

# THE ESTONIAN CHRISTMAS COOKBOOK

LUCIE ROGERS





# THE ESTONIAN CHRISTMAS COOKBOOK

LUCIE ROGERS



Lucie Rogers

# **The Estonian Christmas Cookbook**

BookRix GmbH & Co. KG  
80331 Munich

# **Contents**

© Copyright 2021 Lucie Rogers.  
All Rights Reserved

## **Contents**

Introduction

Author's Note

Mushroom and Barley Soup  
Cheese Dumplings  
Fried Mushrooms in Sour Cream  
Potato Pancake  
Potato and Bacon Porridge  
Liver Pate  
Cheese Soup  
Beetroot and Milk Soup  
Rutabaga Mash  
Red Cabbage with Apple  
Barley Salad  
Apple and Lingonberry Salad  
Cucumber Salad  
Herb Mayonnaise  
Beetroot and Potato Salad  
Pickled Pumpkin  
Sprat and Rye Bread Sandwich  
Munavoi  
Pea and Smoked Pork Soup  
Smoked Herring Dip  
Potato Salad

Salmon with Cranberry  
Fish Cakes  
Fried Herring  
Roast Goose with Apple  
Chicken and Juniper  
Pork Chops in Cream  
Sauerkraut with Pork and Barley  
Pork in Jelly  
Steak in Cream Sauce  
Chicken Schnitzel  
Roast Pork and Sauerkraut  
Bread Soup  
Rye Biscuits  
Sand Cake  
Baked Apples  
Oatmeal Cookies  
Curd Cheese and Berries  
Kringle  
Carrot Pie  
Gingerbread  
Cranberry Pudding  
Barley Bread  
Rye Bread Cake  
Curd Cheesecake  
Semla  
Milk Soup  
Cranberry Kissel  
Mulled Wine

Photo Credits

## **Introduction**

Christmas is a popular time in Estonia. The Estonian Christmas has many familiar traditions from western and northern European festive celebrations. Estonia's Nordic, wintry climate also helps to create a Christmas atmosphere. Estonian cultural, rural and pagan traditions have also influenced the Estonian Christmas and create some unique Christmas customs.

Food is naturally a big part of Christmas. Estonia's traditional foods include rye bread, pork, cabbage, potatoes and dairy products and these play a big part in Estonia's Christmas meals. Estonians enjoy fresh seasonal ingredients and these help create a variety of Christmas dishes. Of course, a wide range of indulgent festive foods such as cookies, cakes and chocolate dishes are also enjoyed.

Try some Estonian Christmas food with this book - The Estonian Christmas Cookbook.

## **Author's Note**

This book features a number of recipes typically eaten in Estonia over the Christmas period. The ingredients for the recipes should be easily available to buy. No special utensils are needed to cook any of the dishes – regular kitchen equipment can be used.