



# WILD AT PALATE

OFFER IN RESTAURANTS IN THE RIGA-GAUJA REGION



RIGA-GAUJA REGION 2017  
EUROPEAN REGION OF GASTRONOMY





Photo: Dzintars Kristovskis

In 2017, the Riga-Gauja region received an honourable title — The European region of Gastronomy 2017. The title of The European region of Gastronomy 2017 has been established to promote local cuisine culture and the preservation of local traditions, to facilitate gastronomic innovations and to attract tourists to the region. Other holders of the same title are: the Danish city Aarhus with the central part of Denmark and the Italian region of Lombardia.

12 Latvian products were highlighted in the Riga-Gauja region in 2017:

**In winter** — rye bread, rowanberries, turnip.

**In spring** — rhubarb, sorrel, birch and maple sap.

**In summer** — catfish, sour cherries, cloudberries.

**In autumn** — quince, venison, porcini (*Boletus edulis*).

**Dzintars Kristovskis** is an ambassador of the Riga-Gauja region, the chef of Valmiermuiža Beer Embassy in Riga and the chef of restaurant "Valmiermuiža Beer Kitchen": "The European region of Gastronomy 2017 is returning to its roots – the products and raw materials, which we praised, respected and served on the tables for ages and which have been grown here, behind the town walls – in the bountiful woods, meadows, fields, rivers and lakes."

The Riga-Gauja region: Riga, Sigulda, Cēsis, Valmiera

[www.rigagauja.lv/en](http://www.rigagauja.lv/en)

# AQUA LUNA RESTAURANT & BAR

Andrejostas iela 4, Rīga  
Tel. +371 67650922  
[www.aqualuna.lv](http://www.aqualuna.lv)



## SUMMER

### **Grilled quail breast with quinoa and pearl barley salad, parsnip puree, cherry and red wine sauce**

Having jointed quinoa – a “superfood” grown in the meadows of the farm holding (F/H) Cimbuļi – and pearl barley, the restaurant has created an especially healthy and nutritious side dish.

## AUTUMN

### **A creamy autumn mushroom cream-soup with buckwheat popcorn and truffle oil**

Buying the bounties of woods and vegetables grown by the local farmers at the largest Vidzeme farm market in Cēsis, this season the restaurant offers its guests an incredibly solid and warming mushroom cream soup, which could easily supplement the menu of vegans and vegetarians.

## WINTER

### **Pork breast in rye beer sauce with oven-baked vegetables, vegetable puree and breadcrumbs from the bread baked by farm holding (F/H) Ķelmēni**

Sourced from local farmhouses, pork breast is served with the root vegetables and garlic, which strengthen the immune system. The Latvian character of this recipe is excellently accentuated by the reduced rye beer and the breadcrumbs made from the biological rye bread produced by Ķelmēni bakery, which is located on the banks of the River Gauja.



## SPRING

### **Rhubarb crême brûlée cooked in reduced maple sap**

Having combined the most exquisite products grown by the farmers of Riga-Gauja region, this spring the restaurant offers its visitors an exclusive crême brûlée with a slightly sour flavour of rhubarb cooked in a reduced maple sap.



RĪGA

# ASTOR

Zigfrīda Annas Meierovica  
bulvāris 10, Rīga  
Tel. +371 67217777  
[www.astorrigahotel.lv](http://www.astorrigahotel.lv)



## SUMMER

### **Fresh green salad with Līvi goat cheese**

Produced by F/H Līvi, goat cheese balls supplemented with summer feelings – fresh-cut green salad, fresh local strawberries and cucumbers grown by F/H Mārupe, with a refreshing peppermint accent.

## AUTUMN

### **Chicken breast grown by Zvirbulīši farm**

Embosomed by autumn winds and grown by F/H Zvirbulīši, this chicken breast is garnished with seasonal plums, parsley root cream and potatoes from the autumnal crop.

## WINTER

### **Venison carpaccio of deer meat hunted in Latvia**

Deer meat hunted in Latvia is garnished as a thin slice of carpaccio with health-strengthening pine needle oil on a slice of bread and butter. A winter feeling will be supplemented by celery root matured in a spicy marinade sauce, while a sweet taste will be furnished by onion jelly.



## SPRING

### **Salad with rabbit meat grown by Lenneward rabbit farm**

High quality meat of rabbit grown by Lenneward farm of Jumprava Parish is cooked in white wine and garnished with fresh spring spinach and local young potato puree.

# BENJAMIŅŠ

K. Barona iela 12, Rīga  
Tel. +371 67079410  
[www.benjamins.lv](http://www.benjamins.lv)



## BENJAMINS RESTAURANT

### SUMMER

**Fried catfish fillet with crawfish and cheese wrapping, carrot puree, whitefish caviar (Coregonus) and asparagus velouté sauce**

Fillet of catfish caught in Latvian rivers, carrots from Ratnieki farm in Krimulda Parish, and asparagus from Vidzeme.

### AUTUMN

**Thin cut venison fillet with fried wild mushrooms, smoked game meat bouillon jelly, pearl onions marinated in black-currant balm, autumn root vegetables and vegetables chips and cress**

The wild mushrooms are from Diļļu sēta LLC in Stalbe, the venison fillet from the woods of Valmiera, while the autumnal root vegetables are from Vidzeme's meadows.

### WINTER

**Baked Lapland cheese with rowanberry confiture, pumpkin-apple marmalade and cranberry cookies**

Lapland cheese from JSC Valmieras piens, and rowanberry confiture from Elkas Hill Farm, Māļi, Skujene Parish.



### SPRING

**Rhubarb semifredo with white chocolate and almond biscuit, wood sorrel marmalade and barriers pastille**

Rhubarb from Diļļu sēta LLC, Stalbe, Pārgauja District, and wood sorrel from Ratnieki farm, Krimulda Parish.

# BIBLIOTĒKA No1

Tērbatas iela 2, Rīga  
Tel. +371 20225000  
[www.restoransbiblioteka.lv](http://www.restoransbiblioteka.lv)



# BIBLIOTĒKA

## № 1 RESTORĀNS

### SUMMER

#### **Lightly salted codfish with pickled quail eggs, seasonal cream sauce with onions**

Codfish is not only one of the most distinguished fish species in the Baltic Sea, but supplemented with the seasonal cream and quail eggs, it offers a reminder of a beautiful and sunny summer spent at the seashore.

### AUTUMN

#### **Beer-glazed belly pork cooked at a low temperature with purple cabbage and broccoli cream**

According to the chef Valters Zirdziņš, “No one can take pork away from a Latvian, and beer runs through our veins.” This idea is similarly expressed and distinctively presented in this main course. Juicy belly pork with a rich combination of flavours accentuated by beer, complemented with home grown autumnal vegetables, inspires our imagination and creates a beautiful picture of Latvia’s autumnal landscape.

### WINTER

#### **Cottage cheese ice cream, rye bread crumbs with dark chocolate and Muskavado sugar, berries jelly and candied fruits, dill sugar.**

Rye bread is a cornerstone that we hold dear. The combination of tender and airy cottage cheese ice cream, chocolate and berries brings to life a dainty that recalls grandma’s layered rye bread pudding.



### SPRING

#### **Tartar of spring young stock with slow-cooked beef tongue, smoked mayonnaise, carrots, seasonings**

Slowly cooking beef tongue (for 36 hours at a temperature of 64°C) makes the meat very tender and at the same time gives it very distinctive taste, which supplemented with smoked mayonnaise creates an unparalleled combination of flavours. This is the flavour of spring – fresh, tender and at the same time – impressive.

## ETAGE

Bruņinieku iela 6, 7. stāvs, Rīga  
Tel. +371 67797999  
[www.cityhotel.lv](http://www.cityhotel.lv)



étage

RESTAURANT

### SUMMER

**Hedge strawberry Creumeux, sour cream and wild peppermint mousse, honey crisp (produced by Lejas Suces/ Papardes farm, Alu Amatnieki from Līgatne)**

Cooked according to modern French techniques, this fresh summer dessert is made of traditional Latvian ingredients. Light mousse made of sour cream and wild peppermint, supplemented with creamy hedge strawberry Creumeux and honey crisps.

### AUTUMN

**Appetiser Napoleon – celery roots chips, porcini cream, pine cone honey sauce (Alu Amatnieki from Līgatne)**

A true pleasure for gourmets – a biscuit is replaced by celery chips and dairy cream is replaced by porcini cream. Supplemented with honey sauce, this meal is an authentic flavour of autumn. You have never tasted such a perfect Mille Feuille!

### WINTER

**Venison, root vegetable Sous Vide, rowanberries (from Elkas Hill Farm)**

Venison loin from deer hunted in Latvia cooked with Sous Vide, supplemented with Latvian rowanberry sauce. And, surely, it is impossible to cook without local root vegetables, which are the perfect match for the venison!



### SPRING

**Fried lamprey, hemp and potato puree, mustard seed sauce (Zibs LLC, Carnikava)**

Produced in Carnikava, traditional jelly of lamprey is grilled on charcoal and steamed according to an ancient Latvian cooking technique, with potato puree cooked from a specially selected type of potato, and supplemented with mustard seed sauce.

# KALĶU VĀRTI

Kalķu iela 11b, Rīga  
Tel. +371 67224576  
[www.kalkuvarti.lv](http://www.kalkuvarti.lv)



## kalku vārti

### SUMMER

#### **Smoked river trout with quail eggs, garden radish, airy cloudberry biscuit and cherry sauce**

Marinated and smoked in alder bark, the river trout is from Sillakas in Priekule District. Fresh vegetables are nice companions to the trout: garden radish, cucumbers, “golden berry” cloudbberries, spring onion from F/H Lušēni in Nītaure Parish and quail eggs supplied by F/H Bisenieki in Allažu Parish.

### AUTUMN

#### **Fried venison loin with mashed potatoes, onion-porcini puree, pumpkin pickled in quince, rowanberry and juniper sauce**

Fresh venison purchased in More Safari Park in Sigulda District is served together with collected wild porcini, garden quince and the largest berry grown in autumn – pumpkin, supplemented with sour rowanberry sauce.

### WINTER

#### **Pumpkin cheesecake with rye bread ice cream, pine cone syrup, turnip and honey chips**

Rye bread is the basic flavour for Latvians; therefore the restaurant uses Cēsis Bakery’s rye bread with a distinguishing savoury. Then pine cone syrup is added. This syrup is made by skilful Līgatne craftsmen. Vegetables, bread and honey together make a sweet main course – this is art and nature on a plate!



### SPRING

#### **Rabbit ballotine with carrot puree, vegetables steamed in birch sap, sorrel oil and rhubarb wine bouillon sauce**

Rabbit meat from F/H Sidrabi in Nītaures Parish is a perfect match for spring saps. Rabbit is served in reduced bouillon sauce, supplemented with an exquisite rhubarb wine produced by Krimulda Manor and first spring sorrel.

## KEY TO RIGA

Dome laukums 8a, Rīga  
Tel. +371 28370747, +371 67225190  
[www.keytoriga.lv](http://www.keytoriga.lv)



### SPRING

#### **Rhubarb steamed in birch sap produced by Elkas Hill Farm**

Rhubarb steamed in birch sap is garnished with vanilla, cauliflower and white chocolate mousse, orange pulp, fresh peppermint and caramelized flaky pastry.

### SUMMER

#### **Duck breast in blackcurrant**

Duck breast in blackcurrant garnished with fresh green spinach salad, beetroot and carrot puree, young potato chips and butter-fried chanterelles (supplied in cooperation with F/H Lūšēni).

### AUTUMN

**Red and yellow tomatoes in jelly with seasonings, carrots and ginger croutons** (supplied in cooperation with F/H Lejas Suces).



### WINTER

**Beetroot marinated in sea buckthorn is garnished with dried candied fruit, fresh green salad and homemade cheese balls in hazelnut coating** (supplied in cooperation with Indrāni and F/H Lūšēni).

KID\*

Tērbatas iela 41/43, Rīga  
Tel. +371 20268686  
[www.restaurantkid.lv](http://www.restaurantkid.lv)



## SUMMER

**Fresh green salad, smoked trout, quail eggs, tomato confit, sweet peas cress, chive aioli**

Trout supplied by LZZ Plus is kept in smoke at a 30°C temperature, then smoked on apple woodchips. A crispy green salad, smoked trout, boiled quail eggs with tomato confit, pea cress and homemade chive aioli is a refreshing composition.

## AUTUMN

**Rabbit pâté, pears marinated in cider, red bilberries, wholemeal bread**

Rabbit's liver supplied by the Sidrabi biological farm. The rabbit pâté is scrupulously cooked of shallots and cider. Served on crispy bread or toast, the flavour of this pâté tastes best of all. It is garnished with red bilberries and pickled sour pears.

## WINTER

**Slow-cooked leg of mutton, fried celery roots, onion and porcini cream, lamb mustard bouillon sauce.**

Lamb is grown by F/H Sidrabi. Slow-cooked mutton is very tender and juicy, and is served with baked celery roots with a sweet flavour, delicate onion porcini cream and spicy lamb mustard bouillon sauce.



## SPRING

**Rye honey bread, ice cream made of sour cream, roasted candied oat flakes, blackcurrant**

Selected wildflower honey from a biological farm Kalna Smīdes 1 is a premium quality product made without sugar syrup. The combination of flavours is quite traditional, but the restaurant gives it a contemporary twist using modern cooking techniques.

# KUK BUK

Pulkveža Brieža iela 11, Rīga  
Tel. +371 27848181  
[www.kukbuk.lv](http://www.kukbuk.lv)



## AUTUMN

**Venison loin marinated in juniper and grilled on charcoal,** autumnal root vegetables, dried black pudding crumbs, bone broth in red wine with chokeberries, soft caraway cheese, pine cone syrup.

The venison is supplied by F/J Rūķiši, the black pudding by I/F Brangais, the caraway cheese by Svetlana Drunka, and the pine cone syrup by Alu amatnieki from Latgale.

## WINTER

**Pork cooked using eight cooking techniques,** porcini paste, roasted pearl-barley porridge with hard cheese, oven-baked beetroot glazed in blackcurrant balm, blackcurrant and mustard jelly, bone broth sauce, hazelnut extra virgin oil. Pork supplied by I/F Saules sveces, beetroot by F/H Eicēni.

## SPRING

**Rabbit ballotine cooked at a low temperature.** The rabbit is supplied by F/H Sidrabi, and is complemented with quinoa, green snow peas, pea puree, homemade ricotta, rowanberry honey jam and wild sorrel. The quinoa is supplied by Gusts Apinis and the rowanberry honey jam by Mārtiņš Krauklis.



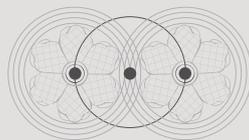
## SUMMER

**Butter-fried pike-perch fillet garnished with a flavour of juniper**

Pike-perch fillet is supplemented with cauliflower, Brussels sprout, snow peas, basil, wild sorrel emulsion and velouté sauce cooked with rhubarb. Pike-perch is supplied by Zibs LLC, vegetables by Lūšēni.

# LE DOME

Miesnieku iela 4, Rīga  
Tel. +371 67559884  
[www.zivjuresstorans.lv](http://www.zivjuresstorans.lv)



LE DOME  
ZIVJU RESTORĀNS

## SUMMER

### **Trout confit, sorrel yoghurt, vegetables pickled in willowherb**

Sorrel excellently balances the fattiness of trout, which is cooked at a low temperature in lemon oil. This cooking technique makes it especially tender. Vegetables pickled in willowherb add lightness and daintiness to this course. Willowherb tea by Dr.Tereško Teas.

## AUTUMN

### **Beef ribs, pearl barley, pastirma, pickles celery roots**

In autumn, the chef of Le Dome combines pearl barley with grated pastirma and pickled celery roots, which balances the flavour and adds a pleasant texture to the meal. Pastirma is supplied by F/H Sidrabi from Amata region.

## WINTER

### **Sea buckthorn cream, quince sorbet, lemon verbena zabaione (sabayon)**

Sea buckthorn cream embodies raw materials traditional for Latvia – quince and sea buckthorn syrup, which is supplied by Nature Gift, located in Bīriņi, Limbažu District.



## SPRING

### **Goat fresh cheese, romaine lettuce, apples, blackberries, hazelnuts**

A fresh taste, specific to spring, is granted by first green salads and vegetables. Crisp green salad with fresh cheese embodies the best bounties of nature, when it has awoken after a long winter sleep.

# MELNĀ BITE

Audēju iela 13, Rīga  
Tel. +371 67130675  
[www.melnabite.lv](http://www.melnabite.lv)



## WINTER

### **Pearl barley risotto (barlotto) with quinoa, a variety of leguminous plants, spinach and cheese**

Pearl barley risotto (barlotto) cooked according to a special recipe is not only a traditional Latvian meal, but a sustaining viand, which will surprise and charm even the most sophisticated and demanding gourmets with its simplicity.

### **Pine wood tea: pine cone syrup, lemon juice, black tea, rosemary, orange**

Pine bud tea will not only protect you against colds and viruses, but will also strengthen your immune system.

## SPRING

### **Mozzarella produced by Soira cheese manufacture in Ādaži, diverse varieties of tomatoes, pumpkin oil, seeds and rucola**

Mozzarella produced by Soira cheese manufacture is a locally made fresh taste of a traditional Italian product. It is garnished with local tomatoes grown by Getliņi and rucola. This turns this meal into a true flavour of spring. Supplemented with pumpkin seeds and pumpkin oil, the meal is enriched with minerals and turns out to be the viand everyone would like to savour again and again.

## SUMMER

### **Fresh cheese panna cotta with carrot jelly and homemade waffles**

Fresh cheese, homemade carrot jelly and waffles would give you an unusual taste of a classical panna cotta dessert.



## AUTUMN

### **Lampreys (by Carnikava) in jelly with premium quality hemp cream, crumbs of Pumpernickel bread and trout caviar**

Lampreys (by Carnikava) grilled on a charcoal supplemented with premium hemp seed cream, which are known for ages as a powerful source of nutrients. The lampreys are garnished with traditional Pumpernickel bread and decorated with trout caviar.

# NEIBURGS

Jauniela 25/27, Rīga  
Tel. +371 67115544  
[www.neiburgs.com](http://www.neiburgs.com)



# NEIBURGS

THE MINDFUL  
RESTAURANT

## SPRING

### **Potato and ramsons cream soup with stewed rabbit, fried morels and farmhouse sour cream**

Ramsons or wild garlic (buckrams) is listed in the Latvian book of specially preserved herbs. The Ramsons used in the restaurant's cuisine is certainly cultivated – the same applies to the rabbits. However, extremely tasty spring mushrooms morels are a true rarity, which can only be found in the wild by experts.

## AUTUMN

### **Oven-baked sturgeon fillet, pearl barley with porcini, beetroot with caraway, trout caviar and white wine sauce**

Sturgeon is a noble fish and is perfectly matched with porcini grown and picked in special places in the Latvian woods. Those who believe that pearl barley is just an old-fashioned meal cooked by country folk are mistaken. Cooked with porcini and seasonings grown in the local farmlands, this meal is an entire world in itself.

## WINTER

### **Venison loin with glazed vegetables, pumpkin and star anis (Illicium verum) puree, baked apple and rowanberry sauce**

Venison loin with juniper berries and oregano picked in woods, pumpkin harvested in the garden in late autumn creates a dainty dish, which fuses the sourness of an apple, the sweetness of bees' honey and the bitterness of rowanberries.



## SUMMER

### **Butter-fried pike-perch fillet with potato and beetroot puree, cucumber and chilli salsa, anchovies and white wine sauce**

Pike-perch, cucumber, chilli, potatoes, beetroot, white wine – although all these are flavours that you will not find references to in Latvian folk songs, they have become an irreplaceable part of our everyday and festive meals.

# NIKLĀVS

Mārstaļu iela 1, Rīga  
Tel. +371 20019156  
[www.restoransniklavs.lv](http://www.restoransniklavs.lv)



## NIKLĀVS RESTORĀNS

### SPRING

#### **Beetroot, sorrel and nettle cream soup with caramelized garlic and goat cheese**

Tasked with preparing a culinary celebration of spring, Sarmīte Neimane, the chef of Niklāvs restaurant, has chosen the season's healthiest products: beetroots, sorrel and nettle. To these, the chef adds goat cheese, giving this meal a truly memorable bouquet of flavours.

### SUMMER

#### **Baked pastry pocket with goat cheese and caraway seed cheese, apple puree, bran pepper chips, sausages smoked on alder woodchips, crispy bacon, groats (Hog's) pudding, garlic croutons, beer pastry-cooked onion rings, spicy Baltic sprats and "Rīgas šprotes"**

All the ingredients of these appetizers are supplied from Latvian farms, guaranteeing a special taste of summer.

### AUTUMN

#### **Vegetable pot with butter beans and wild mushrooms sauce (parsnip, carrot, Swedish turnip, kohlrabi, porcini, chanterelles, morels, dairy cream)**

When autumn comes, it is a time of harvesting, therefore the chef of the restaurant presents the bounties of autumn and garden: porcini, chanterelles and Swedish turnips.



### WINTER

#### **Oven-baked pig's trotters (pettitoes) marinated in mustard, stuffed with stewed cabbage**

Potato puree with hempseed butter, horseradish sauce and beetroot froth, mustard and the Latvian countryside green-stuff. To represent winter season the chef has chosen oven-baked pig's trotters (pettitoes) with the Latvian countryside greens, adding an exquisite ingredient – love.

## OLIVE OIL

Pils laukums 4-3, Rīga  
Tel. +371 29533523  
[www.oliveoil.lv](http://www.oliveoil.lv)



### SUMMER

**Malduguns beer-marinated grilled duck breast garnished with potato croquettes, caramelized carrots and cherries sauce**

A marinade made of IPA beer produced by Malduguns enriches this meal with delicate hop aroma and the flavour of grain. Golden potato croquettes made of young potato and a natural sweetness of caramelized in the oven young carrots obtain the most extraordinary taste and offer a magnificent contrast to the sourness of homemade sauce made of Latvian cherries.

### AUTUMN

**Grilled venison supplied by Rudīņi deer park, marinated in sea buckthorn and garnished with oven-baked potatoes, fried porcini and red bilberries sauce**

The acidity of sea buckthorn marinade makes venison juicy and tender, what is beautifully brought out by slightly sour homemade red bilberries sauce and a traditional Latvian favourite – potatoes with creamy porcini.

### WINTER

**Fried pork fillet, supplied by F/H Ozoliņi, marinated in juniper berries with brandy, and garnished with potato cake, garlic cream, horseradish and bouillon sauce**

The aroma and acidity of juniper berries and brandy marinade make the pork fillet juicy and tender and give it a specific juniper berry aroma, mouth-wateringly supplemented by delicate cream made of Latvian garlic and spicy horseradish and bouillon sauce.



### SPRING

**Fried chicken breast, supplied by F/H Brūkši, garnished with sorrel and quail egg pudding, homemade maple syrup and fried leek**

Sorrel picked in Latvian meadows, quail eggs supplied by F/H Ciemkalēju putni and homemade maple syrup. Sorrel and quail egg pudding complements the sweetness of maple syrup, while fried leek adds a spicy richness.

# 3 PAVĀRU RESTORĀNS

3 CHEFS RESTAURANT

Torņa iela 4, Jēkaba Kazarmas 2 B, Rīga

Tel. +371 20370537

[www.3pavari.lv](http://www.3pavari.lv)



## AUTUMN

Autumn is certainly the season of Latvia's fertility. A goulash soup made of venison hunted in Latvia, dried meat served with buns stuffed with goat cheese would delight the finest tastes of every true worshipper of Latvian cuisine.

## WINTER

While it is stingingly cold and there are snowstorms outside, a cream soup made of Swedish turnip and carrots grown by Silpurmaša with rowanberry jelly and flaxseed bread would be the perfect way to fill your stomach and your heart with warmth.

## SPRING

Along with the vitamin D of the spring sun, you will get more of your required vitamins from the pickled rhubarb grown in Mārtiņš Sirmāis' vegetable garden. The rhubarb is garnished with honey cake and honey caramel that melts in your mouth.



## SUMMER

The smoked cheese made from unskimmed milk with fresh and pickled asparagus and ramsons (wood garlic) from the forest next to Eriks Dreibants' country house would be the day's most delightful moment at the hottest time of the year.

# RESTORĀNS 3

Kalēju iela 3, Rīga  
Tel. +371 26660060  
[www.restaurant3.lv](http://www.restaurant3.lv)



RESTORĀNS  
RĪGA, KALĒJU IELA 3

## AUTUMN

### **Pumpkin, rowanberries, quince**

Maturity. The restaurant acquires pumpkins, carrots, garlic, tomatoes from local farmers, from which it makes jam. It pickles pumpkins and makes tomato sauces. Other products are stored in sandstone cellars in Līgatne, where wild bellowing stags can be heard in the late evening.

## WINTER

### **Black garlic, cranberries, cloudberryes**

Tranquillity. Frozen cranberries are picked during long winter walks. After these long walks, tea is made from dried lime blossom and clean spring water. It is then high time to eat cloudberry jam, to cook pumpkin soup, and to experience the happiness inspired by this bouquet of various flavours.

## SPRING

### **Nettle, morels, birch sap**

Humans are awoken together with nature – they drink maple and birch saps, pick young nettles and milfoil from the meadows, hike through the woods to collect wild sorrel, morels, pine sprouts, and compete with bees in collecting honey lime blossoms.



## SUMMER

### **Wild sorrel, wild seasonings, bilberries**

Carefreeness. First chanterelles are collected along wild animal trails, sitting on damp moss, bilberries colour mouths dark blue, while cloudberryes are picked in bogs in the company of clouds of mosquitoes.

## RIBS & ROCK

Kaļķu iela 8, Rīga  
Tel. +371 28650450  
[www.ribsrestaurant.lv](http://www.ribsrestaurant.lv)



# Rib & Rock

GRILA RESTORĀNS

### SUMMER

**Shiitake mushrooms and yellow tomatoes soup with ramsons (wild garlic) pesto, celery stalks and wood sprouts**

On Dulbeņi biological mushroom farm, shiitake mushrooms are grown in pine forest on wood blocks according to Eastern traditions. Wild seasonings supplement the flavour of mushrooms, creating a unique umami.

### AUTUMN

**Ostrich meat tartar with onions fried in pastry with Riga Black Balm, pickled blackcurrant and fermented yolk of ostrich egg**

Ostrich is quite an unusual farmyard fowl in Latvia, however, this meal, accentuated by Riga Black Balm, reflects the evolution of Latvian cuisine, which is adapting to the trends of contemporary farmers.

### WINTER

**Grilled lampreys in alder tea jelly with potato waffles, smoked cheese seasoning croquettes and dill yoghurt sauce**

Lamprey is a Latvian product listed on the European National Products Register. Lampreys in tea jelly is the most popular of all the recipes, but in restaurants lampreys are grilled on alder woodchips and then parched by boiling them for a certain time.



### SPRING

**Wildflower honey with rye bread, pine sprouts and plain cream cheese**

Honey from Kalna Smīldes 1 biological farm. This dessert is naturally sweet and made of pure grown Latvian products, which match one other, and as a result of which an exquisite flavour full of pleasure comes to life.

# ROCKET BEAN ROASTERY

Miera iela 29/31, Rīga  
Tel. +371 20215120  
[www.rocketbean.lv](http://www.rocketbean.lv)



## SUMMER

### **Foremilk ice cream with cloudbberries, lavender and estragon**

Milk and dairy products are supplied to restaurant by the best and the most experienced Latvian dairy plant - Straupe milk factory. Nature only pampers us with Latvian cloudbberries for a very short time, but while it last, this period is the sweetest and the richest with vitamins.

## AUTUMN

### **Venison loin supplied from Talsi with beetroot puree, fresh pickled beetroot, fresh cabbage and venison bouillon sauce**

The restaurant closely cooperates with the owner of the deer park. Together, they work on new recipes for different products: sausages, pâtés and pickles, which they use to cook meals.

## WINTER

### **Young stock loin with onion puree, onion pickled in sea weed vinegar, rye bread toasts and sunflower seeds**

The restaurant has found very reliable experts in baking bread from Lielvārde and, with utmost respect for each other's work, they share experience and improve own knowledge to make an excellent end product.



## SPRING

### **Rabbit supplied by a BIO farm from Lielvārde, sweet peas puree, rabbit liver pâté, sorrel and rabbit bouillon sauce with tonka beans (Dipteryx odorata)**

The rabbit is sourced from local farmers. Peas and other garden bounties are bought from bio farmers and reliable friends.

## STEIKU HAOSS

Tērbatas iela 41/43, Rīga / T. 67272707  
Meistaru iela 25, Rīga / T. 67222419  
Audēju iela 2, Rīga / T. 67225699  
[www.steikuhaoss.lv](http://www.steikuhaoss.lv)



## STEIKU HAOSS

### SUMMER

**Grilled caraway cheese, wildflower honey, pickled gooseberries, green peas fresh cheese paste, honey and buckwheat flour soda bread**

Tender wildflower honey is a highly valued, sugar-free syrup garnish. The honey is supplied by Kalna Smīdes 1 farm in the Amata District. Honey complements the Latvian caraway cheese exquisitely, revealing new nuances of flavour, which the light green pea fresh cheese paste helps to balance.

### AUTUMN

**Oven-baked charr, fennel barlotto (risotto made with pearl barley), celery stalks, dried fennel, pickled beetroot**

Tender and tasty oven-baked charr is a perfect match for fennel. The fish is supplied by F/H Rūķīši, F/H Vildus in Burtnieku District.

### WINTER

**Lamb shank, porcini puree, oven-baked apples, pearl barley, lamb bouillon sauce with butter**

Lamb cooked at a low temperature is tender and juicy, and garnished with airy porcini puree and oven-baked whole apples. The lamb shank is supplied by the Sidrabi company in Amata District.



### SPRING

**Goat cheese mousse, birch sap, oat flakes pollen crumbs, rhubarb sorbet**

Birch sap and goat cheese are marvellous in tandem, supplemented with oat flake crumbs and refreshing rhubarb sorbet. Birch sap is supplied by Elkas Hill Farm from Amata District.

# VALMIERMUIŽAS ALUS VĒSTNICĪBA RĪGĀ

VALMIERMUIŽA BEER EMBASSY IN RIGA

A. Briāna iela 9a, Valdemāra pasāža, Rīga

Tel. +371 28656111

[www.valmiermuiza.lv](http://www.valmiermuiza.lv)



## SPRING

### **Birch sap sorbet with birch sap jam, blackcurrant cream, blackcurrant jelly and ash meringue**

The taste of sweet desert is accentuated by a fresh bitter note of citrus fruit supplied by Kokmuīža ale and Kaskādes krāces. Birch sap Birzī is sourced from the Labanovsky family company Kainaži Ltd.

## SUMMER

### **Cloudberry jam with a cottage cheese ball and pine sugar**

In a celebration of summer flavours, taste experts have made cloudberry jam with a cottage cheese ball and pine sugar. The restaurant recommends relishing it with unfiltered Valmiermuīža dark beer. The cloudberryes grown in Latvian bogs are collected and sourced from Cietais rieksts Ltd.

## AUTUMN

### **Trout tartar with candied quince, juniper berries, thyme and potato crisps**

Quince is a true Latvian super citrus fruit in terms of vitamin C. The restaurant recommends enjoying trout tartar with Valmiermuīža wheat beer. Savoury bio quince is from F/H Lejaskārkli.



## WINTER

### **Beef with parsnip, topinambour (Jerusalem artichoke), beer jam, rowanberry jelly and rowanberry "peppers"**

The first snow that covers the branches of rowan-trees and creates a beautiful and colourful landscape, enriches the flavour of rowanberries. The restaurant recommends enjoying this meal with Valmiermuīža Winter beer. The colourful rowanberries are from F/H Pīlādži.

## VALTERA RESTORĀNS

VALTERS' RESTAURANT  
THE LATVIAN PRODUCTS CUISINE

Miesnieku iela 8, Rīga  
Tel. +371 29529200

[www.valterarestorans.lv](http://www.valterarestorans.lv)



### WINTER

#### **Slow-cooked pork ribs**

In winter, cabbage is available in any form: fresh, pickled or stewed. The restaurant buys pork from F/H Kunturi, and it gladly offers you the chance to taste its homemade dry blackcurrant winter wine Zilver.

### SPRING

#### **Dessert with rhubarb**

A fresh harbinger of springtime is used in this dessert with its distinctive bittersweet taste and aroma, as well as the sparkling rhubarb wine Abava. This refreshing dessert helps to wake up from the winter sleep and greyness.

### SUMMER

#### **Cabbage and spinach**

Everything green dominates here. All varieties of cabbage and spinach are used as ingredients for this vegetarian meal. The restaurant usually buys vegetables from the farms in Priekuļi, Valmiera and Sigulda, because soil in these locations contains favourable clay, which preserves the nutritious value of the salad.



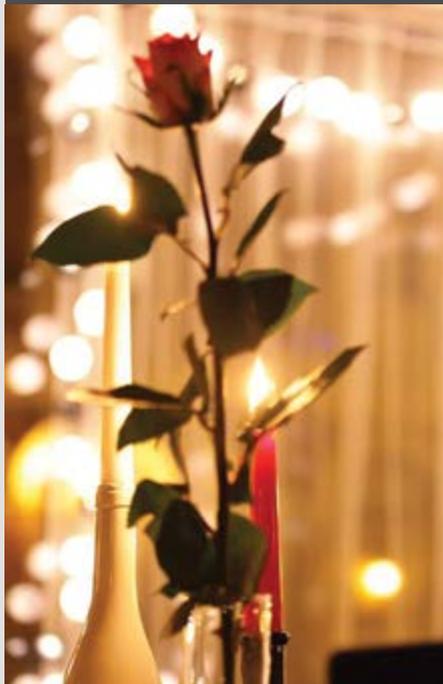
### AUTUMN

#### **Spring-born lamb and root vegetables**

A lamb born and reared at F/H Naukšēni on Kaspars Kļaviņš's farm enjoys the greenest and sunniest time of the year in Latvia until autumn. Autumnal carrots and green bounties of the vegetable garden are used as a garnish.

## CAFE 2 LOCALS

Rīgas iela, Cēsis  
Tel. +371 28811774  
[www.cafe2Locals.lv](http://www.cafe2Locals.lv)



### SPRING

Rhubarb parfait with rowanberry jam and candied pumpkin peels.

### SUMMER

Whipped goat cheese with beetroot and onion marmalade, hemp seeds, rye bread and pumpkin seeds.

### AUTUMN

Venison tartar with olives, gherkins, onion, quail egg, hazelnut oil and rye bread croutons.



CĒSIS

### WINTER

Rye bread and whipped homemade cream layered dessert with cranberries and quince marmalade.

# CĒSU VĪNA BĀRS

CĒSIS WINE BAR

Raunas iela 12, 6. stāvs, Cēsis

Tel. +371 25515541

[www.cesuvinabars.lv](http://www.cesuvinabars.lv)



## WINTER

**Hot rowanberry drink with fortified apple wine**

## SPRING

**Duck fillet with rhubarb compote, carrot puree and bouillon sauce**

A duck jumps out of its skin to make your day beautiful and tasty, carrots comes to its aid from their garden beds in Vidzeme, while rhubarb brings a refined note.

## SUMMER

**Warm cherry cake with rich ice cream**

Home-grown sweet cherries generously enrich the cake, while rich homemade ice cream melts in your mouth.



## AUTUMN

**Aromatic fish soup with several sorts of fish, dried porcini and seasonings**

Fish that once jumped out of turbulent rivers, clear lakes and sea waves, now joined porcini mushrooms picked in sun-lit woods for their greatest performance.

# PRIEDE

Rīgas iela 27, Cēsis  
Tel. +371 27212727  
kafepriede@gmail.com



## SUMMER

### **Porcini in a pot covered with puff pastry**

Grown in the Latvian woods and picked in the early morning, porcini truly come to life in the kitchen of Priede restaurant. Concealed under layers of puff pastry, the porcini mushrooms are augmented with thyme, cheese and dairy cream so that everyone gets the chance to enjoy the true flavour of nature.

## AUTUMN

### **Smoked salmon salad with pickled turnip, onion marmalade and blue cheese**

Salmon - the king of fish - and turnip - the ancestor of vegetables - have met on the same plate. They are supplemented with onion marmalade and blue cheese. This company of ingredients challenges you to discuss - what flavour is it?

## WINTER

### **Latvian fish and nettle soup with schnapps, scorched vegetables, garnished with homemade rowanberry bread**

A heavenly fusion of nettles, which are a superb source of spring vitamins, and fish caught in Latvian rivers. The main line of the soup is determined by schnapps, but the general direction will be conducted by the scorched vegetables. The restaurant bakes rowanberry bread using old time recipes.



## SPRING

### **Birch sap and roast pork marinated in pine cone syrup with potato wedges and stewed cabbage**

Local birch sap and roast pork marinated in sweet pine cone syrup intertwine in a dance with potato wedges and juicy bittersweet stewed cabbage.

# UNGURMUIŽAS RESTORĀNS

UNGURMUIŽA RESTAURANT

"Ungurmuiža",

Raiskuma pag., Pārgaujas nov.

Tel. +371 25652388

[www.ungurmuiza.lv](http://www.ungurmuiza.lv)



UNGURMUIŽA 1732 ORELLEN

## AUTUMN

**Spicy venison marinated in Raiskumieša beer garnished with vegetables, mushrooms and potato puree**

Autumn arrives with hearty meals and rich tastes. Brewed locally, Raiskumieša beer enriches the nuances of flavour of Latvian game meat.

## WINTER

**Rye bread pudding with apples, partridgeberries, cinnamon, honey and vanilla milk**

Dairy products supplied by PKS Straupe, apples from Ungurmuiža garden and Raiskuma labumu darītava, bread baked on an open fire – all these combine to make a meal inspired by the recipes of the 18th century truly special!

## SPRING

**A selection of Latvian flavours**

Black pudding, pork leg terrine, leguminous plants, walnut paste, goat cheese and honey. The ingredients may change, because restaurant will offer the best bounties of the season. If you notice the first rhubarb stalks in the manor's garden, or wild sorrel in the woods, spring has come! Then everybody is treated to maple and birch sap. A consistent delight to be enjoyed by one and all is honey sourced from the Liepu apiary of beekeeper Kārlis Skujiņš over the course of the year.



## SUMMER

**Matured pearl barley with baked pumpkin, goat cheese and quince, candied cranberries**

Local farmers and manufacturers help the restaurant to cook delicious meals. Goat cheese is supplied by Vizbuli. Lime blossom tea collected in the manor's park is a true pleasure in itself or else a splendid complement to any meal from the restaurant's menu.

## AGNESE

Tērbatas iela 16a, Valmiera  
Tel. +371 64207304  
[www.hotelwolmar.lv](http://www.hotelwolmar.lv)



### AUTUMN

#### **White turkey fillet with mushrooms and dried meat**

Garnished with parsnip puree, pumpkin and quince marmalade. White turkeys are reared using biological methods by F/H Zvirgzdkalni RB in Sējas Parish. By adding the bounties of woods and gardens to the turkey, the chefs have succeeded in creating a meal with a magnificent bouquet of flavours.

### WINTER

#### **Rye bread layers dessert**

Rye bread is supplied from Liepkalni bakery in Valmiera. By adding dried fruits, yogurt, raspberry, pumpkin and sea buckthorn sauce, a traditional hearty Latvian dessert is cooked, which is a perfect delight in wintertime.

### SPRING

#### **Rhubarb mousse with vanilla sauce**

This dessert is cooked by the chef based on a recipe he found in a cookbook published in 1921 in Latvia. The rhubarb grown by the chef himself is garnished with the eggs of ecologically grown chickens from the Jaunzemi farm.



VALMIERA

### SUMMER

#### **Pike-perch fillet caught in Burtnieku Lake**

Fisherman Guntars Balaško is a recognized expert on the places where pike-perch dwell in Burtnieku Lake. He regularly supplies the restaurant with fresh fish during the summer season.

The chefs garnish the delicious fish with cloudberries sauce and fresh green salad.

## DIKĻU PILS RESTORĀNS

DIKĻI PALACE RESTAURANT

Dikļi, Dikļu pag., Kocēnu nov.  
Tel. +371 26515445, +371 64207480  
[www.diklupils.lv](http://www.diklupils.lv)



★★★★

## DIKĻU PILS

IZCILA VIETA

### WINTER

#### **Rabbit leg in cranberry sauce, pearl barley terrine, parsley root cream, dried porcini mousse**

Rabbits reared ecologically in Dikļi farmyard, sun-dried porcini collected in the Dikļi woods and herbs grown in the chef's own garden are used as the ingredients in the restaurant's meals.

### SPRING

#### **Duck eggs – ramsons (wild garlic) cream soup, smoked pike fillet, wild sorrel oil**

Duck eggs from the local Dikļi farmyard, pike reared and caught in the palace's lake are used as ingredients in the restaurant's meals. The pike is smoked according to the chef's special recipe. Wild sorrel is collected in the forest next to the palace.

### SUMMER

#### **Summer berries selection, river mint sorbet, meadow flowers**

Summer berries collected from the chef's own garden, local meadow flowers and honeycombs from the local bee-farmers of Dikļi palace are used as ingredients in the restaurant's meals.



### AUTUMN

#### **Roebuck loin, piglets sausage, porcini and hazelnut cream, smoked pork fat, partridgeberry and mastic (spruce resin) sauce**

Roebuck hunted in the Dikļi woods, bounties of natures collected in the Dikļi forest like porcini and partridgeberries are used as ingredients in the restaurant's meals.

## RĀTES VĀRTI

THE TOWN HALL GATES

Lāčplēša iela 1, Valmiera  
Tel. +371 64281942  
[www.ratesvarti.lv](http://www.ratesvarti.lv)



### AUTUMN

**Pike-perch fillet, caught in Burtnieku Lake, served with pumpkin and carrot puree, seasonings butter and seasonal vegetables**

Vegetables are acquired from the local farm holdings. Perch-pike fillet is supplied from the Mezgli fish farm. The Latvian pumpkin used for the puree is one of the healthiest bounties of all the autumn crops and is an excellently complement to the flavour of pike-perch.

### WINTER

**Latvian venison steak, baked in juniper berries and rosemary, served with potatoes and parsnip puree**

The Latvian deer is supplied from the company Baltic wild, which guarantees natural, safe and quality game meat. The best seasoning during the wintertime is juniper berries, which perfectly supplement the flavour of wild meat. A hint of mastic (resin) aroma is specific to juniper berries.

### SPRING

**Hulless grain cereal barley salad with Monterigo hard cheese produced by Limbažu piens with greenery and honey sauce**

Drawing its powers from the Latvian countryside, the restaurant offers hulless grain cereal barley salad garnished with vitamin rich herb sauce, for which the herbs are carefully grown on restaurant own farm holding Brūtes.



### SUMMER

**Cold soup made of yellow tomatoes grown and from F/H Kliģēni with Mozzarella cheese produced by Smiltēnes piens and basil oil**

To make the soup, the chef uses yellow tomatoes grown by F/H Kliģēni. The bouquet of fresh delicate flavour of tomatoes is successfully garnished with Mozzarella cheese produced by Smiltēnes piens. A truly refreshing summer meal made of local products on warm summer days.

# VALMIERMUIŽAS ALUS VIRTUVE

VALMIERMUIŽA BEER KITCHEN

Dzirnavu iela 2, Valmiermuiža,  
Valmieras pag., Burtnieku nov.  
Tel. +371 28664424  
[www.valmiermuiza.lv](http://www.valmiermuiza.lv)



## Valmiermuiža

ALUS VIRTUVE

### AUTUMN

**Trout tartar with candied quince, juniper, thyme and potato crisps will be served on the table**

The restaurant recommends enjoying trout tartar with Valmiermuižas wheat beer. It will enrich the meals with fruit flavour and a slight note of beeswax.

Savoury bio quince is from F/H Lejaskārkli.

### WINTER

**Inspired by the colours of nature, the restaurant offers as a festive main course beef with parsnip, topinambour (Jerusalem artichoke), beer jam, rowanberry jelly and rowanberry "peppers"**

The restaurant recommends enjoying this meal with Valmiermuiža Winter beer. The colourful rowanberries are from F/H Pīlādži.

### SPRING

**The chef Dzintars Kristovskis will treat the gourmet to a tantalizing birch sap sorbet, birch sap jam, blackcurrant cream, blackcurrant jelly and ash meringue**

The taste of sweet desert is accentuated by a fresh bitter note of citrus fruit supplied by Kokmuiža ale and Kaskādes krāces. Birch sap Birzī is from the Labanovsky family company Kainaži Ltd.



### SUMMER

**Cloudberry jam with a cottage cheese ball and pine sugar**

In a celebration of summer flavours, taste experts have made cloudberry jam with a cottage cheese ball and pine sugar. The restaurant recommends relishing it with unfiltered Valmiermuiža dark beer. The cloudberry grown in Latvian bogs are collected and sourced from Cietais rieksts Ltd.

## VECPUISIS

CONCERT HALL VALMIERA  
RESTAURANT VECPUISIS

Leona Paegles iela 10, Valmiera  
Tel. +371 26110026  
[www.koncertzalevalmiera.lv](http://www.koncertzalevalmiera.lv)



VECPUISIS  
RESTORĀNS



### WINTER

**Oven-baked root vegetables with rowanberry jam, Trikāta cow's milk cheese, Ķelmēnu rye bread matured in quince syrup and colewort**

Roots grown by the local farmers, baked in the oven and served with homemade rowanberry jam. The bouquet of flavours is supplemented by Trikātas cow's milk cheese, Ķelmēnu rye bread and colewort brand Absolūts ēd from Krimulda Parish.

### SPRING

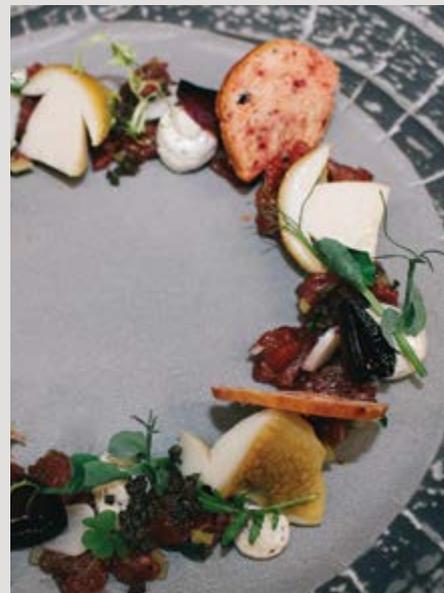
**Cottage cheese and white chocolate mousse with biscuits, rhubarb marinated in birch sap wine, and collected by the chef in the early morning wild sorrel from the local woods**

Airy cottage cheese by Smiltenes piens and white chocolate mousse is served on a biscuit matured in quince syrup.

### SUMMER

**Sturgeon fillet reared in Limbaži, cooked at a low temperature, with nettle ravioli, wild mushroom ragout, carrot and snow pea salad**

Fillet of the sturgeon reared at The King's Fish farm in Limbaži is cooked at a low temperature. Sturgeon is garnished with wild nettle ravioli, supplemented with seasonal local wild mushroom ragout and the first porcini and sweet snow peas.



### AUTUMN

**Venison tartar with pickled porcini, honey loaf, Rehtšprehera cheese and crumbled hemp-seeds**

Venison tartar made of the game meat provided by the local Vidzeme hunters is garnished with homemade pickled porcini, baked in the restaurant honey loaf toast with ripened Rehtšprehera cheese made by F/H Mazlauri in Krimulda Parish and crumbled hemp-seeds grown by F/H Adzelvieši in Burtnieku District.

# APARJODS

Ventas iela 1a, Sigulda  
Tel. +371 67974414  
[www.aparjods.lv](http://www.aparjods.lv)



SIGULDA



## SPRING

### **Fish bouillon with catfish dumplings**

In ancient times, it was often rumoured in spring that the Daugava River had run dry and catfish could tow the boats. Who knows? Perhaps that's why catfishes have such long and strong barbels (whiskers). The catfish served in this restaurant serenely rest in peace encased in dumplings.

## SUMMER

### **Cherry parfait in crunchy tartlet shell with egg liquor sauce**

When strawberries become fewer in number and more bitter, cherries take charge in the garden. Swarthy, round and glistening cherries hide behind the leaves. At Aparjods, cherries find comfort in ice cream and hide behind crunchy dough, nestling on a delicious sauce.

## AUTUMN

### **Chanterelles cream soup with croutons, goat cheese and butter-fried chanterelles**

When heather is blooming in the woods, and bees, mosquitoes and flies are having a ball; it is time to serve chanterelles in the restaurants. The larger chanterelles playfully get into a soup, while the smaller ones run with goat cheese on the croutons.



## WINTER

### **Oven-baked catfish fillet with spinach wasabi sauce and grilled vegetables**

Basket dinners and grills referred to summertime. Everything is different in winter – the stove is not just furniture anymore. When the stove lid is open, the windows steam up, and our noses are titillated by savoury aromas. Thyme? Rosemary? Regardless of your preference, the aromas will all get your mouth watering.

## BĪRIŅU PILS BĪRIŅI PALACE

Bīriņu Pils, Bīriņi, Limbažu nov.  
Tel. +371 26521733  
[www.birinupils.lv](http://www.birinupils.lv)



## Bīriņu Pils

### AUTUMN

**Lamb fillet biologically grown by Sidrabjērs with Swedish turnip puree, young potato baked in thyme butter and salt-baked beetroot**

Lamb is supplied by Sidrabjērs. Swedish turnip and beetroot are collected from local gardens, while the Latvian thyme is grown in a flower bed next to the Palace.

### WINTER

**Beaver tail dainty with rye bread, light-boiled quail egg and horseradish cream**

A hunting team Mārkulīči takes care of beaver hunting and game meant for delivery to the kitchen of Bīriņi Palace. Stuffed chocolate candies are dedicated to the Palace's ladies. Latvian winters are relatively chilly, therefore an energy boost is needed such as a chocolate candy from the table of the lords of the manor.

### SPRING

**Homemade cottage cheese with caramelized rhubarb, apple puree, fresh green salad and wild sorrel blossoms**

Rhubarb, fresh green salad and wild sorrel blossoms are not only grown in the gardens and parks of the Palace, but some of them are also acquired from neighbours.



### SUMMER

**Cooked in Bīriņi Palace bilberry ice cream in croquant tartlet shells with currant jelly**

When woods near and far are a hive of activity, because of the rush to pick bilberries, it is time for a hearty bilberry ice cream in the restaurant of Bīriņi Palace.

## FAZENDA

Vidzemes šoseja 14, Sigulda  
Tel. +371 66900669  
[www.fazenda.lv](http://www.fazenda.lv)



### SPRING

**Beginning – Ramsons (wild garlic). Garden radish. Spinach. Egg. Asparagus.**

From ramsons that wallowed in the shadowy wood on the hillock, to the egg of a free range chicken. Where garden radish – the first harbinger of spring – are winking in company with a crunchy asparagus.

### SUMMER

**Adolescence – Rabbit. Chanterelle. Green snow peas. Bacon. Potato.**

From fresh snow peas from the kitchen garden bed through a rabbit burrow to the queen of the picturesque kingdom of the woods – the chanterelle. Served with young potatoes.

### AUTUMN

**Maturity – Young stock. Porcini. Beetroot. Rowanberries. Apples. Potatoes.**

Young stock and the beetroots coloured by autumn have ripened. Apple and rowanberries, porcini and potatoes will remain among other sunny reminiscences.



### WINTER

**Nostalgia – Duck. Alycha (cherry plum). Dried plums. Beetroot. Topinambour (Jerusalem artichoke).**

The darkest time of the year. Duck jumps out of its skin to make your day picturesque – from alycha till scarlet beetroot. And as if conjured up – crunchy topinambour.

# GADALAIKI

Ezeri, Siguldas nov.  
Tel. +371 67973009  
[www.hotelezeri.lv](http://www.hotelezeri.lv)



## Gadalaiki RESTORĀNS

### WINTER

Cottage cheese produced by PKS Straupe and blackcurrant soufflé with dark chocolate – hazelnut chips and partridgeberry honey sauce.

### SPRING

Butter-fried stewed rabbit leg supplied by F/H Indrāni, pearl barley, young carrot puree, onion and honey marmalade, and rabbit bouillon broth.

### SUMMER

Trout fillet caught in the River Amata with plenty of greens – fried bounties of the garden supplied by F/H Kārļi, sorrel and fresh green salad, with nettle pesto.



### AUTUMN

Spicy pumpkin cream soup with goat cheese croquette.

# GARŠAS FREKVENCE

FLAVOUR FREQUENCY

Mālpils iela 4b, Sigulda  
Tel. +371 67974889  
[www.hotelsegevold.lv](http://www.hotelsegevold.lv)



## SUMMER

### **Stewed catfish in sour cream sauce with savoury croquettes and fried summer vegetables**

In summer everyone calls for something light and healthy. Stewed catfish with summer vegetables will be at the right moment.

## AUTUMN

### **Venison entrecote with savoury crust, beer-stewed onions and butter-fried potato dumpplings**

A bountiful harvest and game meat are favourites of this season. There is something authentic, modern and wild in it.

## WINTER

### **Baltic herring fried in herbs with potato and horseradish puree, carrot cream and onion chips**

These very tender and savoury tastes and aromas will take you back to your childhood. Baltic herring served with potatoes is something more than just a classical main course.



## SPRING

### **Fried lamb ribs with young carrots, morels and natural yoghurt**

The awakening of nature and freshness. First mushrooms, vegetables and grocery start to appear on the plate. They are a perfect match for tender lamb ribs.

# KUNGU RIJA

Kungu rija, Krimuldas nov.  
Tel. +371 67971473  
[www.kungurija.lv](http://www.kungurija.lv)



## WINTER

Black pudding with pearl barley, partridgeberry sauce and sour cream with fenugreek trigonella (*Trigonella foenum-graecum*) cheese.

## SPRING

Sorrel and nettle soup with chicken eggs, rye bread with bacon salted in the drying barn.

## SUMMER

New potatoes from our own garden, with chantedelle sauce, and a fresh green countryside salad.



## AUTUMN

Game meat grilled on charcoals with oven-baked seasonal root vegetables with red wine – cranberry sauce.

# MĀLPILS MUIŽA

MĀLPILS MANOR

Pils iela 6, Mālpils  
Tel. +371 67102555  
[www.malpilsmuiza.lv](http://www.malpilsmuiza.lv)



## WINTER

### **Rye bread dessert with sun-dried fruits in rum and cranberry sauce**

During the long winter evenings, the restaurant will treat its guests to a delicious dessert of various sun-dried fruits with the rye bread baked according to the ancient Latvian traditions, garnished with Latvian scarlet cranberries, which are rich in vitamins.

## SPRING

### **Rabbit meat with caramelized carrots, buckwheat, vegetables and malty sauce**

Rabbit meat is a valuable and dietary meat product, which is a perfect choice during the spring months, when nature is awakening. The restaurant will serve you with a colourful and healthy main course, including the first spring sprouts and produce.

## SUMMER

### **River trout with Mālpils cheese, spinach and seasonings sauce**

Mālpils piensaimnieks was established in 1923 and has ancient traditions. Mālpils cheese is one of the main products manufactured by the dairy plant. This cheese along with the river trout will delight every gourmet.



## AUTUMN

### **Venison tenderloin with vegetables, blackcurrant sauce and pearl barley**

The restaurant started to cooperate with the deer park Mores in 2013, when venison from the park was served on the table during the competition "Modern Latvian Flavour". Since then, venison tenderloin has been the most popular main course at Mālpils Manor.

# RĀMKALNI

Vītņkalni, Inčūkalna nov.  
Tel. +371 67511280  
[www.ramkalni.lv](http://www.ramkalni.lv)



## WINTER

### **Christmas gingerbread dessert with raspberry and refreshing cranberry and egg sauce**

When gingerbread is baked by Rāmkalni confectionery producing plant, the banks of the River Gauja are fragrant with the aroma. The gingerbread is made of the Latvian butter and honey collected from the local meadows.

## SPRING

### **Ruccola and young beetroot salad with cheese balls and nettle pesto**

The greens used for this meal is like a fresh breath of spring. This is exactly what you need after a long winter.

## SUMMER

### **Vegetarian chanterelle soup with melted cheese covering**

This traditional specialty is made of chanterelles collected in Rāmkalni neighbouring woods, which along with the melted cheese create a dainty flavour combination.



## AUTUMN

### **Grilled rainbow trout supplied by Nurmiži, ruccola, apple and cranberry chutney and caramelized onion**

Rainbow trout is caught here in the Gauja National Park at Nurmiži. Trout is garnished with homemade chutney made of apples grown in the Rāmkalni gardens, and fresh cranberries.

# VIESNĪCA SIGULDA

SIGULDA HOTEL

Pils iela 6, Sigulda

Tel. +371 67972263

[www.hotelsigulda.lv](http://www.hotelsigulda.lv)



## SPRING

### “Nude in the nettles”

Young spinach and ramsons (wild garlic), young nettles and rabbit, spring chicken bouillon and countryside egg, sour cream topping with green onion (Scallion).

## SUMMER

### “Flower lawn in the early morning”

Panna cotta with chamomile extract, pretzel with fresh flower honey, lime blossom jelly, summer berries.

## AUTUMN

### “One hearty meal”

A slice of baked calf meat, meat bouillon sauce, flouy potatoes with countryside butter, oven-baked leek and Swedish turnip, cranberry cookies.



## WINTER

### “Garden and river”

Sweet onion puree, slowly cooked pike-perch, quince cream, butter-baked pumpkin, parsnip and carrot crisps.



## TOURISM INFORMATION CENTRES

### RIGA TOURISM INFORMATION CENTRES

Rātslaukums 6, Rīga, Tel.: +371 67037900

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E-mail: [info@rigatic.lv](mailto:info@rigatic.lv) / [www.LiveRiga.com](http://www.LiveRiga.com)

### SIGULDA DISTRICT TOURISM INFORMATION CENTRES

Ausekļa iela 6, Sigulda, Tel.: +371 67971335

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### VALMIERA TOURISM INFORMATION CENTRE

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### GAUJA NATIONAL PARK TOURISM CLUSTER

[www.entergauja.lv](http://www.entergauja.lv)

### RIGA-GAUJA REGION

[www.rigagauja.lv](http://www.rigagauja.lv)