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# Latvian National Cuisine and Traditional Products





# Introduction

- Latvia is a small country with rich culinary traditions
- Our cuisine reflects nature – forests, fields, rivers, and the Baltic Sea
- Traditional dishes are simple, filling, and based on local ingredients like potatoes, rye, pork, milk, and grains





# Typical Ingredients

- Meat: pork, bacon, poultry
- Fish: herring, pike, smoked fish
- Dairy: milk, sour cream, cottage cheese
- Vegetables: potatoes, cabbage, beets, peas, beans
- Grains: rye, barley, oats, wheat
- Seasonal: berries, mushrooms, herbs





# Cooking Methods

- Main methods: boiling, stewing, baking
- Historically cooked in clay pots or wood-fired ovens
- Simple seasoning: onion, garlic, caraway seeds, and honey







# Regional Flavours

- Vidzeme: rye bread, hemp butter, pancakes, milk dishes
- Kurzeme: fish, sklandrausis, bukstiņputra
- Zemgale: kuģelis, zirņu pikas, vegetables
- Latgale: batviņi, desas, cottage cheese dishes





# Holiday Foods

- Mārtiņi (Nov): roasted rooster
- Christmas: grey peas with bacon, sauerkraut, blood sausage, fish, gingerbreads
- Easter: boiled and coloured eggs, sweet bread
- Līgo/Midsummer: caraway cheese, beer, pies (pīrāgi)





# Popular Traditional Dishes

- Main: blood sausage, pork roast, peas with bacon
- Soups: milk, sauerkraut, fish soup
- Side: porridge, dumplings, bukstiņputra
- Desserts: buberts, bread soup, layered rye bread dessert
- Drinks: milk, birch sap, kvass, herbal teas







# Rye Bread (Rupjmaize)

- Dark, dense bread made from rye flour, water, and caraway seeds
- Slightly sweet-sour taste and is baked after long fermentation
- Served with butter, honey, or smoked meat – a symbol of Latvian hospitality







# Bread Soup (Maizes zupa)

- Dessert made from stale rye bread cooked with dried apples, plums, apricots, raisins, sugar, and cinnamon
- Sometimes enhanced with cranberry juice
- Served cold with whipped cream – rich, thick, and comforting





# Layered Rye Bread Dessert (Rupjmaizes kārtojums)

- Known as 'ambrosia' in some regions
- Made from grated rye bread fried with butter, sugar, cinnamon, layered with whipped cream and sour berry jam (cranberry, lingonberry, blackcurrant)
- Served chilled in glass bowls – sweet, tangy, and creamy





# Conclusion

- Latvian cuisine combines tradition, nature, and simplicity
- It reflects our connection to the land and the rhythm of the seasons
- Every dish tells a story of heritage and natural flavours







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# Let's start the practical task!

