



MAASEUTU 2020

# Woman the Hunter on Wheels and Wings

## - transnational project 1.1. - 31.12.2018

### Project presentation



#### Target group:

women and girls interested in hunting and outdoor activities. Actions are evaluated to have an effect on several hundreds of people either directly or indirectly. Indirect target groups for the project are actors in associations and municipalities as well as nature or hunting tourism entrepreneurs, and the wide audience through visibility and communication.

#### The main objectives for the project:

- to create a partner networks
- to strengthen huntresses' activities regionally, nationally and internationally.
- to introduce and get more familiar with the cultural aspects of hunting and outdoor activities, and related food culture from all partner areas during study tours to Estonia and Slovakia, in a get-together event and in the Base Camp Hossa (the project's main event in Finland).
- to promote the diversity of the hunting and outdooring from the huntress's point of view
- to affect the vitality of the hunting and outdoor culture also in future.

#### Project in action: Study tours and workshops

**Estonia April 2018, Host:** MTÜ Võrumaa Partnerluskogu, Estonia

**Slovakia June 2018, Host:** LAG Podhoran, Slovakia

**Kainuu August 2018, Host:** LAG Living Kainuu Leader ry and LAG Oulujärvi Leader (common project), Finland incl. Base Camp in National Park Hossa



#### Partners and other co-operation parties:

**Lead Partner:** LAG Living Kainuu Leader NGO (fi: Elävä Kainuu Leader ry) / Mrs Pirjo Heikkinen, LAG Manager  
**Content prod.:** LAG + related associations and voluntary workers  
**Contact info:** Mrs. Pirjo Heikkinen, [Pirjo.heikkinen@kainuuleader.fi](mailto:Pirjo.heikkinen@kainuuleader.fi)  
[www.kainuuleader.fi](http://www.kainuuleader.fi)

#### Partners:

##### Finland:

**Partner:** LAG Oulujärvi Leader NGO / Mrs. Pirjo Oikarinen, LAG Manager  
**Content prod.:** LAG + related associations and voluntary workers  
**Contact info:** Mrs. Pirjo Oikarinen, [pirjo.oikarinen@oulujarvileader.fi](mailto:pirjo.oikarinen@oulujarvileader.fi)  
[www.oulujarvileader.fi](http://www.oulujarvileader.fi)

##### Estonia

**Partner:** MTÜ Võrumaa Partnerluskogu, manager Mrs Kerli Kanger  
**Content prod.:** Eesti Naisküttide Selts, chairman Ms Triin Roostfeldt  
**Contact info:** Mrs Kerli Kanger, email: [kerli@voruleader.ee](mailto:kerli@voruleader.ee)  
Ms Triin Roostfeldt, email: [triin@roostfeldt.ee](mailto:triin@roostfeldt.ee)

##### Slovakia

**Partner:** LAG Podhoran, manager Mrs Kvetoslava Jablonická  
**Content prod.:** Club of Slovak Lady Hunters, chairman Mrs Soňa Chovanová Supeková  
Mrs Kvetoslava Jablonická,  
email: [maspodhoran@gmail.com](mailto:maspodhoran@gmail.com)  
Mrs Soňa Chovanová Supeková,  
email: [ksp@polovnictvo.sk](mailto:ksp@polovnictvo.sk)

#### Other interest groups and co-operative parties.:

The Kainuu regional association of Finnish Hunting Association  
Pohjois-Karjalan Jahtinaiset ry  
Kainuun Korpinaiset ry  
CIC, International Council for Game and Wildlife Conservation (<http://www.cic-wildlife.org/>)

**Manner-Suomen maaseudun  
kehittämishjelma 2014-2020**





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e – wild food cook book, as a continuing result of the common task

The objectives:

- to increase awareness of wild food,
- to emphasize the full-scale utilization of game, and
- also to bring forth sustainable hunting ideology.

The book introduces new methods and cultural aspects of cooking from otherwise familiar wild food and nature related ingredients. The book also introduces huntress's activities with photos and stories.

The book will be placed to such a platform (CIC organization?), where new content and recipes can be added also later (open source book).



## PHEASANT BREAST ON ONION CHUTNEY

4-6 portions

**Ingredients:**

- ✓ 3 breasts of 1 pheasant with skin
- ✓ salt
- ✓ black pepper ground
- ✓ thyme
- ✓ rosemary
- ✓ wild boar fat

**Onion chutney:**

- ✓ 1 kg red onions
- ✓ olive oil
- ✓ 100g of sugar
- ✓ 5 cl of red wine
- ✓ 1 teaspoon/10 drops on your taste of balsamic vinegar
- ✓ chili
- ✓ Decoration: quail egg

**PREPARATION:**  
(Breasts)

Put the salt and spices on the pheasant's breasts add some thyme and a little bit of rosemary and leave for 8-10 hours. Then fry on the wild boar fat on both sides, put them to the baking dish and leave for a moment in the oven till it is done.

**(Chutney)**

Cut the red onion into stronger strips, fry on olive oil, add crystal sugar and let it drying till it is caramelized. Put the red wine, add balsamic vinegar and cook. Finally add a little bit of chili.

**Serving:**

Slice meat, serve it on hot chutney and serve it with leavened dumpling and glass of good dry white wine.

Huntress: Pertina Melchiorová

## CHERRY BEAVER

**Ingredients:**

- ✓ Beaver's meat 800 g
- ✓ Cherry 500g (fresh or frozen)
- ✓ Cherries (fresh ones if possible)
- ✓ Green pesto 1 tsp
- ✓ Soy sauce 1 tsp
- ✓ Soy sauce 2 tsp
- ✓ Butter 2 tsp
- ✓ Oil
- ✓ Little onion 1
- ✓ Little jalapeno pepper 1
- ✓ Cheese ("Mozzarella") 50g
- ✓ Salt

**PREPARATION:**

- 1 Heat the pan and add butter and oil, brown meat and onion. Add salt and water. Let the meat stew for 30 minutes. (Pour away the water from the pan).
- 2 After that add beer, seasonings and stew for 30 minutes. Lastly add cheese spread to the stew.

**VEGETABLE WOK**

**Ingredients:**

- ✓ Little carrots 5
- ✓ Mini asparagus (handful)
- ✓ Turkish beans (handful)
- ✓ Cherry tomatoes 10
- ✓ Dark soyup "dark soy"
- ✓ Butter
- ✓ Salt and pepper

**PREPARATION:**

Heat the pan and add butter. Cook vegetables on the pan for few minutes. Add seasonings and stir fry, mix and cook for some minutes.

Huntress: Kadri Kivimäe

## SMOOTH NETTLE SOUP

6 portions

**Ingredients:**

- ✓ 2 litres Fresh nettle shoots
- ✓ 5 litres Water

**Soup:**

- ✓ 5 deep sea salt
- ✓ 60 g Wink flower
- ✓ 60 g Butter
- ✓ 1 litre Water
- ✓ 4 cl Cream
- ✓ 2 Vegetable stock cubes
- ✓ 1 tsp Sea salt
- ✓ 1 cl tsp Hotting

**PREPARATION:**

- 1 Place 1 litre of water in a pot to boil and add salt into the water. Wash the nettle shoots.
- 2 Once the water is boiling, pour the nettle shoots into the pot and blanch them in boiling water for around 30-40 seconds. Pour the nettle shoots into a strainer and run cold water on them. Remove water from the nettle shoots by pressing and blend them with a hand blender, for example, into a smooth paste.
- 3 Prepare the thickening mixture in a pot: Melt the butter and add wheat flour. Stir until the mixture is smooth. Take the pot from the stove and add water while constantly stirring the mixture. This will create a smooth base for the soup. Place the pot back onto the stove.
- 4 Add vegetable stock and nettle shoots. Allow to simmer for about 5 minutes.
- 5 Add cream and a pinch of nutmeg.
- 6 Allow to simmer on moderate heat for around 5 minutes. Add salt if necessary.

**Serving:**

Serve with boiled egg halves and fresh bread.

Huntress: Kaisa Lakkari

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kehittämishjelma 2014-2020



The European Agricultural Fund  
for Rural Development:  
Europe investing in rural areas



LEADER

Elävä Kainuu

LEADER

Oulujärvi



Võrumaa Partnerluskogu

