Lev Narozhny

Liana Dudjuk

Ljubov Tšužaja

Loretta Plees

Maarijo Trubin

Maksim Veltmander

Marcus Põlluvere

Mardo Ilves

Martin Arm

Milena Kostina

Mishel Sereda



Natalia Shafaruk  
Nataliia Leta  
Nikita Buslajev  
Nikita Aleksejenko  
Nikita Štanenko  
Norman Vendla  
Pavel Dmitrijev  
Piia-Liisa Tamm  
Polina Vassilenko  
Raul Toomi  
Rauno Kütt  
Rebecca Moosus  
Semjon Ahmatov  
Sergei Šurman  
Sergei Tretjakov  
Sergey Devyaterikov  
Sergey Kuchеров  
Siiri Joala  
Simona Saaliste  
Sofia Žuljova  
Vanessa Kaalep  
Viktoria Fjodorova  
Viktorija Ailin Serova  
Vladislav Holakov  
Yulianna Simonova

## Helping teachers

Anne Mäe  
Ellen Lessel  
Gerda Sepp  
Irina Horošihh  
Kaia Laansoo  
Kristi Tiido  
Ljudmila Butnik  
Ljudmilla Zahharova  
Maina Villenberg  
Pirje Pärimets  
Riina Laht  
Roman Fokin

# Ingredients index

## A

agar-agar	100
almond	10, 100
almond meal	20, 24, 28
almond praline paste	12
apple	38, 60, 68
apple vinegar	68
apricot	64
asparagus	58, 94, 104

## B

bacon	62
baking powder	14
banana	52
basil leaf	50
bay leaf	36, 38, 60
beef bone marge	112
beef stock	86
beef striploin	108
beetroot	98, 112
black bread	74
black pepper	36, 60, 96
blackberry	114
blueberry	114
bone	78
brioche	76

broccoli	112
brown bread chips	62
butter	10, 12, 14, 16, 20, 28, 30, 42, 58, 60, 62, 68, 70, 78, 80, 88, 96, 98, 100, 106, 108
butternut squash	68

## C

carrot	38, 98, 112
caster sugar	90
cauliflower	106
celeriac	98
celery	70
cep	70
cherry	76
chicken breast	96
chicken broth	58, 60
chicken leg	50
chicory leaf	78
chilli	36
chives	94, 106
choriso	68
choy cabbage	106
cinnamon	38, 100
cocoa	90
cocoa butter	20
coconut milk	50, 52, 106
cod caviar	104

cooking oil	48, 50, 86, 104
coriander leaf	36, 48
coriander seed	104
corn flour	60, 74
corn starch	12, 16, 76, 114
cranberry	70
cream	62, 64, 86, 96, 100
cream cheese	36, 80
cream of tartar	22, 24
<i>crème fraîche</i>	94
cucumber	104
curd	16
cuttlefish ink	68

## D

dark chocolate	72, 88, 90
demi glace	38, 78, 112
dijon mustard	36, 94
dill	104, 106
double cream	72, 80, 100
duck legs	86

## E

egg	10, 14, 20, 22, 24, 28, 36, 42, 48, 88
egg white	24, 30, 74, 88
egg yolk	12, 16, 30, 42, 72, 86, 94, 100, 114
eggplant	50

elk meat 58

## F

fennel 36

fish sauce 50

*fleur de sel* 20

flour 10, 14, 16, 20, 22, 28, 42,  
74, 80, 86, 88

*foie gras* 76

## G

garlic 36, 38, 40, 48, 78, 84,  
86, 96, 106

gelatin 20, 30, 72, 80, 100

ginger 36, 62, 106

glucose 72, 80, 100

glucose syrup 24

goat cream cheese 104

granulated sugar 12, 16, 20

grapefruit 94

grapeseed oil 36, 62

green bean 50

green curry paste 50

## H

hazelnut 10

hazelnut praline paste 12

heavy cream 14, 16, 28, 30,  
68, 104, 114

honey 60, 98

horseradish 94

## I

icing sugar 14, 16, 18, 20, 42

## K

kohlrabi 62, 94

## L

lamb shank 38

lecithin 84

leek 38, 60, 68

lemon 30, 36, 94, 104

lemon juice 20, 36, 80

lemon zest 20, 72

lemongrass stem 106

lime 94

lime juice 36

lime zest 36, 42

liquor 64

## M

maldon salt flakes 94

mango 36, 88, 100

marzipan 24

mascarpone 16, 42

micro herbs 62

milk 10, 14, 16, 40, 58, 60,  
64, 70, 72, 74

milk chocolate 88

mint 88, 114

morrell 86

mushroom 86

mussel 106

## N

nutmeg 62

## O

olive oil 14, 36, 58, 94, 104,  
106

onion 38, 58, 60, 78, 86,  
104, 108

orange 94, 104

orange jam 62

orange juice 38

oxalis leaf 64

oyster sauce 48

## P

palm sugar 50

pangasius 48

panko 48, 94

parsley 84, 108

parsnip 40, 98

passion fruit 100

passion fruit puree 80

peach 100

pectin 100

pepper 36, 40, 62, 76, 78,  
84



peppercorns 38  
pigeon 78  
pistachio 76  
plum 28  
plum sauce 48  
potato 62, 96  
powdered sugar 114  
prawn 48, 50  
prune 64

## Q

quail 60

## R

raspberry 18, 100, 114  
red cabbage 38  
red chilli 36, 50, 88, 106  
red wine 38, 76, 78  
red wine vinegar 38, 112  
rice 64  
roe deer loin 70  
rose pepper 94  
rosemary 38, 84, 86, 96  
rum 30, 42, 86

## S

saffron 60  
sage 84, 86  
salmon fillet 36, 94, 104  
salt 10, 14, 22, 36, 40,

52, 60, 62, 70, 76, 78, 84, 86,  
94, 96, 104  
scallop 68  
sea salt 114  
seasoning 38  
shallot 84, 94, 96, 106  
sour cream 72  
soy sauce 48  
spinach 84  
spring onion 106  
star anise 36, 38, 94  
sugar 10, 14, 22, 24, 28, 30,  
36, 38, 42, 48, 52, 64, 70, 72,  
74, 80, 84, 88, 94, 100, 104,  
112, 114  
sugar syrup 72

## T

tempura flour 48  
thyme 38, 70, 78, 84, 86, 96,  
98, 108, 112  
tomato 84, 96  
trout 84  
truffle paste 78

## V

vanilla extract 90  
vanilla ice cream 114  
vanilla pod 16, 24, 28, 30, 114  
vanilla pod seeds 20, 22

## W

walnut oil 60  
water 10, 14, 24, 40, 76, 88,  
94, 96, 100  
whipping cream 58, 60, 88  
white chocolate 20, 64, 80  
white pepper 48, 62  
white wine 60, 68  
white wine vinegar 74, 94  
whole milk 12  
vinegar 104

## Y

yoghurt 28

