



KATHERINE CELESTE

LATVIAN TRADITIONAL FOOD

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TRADITIONS

- Latvian ethnic food is simple and tasty. Although it misses fancy twists of other European cuisines, Latvian dishes demonstrate other wonderful qualities by being so natural and pure.
- Latvian main grain products are wheat, rye, oats and barley. Beef, fowl, pork, deer, duck and wild boar are the most popular types of meat. Important ingredients in the Latvian cuisine are caraway seeds, garlic, onions and mustard. In order to sweeten some delicacies, honey is usually used instead of sugar.
- Almost all Latvian celebrations are related to seasonal events. In autumn, latvians celebrate the harvest festival by organizing a special feast where every person makes a wish while eating bread.
- On Christmas dinner, today's most popular dishes are bacon rolls filled with diced bacon and onion, or boiled grey peas with bacon, which are served with a cup of kefir (cultured or curdled milk).
- Easter, which coincides with the spring solstice, is a special occasion to eat boiled eggs colored with brown onion skins. The most important Latvian celebration nowadays is Jāņi or the summer solstice when people eat fresh caraway cheese, sweet platter breads, fried sausages, barbecued meat, salads, and drink beer.

CARAWAY CHEESE

- 500 g cottage cheese
- 1 egg, lightly whisked
- 1,5 l milk
- 100 g butter
- 2 tsp. caraway seeds
- 1 tsp. salt

1. Pour the milk in a large saucepan, add the cottage cheese. Heat the mixture on a medium heat stirring until the milk and cheese separate, creating whey.
2. Place a sieve over a large bowl and pour the mixture in the sieve. Once it is drained return the mixture to the saucepan.
3. Turn the heat on low and add the egg, butter, caraway seeds and salt and mix well. Heat the mixture for a few minutes while constantly stirring.
4. Place the cheesecloth in the sieve and pour the mixture in it. Pull the corners of the cloth together and spin them until you get a parcel of cheese. Place the parcel in the sieve and squeeze the excess liquid out with your hands.
5. Place the cheese parcel back in the sieve, cover with a plate or a bowl to add weight on top and place the sieve over a bowl. Place the bowl in a fridge. Cheese is ready to eat when completely cooled down.

GREY PEAS WITH BACON

- 500 g grey peas
- 300 g chopped bacon
- 3 onions
- salt and pepper

1. Put the peas in a bowl of water and leave overnight.
2. 12 h later put the peas in a large pot and add water. Heat until the water is boiling, then cook the peas on a low heat about 40 – 60 min. Add salt in the last minutes of cooking.
3. Drain the water and put the peas aside while you prepare bacon and onions.
4. Chop the onions finely and the bacon in small cubes.
5. Heat a large frying pan and mix the bacon and onions. Cook until the onions turn golden and the bacon is finely cooked and crusty.
6. Add peas to the pan and mix with the bacon and onions, cook until they are warm. Add a bit of pepper and salt, if needed.
7. Serve as dinner, drink kefir with it.

SKLANDRAUSIS

Dough

- 300 g rye flour
- 50 g butter
- ½ glass water
- 1 tbsp. crushed caraway seed
- ¼ tsp. salt

Filling

- 500 g potatoes
- ½ glass milk
- 200 g sour cream
- 50 g butter
- ¼ tsp. salt
- 500 g carrots
- 2 eggs
- 200 g sour cream
- 50 g butter
- ½ cup honey

1. Mix butter with a warm water, rye flour and caraway, knead into dough. Roll it to 3-5 millimeters thickness.
2. Cut out round shapes with a round object (examples, glass or bowl). Turn up their edges with height of about 2 cm.
3. Place on a baking tray.
4. Mash boiled potatoes, add milk, butter, sour cream and salt.
5. Put a layer of the potato mass on each dough patty until half full.
6. Smash or rub boiled carrots through a sieve and mix with honey, sour cream, butter and eggs.
7. Top the layer of carrot paste on the potato mass and complete the filling.
8. Bake in a moderate heat until the filling becomes light brown or golden and the dough turns dry and crusty.

TRADITIONAL BACON ROLLS

- Yeast dough
- Smoked bacon
- Onions
- Black pepper and salt

1. Cut the bacon and onions into cubicles and mix them with ground pepper and salt.
2. Put the dough on the table and split it into multiple squares about 4x4 cm in size.
3. Put ½ teaspoon of filling on the surface of one square.
4. Roll it up by lifting one corner of the dough over the filling and pressing it to the far end of the surface.
5. Use glass to squeeze off a half-moon shaped roll but make sure there are no holes so the filling doesn't spill out.
6. Repeat until all of the filling and dough is used up.
7. Put the rolls on a baking pan and bake until they are ready (golden from outside and non-sticky on the inside).

LAYERED RYE-BREAD

- 350g rye bread without the crust
- 500 ml cream
- 0,5 l cranberry (or blackcurrant) jam
- 4 tbsp. sugar
- ½ tsp. vanilla sugar
- cinnamon or ground chocolate

1. Grate the bread on a hand grater. In a non-stick pan, mix breadcrumbs, 2 tablespoons sugar, and cinnamon, and toast the mix on a medium heat for 20 minutes.
2. Leave to cool.
3. Beat the cream with sugar and vanilla sugar until you get whipped cream.
4. Put a layer of the cream in the bottom of a big dessert bowl or several small dessert cups.
5. Scatter a layer of the bread crumbs over the whipped cream layer.
6. Put the cranberry jam over the bread layer, coating it.
7. Put another layer of cream, repeat this until the whole bowl or each cup is full.
8. Decorate using berries, cinnamon or chocolate, serve either cooled or room-temperature.



DUMPLINGS WITH BLUEBERRY SAUCE

Dumplings:

- 200 ml milk
- 200 – 250 g wheat flour
- 1 egg
- ½ tsp. salt
- ½ tsp. baking powder

Blueberry sauce:

- 0,5 l blueberries
- 1,5 l water
- 70 – 90 g sugar
- 2 tbsp. potato starch

1. Beat the eggs, add milk, flour, salt and baking powder. Stir carefully until the mixture is even and doesn't drip from the spoon.
2. Heat water in a large pot until it's boiling. Put the mixture in the boiling water with a small spoon, making the dumplings.
3. Cook until they are firm and well-cooked in the middle (test with a toothpick).
4. Heat another pot of water for the sauce. Add blueberries and sugar until the berries dissolve.
5. Mix the potato starch with a small amount of water and add it to the berries.
6. Serve the dumplings poured with sauce shortly before eating and decorate with fresh berries and caster sugar.

A still life composition featuring wheat stalks, a burlap sack spilling wheat grains, and slices of whole-grain bread. The text "THANK YOU FOR YOUR ATTENTION!" is overlaid in a large, red, outlined font.

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