

DIPLOMA

Sergei Papkov

has today attended
Marthas Carelian pastry school
in Joensuu, Finland.

KARJALANPIIRAKKAMESTARIN TUTKINTO

Master of Carelian Pastry Arts

She/He has been creative and designed very presentable
Carelian pasties.



Teacher of the pastry school
Pohjois-Karjalan Martat ry
North Carelian Marthas

Martat

KARJALAN PIIRAKAT CARELIAN PASTIES

Crust:

2 dl water
1/2 tsp salt
(1 tbsp oil)
1 dl flour
c. 4 dl rye flour

Rice or barley filling:

2 1/2 dl uncooked, short grained rice or crushed
pearl barley
1/2 l water
1 l milk
1 tsp salt

Sprinkle the rice or barley into boiling water and let it simmer for a few minutes. Then add the milk and simmer until you have a thick porridge. Season with salt. Let filling cool down.

To moisten:

50 g butter

For the crust mix cold water, salt and, if wanted, few drops of oil (to make the dough softer). Add the wheat flour and some of the rye flour and mix well. The rest of the rye flour can be added when you knead the dough on a baking board. Knead until smooth and compact.

Form the dough into a bar and divide into pieces as thick as your finger. Pat each small piece into round cakes. Roll the cakes into thin sheets with a rolling pin, thin enough to see seven churches through it. Put the sheets on the top of each other adding rye flour between them. Cover the sheets with a dish or plastic film in order to avoid drying.

Put some sheets on the table and spread some filling on each sheet, turn the edges partly over the filling and press with forefinger and thumb to close. The crust must be flat on the top of the filling in order not to get burned in the oven.

Bake the pasties in the oven in 300 degrees C - the pasties need the hottest possible oven. When the bottoms of the pasties are slightly browned and the fillings have a few brown spots, the pasties are done.

Brush them well with warm butter. Place the pasties in a bowl and cover with baking paper and towel to soften the crusts.

