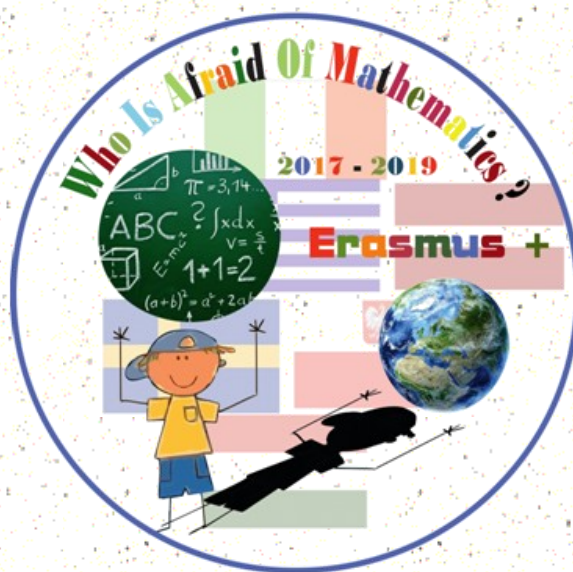




Erasmus+

# The Cooking



# Book



# Starters dishes





# Latvian Cold Soup



## Ingredients:

- 1 long cucumber
- 3 cooked eggs
- Kefir (something like Greek Yoghurt)
- Pickled beets
- 300g sausage
- 30g dill
- 30g onion bows
- ½ tea spoon mustard



## How To Make the Cold Soup :

Cut the cucumber and the sausage.

Put them in a big bowl.

Cut the dills and the onion bows and put them in the bowl.

Boil 3 eggs and when they are done add them to the bowl as well. Finally add kefir and pickled beets to the bowl.

Mix it all together you should have a pink soup.

For better taste add ½ tea spoon of mustard.

The Pink Could soup is Really Tasty and Latvians really love it ! Not only because its cool pink colour but it also tastes good .

That's Why WE LOVE IT !



# Dressed herring



## You will need:

- One salted herring
- Three boiled potatoes
- Three boiled carrots
- One onion
- Two boiled beetrots
- Two boiled eggs
- Some mayonnaise



## Work progress:

1. Clean the herring, rinse it in cold water and cut it into small cubes
2. Peel the rest of the ingredients (except mayonnaise) and cut them into small, equal cubes (you can also grate them if you want)
3. Take a deep bowl and sort the ingredients in this order: herring, onions, a thin layer of mayonnaise, potatoes, carrots, mayonnaise layer, eggs, mayonnaise layer, beetrots and another layer of mayonnaise
4. If you have any leftovers, feel free to pour them onto your creation
5. Put it in the fridge and let it set in for the night

## Labu apetīti!



# Potatoes with herring and cottage cheese

(Kartupeļi ar siļķi un biezpienu)



## For this recipe you'll need:

- Three low-salted herring
- 3 potatoes
- Cottage cheese
- Sour cream



1. You'll need to wash and peel the potatoes
2. Put the potatoes to boil
3. While the potatoes are boiling, cut off the head and tail off the herring
4. Evict herring
5. Peel off the skin, then cut out the bones
6. Cut the herring in pieces
7. Take the potatoes out of the water
8. Mix together cottage cheese and sour cream
9. Put the cottage cheese, potatoes and herring on the plate and...



**Tah-dah!**

Your dish is ready. Enjoy!

Alise Miežāne 6d



# Carrots and peas stew



## Ingredients:

- Carrots (1 kg)
- Peas (700 g)
- Sweet cream (500 ml)
- Flour (2 tablespoons)
- Salt
- Pepper



## Recipe.

Peel the carrots and cut into cubes. Boil the carrots in boiling water. Add salt and pepper. Boil for 20 minutes. Add the peas. Boil until it's almost ready. Add the flour to the sweet cream. Add the mixture to the carrots and peas. Boil the stew until it's ready ( by taste).



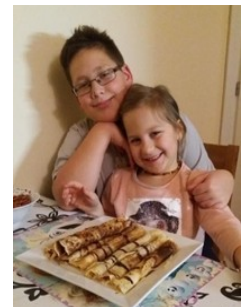
# Hungarian Crepes

## (pancakes)



### Ingredients:

- 4 large eggs
- 1 ½ cups milk (more or less)
- 1 pinch salt
- 1 cup all-purpose flour
- 1 tablespoon melted unsalted butter (plus more for cooking the crepes)
- ½ cup apricot jam
- 1 teaspoon fresh lemon juice
- ½ cup walnuts, coarsely ground
- Confectioner's sugar, for dusting chocolate syrup, for serving (optional)



In a bowl, whisk the eggs with 1/2 cup of the milk and the salt. Whisk in the flour until smooth, then whisk in the remaining milk and the butter; the batter should have the consistency of cream. Let the batter rest for 1 hour.

Heat a 7-inch crêpe pan and brush with butter. Pour 1/4 cup of batter into the pan and rotate it immediately to coat the bottom evenly; pour any excess batter back into the bowl. Cook the crêpe over moderate heat until lightly browned on the bottom, about 30 seconds. Flip the crêpe and cook the second side until brown dots appear, about 10 seconds longer. Transfer to a large plate. Repeat with the melted butter and remaining batter to make 18 crêpes.

In a saucepan, melt the apricot jam with the lemon juice; stir until smooth.

Preheat the oven to 400°. Butter a 9-by-13-inch baking dish. Spread each crêpe with 1 teaspoon of jam and 1 tablespoon of walnuts. Fold it into quarters and transfer to the baking dish. Repeat with the remaining crêpes. Cover the dish with foil and bake for 10 minutes, or until hot. Sprinkle with the remaining walnuts and sift confectioners' sugar on top. Serve the crêpes warm, with chocolate sauce if you like.



# Vegetable dishes





# Potato with Paprika



## Ingredients:

- 1000 grams (35,2 ounces) of potatoes, peeled, cut into medium size cubes
- 1 medium onion, diced
- 1 medium fresh tomato – chopped
- 1 sweet yellow pepper (bell pepper, wax pepper, banana pepper) – cut into small pieces
- 1 clove of garlic, minced
- 1 good tablespoon of sweet paprika powder
- half a coffee spoon of ground caraway seeds (optional)
- 100 grams (3.5 ounces) of smoked paprika sausage – cut into ¼ inch slices
- vegetable oil
- ground black pepper
- salt



In a pot, sauté the onions in vegetable oil over low heat, stirring frequently, until translucent. Do not let them burn. Salt lightly to help tenderize them. Remove the pot from the heat, add the sweet Hungarian paprika, stir. Do not burn the paprika, or it will become bitter. Add the chopped tomatoes and peppers, the minced garlic, the sausage slices, the peeled and cubed potatoes, the ground caraway seed and pour in just enough water to cover, salt to taste, sprinkle with ground black pepper. Cover, bring it to a boil and slowly simmer until the potatoes are tender.

Serve warm with pickles.



# SCALLOPS



## Ingredients:

### Dough:

- 350 g to 400 g of water
- 1000 g of rye flour
- 100 g of wheat flour
- 120 g of margarine or butter
- Salt to taste

### For filling:

#### Basic ingredients

- 1.2 to 1.5 kg of potatoes
- 3.2 - 3.5 kg carrot
- 150-180 g of butter
- 600 to 800 g of cream
- 300 to 500 g of sugar
- Eggs
- Salt to taste
- Cumin or cinnamon to taste
- Manna or flour



## Preparation 120 min.

### Preparation of rye flour base

The flour is mixed with hot water with margarine / butter and salt added in advance.

The dough must be firm, well-rolled. The finished dough is rolled to a thickness of about 2-3 mm, rolled out, extruded or cut into round wheels. The edges of the dough pegs fold up, and the pulleys thus prepared put on the greased slab.

### Preparation of potatoes.

Boil potatoes. Grate them in a homogeneous mass and add salt (to taste), cream, eggs or melted butter at the kneading. Uncooked grated potatoes with excess liquid can also be used for the potato mass.

### Carrot mass preparation.

Boil carrots. They are ground in a homogeneous mass and kneaded with sugar if they want eggs, cream, a little flour or semolina at the discretion of the roaster. Uncooked grated carrots can also be used for carrot mass.

### Filling and baking of scallops

The mould made from rye flour is covered with potato mass, carrot mass on top. The filling proportions are made up of 1: 2 to 1: 1 potato and carrot mass.

The prepared SCALLOPS is baked in the oven at high TEMPERATURE until the dough becomes dry. Finished SCALLOP after baking.

Finished scallop can be covered with sour cream, sugar, egg mixture or simply with sour cream and sugared sugar at the discretion of the roaster.

Additives - cumin and cinnamon are used at the discretion of the roaster.

**Good appetite!**



## Greek moussaka (Mousakas)

### Greek Style Baked Eggplant:

- 2 medium-sized eggplants
- Olive oil, as needed
- 1 pound 85% lean ground beef
- 1 large onion, peeled and chopped
- 2 cloves of garlic, finely chopped
- 1 cup tomato sauce
- 1 teaspoon dried oregano
- Salt, to taste
- Pepper, to taste

### For the Sauce

- 3 tablespoons salted butter
- Salt, to taste
- Pepper, to taste
- 2 tablespoons all-purpose flour
- 1 cup whole milk
- 1 egg
- 1/2 cup grated Parmesan or Romano cheese

### Instructions on How to Prepare Moussaka:

Spray a 9 x 13 baking dish with nonstick cooking spray and set aside. Preheat the oven to 350 degrees Fahrenheit.

Peel the eggplants and then slice them into pieces that are about 1/4 inch thick. If you don't have a vegetable slicer or mandolin, do your best with a sharp knife.

Rub some olive oil onto a baking sheet. Arrange the egg plant slices onto the sheet and drizzle the pieces with more olive oil. Sprinkle the eggplant with salt and pepper and bake in the preheated oven until golden brown. This should take around 20-30 minutes. Remove them from the oven immediately.

Arrange the eggplant slices in a single layer at the bottom of the 9 x 13 baking dish. This should use up about half of the slices. Set aside.

Add some olive oil to the bottom of a heavy skillet. Cook the onions and beef together over medium heat until the onions are translucent and the beef is cooked all the way through. Break up the beef throughout the cooking process using a wooden spoon. Add the garlic, tomato sauce, oregano, and a pinch of salt and pepper and cook for several minutes with the heat set on low. Pour the mixture into the baking dish over the eggplant slices. Top with the rest of the eggplant slices.

At this point, you'll want to make the cheese sauce. Melt the butter in a medium saucepan that has been set in medium heat. Whisk in the flour and then add a pinch of salt and pepper, to taste.

Whisk in the milk slowly and let it cook over low heat for a few minutes while the sauce thickens. You'll need to stir the mixture constantly with a wooden spoon to prevent it from sticking.

In a separate bowl, scramble the egg and stir in the cheese. Slowly stir into the milk mixture and remove from the heat immediately. Pour over the eggplant slices in the baking dish. Place the baking pan in the center of the oven and bake for about 45 minutes, or until the eggplant is golden brown. Remove from the oven and let stand in the pan for 5 minutes before serving.



# COUSINE CORNER



If you feel like a bowl of hot, tasty, full of meat dish – try this!

(BIGOS) POLISH HUNTER STEW (Metaphorically, *bigos* - "confusion", "big mess", "trouble")

It's not for vegetarians! Crammed with meat and sausages, with the sweetness of apples more than balanced by the sharpness of sauerkraut. Hearty and delicious, unforgettable. Traditionally served in Podlasie. Originally eaten only by the Polish aristocracy (they being the only ones allowed to hunt on their estates...and only ones who could afford so much meat).

## Components:

- 1 cup of chopped bacon,
- 1 pound of pork, cut into small cubes,
- 3 cloves of garlic, minced,
- 3 onions, quartered,
- 1/2 pound mushrooms, quartered,
- 2 cups of beef,
- 2 tablespoons of sugar,
- 2 bay leaves,
- 2 cups sauerkraut, rinsed under cold water and drained,
- 3 apples, peeled, cored, and cut into chunks,
- 2 cups canned tomatoes, with juice, cut into pieces,
- 1 cup diced cooked ham,
- 1 and 1/2 cups Polish sausage, cut into small chunks,
- salt and pepper to taste.



## Procedure:

Fry the bacon in a Dutch oven, to render the fat. Drain the bacon on the side and reserve. Then toss the pork chunks, garlic, onions, and mushrooms into the rendered fat. Fry until the meat is browned--about 5 minutes. Pour in the stock, tomatoes with their juice, sugar, bay leaves, sauerkraut, and apples, and bring to a boil. Reduce heat and simmer, covered, for about 2 hours. Stir in the ham and sausage, then cover and cook on medium-low heat for about 30 more minutes. When ready to serve, remove bay leaves and taste for seasoning. Ladle into bowls, sprinkle with the reserved bacon, and serve with boiled potatoes, a bowl of sour cream, and thick, crusty bread.



# STAFFED POTATO “CHUBBY BALLS”



Other stomache-taking dish is staffed potato “chubby balls” – particularly known in Podlasie. These delicious balls made of potatoes, flour and a few eggs is really delicious! Quite laborious and time consuming but ...a fist for the tongue.

## Components:

- white cabbage 2kg,
- sauerkraut 1kg,
- bacon 0,5kg,
- pork 0.5 kg,
- beef 0,5kg,
- sausage 0,5kg,
- onion 1kg,
- dried mushrooms 0,1kg,
- dried plums 0,1kg,
- tomato concentrate 0,1kg,
- pepper 2 dkg,
- salt 5 dkg



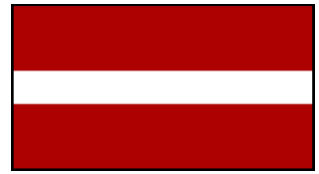
## Procedure:

Peeland clesn potatoes. Half of it rub off on small grater. The rest cook, cool and grind. Mix cooked and raw potatoes, add flour, 2 egg and salt. Knead briefly. Add meat, eggs, spices. Glue it together, form balls and put the staff inside. Throw them on boiling water and boil 5 minutes, up to time, when they sail out on surface. In serving put fried onion on top.





# Potato pancakes



## Ingredients

- 7 potatoes
- 2 eggs
- 2 spoons Flour
- Potato spices

## Preparation

Grate the potatoes. Add eggs.  
Then mix it. Add flour and  
spices, then mix it again.  
Fry on the pan. Serve with





# Meat dishes



# **A Traditional Dish In Latvia**

## **Boiled potatoes with pork chops and summer salad**



### **What you'll need:**

- potatoes,
- butter,
- pork,
- cucumber,
- lettuce,
- radish,
- sour cream,
- dills,
- eggs,
- flour.



### **The potatoes**

The first thing you need to do is to start boiling water and add some salt to it. Wash, peel potatoes and cut them in half. (The amount isn't important). When the water is boiling put in the potatoes and let them boil about 15-20 min.



### **The pork chop**

First thing is that you have to cut the meat into about 1cm thick slices, take a meat hammer and beat it till it is flat and even. For the start mix 2 eggs. Put some flour on to a cutting board. Take the meat and coat it in flour and then in the egg. Place it onto the pan, sprinkle some salt and pepper. Cook from both sides until ready.



### **The summer salad**

Cut cucumbers, radish and lettuce leaves. Mix all together in a bowl, add some sour cream, salt, pepper and dill to your liking.

### **Serving**

When serving sprinkle some dill, if wanted you can add some butter to the potatoes, but the most important thing is to do that while they are hot. You can eat the pork chops with condiments you prefer.

As they say in Latvia...

**Labu apetīti!**

# Greek Style Meatballs (Keftethes)



## Ingredients:

- 1 lb. ground beef
- 1 slightly beaten egg
- 1/4 lb. breadcrumb
- 1/2 cup water
- 2 tablespoons butter
- 2 chopped onions
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 1 tablespoon vinegar
- 1 teaspoon (or oregano, mint) parsley
- 1/2 cup flour
- 1/2 cup olive oil



## Instructions on How to Make Greek Style Meatballs:

Mix together the ground beef, egg, breadcrumbs and water.

Add butter to a frying pan and set the heat on medium. Add the chopped onions and saute until translucent.

Add to the meat mixture with the salt, pepper, vinegar, oregano, chopped parsley or mint.

Mix well, cover and refrigerate 1 hour.

Shape into 18-20 patties and roll lightly in flour.

Fry in very hot olive oil until brown.







## Pastichio

### Ingredients:

#### The Filling:

- 1 tablespoon butter
- 2 lbs. ground beef
- 1 small, finely chopped onion
- 1 clove garlic
- 2 teaspoons salt
- 1/2 teaspoon pepper
- Chopped parsley
- 1/2 cup white wine
- 2-3 peeled or diced tomatoes
- 1 lb. can tomatoes
- 1 egg whites

#### The Sauce:

- 1/2 cup Butter
- 3/4 cup Flour
- 4 hot cups Milk
- Salt
- Pepper
- Nutmeg
- 1 cup grated (or Parmesan) Kefalotiri Cheese
- 2 and 2 egg yolks Eggs
- 1 lb. Macaroni
- 1 tablespoon Salt
- 2 tablespoons Butter
- 1 cup grated (or Parmesan) Kefalotiri Cheese



### Instructions on How to Make Macaroni With Ground Beef – Pasticio :

#### For the filling:

Heat the butter in a large frying pan and sauté the ground beef and onion until slightly browned. Add remaining ingredients, except egg white, cover and cook over a medium heat; allow to cool and add egg whites.

#### To make the sauce:

Melt the butter in a heavy saucepan, add the flour and cook stirring constantly for 1 minute. Add the milk all at once, and stir until the sauce is smooth. Add salt, pepper and nutmeg. Remove from heat and stir in the cheese, eggs and egg yolks.

Cook the macaroni in salted boiling water until soft but firm. Drain and return to the pan. Add the butter.

Butter a baking pan and put in half the macaroni. Sprinkle with cheese and cover with the meat filling. Top with remaining macaroni. Sprinkle with cheese and cover with the sauce. Sprinkle top with the rest of the cheese and cook in a moderate oven for about 45 minutes or until golden brown. Leave for 20 minutes then cut into square pieces and serve.

# Wallenbergare



## Ingredients 4 persons

- 400 g minced veal
- 1 tsk salt
- 1 krm white pepper
- 3 yolks
- 2 dl cream
- butter for frying

Serves with;

- mashed potatoes
- sweetened lingonberries
- green peas



1. Mix the minced veal, which should be chilled, with salt and white pepper.
2. Stir the yolks one by one and then the cream into the minced veal. Mix it well and taste if it's salted and peppered enough.
3. Rinse the cutting board with cold water and then lick the veal into small patties with a spoon.
4. Melt the butter in a frying pan and fry the patties on low heat in approximately 4 minutes on each side. Don't fry the patties in too high heat, but let them put in a lot of butter.



# Cakes and desserts





# Rhubarb crumble



**You need;**

**Filling;**

- 500 g rhubarbs, cut in small pieces
- 1-2 dl sugar
- 1 spoon potato flour

**Crumbles with oatmeal;**

- 1,5 dl oatmeal
- 1 dl flour
- 0,5 dl sugar
- 125 g butter



Set the oven to 225C.

Put the pieces of the rhubarbs into a pie plate, flour the sugar and the potato flour on the rhubarbs.

Mix the crumble (flour, sugar and butter) with the oatmeal and spread it over the rhubarbs.

Bake the pie 20-25 minutes.

Serve with vanilla icecream.



# Silvia cake



## Ingredients:

- 3 egg
- 3 dl sugar
- 3 dl flour
- 3 tsk baking powder
- 1 1/2 dl cold water

## Cream;

- 150 g butter
- 1 1/2 dl sugar
- 2 yolks
- 3 tsk vanilla sugar
- coconut flakes for topping



Oven; 175 degrees C

Prepare a roasting pan (30X24cm) or a springform pan , greased with butter and bread crumbs.

Whip the sugar and eggs untill the batter looks almost white.

Pour the cold water into the batter and then pour the flour mixed with the baking powder and stir until the batter is smooth without any clunch.

Pour the batter into the pan and bake the cake in the oven aproximately 15-20 minutes. Check with a stick to see if the cake is ready.

Leave the cake to cool off.

## Topping;

Melt the butter together with the sugar. Then pour the yolks into the batter and stir. Let the batter boil slowly a couple of minutes.



Spread the cream over the cake and then sprinkle the coconut flakes over the cream.

Cut the cake into pieces. And enjoy!

# TIRAMISU

## a traditional dessert



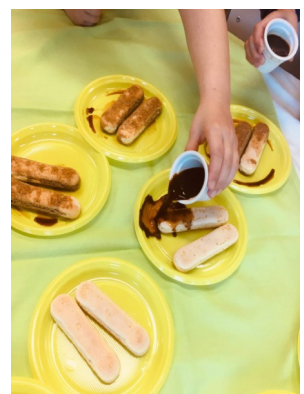
**Ingredients** for 6 persons:

- 400 g of mascarpone cheese
- 200 g of Savoy biscuits (ladyfingers)
- 150 g of sugar
- 4 eggs
- 5 small cups of coffee
- bitter cocoa



### PROCEDURE

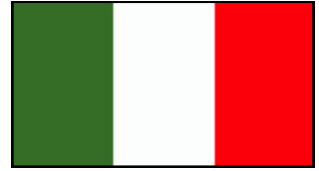
- 1- Divide the yolks from the whites.
- 2- Beat the egg whites.
- 3 - In another bowl mix the egg yolks and sugar for a long time.
- 4 - Add mascarpone cheese.
- 5 - Add whipped egg whites.
- 6 - Prepare the savoy biscuits in a dish.
- 7 - Pour some coffee on the biscuits.
- 8 - Cover the ladyfingers with a layer of mascarpone cream.
- 9 - Sprinkle with cocoa.





# CHOCOLATE SALAMI

## a popular snack



**Ingredients** for 6 persons:

- 400 g of crispy biscuits
- 70 g of sugar
- 80 g of unsweetened cocoa power
- 250 g butter



### INSTRUCTIONS

Break the biscuits in very small pieces.

Add sugar, cocoa powder and soften butter.

Mix everything with hands, till the mixture is homogeneous

Put the mixture on an aluminum foil, give it a long and thin salami shape and wrap it.

Keep the chocolate salami in fridge for at least 3 hours.

Unwrap it and cut the salami in slices.



# EARLY SPRING FRUIT SALAD



## Ingredients for 24 persons:

- 6 apples
- 6 bananas
- 6 pears
- 6 oranges
- 500 g of strawberries
- 1 lemon
- a bit of sugar
- other season fruit you like



## Instructions

1. **WASH** the fruit
2. **PEEL** the fruit
3. **CUT** the fruit in small pieces
4. **SQUEEZE** the oranges and a lemon
5. **ADD** a bit of sugar
6. **MIX** with a spoon
7. **EAT** the fruit salad



# Csörögefánk

## twisted doughnuts



### Ingredients:

- 1 teaspoon yeast
- 1 pint milk, scalded and cooled
- 4 egg yolks
- 1 egg
- $\frac{1}{2}$  cup sugar
- $\frac{1}{4}$  cup butter
- 7 cups flour, divided
- oil (for frying)
- jam for topping



Dissolve yeast in warm milk; add 2 cups flour and let stand in warm place for 1/2 hour.  
In another bowl, beat the eggs and sugar until light; add to the yeast mixture.  
Add 5 cups flour and melted butter; let rise until doubled in bulk.  
Place dough on floured surface and pat with hands until 1/2 inch thick.  
Cut into circles with doughnut cutter.  
Cover and let rise until doubled.  
Heat oil to 350 degrees Fahrenheit; deep fry until golden. Serve them with jam.





# THE PEARL OF CROWN IN PODLASIE KITCHEN



## SEKACZ

This a cake and a piece of are in one is terribly difficult to make but extremely delicious. It looks like a tree's trunk full of grandles. The procedure is as complicated as the result of it is impressive. Congealing icicles remind followed years in our lives.

### Components:

- 1 glass of sugar,
- 3,4 glass of flour,
- 1/2 glass of potato flour,
- 6 eggs,
- 5 dag of ground almonds,
- 1 spoon of rum,
- 1/2 vanilla's groves or 1 vanilla essence,
- 1 spoon of butter to greasing the cake-pan.



### Procedure:

mix sugar and butter on fluffy cream. Don't interrupt mixing. Add rum and almonds, vanilla and both kinds of flour. Beat whites on stiff foam, add it to the cake, stir everything gently. Warm up the oven to temp. 200°C. Spread 2 spoons of cake on the cake-pan. Bake it about 5 minutes. When it browns lightly take out from oven. Distribute next 2 spoons of cake and put in on 5 again. Repeat actions until cake is over. When sekacz is already baked, leave it to cooling. Pour sugar powder or ice on top.



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