



### **The Carrot Pie**

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Tammerraamat 2019, 40 pp  
ISBN 9789949616954  
Picturebook, fiction  
Age: 8+

Carrot pie is a tasty treat. To make it, you need ten fun characters to play along: the useful Felicity-Margaret Flour, the snow-white and easy-to-spill Mark Milk, the mysterious Yuri Yeast, the incredible Bartholemew Butter, the noble Solomon Salt, the sweettooth's favourite Sam Sugar, the tireless traveller Roland Rice, the modest but busy Ellen Egg, the spicy Penelope Pepper, and, of course, the star of this pie – Carolina Carrot. You need just the right amount of all of them to get baking! Before you know it, you'll have a scrumptious golden-yellow pie ready to be sliced and shared. Yum!



## Yuri Yeast

Yuri can't wrap his mind around who he really is. At one moment, he's big and round like a balloon full of vim and vigor. Seconds later, he can look like a pair of old, floppy galoshes.

However, the greatest surprise of all comes when Yuri opens his mouth to introduce himself.

"Believe it or not," he says, "but in fact, I'm really a fungus – a mushroom, in other words!"

Is there anybody who doesn't know what an actual mushroom looks like, be they button mushrooms or chanterelles? Mushrooms have stems topped with handsome caps. However, Yuri has neither a stem nor a cap! Yuri Yeast is a grayish-brown substance that blossoms and swells when it comes into contact with water and sugar and other ingredients."

The mushrooms you see on trees and logs and poking up through moss in the woods aren't the only fungi around!" Yuri explains. "There are a ton of mushrooms everywhere in the world that don't look anything like the ones we're used to.

"Yeast is made up of tiny microscopic microorganisms. Special kinds of yeast are used for baking breads and making many other things.

"If it weren't for me, there would be no pastries, cakes, or pies – neither flaky nor doughy! They'd simply be baked blobs of batter that no one would want to eat. It's thanks to me alone that baked goods look so nice, which is also why they're so tasty," Yuri Yeast proudly proclaims.

Yeast helps dough to rise by converting sugar into carbon dioxide. The gas bubbles stuck in the dough cause it to swell and expand.

"If you want to have good dough, then yeast alone isn't enough. You'll need to have many other ingredients as well: flour, milk, salt, sugar, and butter!" Yuri Yeast adds.

