



ES Mūžizglītības programmas

Comenius daudzpusējais projekts „The treasure chest and ICT or ICT in reading and writing”

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Old Latvian recipes

Lazy wife soup

Need: 4 stalks of rhubarb or sour apples, or other acidic fruits or berries (cranberries, lingonberries, etc); 1 liter of milk 2-3 tbsp sugar, a little vanilla sugar.

Method: rhubarb or apples are cleaned and cut into small pieces. Pot pour the milk, Pieber rhubarb or apples and begins to boil. Before boiling milk exudative appears curd flakes, clinging to the apple or rhubarb pieces. Pieber sugar, stir and remove the pan from the heat. Pieber vanilla sugar. Serve chilled.

Taušķēti peas

Will need: 2 cups gray peas, ½ liter of water.

Preparation: peas with water and pour sauce 6-8 hours. The water is then removed. Dry peas. Heat a thick pan (preferably cast iron). Peas fry without fat, until they begin to explode and become crisp.

Colostrum pudding

Will need: 1 cup of colostrum, 1 cup milk, 1 eat. k. of residence, a little salt or 1 tsp. sugar.

Preparation: to add milk colostrum, Pieber salt or sugar and mix. Then pour into a buttered form. Colostrum baked in the oven heated to 180 degrees, until the mass and the surface of clots formed brownish crust. Optional gratin served with milk, sour milk or sour juice, jelly, jam.

Koca

Will need: 300 g pearl barley 1 large onion, 200 g smoked pork bellies, 2 l of water, salt.

Preparation: pearl barley poured onto the dry frying pan and fry golden. Peel the onion and finely cut bacon, cut into small pieces, fry together with onion. Pot or baking dish superimpose pearl barley and roasted onions with meat. Boil water, Pieber salt and pour hot barley, all 1 to 1.5 hours simmer in the oven. Ready porridge is dry and crumbly. Koču served with curdled milk, kefir or buttermilk.