Desserts / Estonia

Kama



A dessert of roasted mixed-grain flour stirred into kefir. Estonian breakfast and summer pudding at once.

Time 10 min **Servings** 4

What you'll need.

- ☐ 200 g Kama flour
- ☐ 600 ml Kefir
- ☐ 3 tbsp Sugar
- ☐ 2 tbsp Honey
- ☐ 200 g Forest berries
- ☐ 100 ml Cream — optional
- ☐ Salt — to taste

Let's make it.

01 Whisk the kefir with the sugar and a pinch of salt until the sugar has dissolved.

02 Add the kama a little at a time, whisking; all at once it lumps, and the lumps never break up.

03 Leave it fifteen minutes for the flour to swell, then check the consistency and let it down with more kefir if needed.

04 Stir in the honey and divide between glasses.

05 Chill for an hour and serve with berries and, if you like, a spoon of whipped cream.

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