

Latvian traditional DISHES

international cooking course
for traditional cooking courses
for all countries-partners



HELLO, WE ARE FROM LATVIA



GRUNDTVIG PARTNERSHIPS PROJECT

LATVIAN TRADITIONAL
DISHES-THEY ARE
SO **DELICIOUS!**

WE WILL TEACH YOU
TO COOK
OUR **DISHES.**

AND LET THEM
TO BE **DELICIOUS,**
TOO.



**INTERNATIONAL COOKING COURSE FOR TRADITIONAL COOKING COURSES
FOR ALL COUNTRIES-PARTNERS**



Let me
introduce our
team

Our team is ready to learn
English and show you a bit
of Latvian cuisine.



our team:

LARISA Golubeva
SERGEJS Golubevs
INGRIDA Lindenbergā
JEVGENIJS Rojs
VALENTĪNA Sļusare
SERGEJS Sļusars

VERA Golubeva (Teacher)

VALENTĪNA Trubič
VIKTORS Sprengels
LĪGA Mazūre
INGA Ajevskā
KARINA Lekareviča
VIKTORS Rojs

OLGA Pekarskā
NELIJA Beloborodova
DAINIS Nazarovs
JEVGENIJA Šulga
ŽAKLĪNA Stelmačonoka



1. **Fried sprats** Ceptas reņģes [Ceptas ren'g'es]
2. **Cold soup** Auksta zupa [Auksta zupa]
3. **Salad "rassols"** Salāti "Rossols" [Sala:ti Rossols]

Let me
introduce our
DISHES

1



2



3



4



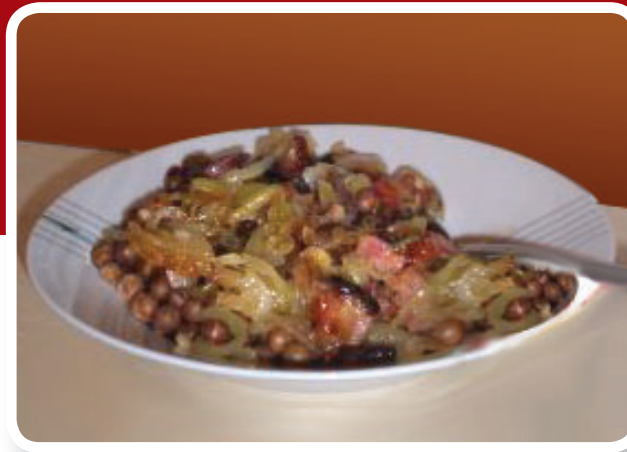
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5



7



4. Hot salad "Rīga" Karstie salāti "Rīga" [Karstie sala:ti Ri:ga]

5. Rice baked in eggs with ground meat Olā apcepti rīsi ar malto gaļu
[Ola: apcepti ri:si ar malto ga'l'u]

6. Snack of herring and curds Uzkoda no siļķes un biezpiena
[Uzkoda no sil't'es un biezpiena]

7. Grey peas Pelēkie zirņīši [Pele:kie zirn'i:shi]

HOW to cook our DISHES





No 1.

FRIED SPRATS

Ceptas reŋges
[Ceptas ren'g'es]

INGREDIENTS:

1 kg of fresh sprats;
salt; pepper; floor oil



FRIED SPRATS

PREPARING:



❶ 1 kg of fresh sprats,
clean, wash, salt
add some pepper,



❷ poll in flour,
then fry in oil ■



No 2.

COLD BEET SOUP

Aukstā biešu zupa
[Auksta: bieshu zupa]

INGREDIENTS:

beet; parsley; dill; spring
onions; meat; cucumbers;
salt and sour milk.



COLD BEET SOUP

PREPARING:



❶ Cut in small pieces parsley, dill, spring onions, meat and cucumbers



❷ add some beet add some salt and sour milk



❸ mix everything - is served with boiled eggs ■



No 3.

SALAD "RASSOLS"

Salāti "Rossols"

[Sala:ti Rossols]

INGREDIENTS:

one herring; 3 boiled eggs;
2-3 small pickled cucumbers;
potatoes; one apple; glass
of sour cream; horse-radish;
Russian mustard; parsley.



SALAD "RASSOLS"

PREPARING:



❶ cut in small pieces one herring without bones and skin, cut in small pieces 3 boiled eggs



❸ cut in bricks boiled potatoes



❷ cut in bricks about 300g. of boiled meat, 2-3 small pickled cucumbers.



❹ peel one apple and cut it in brick



SALAD "RASSOLS"

CONTINUATION



⑤ sauce for the salad take one glass of sour cream, add two spoons of horse-radish and one spoon of Russian mustard and one tea spoon of vinegar.



⑥ mix all components with sauce and strew with parsley ■



No 4.

HOT SALAD "RIGA"

Karstie salāti "Rīga"

[Karstie sala:ti Ri:ga]

INGREDIENTS:

one middle-size sqoash;
garlic; 5 tomatoes;
200g of mayonnaise; salt;
400g. of curd, parsley and dill;
oil to fry squash.



HOT SALAD "RIGA"

PREPARING:



❶ peel a squash,
cut out a core with seeds



❸ cut tomatoes in
middle size pieces



❷ cut parsley, dill in very
small pieces, an mix with
curd, mayonnaise, passed
garlic and salt and divide
into two portions



❹ put tomatoes on curd
mixture



HOT SALAD "RIGA"

CONTINUATION



5 put the second portion of curd mixture on the tomatoes



7 put tomatoes and decorate with parsley ■



6 put squash and put mayonnaise





No 5.

RICE BAKED IN EGGS WITH GROUND MEAT

Olā apcepti rīsi ar malto gaļu
[Ola: apcepti ri:si ar malto gal'u]

INGREDIENTS:

300g. of beat dround meat;
one cup of rice;
11/2 glass of chicken broth;
one middle-size onion;
one jar of pricked tomatoes.



RICE BAKED IN EGGS WITH GROUND MEAT

PREPARING:



❶ boil rice in chicken broth, cut parsley onion and tomatoes without juice



❸ fry 2-3 minutes, add tomatoes and parsley



❷ fry onion in oil, add ground meat, salt and pepper



❹ mix everything and stew 2-3 minutes, add rice and fry mixing from time to time until the mixture is dry and starts sticking on the fryind pan



RICE BAKED IN EGGS WITH GROUND MEAT

CONTINUATION



⑤ add two raw eggs
and mix everything
carefully



⑥ strew with cheese and
serve with red vine ■



No 6.

SNACK OF HERRING AND CURDS

Uzkoda no siļķes un biezpiena
[Uzkoda no sil't'es un biezpiena]

INGREDIENTS:

200g. of curd; 2 herrings;
dill, cheese; tomatoes;
2 spoons of mayonnaise



SNACK OF HERRING AND CURDS

PREPARING:



- 1 cut herring into small pieces, mix with curd, dill mix with mayonnaise



- 3 put them on slices of tomatoes with pieces of herring above ■



- 2 grate cheese, make balls from curd mixture and strew them with cheese





No 7.

GRAY PEAS WITH BACON

Pelēkie zirņi ar speķi
[Pele:kie zirn'i ar spet'i]

INGREDIENTS:

0,5g grey peas; 3 onions;
smoked pork bacon; oil.



GRAY PEAS WITH BACON

PREPARING:



❶ soak grey peas in warm water for 2-3 hours and cook until they are ready



❸ pour gravy on grey peas and serve with sour milk or beer ■



❷ cut bacon in small pieces, fry on the frying pan, add cut onion, add salt and 2 spoons of sugar

