



# Baltic Sea Menu



**BALTIC SEA  
DAY**





## **The most delicious way to help the Baltic Sea is to eat domestic, sustainably and locally caught fish**

Our dinner tables have always featured Baltic herring, perch, bream, and pike. Together with my grandfather, we used to go fishing every day. My grandmother Vieno loved the perch from Pielinen, fished with a bottom fishing rod. My childhood memories of food and nature are always with me when I prepare dinner for my family, using what I learned from my grandparents.

The Baltic Sea is unique and important to us humans, as it – naturally – is also to the plants and animals to whom the Sea is home. A healthy and clean sea is something we all benefit from.

We, the Marthas, do everyday deeds that build our tomorrow. In other words: the choices and actions we take today are our contribution to solving environmental problems. We share well-proven martha tips as widely as possible for everyone to use and benefit from.

The Baltic Sea's catchment area is four times larger than the Sea itself. Numerous rivers bring fresh water from inland to the Baltic Sea. This means that each and every one of us can do everyday deeds that reduce the eutrophication of the Baltic Sea, regardless of where in Finland we live.

The most delicious way to help the Baltic Sea is to eat domestic, sustainably and locally caught fish. When we use the shoaling fish of the Baltic Sea and sustainably caught fish from Finnish lakes, we remove nutrients from waterways and reduce eutrophication.

And there's more! A Baltic Sea-friendly diet is not only a service to the environment; it is good for your health.

The new preserved cyprinid fish products, which I buy and use often, are a particular favourite of mine out of all domestic and Baltic Sea-friendly fish. They bring variety to my family's diet. At the same time, I can support Finnish entrepreneurship.

In this booklet, you can find all the recipes of the Marthas' Baltic Sea Menu. Bon appétit!

Marianne Heikkilä  
The Martha Organization



# Baltic Sea Menu

## Baltic Pancake

*Roe & lemon crème fraiche*

*Roach caviar*

*Cold-cured ide*

*Carrot lox*



## Mediterranean style small fish from the Baltic Sea



Baltic herring with sesame on a bed  
of root vegetables & kale pesto



Lingonberry-cranberry meringues  
with almonds

# Baltic Pancake

*Serves 4 to 10 / Making the batter 1 h / Fillings 15 min*

## INGREDIENTS

6 to 7 dl (oat) milk  
25 g yeast  
200 g buttermilk, yogurt or curd cream  
2 dl buckwheat flour  
2 dl wheat flour  
1 tsp salt  
3 eggs  
25 g melted butter

## FILLING

200 g crème fraiche or oats fraiche  
1 pot of dill  
1 organic lemon  
black pepper and salt

## STEP-BY-STEP INSTRUCTIONS

Mix the flours and salt. Heat up the oat milk and add the curd cream so that the liquid is lukewarm. Crumble the yeast into the liquid, and add the dry ingredients. Let the batter rest for at least an hour in room temperature. Pre-heat your oven at 200°. When the batter has bubbles, mix in the eggs and the melted butter. Line an oven tray or a low oven dish with baking paper, and bake the pancake for approximately 30 minutes.

Wash the organic lemon thoroughly, and grate the zest. Avoid the white part of the lemon peel as it has a bitter flavour. Mix the zest with crème fraiche, and add lemon juice to taste. Chop in dill, and add salt and pepper.

When the pancake has cooled down, spread the crème fraiche on top. E.g. roe, cold cured or smoked fish, shrimp, caviar, or carrot lox all make good fillings. 50 to 100 g of roe and/or fish is quite enough for one pancake.

Garnish with dill, onion, and black pepper.

# Carrot Lox

## INGREDIENTS

4 large carrots  
2-3 tbsp coarse sea salt  
2-3 sheets of nori  
4-5 dl clean glass jar

## MARINADE

1-2 tsp liquid smoke  
2-3 tsp rapeseed oil  
2 tsp rice, white wine or  
apple wine vinegar

## STEP-BY-STEP INSTRUCTIONS

Pre-heat your oven at 200°. Wash the carrots thoroughly, and while damp, roll them in coarse sea salt so the carrots are covered in a veil of salt. Cover the oven dish with a generous piece of foil; if your dish has a lid, baking paper will do fine as well. Roll half a sheet of nori around each carrot, place the wrapped carrots tightly side by side on the foil in the oven dish, and cover the carrots with foil. If you are using baking paper, wrap the paper to a tight bundle, and place the lid on the oven dish. The wrapping must be tight, as it is important that the carrots do not dry up. Let the carrots cook in the oven for about 1 to 1,5 hrs.

Let the dish cool down for a moment, and slice the carrots with a peeling knife, cheese slicer, or a sharp knife. Lay the carrots in a clean glass jar, and pour the marinade on top. Close the jar and roll it gently for the marinade to be evenly spread. Let the dish set in the fridge for about 3 days. Turn the jar around once a day for the carrot lox to be evenly flavoured.

## Roach Caviar

*Serves 6 / 15 minutes preparation / 1 h in the fridge*

### INGREDIENTS

2 to 4 roach fillets/preserved roach  
2 small onions  
2 tbsp vinegar  
1 tsp salt  
a pinch of sugar  
½ tsp black pepper  
150 g of smetana or sour cream  
2 tsp mild mustard  
2 tbsp dill

### STEP-BY-STEP INSTRUCTIONS

Chop fine the fish and onions, add vinegar and salt. Allow to set for a few minutes. Add the other ingredients, and allow to set in the refrigerator for roughly an hour. Serve with blinis.



## Cold-cured Ide

*Serves 6 / preparation time 15 minutes / one week*

### INGREDIENTS

500 g of ide/perch fillets  
1 tbsp coarse sea salt  
½ tbsp sugar  
ground black pepper

### STEP-BY-STEP INSTRUCTIONS

Sprinkle the fillet with coarse sea salt, sugar, and pepper. Place two fillets or pieces of fillet on top of each other, and wrap the fish in foil. Place the packet in a plastic bag, and put it in the freezer for approximately one week. Take the fish out of the freezer one day before you intend to eat it, and let it cure in the fridge until the following day. Wipe extra salt off the fish, and cut it diagonally into paper-thin slices.



## Mediterranean style small fish from the Baltic Sea

*Serves 6 as a starter / 15 minutes per day / 3 days in advance*

### INGREDIENTS

400 g fresh Baltic herring fillets  
5 dl white wine vinegar (or sherry or apple wine vinegar)  
5 dl olive oil  
2-3 cloves of garlic  
flat-leaf parsley  
salt and pepper  
(White bread)

### STEP-BY-STEP INSTRUCTIONS

**Day 1.** Rinse the fillets and remove their skin. Layer the fillets in a flat dish and sprinkle some salt between the layers. Cover the fillets with vinegar, and let them ripen for approximately 24 hrs in the refrigerator, covered by a lid.

**Day 2.** Pour away the vinegar, and place the fillets again in layers, sprinkling fine diced garlic, flat-leaf parsley, salt and black pepper in between. Cover the fillets entirely in olive oil, and let them marinate for 24 hrs.

**Day 3.** The fish are ready to eat, and if kept in a dish with a lid, will keep for about a week. Serve with white bread or as such.

# Baltic herrings with sesame on a bed of root vegetables

*Serves 4 / 30 to 40 mins*

## INGREDIENTS

2 carrots  
2 potatoes  
1 parsnip  
1 onion  
1 to 2 tbsp rapeseed oil  
salt  
black pepper  
treacle  
approx. 300 g of Baltic herring fillets  
peeled sesame seeds

## STEP-BY-STEP INSTRUCTIONS

Cut the root vegetables into fairly thin sticks, and the onions into rings.

Mix the vegetables in an oven dish, add rapeseed oil, and season with salt and black pepper. Drizzle a thin stream of treacle on top.

Place the dish in the oven at 200°C for approximately 10 minutes.

While you wait, baste the fish fillets with oil, and season them with salt and pepper.

Take the dish from the oven, layer the fish fillets skin up on top of the root vegetables, and sprinkle sesame seeds on top. Cook for another 15 minutes.

Sustainable everyday recipes:  
[www.martat.fi/reseptit](http://www.martat.fi/reseptit)

# Kale pesto

## INGREDIENTS

1 dl pine nuts, sunflower seeds, or peeled almonds  
2 cloves of garlic  
100 g of kale  
100 g of basil  
½ dl lemon juice  
1 dl olive oil  
salt and pepper

## STEP-BY-STEP INSTRUCTIONS

Roast the seeds quickly on a dry pan. Wash the kale leaves, and remove large stems. Grind the seeds and cloves of garlic in a food processor. Slowly add black pepper, salt, kale leaves, and basil. Add lemon and olive oil, and mix until smooth.

# Lingonberry-cranberry meringues with almonds

6 pieces / 30 minutes + baking time 1.5 h for the meringues

## INGREDIENTS

### Meringues:

- 1 ½ dl (50 g) of almond flakes
- 2 egg whites
- 1 dl sugar
- 1 ½ tsp corn starch
- 1 tsp vinegar

### Filling:

- 2 dl of lingonberries and/or cranberries
- 2 dl whipping cream
- 1 tbsp sugar (to taste)
- Zest and juice of lemon or orange
- pinch of cardamom
- liquid honey

Choose sustainably caught local fish, seasonal fruit and vegetables, wholegrain foods, potatoes, and nature's products such as berries and mushrooms - in this way your diet is healthy and friendly to the environment.

## STEP-BY-STEP INSTRUCTIONS

Heat the oven up to 125 degrees. Roast the almond flakes in a dry frying pan until they are golden brown. Whisk the egg whites with an electric whisk into a foam, and gradually add the sugar. When the foam is hard, sift in the corn starch, and add the vinegar drop by drop. Fold the foam carefully in order to mix the vinegar and corn starch into the foam. Add half of the roasted almond flakes.

Make 6 to 8 heaps of meringue on baking paper, and use a spoon to make a little crater in the centre of each one. Bake the meringues for about an hour, until they have a light colour.

Whisk the whipping cream, and mix in the cardamom, sugar, lemon zest, and about 1 tablespoon of lemon juice. Lastly, add 1 ½ dl of berries. Fill the meringues with the foam, and decorate them with the remaining almond flakes and berries. You can add the final touch to your meringues with liquid honey.

Sustainable everyday recipes:  
[www.martat.fi/reseptit](http://www.martat.fi/reseptit)

The Baltic Sea Day, launched by the John Nurminen Foundation, is an annual day of celebration in honour of the sea.

The objective of the day is to encourage people to enjoy the unique sea that belongs to us all, and to take concrete actions that benefit the sea. In addition to the celebrations, the purpose of the Baltic Sea Day is to provide information on the versatile nature, culture, and history of the Sea.

Eating is an easy way to participate in the Baltic Sea Day. In this booklet you can find examples of a Baltic Sea-friendly diet.