



What is the Estonian cuisine, what are its roots, and where is it heading to?

To find out, take a short guided stroll in Tallinn city centre combined with some nice typical for Estonia food & drink stops en route. This introductory food tour is followed by 2-course hands-on cooking course at one of the best food labs in Tallinn.

The tour combines the best part of our signature food tour with city sightseeing en route, and is conducted by our professional tour guides. You'll have a chance to taste typical for Estonia black rye bread, our famous open faced spiced sprats sandwiches, national drink "Kama", a special marzipan with its recipe dating back to 15th century, a shot of Sea-Buckthorn schnapps, which is rich in natural vitamin-c, and a malt pop kinda non-alcoholic drink called "Kali".

After awakening your gustation you're invited to Academic Food Lab* for a special 2-course hands-on cooking course, where everyone in the group will have a chance to participate, and learn a great deal about preparing some typical for Estonia main course and dessert from fresh local seasonal ingredients.

Package price is €70 per person with minimum 10 participants per event

The program includes:

- Tasting of famous open faced spiced sprats and mushrooms-sauce sandwiches, along with a national drink "Kama" - which's prepared from a blend of grains mixed with soured milk or yoghurt.
- Tasting and legend of famous marzipan, which recipe is dating back to the beginning of 15th century.
- In order to warm you up a bit you'll be served a shot of local Sea-Buckthorn schnapps, which comes from a small local production unit of one of the best rural restaurants in Estonia.
- Non-alcoholic traditional drink "Kali", with some bites of dried black bread tipped into roasted beet hummus.
- Hands-on cooking class around the teaching islands, which is contributing to an intimate and personal experience conducted by Estonian master-chef instructor. Academic Food Lab combines classical cooking with modern techniques, using Estonian local seasonal ingredients as a base for their menus.
- The event culminates with 2-course dining in a cozy dining room of the food lab.

The cooking course includes:

- complimentary appetizer
- 2-course menu, prepared by the guests
- recipes
- coffee/tea/water

Supplementary: there is a proper wine and drink list available at the food lab. All the drinks ordered in addition to the above menu are payable on spot by the guests.

Sample menus for the cooking course (the actual menu depends on season):

MENU I

- Complimentary chef's welcome bite (seasonal)
- Sous-vide pork tenderloin, red cabbage with the hint of cinnamon, seasonal vegetables, sea-salt-baked potatoes, white sauce with local apple cider
- "Kama Tiramisu", rye bread ice-cream, golden marzipan

MENU II

- Complimentary chef's welcome bite (seasonal)
- Chopped elk meat cutlet, creamy wild mushroom sauce, seasonal oven baked vegetables with herbs
- Traditional semolina foam, vanilla flavoured milk, fresh berries

* Our food tour guide will say goodbye to you with your arrival to the Academic Food Lab. Further cooking course will be conducted by one of the best Estonian master-chef's

Package price includes VAT. The package price is valid from October 2016 to April 2017