




From Past To Future

Recipe Book

A decorative background consisting of a green grid pattern that forms a large, irregular shape on the left side of the page, resembling a stylized letter 'C' or a partial circle. The grid is composed of small, repeating diamond-shaped cells.

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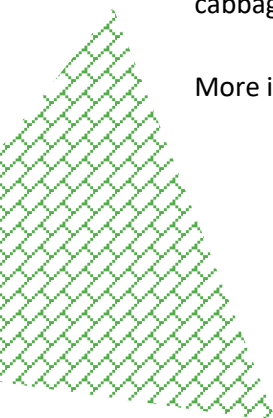
ABOUT PROJECT

The idea of the project is to research old eating habits, traditions and methods of making healthy food of our countries, revive them into modern life and make use of them in modern days. The aim is to combine ecological issues with culinary heritage of Baltic and Nordic countries. The project will create electronic recipe book containing food recipes of all partner countries.

Recipe book aim is to collect and renew recipes what was forgotten, to develop old traditions, to connect past, modern life and to make bridges to the healthier future.

The international project team will research how ancient Lithuanians, Latvians and inhabitants of Finland made food from the most simple products by tanning, fermenting herbs, cabbages, beetroots, fish etc.

More information: www.frompasttofuture.com





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A white, glossy plate is centered on a background of a fine, repeating green grid pattern. The plate has a subtle shadow and a highlight, giving it a three-dimensional appearance. The word "APPETIZERS" is printed in a bold, dark green, sans-serif font in the center of the plate.

APPETIZERS



BEETROOT KWASS

PICKLED PUMPKIN

PICKLED SMALL ONIONS

HERRING WITH DRIED BOLETUS

CABBAGE WITH ORANGES

GRAVLAX TARTAR

HERRING WITH BEETROOT BRINE

SOURED APPLES

THE SPREAD

JĀŅI CHEESE

BEETROOT KWASS

(Lithuanian - *burokėlių gira*)

Kwass is an excellent healthy drink, if cooled on a hot summer day, also can be used for food preparation.

- 1 kg dried up rye bread
- 500 g beetroot
- 5 l water

Cooking time - 30 min + 3 days

Portion serves – 10 to 15

Cooking techniques - fermented

1. Clean and cut beetroots.

2. Toast the bread slices in the oven, mix with the beetroots, pour warm water.

3. Keep everything in a warm place for 2-3 days.

Ready kwass is drinkable or used for food preparation.



PICKLED PUMPKIN

(Latvian - *marinēts ķirbis*)

An ideal additive for a variety of autumn dishes. When autumn comes, there is no colour outside and the scent, pumpkin, and quince remind us of the sunny times.

- 700 g pumpkin
- 3–4 quinces
- 2 cinnamon barks
- 5 cloves
- Sugar and balsamic vinegar

Cooking time – 60 min

Portion serves – 4 to 6

Cooking techniques – marinated

1. Clean the quince and cut into thin slices.
 2. Peel the pumpkin, remove the seeds, cut into pieces.
 3. Boil water in a saucepan, add cloves, cinnamon, and quince, cook for a few minutes. Taste acidity, add a little balsamic vinegar.
 4. Add the pieces of pumpkin, boil, and turn off the heat as soon as the pieces reach a pleasant consistency. They should not be boiled for too long, so that they do not dissolve.
 5. Pour into a warmed jar, close, let it cool, and store in cool place.
- Serve cold as an appetizer or with a meat dish.



PICKLED SMALL ONIONS

(Lithuanian - *marinuoti maži svogūnėliai*)

Pickled onions are great with meat and fish or salad supplement.

Cooking time - 30 min + overnight

Portion serves – 2 to 4

Cooking techniques - marinated

- 500 g small onions
- 15 g salt
- 30 ml vinegar
- 300 ml water
- some black and allspice peppercorns

1. Peel the onions, salt and leave for 24 hours. After that, drain the onions.

2. Bring to a boil of strong water and vinegar pickle with allspice and black pepper (1:10 ratio), drop the onions and cook until soft.

3. Place the cooled onions with the pickle in an enamel pot or jar, bound and place in a cool place.



HERRING WITH DRIED BOLETUS

(Lithuanian - *silkė su džiovintais baravykais*)

Classic Christmas Eve Lithuanian meal. Fish dishes came with Christianity and fish symbolism of its epoch, so we do not imagine Lithuanian Christmas Eve table without herring and other fish dishes.

Cooking time – 30 min

Portion serves – 4 to 6

Cooking techniques – baked

- 500 g herring fillet
- 100 g onions
- 100 grams dried mushrooms
- 5 g black pepper
- 5 g salt
- 15 g oil
- 20 g spring onions (for serving)

1. Soak the mushrooms for several hours in water. Then boil the mushrooms in the same water for about 10 minutes.
2. Grab the boiled mushrooms and cut them very finely, then fry in the oil briefly, add some salt.
3. Cut the herring fillets into strips and put them in a salad bowl, sprinkle with pepper.
4. Cut the onions and fry in the oil. You can put some salt.
5. Put the fried onion on the herring. Align the surface with a spoon to smooth, add dried mushrooms and smooth the surface again.
6. Decorate with chopped spring onions and serve.



CABBAGE WITH ORANGES

(Lithuanian - *kopūstai su apelsiniais*)

A combination of old fermentation and modernity (orange, grapefruit). Spicy taste, you may eat it with other dishes or alone.

- 1 kg cabbage
- 1 orange or red grapefruit
- 25-30 g salt

Cooking time - 20 min and 3-5 days

Portion serves – 5 to 7

Cooking techniques - fermented

1. Cut cabbage into desired pieces, wash orange or grapefruit and scald with boiling water. Slice fruit with whole bark.
2. Mix the cabbage and the oranges, salt, carefully knead, place in a fermentation bowl, press and leave for 3-5 days at room temperature.
3. Store soured cabbage in a cool place or in a refrigerator.



GRAVLAX TARTAR

(Finnish - *graavilohitartar*)

Gravlax is part of Finnish everyday life and festivities. It can be offered in many different ways. Gravlax tartar is particularly good on the Scandinavian rye and malt bread.

Cooking time – 20 min

Portion serves – 10

Cooking techniques – mixed

- 500 g gravlax, i.e. cured salmon
- 5 g onion
- 100 g sour cream
- 10 g dill
- black pepper

1. Cut the salmon and onion into cubes. Mince the dill.
2. Combine the ingredients and season.
3. Serve on the Scandinavian rye and malt bread.



HERRING WITH BEETROOT BRINE

(Lithuanian - *silkė su burokų rasalu*)

A snack from the culinary heritage, easily produced and popular in Lithuania.

- 6-8 herrings
- 200 g spring onion
- 3 g bitter pepper
- 0,5 l boiled beetroot brine

Cooking time - 30 min + 3 days

Portion serves – 5 to 10

Cooking techniques - soured/fermented

1. Soak herrings, clean guts. Do not wash, leave with heads, only remove gills. Cut into pieces, place in a bowl, cover with cut spring onion, pepper.
2. Pour beetroot brine.
3. Beetroot brine: peel boiled beetroots, cut in half, place in a wooden barrel. The pieces of rye bread are put on the bottom, poured with warm boiled water. When boiling add laurel leaves, cumin, salt into water. Keep brine warm for 3 days. Then keep it in the basement or fridge.



SOURED APPLES

(Lithuanian - *rauginti obuoliai*)

In the past, people soured not only cabbage and cucumbers, but also apples, mushrooms, berries. "Antonovka" apples are most suitable for souring.

Cooking time - 30 min + 1 month

Portion serves – 4kg

Cooking techniques - soured/fermented

- 50 g sugar
- 150 g salt
- 4 l water
- 4 kg apples
- straw
- cherry, black currant leaves, horseradish leaves, even honey can be added

1. Pour boiling water on straw, which will be on the bottom of the dish. 2. In a separate container dissolve sugar and salt in water, then pour on all the apples.
3. Place the apples on the straw placed on the bottom of the dish until there is space for about two apples from the top of the dish. Then put the remaining straw on top. Pour the solution on everything and press. The most important thing is that all apples are covered up by solution.
4. Keep the apples at room temperature for 4-5 days. Then take to a cool place (about 4 C temperature), after a month you can taste them.



THE SPREAD

(Lithuanian - *užtepas*)

An ancient peasant dish served with hot boiled potatoes or bread.

- 500 ml sour cream
- 500 ml sour milk
- salt

Cooking time - 10 min

Portion serves – 2 to 4

Cooking techniques - mixed

1. Mix the sour cream in equal proportions with sour milk, pour into a linen cheese bag and squeeze it in the fridge (as it drips, the jar is required to be put below for the whey).

2. Keep for 3 days. Shake out from the cheese bag, salt to taste and shake into a clay bowl. Serve with boiled hot potatoes or brown/white bread.



JĀŅI CHEESE

(Latvian - *jāņu siers*)

Jāņi cheese is a Latvian sour milk cheese, traditionally eaten on Jāņi – the Midsummer celebration. With its round form, the cheese symbolises the sun and is related to summer solstice rituals.

- 1 kg dry cottage cheese
- 3 litres fresh milk
- 4 eggs
- 70 g butter
- 2–3 tbsp. of caraway-seeds
- 1 tbsp. of salt

Cooking time – 60 min

Portion serves – 4 to 6

Cooking techniques – tied

1. Pour the milk in a large saucepan and then add the cottage cheese. Heat the mixture on a medium heat stirring frequently.
2. After 5–7 minutes the milk and cheese will separate, creating yellow-green whey. Mix that through and then sieve it over a large bowl.
3. Once it is drained, return the mixture to the saucepan. Make sure to keep a little bit of that liquid.
4. Turn the heat on low and add the butter, then egg yolks, caraway-seeds, and salt, and mix well.
5. Heat the mixture for about 7 minutes while constantly stirring. It will become thicker and smoother.
6. After heating, wrap cheese into the cloth. To "tie" the cheese, pull the corners of the cloth together and spin them until you get a parcel of cheese and leave it overnight to drain and cool. Serve cold as an appetizer.





BREADS

A decorative green cross-hatch pattern runs vertically down the left side of the page.

SCANDINAVIAN RYE AND MALT BREAD

SOURDOUGH RYE BREAD

HOME MADE BREAD

POTATO FLATBREAD

SCANDINAVIAN RYE AND MALT BREAD

(Finnish - *saaristolaisleipä*)

Finland has a long and varied bread tradition. Baking bread at home today has declined, but the bread is still eaten daily. Scandinavian rye and malt bread is made in the archipelago and it is very preserved.

Cooking time – 3 hours

Portion serves – 1 loaf

Cooking techniques – baked

- 175 ml water
- 100 g malt
- 250 ml buttermilk
- 25 g yeast
- 250 g wheat flour
- 50 g bran
- 100 g rye flour
- 75 ml syrup
- 8 g salt

1. Boil the water and pour it over the malt.
2. Pour the buttermilk into the malt. Add the yeast as the temperature is 37 degrees.
3. Mix all ingredients in a food processor with slow speed.
4. Grease a form and pour the batter into it. Cover with a cling film. Let rise.
5. Bake in a 160-180 degree oven for about 40 minutes.



SOURDOUGH RYE BREAD

(Latvian - *saldskābmaize*)

Baking sourdough bread according to tradition - the baker had to eat the tip of the loaf to make the next bake a success. A slice of sourdough bread with butter is perfect combination to remember childhood memories.

Cooking time – 4 hours

Portion serves – 1 loaf

Cooking techniques – baked

- 200 g rye flour
- 1 kg wheat flour
- 100 g sugar
- 200 ml water
- 8 g citric acid
- 8 g salt
- 50 g wet yeast.
- 30 g cumin

1. Pour the rye flour into a bowl, add boiling water and mix.
2. Place a sieve over the bowl, scatter 500 g of wheat flour through a sieve, sift in a bowl with salt, citric acid and cumin. Add the wet rye flour mix.
3. Moisten the yeast with the sugar, add a little sugar and a little flour, a little warm water to melt the sugar, stir until a homogeneous mixture is added. Knead mixture together. Leave to raise for an hour in warm place.
4. After an hour, add another 500 g of sifted wheat flour to the dough and knead the dough. Leave to raise for an hour for second time.
5. After an hour make a nice bun, put on a pan and leave again for an hour for proofing.
6. Bake a loaf at 200 degrees for about 40 minutes. Place a bowl of water in the oven to prevent the toast from drying out, 10 minutes before loaf is ready, removing bowl to get a browner bun.



HOME MADE BREAD

(Lithuanian - *naminė duona*)

Simple, easy to make homemade bread.

Cooking time – 2 h + overnight

Portion serves – 1 loaf

Cooking techniques – baked

- 250 g wheat bran
- 250 g three-grain flakes
- 250 g flaxseed
- 250 g sunflower seeds
- 250 g sugar
- 15 g salt
- 200 g yeast
- 1 kg rye flour

1. Pour bran, flake, flaxseed, sunflower seeds, sugar and flour in a bowl and mix well.

2. Dissolve the salt in 1 liter of cold water, add to the mixture, add the yeast and mix well. The dough should be thick but mixed with a spoon.

3. Lubricate the baking tray with oil. Pour the dough into a baking tray (150-200 g of yeast should be left for another use - it should be kept in the refrigerator). Sprinkle the top of the bread with sesame seeds and leave to rise for 12 hours.

4. Place the pan in a cold oven, bake at 200 degrees for about 1 hour.



POTATO FLATBREAD

(Finnish - *perunarieska*)

Flatbread is one of the most beloved Finnish traditional dishes. Warm, freshly baked flatbread and butter - a wonderful combination.

Cooking time – 60 min

Portion serves – 6 large flatbreads

Cooking techniques – baked

- 1100 ml boiling water
- 350 g mashed potato powder
- 10 g salt
- 190 g wheat flour
- 190 g dark wheat flour
- 30 g baking powder

1. Mix the boiling water, mashed potato powder and salt.
2. Add the other ingredients and mix for 2 minutes in a mixer.
3. Bake into six big flatbreads. Stick with a fork and bake in 320 degrees.



A white, glossy bowl is centered on a background of a fine, repeating green grid pattern. The bowl has a wide rim and a deep, rounded center. The word "SOUPS" is printed in a bold, dark green, sans-serif font in the middle of the bowl's interior. The lighting on the bowl creates soft shadows and highlights, giving it a three-dimensional appearance.

SOUPS



COLD BEETROOT SOUP

POTATO SOUP

CELERY SOUP

CREAMY FOREST MUSHROOM SOUP

FRESH MUSHROOM SOUP

WHITEFISH SOUP

JERUSALEM ARTICHOKE SOUP

SORREL SOUP

COLD BEETROOT SOUP

(Latvian - *aukstā biešu zupa*)

The cold soup initially was made of sour milk and sprouted grains. Later the grains were substituted with seasonal vegetables.

Cooking time – 30 min

Portion serves – 4 to 6

Cooking techniques – mixed

- 2 litres of kefir or buttermilk
- 500 g marinated beetroots
- 2 fresh cucumbers
- dill
- spring onions
- salt and pepper
- 4 hard-boiled eggs (for serving)

1. Cook hard-boiled eggs and cool under cold water.

2. Meanwhile, cut cucumbers, beetroots, spring onions and dills.

Mix together with kefir and spices.

Serve with hard-boiled egg cut into half lengthwise.



POTATO SOUP

(Lithuanian - *bulbienė*)

It is simple to make mashed potato soup.

Cooking time – 60 min

Portion serves – 4 to 6

Cooking techniques – boiled

1. Boil a broth of various vegetables (carrot, onion, leek, celery, parsley, pepper and bay leaves), add a tablespoon of butter.
2. Peel the potatoes and boil in the prepared broth. When cooked, remove the potatoes and mash them.
3. Pour the broth over the mashed potatoes until thick, put sour cream on the top and warm.
4. Serve with butter-toasted white bread.

- 2 kg potatoes
- 150 ml sour cream
- 100 g carrot
- 50 g onion
- 100 g celery stem
- 100 g leek
- 15 g parsley
- 5-6 peppercorns
- 2 bay leaves
- 20 g butter



CELERY SOUP

(Lithuanian - *saliery tyrscriubė*)

Spicy and nourishing soup after the Practical Guide for the Housewives "The Great Chef" 1936.

Cooking time – 2,5 hours

Portion serves – 6

Cooking techniques – boiled

- 800 g beef
- 400 g calf bones
- 800 g celery
- 120 g French loaf
- 2 yolks
- 120 g cream
- 30 g butter
- 50 g green dill

1. Pour 4 l water on beef and bones and boil for 2 hours in a low temperature, filter broth.
2. Peel off celery root, chop in small pieces, place into a saucepan with butter and filtered broth, cut French loaf in pieces and add.
3. Boil everything for 30 minutes, blender, pour into the broth.
4. Mix yolks with cream, dilute the mixture with broth, pour into soup, heat, but not boil.
5. Serve the soup with dill and toasts.



CREMY FOREST MUSHROOM SOUP

(Finnish - *metsäsienikeitto*)

Forest mushrooms are the gold of culinary. In the forests of Finland you can find several delicious wild mushrooms. Traditional forest mushroom soup is the age-old favourite of the harvest season.

Cooking time – 60 min

Portion serves – 10

Cooking techniques – boiled

1. Sweat the vegetables in a pan for about 5 min.
2. Add the flour and mix well.
3. Add the stock and let simmer for about 30 min.
4. Add the cream. Season.

Garnish with root vegetable chips.

- 120 g butter
- 300 g forest mushrooms
- 100 g onion
- 120 g wheat flour
- 1 l chicken stock
- 500 ml cream
- salt, pepper



FRESH MUSHROOM SOUP

(Lithuanian - *šviežių grybų sriuba*)

The soup is cooked during the fasting period.

Cooking time – 30 min

Portion serves – 4 to 6

Cooking techniques – boiled

1. Peel at least 20 fresh mushrooms, wash, peel off stems. Add water and bring to a boil.
2. Scrub off the resulting foam, add the bay leaves, pepper, salt, finely chopped greens and chopped onion fried in oil.
3. Once the mushrooms have cooked, add the chopped potatoes and cook until soft.
4. At the end add a tablespoon of flour, mix well and serve. Can be seasoned with a spoonful of sour cream.

- 20 fresh mushrooms
- 1,5-2 l water
- 2 bay leaves
- 5 g salt
- 5 g pepper
- 50 g onion
- 3-4 medium size potatoes
- 20 g flour
- 50 g greens (dill, parsley, spring onions)
- 20 ml oil



WHITEFISH SOUP

(Finnish - *siikakeitto*)

Fish soup can be made, for example, from Bay of Bothnia salmon or white fish. Traditional Finnish fish soup is served both for lunch and banquet. Butter and dill make the soup taste better.

Cooking time – 60 min

Portion serves – 5

Cooking techniques – boiled

- 300 g whitefish fillet (without skin)
- 500 g potatoes
- 100 g onion
- 800 ml water
- 15 g salt
- 10 white pepper
- 1 bay leaf
- butter, dill

1. Cut the potatoes and onion into cubes.
2. Add water, vegetables and spices into a saucepan.
3. Let boil lightly for 10 min.
4. Add the pieces of fish and let simmer for 5 min.
5. Add chopped dill and butter. Check the flavour.



JERUSALEM ARTICHOKE SOUP

(Lithuanian - *topinamby sriuba*)

Delicious soup, especially tasty in autumn when fresh Jerusalem artichoke is available.

Cooking time – 30 min

Portion serves – 4

Cooking techniques – boiled

- 700 g jerusalem artichokes
- 50 g butter
- 30 g onion
- 30 g chili pepper
- 10 g garlic
- 5 g coriander seeds
- 500 ml vegetable juice
- 70 g parmesan cheese
- 100 g paprika

1. Put the butter in the pot, after it is melted chop onion, chop pepper, crushed garlic and coriander seeds are add them, fry for about 8-10 minutes.
2. Chop sweet potatoes and put into the fry and fry all vegetables for a few minutes.
3. Pour the broth into the vegetable pot and boil for 10 minutes. Blender all vegetables.
4. Serve with grated parmesan cheese and chopped paprika strips.



SORREL SOUP

(Latvian - *skābeņu zupa*)

It is very easy to make a sorrel and meat soup. Since the sorrel grows in spring, it is considered a real spring soup. Every spring, as soon as sorrel appears from the ground, plants are plucked and cooked in soup.

Cooking time – 60 min

Portion serves – 4 to 6

Cooking techniques – boiled

- 600 g smoked pork ribs
- 3 litres of water
- 4 medium-size potatoes
- 2 medium-size carrots
- 400 g fresh sorrel
- salt and pepper
- 4 hard-boiled eggs (for serving)
- sour cream (for serving)

1. Place the pork ribs in a large pot, cover with water and bring to a boil. Reduce the heat and simmer for 40 minutes until the meat falls from the bones. Skim all foam that may surface.

2. Meanwhile, cook hard-boiled eggs. Peel and cut potatoes and carrots. Finely slice the sorrel leaves.

3. Remove the ribs from the broth. Add potatoes and carrots to the broth, bring to a boil, reduce the heat, and simmer until potatoes are nearly ready (8–10 minutes). While potatoes and carrots are boiling, remove the meat from the ribs and chop finely. Season well.

4. Add the meat and sorrel to broth and simmer for 5 minutes.

5. Allow the soup to rest for 10 minutes to make all the flavours come together.

Serve with hard-boiled egg and sour cream.



A white, glossy plate is centered on a background of a fine, repeating green grid pattern. The plate has a subtle shadow and a highlight, giving it a three-dimensional appearance. In the center of the plate, the words "MAIN" and "DISHES" are stacked vertically in a bold, dark green, sans-serif font.

**MAIN
DISHES**



KUGEL – ZUCCHINI PUDDING

GREY PEAS WITH BACON

GREY PEAS CROQUETTES

SLAVIC PIE WITH MEAT

LAZANKÉS

POTATO PANCAKES

CUTLETS

RABBIT STEWED IN APPLE JUICE

RADVILA COOK'S CHICKEN WITH HORSERADISH

SAUTÈED REINDEER

FISH BY FISHERMAN'S WIFE

KUGEL – ZUCCHINI PUDDING

(Lithuanian - *kugelis – cukinijų plokštainis*)

Kugelis, also known as „bulvių plokštainis ("potato pudding"), is a potato dish from Lithuania.

Cooking time – 1,5 hours

Portion serves – 6 to 8

Cooking techniques – baked

- 1 kg zucchini
- 150 g semolina
- 150 g flour
- 200 g fermented cheese
- 1 onion
- 150 g oil
- 3 eggs
- 5 g baking powder
- 5 g salt
- 3 g ground pepper

1. Grate zucchini with potato grater (beetroot grater may be used).
2. Chop onion into small pieces, put into the grated potatoes. Then beat eggs, and mix everything well.
3. Dissolve the flour with baking powder and semolina and put into the mass. While mixing, add oil, then grated cheese, leaving a good handful of cheese for sprinkling at the end. Add salt and pepper, pour everything into the oil-baked baking form, smooth the surface and sprinkle with cheese.
4. Heat the oven up to 200 degrees and bake pudding for about 50 minutes. When the kugel gracefully rises, the crust of light brown cheese is formed, pull it out of the oven. Serve with sour cream.



GREY PEAS WITH BACON

(Latvian - *pelēkie zirņi ar speķi*)

On the New Year's Eve, everyone has to eat peas in order not to have tears for the upcoming year. Not a single pea can be left on the table!

- 200 g grey peas
- 150 g smoked bacon
- 1 onion
- salt and pepper

Cooking time – 60 min + overnight

Portion serves – 2

Cooking techniques – boiled

1. Soak grey peas overnight to shorten the cooking time. But soaking isn't entirely necessary.
 2. Boil grey peas in salt water until tender.
 3. Heat oil in the frying pan and fry the chopped onion. Stir-fry until golden brown.
 4. Add chopped smoked bacon and stir-fry until combined and heated through.
- Serve hot grey peas topped with bacon and onion mix.



GREY PEAS CROQUETTES

(Latvian - *pelēko zirņu kotletes*)

During the winter the meat often was unavailable, so it was substituted with peas and beans, so as to get the necessary protein and strength to commence new works.

Cooking time – 60 min + overnight

Portion serves – 2 to 4

Cooking techniques – fried

- 500 g big grey peas
- 1 onion
- 4 garlic cloves
- 2 eggs
- 50 g flour
- 30 g sour cream
- salt and pepper
- breadcrumbs
- oil for frying

1. Soak grey peas overnight to shorten the cooking time. But soaking isn't entirely necessary.

2. Boil grey peas in salt water until tender, dry, and grind.

3. Meanwhile fry chopped onions and garlic.

3. Add the chopped, fried onions, and garlic, beaten eggs, salt, pepper, flour, sour cream to the lightly chilled mass.

4. Form into balls. Coat them in breadcrumbs and fry on both sides, until golden brown.

Serve hot with vegetables.



SLAVIC PIE WITH MEAT

(Lithuanian - *slaviškas pyragas su mėsa*)

The meat-and-cake pie for lunch or dinner can be eaten alone or served with broth, pickles or a teaspoon of sour cream.

Cooking time – 60 to 90 min

Portion serves – 4 to 6

Cooking techniques – baked

Dough:

- 640 g flour
- 125 ml milk
- 3 eggs
- 20 g yeast
- pinch of salt
- 125 ml sour cream
- 50 g butter

Filling:

- 500 g boiled beef
- 4 eggs
- 1 onion
- 30 ml broth
- pinch of salt and pepper
- 50 g butter

1. Dough preparation: knead 2 glasses of flour with half a glass of milk and 20 g of yeast. When it rises, whip 3 eggs, a tablespoon of butter crushed with sour cream, add salt and remaining 2 glasses of flour.

2. Knead until dough does not stick to hands and bowl, if necessary add more flour. When it rises, divide the dough into two halves. Roll out one portion and place it in a buttered tin.

3. Put the filling on the rolled dough, which is prepared as follows: fry the onion in a tablespoon of butter, chop the cooked beef, add salt, pepper and fry everything again.

4. When the fried filling has cooled down, beat the egg and mix.

5. Place the prepared filling on the dough, sprinkle 2 chopped boiled eggs on the filling and cover with the remaining dough. Tape the edges, cover with egg whisk, and bake in preheated oven until browned.



LAZANKĖS

(Lithuanian - *lazankės*)

The folk dish lazankes is a distant echo of lasagna, which came to Lithuania thanks to queen Bona Sforca.

Queen Bona Sforca brought many interesting dishes to Lithuania. They were first taken over by the ruler's mansion, the nobility, and later by the lower strata. Over the course of several hundred years, some dishes have reached even the peasants' grills.

Cooking time – 30 min

Portion serves – 2 to 4

Cooking techniques – boiled

Base:

- 600 g flour
- 205 ml water
- 1 egg
- 3 g salt

Sauce:

- 205 g low-fat sour cream
- 150 g bacon
- 1 big onion
- pinch of salt
- black pepper to taste

Base:

1. Beat the egg with 1/4 tsp salt, add water, stir. Then add half of the flour, whisk or fork, then add the rest of the flour. When the dough is hard to mix, we start kneading by hand. Knead until the dough does not stick to your hands.

2. Divide the dough into 4 parts. Each part is rolled out into a circle of 2-3 mm thickness and cut into small, diamond-shaped pieces. Place the pieces on a floured plate or cutting board. This is how we prepare all the *lazankės*.

3. Add a pinch of salt to the boiled water, carefully placing the pieces (one at a time to prevent sticking). Wait for the water to boil again and boil for no more than 10 minutes (if you want the *lazankės* to be harder - boil for a shorter period).

Sauce:

1. Cut the bacon into small pieces, place in a pan and fry for about 3 minutes on medium heat. Peel the onion, cut into small cubes, and place in the pan along with the bacon. Fry until the onion softens. Then add the cream, stir in the sauce, season with salt, pepper and simmer for about 1 minute on low heat, stirring constantly, until the sauce thickens slightly.

Take the boiled *lazankés* out of the water, put into plates, pour the sauce over it and serve.



POTATO PANCAKES

(Latvian - *kartupeļu pankūkas*)

Potatoes have long been one of the most popular products in Latvian cuisine, and they are often referred to as the Latvians' second bread.

- 500 g potatoes
- 1 egg
- 60 g flour
- salt and pepper
- sour cream (for serving)

Cooking time – 30 min

Portion serves – 2 to 4

Cooking techniques – fried

1. Finely grate potatoes in a large bowl. Squeeze grated potatoes and drain any excess liquid.
 2. Mix in egg, flour, salt and pepper. Combine well.
 3. Heat oil in a large frying pan.
 4. Drop four heaped tablespoons of potato mixture into the pan and flatten in to make four pancakes.
 5. Fry on both sides, until golden brown.
- Serve hot with sour cream or lingonberries jam.



CUTLETS

(Lithuanian - *kotletai*)

Cutlets is a dish of meat or minced meat. Molded flat round or oval. Cutlets can be called dishes made with similar technology from other products (fish, poultry, rice, mushrooms, potatoes, etc.).

Cooking time – 30 min

Portion serves – 2 to 4

Cooking techniques – fried

- 500 g beef
- 250 g fat pork
- 1 potato
- 1 onion
- 2 eggs
- salt and pepper
- butter for frying

1. Mince the beef, cut the pork. Add the salt and pepper to the minced beef, add the roasted chopped onion and beat the eggs.
2. Add the finely cut pork to the minced meat and grate the raw potato. Mix everything.
3. Make elongated cutlets from the mass produced, fry on both sides until well browned.
4. Serve with various additives, vegetables.



RABBIT STEWED IN APPLE JUICE

(Lithuanian - *obuolių sultyse troškinta triušiena*)

Delicious and nutritious dish, more used for gala dinner because quite expensive products are used.

Cooking time – 60 min

Portion serves – 6 to 8

Cooking techniques – stewed

1. Cut the rabbit into 6 pieces, bake in butter, place in a casserole, season with salt, crush with black pepper.

2. Then pour apple juice, vegetable broth, then add rinsed dried apricots and plums, carrots and onion slices, a small piece of lemon peel, laurel leaves, pepper.

3. Boil all the mixture and stew on low heat until the meat begins to separate easily from the bones.

4. Sprinkle rabbit with chopped parsley, place in a bowl or plates. Serve with sauce and hot vegetables, fried potatoes.

- 1 kg of new rabbit
- 100 g butter
- 15 g salt
- 2g black pepper
- 300 ml apple juice
- 120 ml vegetable broth
- 100 g dried apricots
- 100g prunes
- 100 g carrot
- 100 g onion
- 10 g chopped parsley
- a piece of lemon peel
- a few laurel leaves
- a few scented peppers



RADVILA COOK'S CHICKEN WITH HORSERADISH

(Lithuanian - *radvilų virėjo vištieņa su krienaiss*)

Recipe is from the old Lithuanian culinary heritage presented by the historian and culinary expert Rimvydas Laužikas in the book "Historical Lithuanian Cuisine". Radvila (Radziwiłł) family is a powerful magnate family originating from the Grand Duchy of Lithuania and later the Crown of the Kingdom of Poland.

Cooking time – 1,5 h + overnight

Portion serves – 10

Cooking techniques – baked and stewed

- 1 pc. (1700 g) hen
- 100 g butter
- 50 g horseradish
- 100 g almond nuts
- 5 ml of vinegar or lemon juice
- 1 head of garlic
- 5 g salt, black pepper

1. Salt chicken, rub with black pepper, garlic, keep for 6 hours and bake in the oven for 40-50 min. at 200 C temperature. Butter may be added during baking.

2. Prepare horseradish and almond nut sauce - horseradish roots are crushed and mixed with crushed almonds. Dilute mixture with wine vinegar (can be replaced with lemon juice or dry white wine), salt.

3. Cut chopped chicken into pieces, put into a frying pan, top with horseradish and almond sauce, add butter and stew for 10 min. initially at 120 C temperature, then lower. If desired sour cream may be used instead of butter.

Chicken may be served in the pan.



SAUTEED REINDEER

(Finnish - *oronkäristys*)

Sautéed reindeer is traditional dish from Lapland. It is often served with mashed potatoes and lingonberry jam.

- 1,5 kg reindeer meat
- 150 g butter
- water
- salt

Cooking time – 90 min

Portion serves – 10

Cooking techniques – poached

1. Melt the butter in a pot and brown the meat.
 2. Cover with water and flavour with salt.
 3. Cover the pot with a lid and poach about 1 h.
 4. Serve with mashed potatoes, lingonberry and pickle 5.
- Serve with sauce and hot vegetables, fried potatoes.



FISH BY FISHERMAN'S WIFE

(Latvian - *zivs zvejnieksievas gaumē*)

New Year and fish go well together. When preparing the festive table, people place fish on it, believing in the symbolic meaning of the fish. Latvians have another tradition – to place fish scales in wallet hoping that the New Year will bring money to live in prosperity.

- One large or several smaller white fish (carp, vimba, breeze or perch)
- onion
- garlic
- salt and pepper
- butter
- sweet cream

Cooking time – 60 min

Portion serves – 2

Cooking techniques – baked

1. Clean the fish scales, cleanse the inside. If the head is left, the gills are also removed.
 2. Place the fish flat and cut into large bones, on both sides of the whole fish, every 5 mm.
 3. Slice the onion slices into the cut-outs. The abdomen can also be filled with onions, garlic or spices, to your own preference.
 4. Lightly grease with butter, salt and place in the cream.
 5. Bake in a preheated oven for about 15–20 minutes.
- Serve hot with vegetables.





DESERTS



APPLE OMELETTE

SAND CAKES

CINNAMON ROLLS

HONEY CAKE

STRAWBERRY CREAM CAKE

BLUEBERRY PIE AND SOUR CREAM SORBET

PIE PUDING WITH RHUBARB

RYE FLOUR HONEY CAKE

LINGONBERRY MOUSSE WITH CARAMEL SAUCE

LAYERED RYE BREAD DESSERT

APPLE OMELETTE

(Lithuanian - *obuolių omletas*)

It is simple to make an apple omelette. Suitable for breakfast and as a dessert to coffee or tea.

Cooking time – 30 min

Portion serves – 4 to 6

Cooking techniques – baked

- 7 eggs
- 150 g sugar
- 7 apples (medium size)
- 50 g wheat flour
- 50 g butter
- 5 g vanilla or lemon peel
- handful of ground breadcrumbs

1. Whisk 7 egg yolks with 150 grams of sugar and add vanilla or grated lemon peel for flavour.
2. Peel 7 apples, remove seeds and cut into thin slices.
3. Whisk the egg whites to the foam, mix with the yolks and add 4 tablespoons of wheat flour, mix.
4. Mix the resulting mixture with the apples and put into a baking tin greased with butter and sifted with breadcrumbs.
5. Bake in a 180°C oven for 30 minutes.
6. Having made, sprinkle with sugar and serve.



SAND CAKES

(Lithuanian - *smilčių pyragaičiai*)

Childhood-like biscuits. butter cinnamon • 400 g butter
• 110 g sugar
• 2 eggs
Cooking time – 60 min • 600 g flour
Portion serves – 8 to 10 • 8 g cinnamon
Cooking techniques – baked

1. Mix 400 g butter with 100 g sugar until light.
2. Add 1 egg to the resulting mixture, add the flour and, having mixed well, leave in a warm place until it rises (for about 60 minutes).
3. When the dough rises, roll it out, make the cakes of the desired shape, spread the egg whip, sprinkle with sugar and cinnamon.
4. Preheat the oven to 190°C, lining the baking sheet with baking paper. Bake for about 15 minutes, or until browned and dry.



CINNAMON ROLL

(Finnish - *kanelipulla eli korvapuusti*)

The smell of fresh bun reminds many of us of good memories. Coffee and buns are part of the Finnish food tradition. Shared coffee breaks moments are a social event at work and in families.

Cooking time – 2 hours

Portion serves – 25 rolls

Cooking techniques – baked

Dough:

1. Melt the butter. Heat the milk into lukewarm and crumble the yeast into it. Mix until the yeast is dissolved.
2. Mix the sugars, cardamom, salt and egg into milk. Add about half of the flour and beat the dough for a moment. Slowly add the rest of the flour into the dough kneading by hand. As you have added about 2/3 of the flour, add the melted butter. Save some flour. You can add it during kneading, as needed.
3. Cover the dough bowl with a towel and let rise in a warm place for about 45 minutes, until the dough is doubled in size.

Dough:

- 200 g butter
- 500 ml whole milk
- 50 g yeast
- 200 g sugar
- 10 g vanilla sugar
- 20 g cardamom
- 15 g salt
- 1 egg
- about 1,5 kg wheat flour

Filling:

- 125 - 150 g soft butter or margarine
- 200 g brown sugar
- vanilla sugar
- (100 g almond flour)
- plenty of cinnamon
- (cardamom)

Top:

- 1 egg
- pearl sugar

Filling:

1. Divide the dough into four. Roll the dough into thin sheet with flour. Smear soft butter on top. Sprinkle brown sugar, vanilla sugar, almond flour and a good layer of cinnamon on top. You can also add some cardamom.
2. Roll the dough into a long roll and close the seam by pinching. With a sharp knife, make diagonal cuts to form triangular rolls. Turn the pieces the narrow side up. Lift the pieces on a baking parchment. Press at the middle with two fingers, all the way to the bottom, to form ear-shaped rolls.
3. Cover with a towel and allow the rolls to rise at least 20 minutes. Brush with beaten egg and sprinkle with pearl sugar.
4. Bake in 200 degrees for 10 to 15 minutes, depending of the size of the rolls.



HONEY CAKE

(Latvian - *medus kūka*)

Fluffy and temptingly juicy honey cake is one of the favourite Latvian family cakes. Cake with a pronounced honey flavour, enhanced by the sour cream. So delicious that you won't be able to abstain from another piece.

Cooking time – 60 min + overnight

Portion serves – 10 to 12

Cooking techniques – baked

Cake base:

- 3 eggs
- 250 ml honey
- 500 g flour
- 30 g baking soda

Filling:

- 500 ml sour cream
- 250 g white sugar
- 50-100 g nuts

1. Preheat an oven to 175 °C.
2. Mix together eggs, honey, flour, and baking soda in a large bowl. Spoon 3 to 4 tablespoons of batter onto 5 9x13-inch sheets of parchment paper. Spread the mixture as thin as possible using a wide spatula. There is enough batter for 5 thin layers.
3. Place one sheet of batter onto a baking pan and bake in the preheated oven until golden brown, about 2 to 3 minutes.
4. Remove the baked cake layer from the baking sheet and prick with a fork to enhance filling absorbency. Repeat with the remaining 4 cake layers.
5. Stir together the sour cream and sugar in a small bowl. Spread 1/5th of the sour cream mixture on the cake layer. Repeat the process with the remaining 4 layers.
6. Cover and refrigerate overnight. Trim off any ragged edges before serving.



STRAWBERRY CREAM CAKE

(Finnish - *mansikkatäytekakku*)

Strawberry cream cake belongs to the Finnish summer. At least once in the summer there is a baked strawberry cream cake. A traditional strawberry cake crowns a summer day or a summer party.

Cooking time – 2 hours

Portion serves – 12

Cooking techniques – baked

1. Whisk room-temperature eggs and sugar to a thick, light foam. Combine the flours and baking powder. Sift them into the foam. Mix gently with a wooden fork.
2. Place a baking paper on the bottom of a spring form and grease the sides. Pour the batter in the spring form.
3. Bake the cake base at the bottom of the oven in 175 degrees, 30-35 minutes depending on the size of the cake.
4. Bring syrup the ingredients into boil and then let cool.
5. Cut the cake into three layers.
6. Moisten the cake layers and spread strawberry jam and whipped cream in the layers.
7. Place strawberries on top of the cake and spread the jelly sugar glaze on them. And spread or pipe cream around the edges.

Cake base:

- 4 eggs
- 150 g sugar
- 100 g wheat flour
- 100 g potato flour
- 10 g baking powder

Syrup:

- 150 ml water
- 20 g sugar

Filling:

- 200 g strawberry jam
- 200 g whipped cream

On the top:

- 200 g whipped cream
- Strawberries
- glaze



BLUEBERRY PIE AND SOUR CREAM SORBET

(Finnish - *mustikkapiirakka ja kermaviilisorbetti*)

Blueberry pie is a traditional pastry that comes naturally from the North's own superfood, blueberry. Blueberry pie with its delicious and nostalgic smell is an essential part of summer for many.

Cooking time – 3 hours

Portion serves – 8

Cooking techniques – baked

Shortbread dough:

1. Mix all ingredients in a food processor quickly into an even dough.
2. Wrap into a cling film and let the dough rest a little in a fridge.

Blueberry pie:

1. Place a baking paper on the bottom of a spring form and grease the sides.
2. Press the batter on the bottom of the spring form.
3. Mix the berries, icing sugar and potato flour.
4. Pour the berry mix into the form and bake in an oven for about 25 minutes.

Shortbread dough:

- 100 g butter
- 75 g icing sugar
- a pinch of salt
- 1 egg yolk
- 125 g wheat flour

Blueberry pie:

- 300 g shortbread dough
- 600 g blueberries
- 75 g icing sugar
- 25 g potato flour

Sour cream sorbet:

- 100 g sugar
- 25 g glucose
- 125 g water
- 500 g sour cream
- 20 g lemon juice
- 2 g sheet gelatin
- seeds of 1 vanilla pod

Sour cream sorbet:

1. Put the sugar, glucose and water into a saucepan and bring to boil.
2. Put the sheet gelatine into cold water.
3. Take half of the syrup and mix the sour cream and lemon juice into it.
4. Add the sheet gelatine into the rest of the syrup and heat until the gelatine has dissolved.
5. Combine the gelatine liquid and the sour cream mixture.
6. Cool the sorbet mixture with an ice cream maker. or until browned and dry.



PIE PUDING WITH RHUBARB

(Lithuanian - *pyrago pudingas su rabarbarais*)

Quickly-made, economical cake, you can use yesterday's cake remains.

Cooking time – 70 min

Portion serves – 4

Cooking techniques – baked

- 140 g cake
- 2 eggs
- 50 g sugar
- 50 g cream
- 100 g milk
- 130 g peeled rhubarb
- 5 g cinnamon

1. Cut the cake into small pieces.
2. Prepare liquid mass in another container: mix cream, milk, sugar and eggs whip slightly.
3. Pour this liquid mass on the pieces of cake, mix well to make all the liquid soak in the cake. Leave for a while until rhubarb is prepared.
4. Wash rhubarb, peel and cut into 0.5 cm slices, sprinkle with cinnamon. Mix with cake mass.
5. Place this mass in a can, stretched out with baking paper. Bake at 180°C for about 40 to 50 minutes.
6. Serve warm with vanilla ice cream or vanilla sauce /fruit puree.



RYE FLOUR HONEY CAKE

(Lithuanian - *ruginių miltų meduolis*)

Easy done healthy honey cake.

Cooking time – 60 min

Portion serves – 6

Cooking techniques – baked

1. Heat honey until it is liquid, cut butter into pieces and add, mix everything until the butter is dissolved, later cool.
2. Put eggs one by one, stirring constantly.
3. Mix soda with sour cream and add to the mass, add spices. At the end pour flour, stir well. (The dough must be solid, but sour cream consistency).
4. Lubricate baking tray with butter and sprinkle with flour.
5. Bake in an oven at 180 ° C.
6. Dissolve chocolate and butter and pour on the baked cake. It is possible to decorate with sugar made decorations or chopped fried nuts.

The mixture of honey cake spices includes: cinnamon, nutmeg, cloves, pepper spices, black pepper (not all listed may be added).

Cake:

- 200 g rye flour
- 200 g honey
- 100 g butter
- 100 g sour cream
- 2 eggs
- 5 g ground spices mixture
- 5 g soda

Glaze:

- 40 g chocolate
- 5 g butter



LINGONBERRY MOUSSE WITH CARAMEL SAUCE

(Finnish - *puolukkamousse ja kardemumma-kinuskikastiketta*)

The sour lingonberry and sweet caramel sauce form a wonderful combination. Lingonberry is widely used in pastry and desserts in Finland.

Cooking time – 60 min

Portion serves – 10

Cooking techniques – boiled

1. Whip the cream.
2. Melt the softened gelatin into 1 dl of heated up lingonberry puree.
3. Mix all ingredients and check the flavour.
4. Place into molds and let set in fridge.
5. Cook the cream, sugar, cardamom and syrup for 5 min. Add the butter.

Lingonberry mousse:

- 200 g quark
- 200 g yoghurt
- 100 ml double cream
- 500 ml pureed lingonberry
- 20 g vanilla sugar
- 50 g sugar
- 8 sheets of gelatin

Caramel sauce:

- 200 ml double cream
- 100 g sugar
- 100 g dark syrup
- 15 g butter
- 10 g cardamom



LAYERED RYE BREAD DESSERT

(Latvian - *rupjmaizes kārtojums*)

Layered rye bread is an iconic Latvian food and is considered a treasure of the national cuisine.

Cooking time – 30 min

Portion serves – 4

Cooking techniques – baked

- 300 g dark rye bread
- 200 ml lingonberry or cranberry jam
- 1/2 tbsp. cinnamon
- 2 medium size carrots
- 200 g heavy whipping cream
- Vanilla sugar (for wiped cream)

1. Grate slices of bread. Heat skillet and toast breadcrumbs over medium heat. Sprinkle with cinnamon and leave to cool.

2. Meanwhile, make whipped cream. Pour heavy whipping cream and vanilla into a cold bowl and whisk on high speed until medium to stiff peaks form, about 1 minute. Do not over whisk.

3. Mix bread crumbs with juice or jam.

4. Start layering your dessert into a dessert glass – starting with breadcrumbs followed by whipped cream and continue until all the breadcrumb mixture is used.





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