

Pīrādziņi, aukstā zupa un zirņi ar speķi



Latvija daudziem asociējas ar ēdienu dažādību. Nu, tā tas arī ir. Šajā bukletā var iepazīties gan ar latviešu zupu, gan otro ēdienu, gan uzkodām. Visi trīs ēdieni ir nākuši no senču tradīcijām un līdz mūsdienām nav aizmirsti, tikai pilnveidoti, izkopjot un ar katru paaudzi pievienojot vēl kādas ēdiena pagatavošanas variācijas. Lai labi garšo!



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Latvian national food

Latviešu nacionālais ēdiens



Pīrādziņi (bacon rolls)

This is one of the most traditional Latvian staple, consumed in every major Latvian festivity. You will need freshly prepared Yeast dough. Put the dough on the table, use the fingers to press one corner of the dough flat until you get ~4x4cm surface (0.5cm width), put on the surface 1/2 teaspoon of filling and roll it up - lift the front edge of dough over the filling and press to the far end of the surface. Use a glass to squeeze off a half-moon shaped roll - you have made the



first Pīrādziņš. Repeat the activity until all dough and filling is used up. Put Pīrādziņi on the pan and let them rise before the baking. Bake until ready.



*Pelēkie zirņi ar speķīti
(Grey peas with bacon)*

Grey peas with bacon .

This is one of the most traditional Latvian dishes popular for the cold season. It has a guaranteed place on the Christmas table. They say that in the

New Year's Eve everyone has to eat peas in order not to have tiers the next year. By this tradition not a single pea shall be left on the table!

Cold Soup.

Ingredients: jar with pickled beets, 1 liter of kefir, 2 cucumbers, 2-3 eggs (depending on

their size), Green spring onions, Dill

Preparation:

Pour into a saucepan or in a dish with high sides of pickled beets with fluid. Add kefir. Before that cook eggs and cut into cubes. Cut the cucumber into cubes. Eggs and cucumbers add to beets. All mix thoroughly. Sprinkle with dill and / or onion.



Latvian cold soup.

It was a small view into Latvian traditional food. This all tastes awesome! Make it and check by yourself!

