



Teko team

Vegan menu





Teko team members

STUDENTS:

Kaja Baburina

Tereesa Silvia Arder

Ergo Boisen

Magnus Riim

TEACHERS: Maru Metspalu, Pirje Pärimets



Ideas of our Menu

We tried to show as much of Estonian produce and take the inspiration from the Culus materials, zero waste ideas, sustainable cooking and how to create the most delicious vegan alternatives of meat, fish and cheese.

Amuse bouche - Vegan puree soup with Kama chips

This is a vegan purée soup made from boletus and portobello mushrooms. The creamy texture comes from oat cream, creating a rich and smooth consistency.

For the topping, I made a crispy kama chip. Kama is a traditional Estonian roasted grain blend, typically made from a mix of barley, rye, oats, and peas. It has been a beloved staple in Estonian cuisine for centuries. I combined it with flax, pumpkin, and sunflower seeds.

My goal with this dish was to reflect the essence of Estonian cuisine, bringing together the deep, earthy flavors of forest mushrooms with the unique texture and taste of kama.



Starter- Potato pancake with smoky celeriac, horseradish mayo and pickled red onion

The potatoes are boiled and mashed, then shaped into patties and fried until crispy.

We used celeriac as a white fish substitute.

Aquafaba is used in the mayo instead of egg yolks and seasoned with horseradish.



Main course - Chickpea-soy mince and beetroot pattie, warm salad with young cabbage and blackcurrants, served with gravy and cauliflower gratin

For the meat substitute we use chickpeas, soy mince and beetroot.

Gravy is made of all the leftovers. First roasted and then boiled into rich broth. Thicken and seasoned with mustard, oat cream and herbs.

Cauliflower gratin is a “cheezy” oven dish to accompany the patty. In the gratin we use cheese sauce substitute from cashew nuts.



Dessert - Crumble cake with tofu and frozen berries, served with vanilla sauce and blueberry compote

In the crumble cake, we have firm or silken tofu, soy yogurt and berries in the middle between two layers of flour and margarine crumble.

Its sweet, but has that crumbly texture and the berries add sour notes.



What did we learn during the process?

Tereesa: I have learned, that you can make really great desserts with just simple vegan ingredients. And that vegan alternatives are not so bad after all.

Kaja: I really enjoyed working on this dish and thinking about how to improve it. Through this process, I learned a lot from the workbook material, which I will apply in the future.

Magnus: Vegan options aren't as basic as I thought. To make this crumble cake, for example - I would have never thought that this could be done in such a tasty way. "Normal" dishes can be made also vegan and tasty.

Ergo: I learned that vegan things can be just as good as animal products!



Thank you!

Hope to meet you soon!

