



Virtual pop-up competition event

eCookbook

The CORE project aims to explore the future dynamics of culinary education across Europe. The project is co-funded by the Erasmus+ Programme of the European Union and includes a project team with members from Finland, Estonia, Spain and Ireland.

CORE – Cooking for the future

WP 5 & 6, edited by Oona Haapakorpi & Mika Heino, Omnia

Partnership:



Co-funded by the
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CORE – COOKING FOR THE FUTURE

Virtual pop-up competition event, 28.4.2021

eCookbook

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Introduction

To support the aims and objectives of the Cooking for the future (CORE) project we organised a virtual pop-up competition event in April 2021.

The aim of the event was to design and execute a virtual pop-up competition event where students from partner countries together could gain entrepreneurial skills. Hosting the virtual pop-up competition event was an innovative way to increase student participation in work-based learning and give a strong support for the use of the European level framework for VET in the hospitality field.

At the same time the event gave students the opportunity to showcase their culinary skills and passion for cooking. Simultaneously students shared and developed their working skills and promoted their personal branding skills. It also improved student's international competences and language skills through real life experience.

This project developed cooperation between culinary vocational schools and colleges and working life in European countries in the catering field in Finland, Estonia, Ireland and Spain.

The CORE- project was co-funded by the European Union's Erasmus+ programme.

About this book

The content of this book is mainly created by students from Omnia, Vamia and Tartu Vocational Education Centre (Tartu VEC).

The students participated in five consecutive online workshops where they communicated through social media platform and the virtual 360° Thinglink course modules created by CORE project.

The virtual 360° Thinglink course was the key focus for their studies. Each virtual module has its own set of learning/ teaching materials, but the layout of the course modules was built in the same manner.

In this book you find the recipes and the business ideas created by students for the **Virtual pop-up competition event** and their marketing channels for the event itself. The event was held in April 2021.

This special pop-up cookbook will not only teach you the recipes, but it will also show you what the dish should look like!

All the students having a basic culinary knowledge, taking courses of Promotion of sustainable development or Entrepreneurship and entrepreneurial activities will find this book helpful.

Virtual pop-up competition event

The three-day Virtual Pop-Up competition event was held in 27.4.- 29.4.2021. The competition itself was held on Thursday 28.4.2021.

Before the event itself, the students had studied different “classroom-based activities” and “workshop assignments” to support the learning outcomes. All activities and materials can be found from the project website in the **Virtual pop-up competition event** 360° Thinglink platform (<https://cookingforthefuture.net/virtual-pop-up-competition-event-2021/>).

For the virtual Pop-Up competition event, the learning outcomes were:

- Create a business plan
- Create a Social Media Platform e.g. blog, Facebook or Instagram or a combination of these
- Create a logo for your business
- Develop an advertisement for an event
- Create social media marketing plan
- Design a sustainable menu
- Take part in a pop-up event
- Open badges for sustainable development (14)

Team Vamia – V.V. Pop



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POP-UP RESTAURANT V.V. POP

In this day where everything seems to be so fast and, on the go, people need to have something that they can rely on. something that they will feed them enough to go through the day or maybe for a couple of hours. We know that there are things on this planet that you can not combine - oil and water, fire and ice, cats and dogs, the royal family and Meghan Markle (oops). What if, we can serve a delicious, healthy and gourmet food that doesn't take long to make, but can be eaten anywhere, anytime? seems too good to be true, well, here we go, welcome to **VAMIA VAASA POP UP**. wait, or maybe we can call it, **V.V. POP!**

what is V.V. Pop?

V.V. Pop is a pop-up restaurant that can just appear anywhere that is feasible for business to run. Schools, mini events (or maybe big Event, why not?!), meetings, or simply a weekend stall in your marketplace. The concept of the business is to provide meals, that can be eaten fast, easy, and healthy food. not to mention it should be **INSTAGRAMMABLE**.

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It should also provide some jobs and extra earnings not only to the stakeholders, but also to the local community as well. it will try to generate all of its ingredients as much as possible locally. thus, this will ensure the sustainability of the business and the support for local products.

V.V. POP can also provide some ideas to future entrepreneurs on running a pop-up restaurant. Students can learn some aspects of the how's, whys, and whats of a business. thus, to provide this, the stakeholders needs to study a well-structured business plan that they may seek via their teachers, boss, other entrepreneurs and family as well. As the saying have said, Rome wasn't built in a day, so gear up for the long ride.

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Also part of the process on which the stakeholders needs to improve on the future are their skills. yup, when we are talking about skills, it means the totality of running a business. From the cooking skills all the way to the marketing side, this is a must. You can not go to war with only a few ammunition, if you wanna go deep in this venture, you have to be fully equipped to be able to succeed.

Wait, it seems like we have been through so much but, why does we call it V.V. Pop? and why?



OUR LOGO



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Well, during the brain storming, plenty of names have come out. from this to that, but, it seems like it was lacking something. and what was it, RECALL. yup, there should be a recall every time you say the restaurant. so since the stakeholders are from Vamia Vaasa, then it is a Pop up restaurant, why not call it, V.V. Pop?! Just like those K pop dramas and series that were on netflix. a good recall, sounds great and easy to memorise (at least).



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TEAM



So, for **Mary, Qurat, Aileen and George**, this is the start of the marathon. Something that they can build around and make it into a reality. the journey will start NOW.

Read More from V.V POP

<https://vvpop2021.blogspot.com/>

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Design a sustainable menu

- I. Ostrobothnian Fishballs***
- II. Pork Honey Glaze Skewers***
- III. Seed crackers with tomato jam***
- IV. Brownie with tyrni ice cream and caramel sauce***

Each of the following item has its own story. So gear up for a long read.

I. Ostrobothnian Fishballs

Do we really need to throw away good food?

Let's start with this premise. I've been studying here in Finland for two years. Every time there is a fish dish, I've noticed that there are still some good parts of the fish that are being thrown. I asked one of my teachers when I was in my first year. Why do they do that? He said that People here in Finland usually don't consume those part of the fish. Even it is still edible, they won't just eat it.

I meet Mr. Blö, a commercial fisher for almost 20 years. He noticed that from the start 1995, the demand of using fillet fish increased. There are parts of the fish are just being thrown and left to waste. He is also encouraging people to maximise the whole fish when making food.

So, we decided why not make one of Asia's well-loved street food here in Finland? Using all those fish meats that are just being thrown away? Introducing, OSTROBOTHNIAN FISHBALLS. Or simply FISH BALLS. Let's make this food that is easy to eat, anywhere and anytime of the day!



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Design a sustainable menu



II. *Pork Honey Glaze Skewers*

Summer Time!

Summer is just around the corner! The best time of the year to spend your weekend outside with your loved ones and friends. It also means eating barbeques under the sun! Yup, it is the season for your Skewers, grillers and wood chips to unite and fight that craving for barbeque foods! Hold and take your time to see the most flavorful barbeque that you will meet in your life!

Pork belly, pickled onion, paprika and that savory sauce, just wait until you smell and taste the Ultimate barbeque in the North! Inspired by the streets of Asia, this food will surely be a hit!



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Design a sustainable menu



III. Seed crackers with tomato jam

Yup, Närpes is a small town here in ostrobothnia which produce the best tomatoes in the country. It will be blasphemous if we would not include the main attraction of this beautiful town. So why not make something from their main product?

Tomato jam, something that can be eaten during anytime of the day. Plus, we made sure that this will be enjoyed by vegans because this is served with seed crackers that. Light, yet healthy menu on the go!



IV. Brownie with tyrni ice cream and caramel sauce

Most people can't say "no" to chocolates, the indulgence of its sweetness can make one's happy right? And who would not love ice cream? Of Course everyone does.

Brownie recipe has only a few ingredients and added coffee flavor to have an extra taste of it and sea buckthorn is one of the healthiest fruits and has a lot of good health benefits from it, so give it a try for ice cream.

The intensity of chocolate chips, the tangy taste of tyrni and the mild sweetness of caramel glaze is on the go for dessert. This combination is unbelievably satisfying.



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Advertisement for an event

CORE
Cooking for the future

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Virtual pop up competition event

**OSTROBOTHNIAN
FISHBALLS & MORE!**

**deep fried fish balls,
served with vinegar
dip, sweet & sour,
and curry sauce**

**SUSTAINABLE
GASTRONOMY**

Sustainability by making delicious food out of unused fish meat
to help minimize food waste

**WE ARE OPEN ON
WEDNESDAY!
28.04.2021**

VAMIA VAASA, FINLAND
POP-UP Competition
@ 10.00-15.00

TEAM VAMIA



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Team Tartu VEC – Pasteet Margna K119



COOKING FOR THE FUTURE
POP-UP RESTAURANT



TARTU
KUTSEHARIDUSKESKUS
TKK

PASTEET MARGNA K119



OUR IDEA:

- AFFORDABLE FOOD FOR CUSTOMERS
- LOCAL AND SEASONAL PRODUCTS
- MAKE IT INTERESTING
- Estonian - reserved but funny

TEAM

Head chef: Argo Pärn
Kitchen team: Jesper Martti Ilves, Raimond Kuiv, Ben Pätrick Kurg, Kert Kõnd, Villu Gregor Laube, Margus-Martin London-Kalinin, Janar Luts, Maidu Mägi, Andrus Smirnov, Mart Veski.

BUSINESS IDEA:
POP-UP restaurant in order to be mobile, visit open air events and sell our food. Have fun while working.

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Design a sustainable menu



I. Sprat sandwich



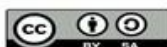
II. Mini Burger



III. Smoked courgette with mashed peas



IV. Kama foam



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Team Omnia – EGO (Energy going on)



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POP-UP RESTAURANT EGO



TEAM

Mirana Zaman & Sompit Sawangkaew

Experiment with food and experience how people's taste.

E-energy, G-going, O-on (Energy going on)

we have kids we have work we are doing thousands of things in our everyday life but we pushing ourself to do this cooking for the futures so our energy going on an on.....

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Our plan is catching people all over age. Who is very much food lover, who is in dieting, and off course the kid's. Our plan to make people happy by eating our good foods. We are going to use our traditional recipe with modern way and mix of Asian – European. We use wild edible plants, wild mushrooms and local product.

We still need to learn and practice more to making new food using by local product. All over the world we have millions of food recipe we can introduce to people throw our plan to taste and enjoy with family and friends



Mirana Zaman
2020, Omnia



Sompit Sawangkaew
2020, Omnia

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Vegetable kebab and Dumpling

Vegetable kebab, Chicken dumpling,
and Yogurt dip

Ego
Starter



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Smoked pike perch roll and autumn sauce

Smoked pike perch marinade in sauce
Enjoy the unique aroma of lovage, currant leaves and allspice, with layered baked potato, sweet potato, pumpkin and pumpkin sauce.



Ego
Main course

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Fuchka boat

Sail through the tasty waves,
chickpeas & potatoes with tamarind sauce in
fried semolina ball.



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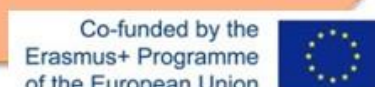


The spring spruce syrup
Chocolate cake

Relaxing walk in the Finnish forest, Creamy chocolate cake and young shoots of spruce syrup and Finnish Forrest blueberry sauce.

Ego

Dessert



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Advertisement for an event

CORE
Cooking for the future

virtual Pop up competition event

Open on
**Wednesday
28.04.2021**
**Omnia
Espoo,
Finland**

TEAM OMNIA

Smoked pike perch marinade in sauce.
Enjoy the unique aroma of lovage, currant leaves
and allspice, with layered baked potato, sweet
potato, and pumpkin sauce and more

**Sustainability by using local
product and we use edible wild
plant !!!!**

OMNIA

MTU
Maastricht University

TARTU
KUTSEHARIDUSKESKUS

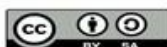
vamia

ikasLAN

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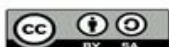
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Advertisement for an event



TEAM OMNIA



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Create a social media platform

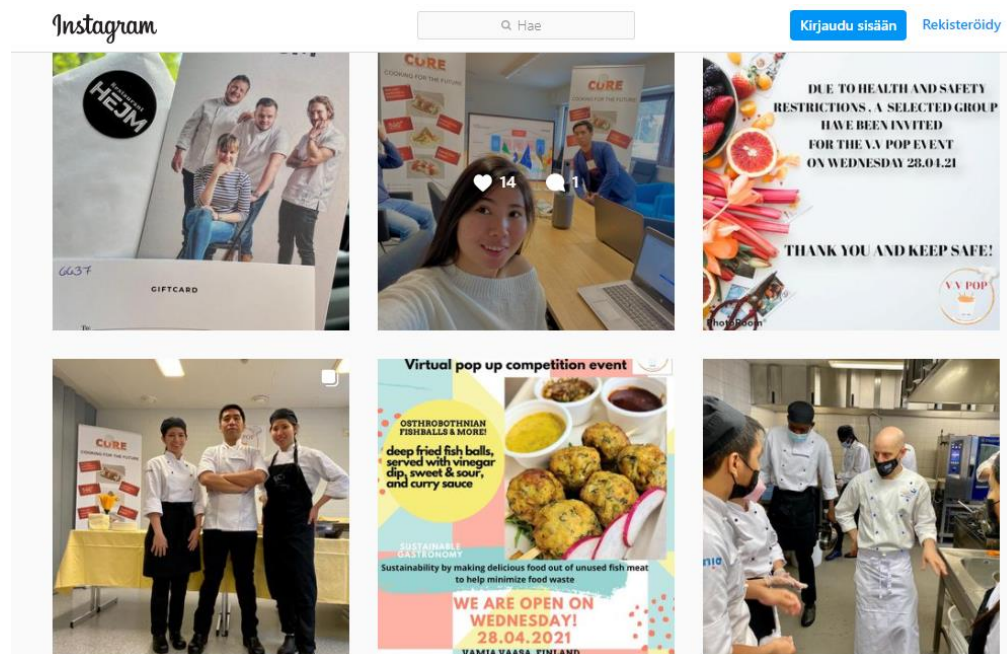
Social media and technology are integral parts of our daily life.

Each social media platform offers many different ways to be used in the classroom, from sharing announcements to holding live lectures, and much more.

Over the last years social media has quickly become part of our daily lives. Social media applications, like Facebook, LinkedIn, Instagram or YouTube make it easy to keep in touch with family and friends and to join online conversations.

The purpose of this activity was to provide a basic understanding of social media skills in terms of own professional development. At the same time, the students have created professional portfolios and online marketing material for this event. A portfolio illustrates goals and development of students.

Students produced and shared digital material using a creative commons (CC) license in different networks and social media platforms.



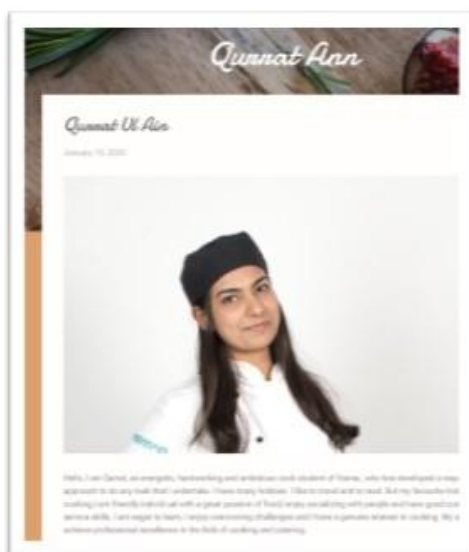
Click here for [Vamia Pop Up \(@vamiapop\) Instagram](https://www.instagram.com/vamiapop/)



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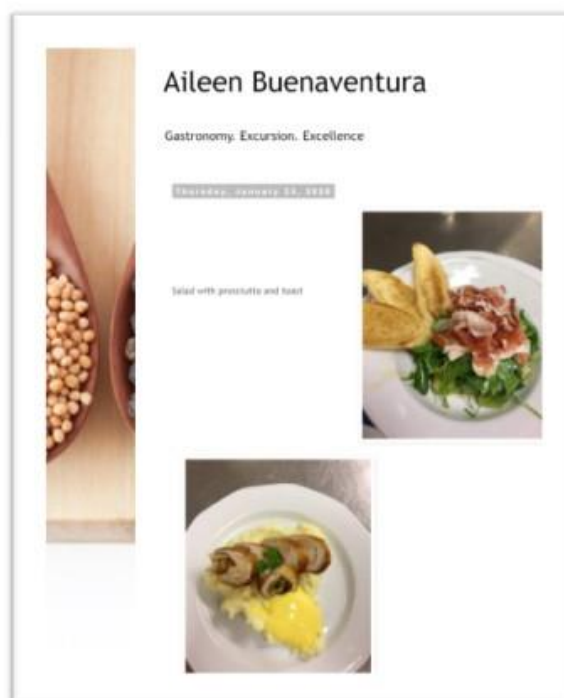


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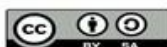


Read more

<https://qurrat1ainn.blogspot.com/>



See more <https://aileenbuenaventura.blogspot.com/>



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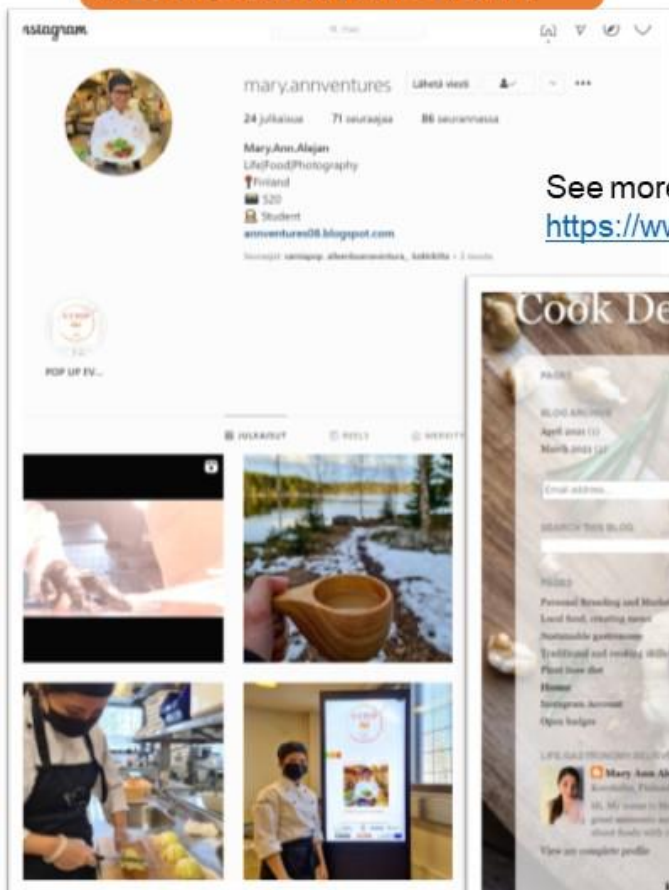




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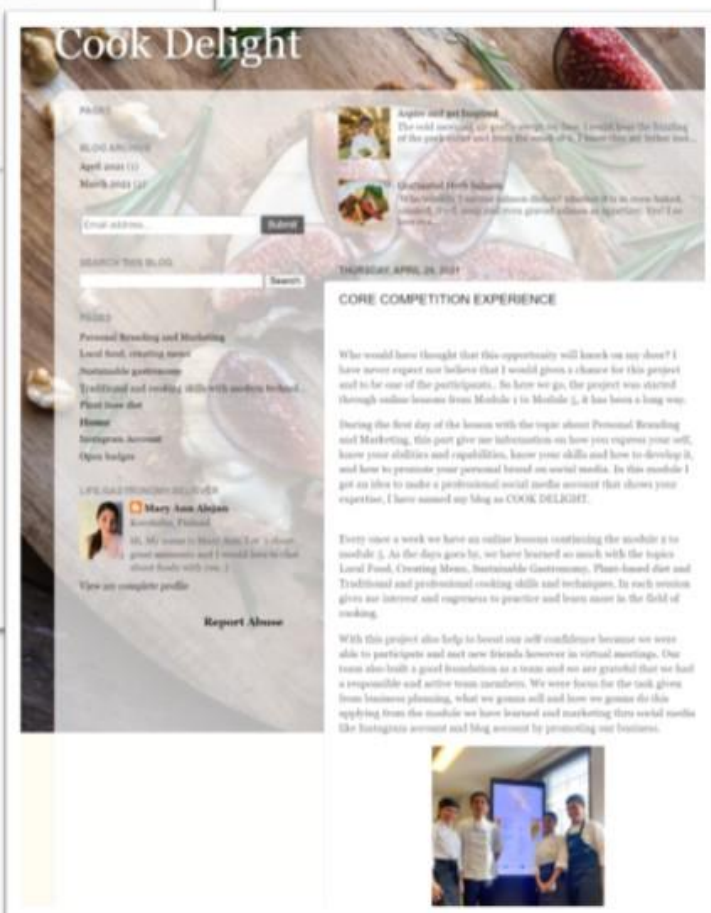


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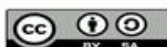


See more

<https://www.instagram.com/mary.annventures/>



Read more <https://annventures08.blogspot.com/>



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PERSONAL BLOG ACCOUNT AND INSTAGRAM ACCOUNT



Hi Everyone!

My name is Sompit Sawangkaew
personality active, happy, positive and
easy going.

This blog will show you my fascination
about cooking, baking all home make
foods

I'm student of Omnia during my
second year and excited to be a part of
cooking for the future.

Cheers !!
Sompit Sawangkaew

[Read more https://infinitynua.blogspot.com/](https://infinitynua.blogspot.com/)



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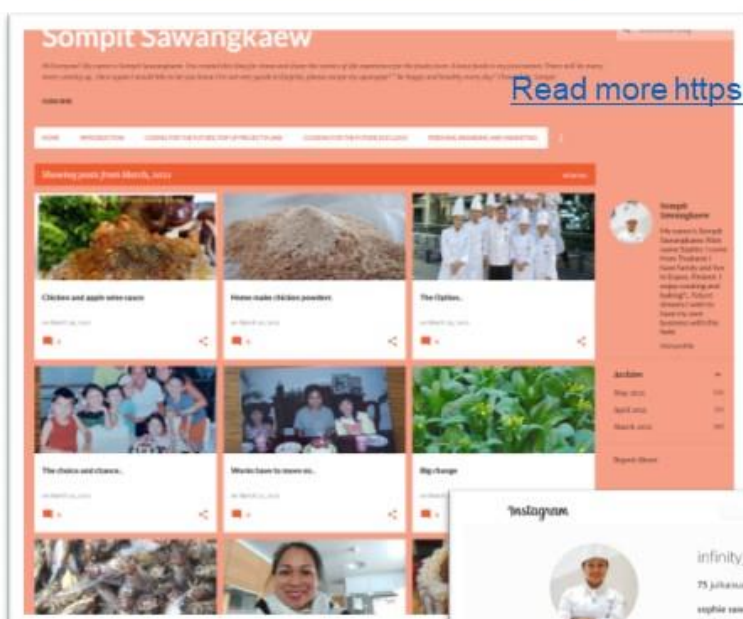




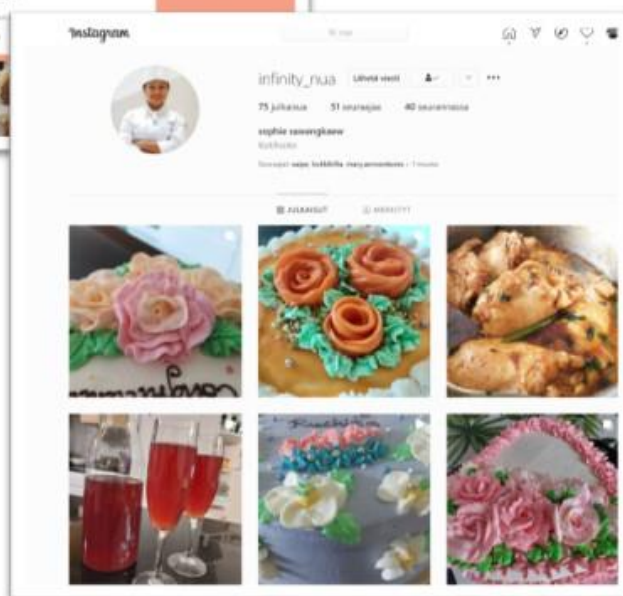
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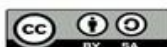
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Read more <https://infinitynua.blogspot.com/>



See more https://www.instagram.com/infinity_nua/



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Starters

- I. **Osthrobothnian fishballs, with 3 sauces** by team VAMIA
- II. **Vegetable kebab and Dumpling** by team Omnia
- III. **Sprat sandwich** by team Tartu VEC

About the recipes

All the recipes are made for 4 people, unless otherwise indicated.

All fresh ingrediencies are given in unprepared quantities unless otherwise indicated.

The cooking instructions in this section are made by the students who participated in the Virtual Pop-up competition event in April 2021.

Ostrobothnian fishballs



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-Pop up competition recipe book



VAMIA

OSTROBOTHNIAN FISHBALLS with 3 sauces



Ingredients for 4:

250g minced fish meat
100g dill
2 eggs
1 white onion
1 tbsp. dijon mustard
5 cloves garlic
100g bread crumbs (GF)
1 tsp. Paprika powder
1 tsp. Turmeric powder
salt/pepper
Cooking oil

Method:

1. Finely chop onion, garlic and dill, mix with minced fish.
2. Add all ingredients and mix until well combine.
3. Form fishball Set in the fridge to rest.
4. Heat oil 120 C.
5. Fry until golden brown color.
6. Serve with 3 sauces of your choice.

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Vamia

CURRY SAUCE

Ingredients for 4:



1 pc onion
30g ginger grated
1 clove garlic
2T curry powder
1T cumin
2 pc bayleaf
1 pc cinnamon stick
peppercorn
salt
pepper
3 dl cream
oil

Method:

1. Sauté onion ginger and garlic.
2. Add curry powder, cumin, cinnamon stick, peppercorn.
3. Add cream and bayleaf and simmer.
4. Add salt and pepper to taste.

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VAMIA

VINEGAR DIP

Ingredients for 4:



100 ml red wine vinegar
100ml white wine
1 whole onion
2 cloves garlic
2 pcs red/green chili
2 tbsp peppercorns
½ tbsp oregano
1 tbsp sugar

Method:

1. Finely chop onion and garlic
2. Slice chilis into small pieces.
3. Mix all ingredients in a container. Keep overnight for better taste.

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-Pop up competition recipe book



VAMIA

SWEET SPICY SAUCE

Ingredients for 4:



1 bottle sweet chili sauce
50g brown sugar
30g smoked paprika
2 dl water

Method:

1. Heat up sweet and spicy sauce in a pan.
2. Add rest of the ingredients.
3. Simmer for 3-5 minutes.

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Vegetable kebab and dumpling



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Mirana Zaman
2021, Omnia

VEGETABLE KEBAB

Ingredients for 4



2 dl. Lentil
1 Onion (chopped)
1 dl. Celery (chopped)
1 cup. Coriander leaves
Salt to taste

Method:

Lentil soak in water for 1 hour. Blend lentil with food processor very goodly. Mix with onion, green chili, fresh coriander and salt. Make a long kabab shape and deep-fried.

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Mirana Zaman
2021, Omnia

VEGETABLE KEBAB, Yogurt sauce

Ingredients for 4



1 cup. Yogurt
1 tsp. fresh garlic chopped
½ dl. Fresh coriander
Salt to taste

Method:

Add yogurt, chopped garlic, fresh coriander mixed all ingredients together add salt to taste.

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Sompit Sawangkaew
2020, Omnia

CHICKEN DUMPLINGS

Method:

- Step 1. Prepare dumpling wrappers.
- Step 2. Prepare dumpling filling.
- Step 3. Make dumpling.
- Step 4. Cooked dumpling.



There's many
way to cooked

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Sompit Sawangkaew
2020, Omnia

STEP 1 DUMPLINGS WRAPPER



Ingredients for 6

250 g. all – Purpose flour
¼ tsp. salt
160 ml. boiling water

Method:

1. In the bowl measuring the flour, salt, boiling water knead the dough until it's smooth. Gather the dough into a ball, wrap the dough with cling wrap and rest the dough 40 minute.
2. Place the dough on work surface, pull the dough into a big ring divide and cut in a small pieces about 10 – 15 g. coat the dough with starch then roll out the dough with a small rolling pin.
3. Roll out, Until you achieve 4 inches in diameter

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Sompit Sawangkaew
2020, Omnia

STEP 2 DUMPLINGS FILLING

Ingredients for 4



200 g. Minced chicken
50 g. Wintercress
(can be any vegetable)
1 tsp. finely grated fresh ginger
1 garlic cloves, crushed
2 tbsp. soy sauce
1 tsp. oyster sauce
1 tbsp. sugars
1 tbs. corn starch
½ tsp. white pepper
1 tsp. sesame oil
3 spring onions finely chopped

Method:

Blanching lambquarters weed and chopped, add in to the minced chicken bowl add ginger, garlic, spring onion, corn starch then masuring all the seasoning mixed together keep in the cool place.

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Sompit Sawangkaew
2020, Omnia

DUMPLINGS



Method:

1. Lay a wrapper in the palm of your hand and put 2 teaspoon of the filling in the middle.
2. Lightly dampen the edge of the wrapper with water, then fold the edges together to form a semicircle, pressing firmly to end close the filling.
3. Lightly dampen the curved edge of the wrapper.
4. Link below will show you how to fold the dumpling.

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2020, Omnia

STEP 3 DUMPLINGS



Method:

After filling and wrap the dumpling, cooked dumpling in the boiling water for a few minute or you may see the dumpling float above hot water. That mean dumpling is already to served. There many way to cook, as you can see from the picture.

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Sprat sandwich



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Argo Pärn
2021, TKK

Sprat sandwich



Ingredients for 4:

Fish roe 40g
Chia seeds 15g
Buckwheat flour 200g
Oliveoil 69ml
Instant yeast 15g
Salt
Pepper
Sugar

Buckwheat bread, grind the chiaeggs and add water, then add oil, in another bowl mix flour, salt and sugar, add the chia mixture, add vinegar, and mix, let rise, but into pans, let rise again, bake at 180 C for 25-30 min, remove from oven, let rest and slice
Make a sweet marinade out of vinega, sugar, salt, and water.
Marinate thin slices of red onion.
Boil quail eggs and peel and thinly slice them

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Argo Pärn
2021, TKK

Sprat sandwich



Ingredients for 4:

Marinated sprat 200g
Red onion 200g
Vinegar 15ml
Quail egg 4
Butter 100g
Parsley 15 g
Dill 15 g
Wild garlic 15 g

Mix butter, parsley, dill, wild garlic, salt and pepper
Assemble the sandwich, smear the bread with the herb butter, add marinated sprat, quail egg, marinated red onion and garnish with Fish roe

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Main courses

- I. **Pork honey glazed with barbeque sauce** by team Vamia
- II. **Smoked pike perch roll and autumn sauce** by team Omnia
- III. **Mini burger** by team Tartu VEC

About the recipes

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The cooking instructions in this section are made by the students who participated in the Virtual Pop-up competition event in April 2021.

Pork honey glazed with barbeque sauce



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VAMIA

PORK HONEY GLAZED with BARBEQUE SAUCE



Ingredients for 4

MARINADE:

250 g Pork belly
1 tbsp. soya sauce- GF
1 tbsp lime juice
1 tbsp garlic powder or finely
chopped
1 tbsp black pepper
1 tbsp cajun spice
1 tbsp oyster sauce
1 tsp. paprika

BASTE:

2 tbsp soya sauce - GF
1 tbsp molasses
2 tbsp honey

Method:

1. Pre heat the oven 180°C.
2. Cut pork belly into cubes.
3. Mix all marinade and pork. marinate 2 hours or overnight.
4. In a pan, fry pork to give color.
5. Put in the oven and cook 30 minutes.
6. Mix baste and rub into pork after 15 minutes until cooked
7. Saute paprika and tomatoes.
8. Serve in a stick with cucumber, paprika and tomatoes with barbeque sauce.

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2020, VAMIA

BARBEQUE SAUCE



Ingredients for 4:

100g tomatoes (cut into quarter)
3 dl dark syrup
1T chili powder
2T garlic Powder
3T smoked paprika
1T brown sugar
3 dl water
1T mustard

Method:

Method:

1. In a pan, mix all the ingredients.
2. Simmer in medium heat.
3. Mix and ready to serve.

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Smoked pike perch and Autumn sauce



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Sompit Sawangkaew
2020, Omnia

Smoked pike perch and Autumn sauce (pumpkin sauce)



Method:

- Step 1. Prepare the marinade sauce.
- Step 2. Prepare the pike perch and smoked
- Step 3. marinade pike perch in the sauce.
- Step 4. bake the Potato, carrot, sweet totato
- Step 5. make the pumpkin sauce.

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Sompit Sawangkaew
2020, Omnia

Step 1. SAUCE marinate the sauce

Ingredients for 4:



2 l. water
100g. Sea salt
1.5 dl. Sugars
1 bonch of lovage
30g. black currant
leaves

Method:

Bring the water to broil add all the ingredients keep simmering about 15 minute. Turn off the heat then let it cool down.

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Sompit Sawangkaew
2020, Omnia

Step 2. Prepare the pike perch



Method:

2 kg Pike perch

Removed the bone from pike perch then roll the pike perch use the bamboo Stick to keep it in shape.

Put the chip woods in the smoker, add the roll pike perch and smoked for 5 minute.

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2020, Omnia

Step 3. marinade pike perch in the sauce



Method:

In the GN put the smoked pike perch then pour the marinade sauce over the smoked fish keep it over night in the Refrigerator.

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Sompit Sawangkaew
2020, Omnia

Step 4. Bake sweet potatos

Ingredients for 4:



300 g. Potatos
300 g. Sweet potatos
300 g. Carrot
2 eggs
2 dl cream
Salt
Pepper

Method:

Grate the Potato, Sweet potato, and Carrot into strips then put in separate Bowl.
Add eggs, cream, salt and pepper to taste.
In the small baking tin put potato, sweet potato, carrot strips in layer add eggs and cream bake for 1 hour.

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Sompit Sawangkaew
2020, Omnia

Step 5. make the pumpkin sauce



Ingredients for 4:

- 3 dl. Pumpkin slice
- 2 tsp. butter
- 1/5 Onion
- 3 tbs. Fish broth
- 1l. Water
- 4 Black pepper
- 1 tbs. Spinach
- 1 tsp garlic

Method:

Stir fried Onion and garlic then add pumpkin slice and fish broth keep simmering until pumpkin is cooked. Add spinach and pepper to taste. Put all the ingredients to the food processor for 2 minute, keep it warm sauce ready to served.

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Mini burger



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Argo Pärn
2021 TKK

Mini Burger



Ingredients for 4:

Potatoes - 400g
Milk - 200ml
Oliveoil - 100ml
Instant yeast - 15g
Flour - 200g
Egg yellows - 3
Dijon mustard - 2 tbl
Oil - 200ml
Pork tenderloin - 500g
Smoked cheese - 300g
Frillice - 200g

Method:

The potatoe bread, boil and mash potatoes, heat milk, mix in salt, sugar, potatoes, oliveoil, let cool a little, add yeast, and flour, let rise, roll buns, let rise again, cook at 175 C for 35 min
Mayo, mix egg yellows and dijonmustar, slowly drizzle in oil while mixing, add lemon juice, chopped goutweed, parsley and dill, season with salt and pepper
Season the pörk tenderloin with salt, pepper and bbq sauce. Cook at 180 C until middle reaches 75 C. Let cool, slice thin slices, and add a little colour with a blowtorch. Drizzle with birch syrup

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Argo Pärn
2021, TKK

Mini Burger



Ingredients for 4:

Red onion - 200g
Brown sugar - 50g
Honey - 20g
Red wine - 30ml
vine vinegar - 15ml
balsamico - 15ml
salt
pepper
sugar
bbq sauce - 50g

Method:

Thinly slice the smoked cheese
Heat thinly sliced red onions, brown sugar, honey,
in a pot, add red wine, let evaporate, add vine
vinegar and balsamico, season with salt and
sugar

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Argo Pärn
2021, TKK

Mini Burger



Ingredients for 4:

birch syrup - 50ml
lemon - 2
parsley - 30g
goutweed - 30g
dill - 30g

Method:

**Assemble the burger, cut the buns half,
smear with herb mayo, add the pork
tenderloin, smoked cheese, frillice, and
onion jam**

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Plant based dishes

- I. **Seed crackers with tomato jam** by team Vamia
- II. **Fuchka boat** by team Omnia
- III. **Smoked courgette with mashed peas** by team Tartu VEC

About the recipes

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The cooking instructions in this section are made by the students who participated in the Virtual Pop-up competition event in April 2021.

Seed crackers with tomato jam



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George Aries Villafior
2020, VAMIA

TOMATO JAM

Ingredients for 4:



1kg tomato
2 dl sugar
2dl balsamic vinegar
2 dl water

Method:

1. Cut tomatoes into quarter.
2. In a pot, add all ingredients. Simmer in medium heat.
3. Occasionally stir the jam to avoid sticking in the pot.
4. The jam is okay when the color turns into darkish, sticky texture.

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George Aries Villaflor
2020, VAMIA

SEED CRACKERS

Ingredients for 8:



3 dl Cornstarch
1 dl oil
1 dl chia seeds
1 dl sun flower seeds
1dl pumpkin seeds
2dl Hot water

Method:

- 1.Pre heat oven 170c.
2. In a bowl, combine hot water, and cornstarch. Add oil.
- 3.Mix all the seeds. Flatten in a parchment paper using a rolling pin.
4. Baked for 5-8 minutes or until crispy.

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Fuchka boat



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Mirana Zaman
2021, Omnia

FUCHKA

Ingredients for 4:



2 Potato boiled
1 dl. Chick peas
A pinch of black salt
A pinch of cumin powder
½ tsp. chili powders
2/3 green chili
1 chopped onion
½ tsp. lemon juiced
3 dl. Tamarind sauce
1 cup. Coriander leaves
chopped
3 eggs (Boiled) Chopped

Method:

Chickpeas and potato boil, mixed with anions, green chili, boil eggs chopped, black salt and salt, fresh coriander with sweet and sour tamarind Sauce.

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Mirana Zaman
2021, Omnia

SEMOLINA FRIED BALLS

Ingredients for 4:

1 cup Semolina
1 tsp. Oil
3-4 pinch baking soda
¼ tsp. salt
500g. Oil for deep fried



Method:

Semolina and flour and salt mixed with water knead the dough and rest the bough for 2 hour. After 2 hours make small round shape and deep fry.

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Mirana Zaman
2021, Omnia

TAMARIND SAUSE

Ingredients for 4:



1 cup. Tamarind
1½ cup water
1 tsp. Cumin powder.
Black salt (to taste)
Sugars (to taste)

Method:

Boil tamarind with water, salt, black salt, sugar and cumin powder. When it's come thickness then drain the sauce let it cool.

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Smoked courgette with mashed peas



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Argo Pärn
2021, TKHK

Smoked courgette with mashed peas



Ingredients for 4:

Courgette - 400g
Frozen peas - 300g
Peppermint - 15g
Oliveoil - 100ml
Potatoes - 200g
Parsley - 15g
Salt
Pepper
sugar
Oil for frying
Blackberry leaves - 15g
vinegar - 3 tbs

Method:

1. Slice the courgette half lengthwise, and take out the middle seeds. Then cut it into small boats and smoke them
2. Then use a blowtorch to give them colour. Add a little olive oil and salt and pepper, and cook in the oven for about 5-10 minutes at 200 C.
3. Boil frozen peas until soft and drain and shock them in ice water. Blend them together with a hand mixer and add olive oil, chopped peppermint, chopped parsley, salt, sugar, and pepper.
4. Put into a piping bag and let cool in the freezer. Cut thin strings or from potatoes and fry them in oil. Season with salt

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Argo Pärn
2021, TKHK

Smoked courgette with mashed peas



Ingredients for 4:

Courgette - 400g
Frozen peas - 300g
Peppermint - 15g
Oliveoil - 100ml
Potatoes - 200g
Parsley - 15g
Salt
Pepper
sugar
Oil for frying
Blackberry leaves - 15g
vinegar - 3 tbs

Method:

5. Cut thin strings or from potatoes and fry them in oil. Season with salt
6. Make a sweet vinegar brine out of vinegar, water, sugar and salt. Marinate the blackberry leaves.
7. Pipe the mashed peas on the courgette boats and garnish with potato chips, blackberry leaves.

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Desserts

- I. **Brownie with tyrni icecream and caramel glaze** by team Vamia
- II. **The spring spruce syrup chocolate cake** by team Omnia
- III. **Kama foam** by team Tartu VEC

About the recipes

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Brownie with tyrni icecream and caramel glaze



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BROWNIE with TYRNI
ICECREAM and CAMEL
GLAZE

Ingredients for 4:



BROWNIE:
120g flour
½ tbsp. baking powder
½ tbsp. Salt
43g cocoa powder
1 dl. Espresso coffee
170g butter
3 tbsp. oil
100g white sugar
100g brown sugar
100g chocolate chips
2 eggs
1 egg yolk

Method:

1. Preheat oven 170°C, line a 9x9 baking pan with parchment paper.
2. Sift flour, baking powder, salt and cocoa powder.
3. In a saucepan, melt butter, add oil, espresso and brown sugar.
4. Beat eggs and white sugar.
5. Mix butter mixture and egg mixture gradually and whisk until combined.
6. Add choco chips and dry mixture, do not over mix.
7. Bake 30 minutes and cool down.
8. Serve with tyrni icecream, raspberries and caramel glaze.

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VAMIA

TYRNI ICE CREAM

Ingredients for 4:



1L heavy cream
8 yolks
5 dl sugar
4 dl tyrni juice

Method:

1. Combine sugar and cream. heat until 84°C.
2. Remove mixture from the heat. add yolks and continuously whisking.
3. In the churner, add the mixture then add the tyrni juice.
4. Set for 3 hours or overnight.

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VAMIA

CARAMEL SAUCE

Ingredients for 4:



5 dl white sugar
120 g butter (cube)
8 dl cream
a pinch of salt

Method:

1. In a pan, heat white sugar. wait until it starts to caramelize and turns to be amber.
2. Add cream slowly. don't mix.
3. When it is already incorporated, remove from heat. add butter, using a parmix, try to whisk it but not to include the bottom part.

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The spring spruce syrup chocolate cake



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Sompit Sawangkaew
2020, Omnia

The spring spruce syrup Chocolate cake



Ingredients for 6:

- 4 Eggs
- 1 ½ dl. Sugars
- 1Tsp Vanilla sugars
- 1 ½ dl. Flour
- 3 Tbsp. cocoa powder
- 1 Tsp. baking powder
- 1 Tbsp. pine tree syrup
- 1 dl. Cooking oil

Method:

1. Preheat the oven 350°F / 180 °C. Butter and line the bottom of 20cm. 8-inch cake pan.
2. In the large bowl, mix together the flour, cocoa powder, baking powder and sifted for 3 time.
3. In another bowl put the eggs, sugars and vanilla sugars. Using hand mixer beat every thing together for 5 minute, add cooking oil and pine tree syrup. add the dry ingredient all at once and mix together on a slow speed, mix until everything is blended and then pour in to the prepared tin.
4. Bake the cake for 30 minutes, or until a cake-tester comes out clean.
5. Cool the cake in their pans on a wire rack for 15 minutes and then turn the cake out on to the rack to cool completely.
6. Cut the cake in to 3 layers and put pine syrubb over the cake then spread blueberry sauce. Sandwich them together with ¾ of the chocolate cream.

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Sompit Sawangkaew
2020, Omnia

The spring spruce syrup Chocolate cake



Ingredients for 6:

For the syrup

1/2 dl. Pine tree syrup
1 dl. water

Method:

Bring ½ dl. Pine tree syrup in the cup, add 1 dl cold water
Stirring well, use the brush put the syrup over the cake slice
before put the chocolate cream and decorate.

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Sompit Sawangkaew
2020, Omnia

The spring spruce syrup Chocolate cake



Ingredients for 6:

For the Chocolate cream

5 dl. Whipping cream.
400 g. Fazer chocolate milk.
1 Tsp. vanilla sugars

Method:

Bring the water in to the small pot, heat the water in to medium heat. In the bowl put whipping cream, chocolate milk and vanilla sugar. Place the bowl over the pot of simmering water, stirring until chocolate melted and well combined. Let the chocolate cream completely cool down then keep in the fridge for 1 hour. After that beat the chocolate cream until fluffy, then keep in the cool place and cream is already to decorate.

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COOKING FOR THE FUTURE -Pop up competition recipe book



Sompit Sawangkaew
2020, Omnia

The spring spruce syrup Chocolate cake



Some of idea for simple
cake decoration.



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Kama foam



COOKING FOR THE FUTURE
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Argo Pärn
2021, TKK

Kama foam



Ingredients for 4:

Whipped cream - 200ml
Kama* 100g
Cranberries 50g
Buckwheat 40g
butter 50g
Sugar
Salt
Oil for frying

Method:

Fry the buckwheat in oil until like popcorn, drain, heat sugar in a pot until it melts, add a little water and butter to make a sauce, drizzle on the buckwheat popcorn

Heat the cranberries in a pot and add sugar to make a jam, strain and cool

Whip the whipping cream, gently fold in the kama, put in a bowl, add cranberry jam and garnish with buckwheat popcorn

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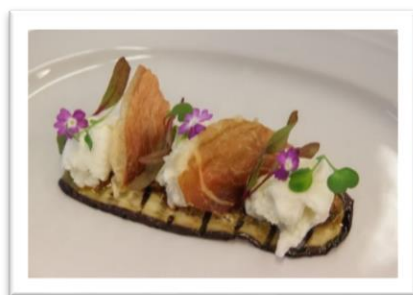


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