

FOOD WORKSHOPS AND PROGRAMMES IN GAUJA NATIONAL PARK



Baltic sea region cuisine basic requirement is, that the food must be fresh, tasty, locally sourced and locally prepared.

LATVIA has a wealth of culinary traditions, because the country is at the crossroads of Europe, and so influences from other nations have come from the East and the West over the course of centuries. Latvian cuisine is distinctly seasonal, because we have four seasons, and each of them offers specific products and tasty treats.

During the springtime, Latvians eagerly await the availability of birch juice. They grow green onions on windowsills. Onion skins are used to dye Easter eggs. Sorrel is sought out in gardens or meadows. Tarts with rhubarb are baked. The summer begins with wild and garden strawberries. Summer Solstice would not be Summer Solstice without caraway seed cheese and beer. Summer also involves new potatoes, cherries, tomatoes from the garden, ice cream, fresh honey, herbal teas and aromatic apples. Cranberry fool is whipped. Mushrooms are roasted and marinated. Mushroom hunting and fishing are nearly cult rituals or examples of meditation for Latvians. Meat is grilled over hot coals, and fish soup is cooked. Soured cream and dill can be added to nearly every dish. Pretzel-shaped pastry is baked for birthdays, and tarts are baked for weddings. People can pickles and jams, and they dry and freeze various goodies from the garden and the forest, because a long, hard winter is coming. During the autumn, Martin Day's rooster or goose is roasted in the oven, with apple cake or poppy seed pastry for dessert. Work sessions are held during the autumn, and potato pancakes are served. Fish, pork, sausages and even cheese can be smoked. Fresh butter is smeared on a slice of rye bread. Cranberries are used to produce lemonade. People buy and sell summer produce at annual markets. The Christmas table will groan under bacon pierogi, gingerbread, roast meats and sauerkraut. The Christmas table on New Year's Eve, people roast fish and put fish scales in their pocketbooks so as to ensure money in the new year. All of the peas on the table are eaten so as to ensure no tears in the coming year. People believe that at least nine dishes must be served on New Year's Eve to ensure that the next year will be a good one. Latvians are hospitable, and they will bring gifts when they come visiting and always give you one for the road when you're leaving.

Preparation and tasting of dairy products together with a cheese master

SIERA MEISTARES JELENAS SAIMNIECIĀBA „IEVINĀS”

(Cheese master Jelena's farm „Ievināas”)

„Ievināas”, Maīrsneīnu pagasts, Ceīsu novads, LV-4129, Latvia
ievinlauki@gmail.comprogr

Wine workshop and degustation

KRIMULDAS MUIŽA (Krimulda Manor wine)

Mednieku iela 3, Sigulda, LV-2150, Latvia

info@krimuldasmuiza.lv, <https://krimuldasmuiza.lv>

Krimulda manor is a real oasis for gourmands, as the “Cremon” manor wines, liqueur and strong beverages are made here. “Cremon” wines can be enjoyed by [booking a wine tasting](#) or tour programme “[Manor wine and biscuits](#)”. The tour offers not only various beverages made at the manor, but also to learn about the local history and traditions.

Over the years, the most popular “Cremon” products are the gently bitter dandelion wine, cranberry wine and the dreamy lilac wine.

Available programs: adventure „From grain to bread”, „A treat with the taste of freedom”, „Rye bread baking event”.ams: adventure „From grain to bread”, „A treat with the taste of freedom”, „Rye bread baking event”.

Learn more about Latvian cultivated cereals and their foodstuffs and the annual rhythm on the farm. Offers an opportunity to get involved in the process of baking rye bread, to become a master of pie making, to cook farm-grown products in a vegetable soup by the fire, and to enjoy a Latvian-tasting meal in an old barn.

MAIZES MAĶA “KRUĶMINĪ” (Bread house “Kruķminī”)

„Kruķminī”, Liepas pagasts, Ceļsu novads, LV-4128, Latvia
maizesmaja@gmail.com, <http://maizesmaja.lv>

Degustation of 10 Latvian flavours Masterclass - making your own special ice cream during the tour

SIGULDAS SALDEJUMS (Sigulda Ice Cream)

Pils iela 16, Sigulda, LV-2150, Latvia

info@siguldassaldejums.lv www.siguldassaldejums.lv

Sweets making workshop, a chance to buy real Latvian bread - rye bread and smoked meat.

RAĶMĶKALNI (Raķmķalni)

Viķtinķalni, Krustinķi, Incķukalns, Siguldasnovads, LV-2141, Latvia
info@ramkalni.lv

They offer tasting of bread, a short story - basic principles of baking healthy bread.

„CEŠU MAIZE” (Bakery „Cešus Maize”)

Rīgas iela 18, Cešis, LV-4101, Latvia

cesu.maize@gmail.com, www.cesumaize.lv



EVENTS

Slow Food Straupe Market takes place each month on the 1st and 3rd Sunday in Straupe Zirgu pasts. Gathering together local farmers, craftsmen and visitors.

Home Cafe Days in summer and the early autumn months.

Rye bread festival in July.

Bread day in Aīrais Windmill each year on the last Sunday of July.

Milk, bread and honey Festival in Jelgava every year, at the end of August.



Latvian Vinemakers Festival in Straupe Maret in September.

Gardu Muti in Valmiermuizā Latvian every solstice, 4 times in year.

Zvejnieksvētki (fisherman's holiday) in seaside towns in summer time.

LATVIAN FLAVOURS THAT YOU NEED TO TRY OUT ON YOUR NEXT TRIP

RUPJMAIZE (dark rye bread) has always been a staple of Latvian diet. For an added drop of sweetness, apple juice is often used in the recipe for Latvian dark rye bread. It is also used to make Rupjmaizes kartojums (Layered rye bread), a traditional Latvian dessert made from rye breadcrumbs, blackcurrant or lingonberry jam, and whipped cream. Latvians make also a beverage, called kvass, from fermented dark rye bread.

JASINIS (Jasinis cheese or Ligo cheese) is a Latvian sour milk cheese with cumin, traditionally eaten when the Latvians celebrate the Summer Solstice. Nowadays the cheese has become one of the symbols of Latvian culture.

SPEKĀ PIŅĀGI (Bacon buns) are Latvian oblong or crescent-shaped baked bread rolls or pastries filled with finely chopped fatty bacon cubes and onions. Smaller bacon buns are often prized for their daintiness and are considered the work of a skilled cook.

PELEKIE ZIRNĪI (grey peas) is a popular Latvian cuisine snack made from large grey peas. It is a traditional Christmas dish in Latvia.

AUKSTĀ ZUPA (summer cold soup) is a sweet cold soup made from beets and kefir (hence the vibrant pink colour). To add some richness to the dish, dill and spring onions are also found in auksta zupa.

LATVIAN STEW is a braised pork with dried apricots and prunes. It is a simple, comforting combination of tender, slow cooked pork shoulder, carrots, onions, apricots, and prunes that's warm and flavorful and even better the next day.

LOCAL FISHES from local fishermen: flounders, pike, sturgeon. If you look at Latvia's long coastline, it shouldn't come as a surprise to you that Latvians like eating fish and also offer it to the guests.

BIEZPIENMAIZE (Latvian cheesecake) is a baked cheesecake, where yeast dough is for the base and cottage cheese for the topping. Usually it would contain sultanas and would be served cut in rectangles.

STRAWBERRIES WITH MILK (and also other berries like blueberries, raspberries) is a simple dessert that you just have to try.

MEDUS KUKA (Honey cake) is a multi-layered cake with honey as its main ingredient. It also has a creamy filling made from sour-cream between the layers. It is a sweet and delicious treat that goes very well served with an afternoon tea.

BEER from local breweries - excellent taste.

APPLE CIDER (and also made from other fruits and berries).

At the end of the day try RIGA BLACK BALSAM (Melnais Balzams), a liqueur which comes in several flavours, the most popular of which being blackcurrant and cherry.

TRIP DATES

TRIP DISTANCE

km

PRICE: 0 EUR

