

recipes



RYE ROAD



RECIPES. RYE ROAD

Rye bread will always have a special role on the Latvian table. It is not just a foodstuff. It is a link to our ancestors, to centuries-old traditions, beliefs, and rituals. It is the source of our strength. Rye bread is also delicious. A dark and crisp crust covers an aromatic and slightly damp interior. The bouquet of flavours is made up of rye, good water, caraway seeds, salt, sugar, and malt. Each baker has his or her own special recipe.

We eat rye bread for breakfast, lunch, and dinner. It goes perfectly well with smoked pork and fish, salted herring, hemp, country butter and cottage cheese, various cheeses, vegetables, and herbs, as well as honey or jam. For celebrations, we offer rye canapés, carrot buns, and bacon buns. Nothing goes with a mug of kvass or beer better than aromatic and crispy garlic toasts.

People also love desserts involving rye bread. Cakes with whipped cream and forest or garden berries, as well as a layered dessert involving rye breadcrumbs, or sweet bread soup with dried fruits and cinnamon. Wonderfully delicious and ideal for the important waste-free lifestyle of the modern age. This is a way to use bread that has dried out. Everyone will love rye gingerbread and pancakes, and that includes health nuts. A slice of pumpernickel or cake will go well with a cup of afternoon coffee. On hot summer days, we can slake our thirst with cold and foamy rye *kvass*.

The recipes that are found here are simple. You can enjoy rye-related foods at all Latvian guesthouses and pubs. Contact them in advance to find out what's on offer. Master classes are sometimes available where you can learn all about the secrets of rye.

A true masterpiece is steamed rye bread that is raised for two days and baked in a real bread oven. This cannot be done in a home oven, so there is no recipe included here for this kind of bread. **Go to a class to learn how to bake the bread, or simply enjoy it at a country guesthouse where ladies of the house will have wooden troughs, bread peels and wood-fired stoves. They also have the very best rye flour. Taste rye "pizza" in Latgale, hemp and rye bread in Vidzeme, carrot buns in Kurzeme, kvass in Zemgale, and garlic toasts, bread soup and layered rye bread everywhere in Latvia!**

www.countryholidays.lv/ryeroad

"Before you can understand a Latvian, you must understand the story about his bread."

Ojārs Kalniņš,
Latvian diplomat and politician



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RYE STARTER FORM BREAD



For two loaves

~120 g natural starter
850 g rye flour
800 g or less warm water
½ cup brown sugar
1 tsp salt
2 tbsp powdered rye malt

Seeds to sprinkle on top
Butter to grease the pan
Rye flour to scatter
Two rectangular cake pans
Two clean cotton or linen kitchen towels
and a blanket

Rye starter bread can be baked at home by anyone who has an oven and a cake pan. Ask for starter from someone who has some or buy a dry starter at specialised stores or on the Internet. This bread will remain fresh and tasty for a long time.

1. Put all the ingredients into a bowl. Add most of the warm water and knead until you have a soft dough that is homogeneous. Add more water as necessary. The dough may stick to your hands, but when it is ready, it will move away from the sides of your bowl. The dough should not be too thick or too liquid. Try to scrape a design onto the dough. If it disappears, the dough is not ready.
2. Leave a bit of the dough in a jar for the next time. Sprinkle it with flour, cover it tightly and save it in the fridge for the next bake (no more than two weeks).
3. Grease the cake pans with butter and sprinkle with rye flour. Divide the dough into two parts and put them in the pan so that there is room at the top for a rise. Even the surface with the bread peel and then with your moistened hands. Sprinkle seeds on the loaves and scrape in some designs so that the loaf does not have gaps while rising.
4. Cover the pans with a clean kitchen towel and put them in a warm place for 4–6 hours until the dough is fully risen. You can use a slow oven (40–50 °C) for the rise, and that will take three or four hours.
5. Heat your oven to 230 °C. Put the pans in the oven. When the crust is brown, lower the temperature to 180 °C and bake for another hour or so. Test the bread by knocking on its bottom. If the bread is baked, there will be a hollow sound.
6. Spread water on the loaves, wrap them in two towels, cover them with a blanket and leave until the next day to cool. Rye bread must not be eaten when it is hot.

RYE CANAPÉS



Small rye canapés

Option 1

Smoked catfish or other fish

Crème: Cream cheese, a bit of milk, salt, grain mustard and lemon juice to taste

Décor: Microgreens

Option 2

Small fresh beets

Marinade: White wine vinegar, coriander seeds, a bit of olive oil and salt and sugar to taste

Crème: Softened goat cheese, salt and lemon juice to taste, a bit of milk

Décor: Microgreens or powdered beets

Option 1

1. Blend the cream cheese with the milk to ensure a nicely creamy crème. It must be airy. Add the grain mustard, lemon juice and salt to taste.
2. Use a pastry bag to press the crème onto small slices of rye bread, add a bit of smoked fish and decorate the canapé with microgreens.

Option 2

1. Peel the beets, slice them thinly with a sharp knife or a mandolin, blanch them and put them into a marinade of water, white wine vinegar, salt, sugar, coriander seeds and a touch of olive oil.
2. The crème is made the same as as in Option 1.
3. Here, again, use a pastry bag to press the crème onto the bread, decorating each one with the marinated beets, microgreens and powdered beets.

A celebratory table will include a variety of creative and tasty canapés.





GARLIC TOASTS



½ loaf of form rye bread
3–4 cloves of garlic
Plant oil for frying
Rough salt
Paper towels or napkins

1. Slice your bread and then cut each slice into strips that are 1–1.5 cm in width.
2. Heat some oil in a pan and fry the pieces of bread until they brown nicely. Put them on a paper towel to drain the fat. Continue until all the bread is fried.
3. Put the bread in a larger bowl. Sprinkle with salt and garlic put through a garlic press. Stir.
4. Put a plate on top of the bowl and shake it energetically so that the salt and garlic spread evenly.
5. Serve the toasts with kvass or beer. You can supplement them with a plate of cheese or other spicy snacks. The toasts will last for a long time when kept in a sealed dish, but they are tastiest when they are hot.

If a pub is preparing garlic toasts, you can smell the wonderful aroma from a distance. Only Latvia has toasts like these, and you can enjoy them here. They are made of special rye bread that is baked in Latvia, as well.

BACON RYE BUNS



300 g rye flour	150 g smoked bacon
100 g barley flour	150 g salted bacon
20 g fresh yeast or 60 g starter	1 large onion
3-4 tbsp sugar	Ground black pepper
Pinch of salt	Caraway, sunflower, hemp seeds, or flax seeds (optional)

1. Stir the yeast and one tbsp of sugar into a cup of warm water and leave in a warm place until bubbly.
2. Stir the flour, the rest of the sugar and the salt in a large bowl. Add the foamy yeast or starter along with 250-300 ml of warm water. Add the water gradually and watch the thickness of the dough. That will depend on the quality of the flour. If you press a ball of dough in your fist and it keeps its form, but is not hard, then the dough is fine.
3. Sprinkle the dough with rye flour, cover, and put in a warm place to rise for an hour or so. When gaps appear in the flour that you sprinkled, the dough is ready. If you used the starter, it would take longer to rise.
4. For the filling: peel the onions and then cut the bacon and the onions into small cubes. Add some ground black pepper and stir well to mix.
5. When the dough is ready, use damp or oiled hands to take a bit of dough. Gently flatten it. Put the filling into it, and then fold the buns and press with your fingers to seal the edges tightly. Put them on a greased pan with a distance of a few centimetres among them.
6. Sprinkle seeds on the buns if you wish. Bake them at a temperature of 200° C. When you remove them from the oven, leave them on the pan for a while to allow the fat to settle.
7. This recipe will yield buns with a crisp crust. If you want a softer one, use a damp kitchen towel or brush to smear the buns with water before covering them in a towel. Put the buns in a bowl after 10-15 minutes and cover with a towel.



Ilze Briede, a famous Latvian bread baker, calls bacon rye buns “the buns of strength”. Barley and oat flour can be added to the dough, while vegetarians can bake the buns with a mixture of cottage cheese and butter. Unlike barley flour dough, rye flour dough requires just one period of rising. When putting together the buns, be gentle to keep some bubbles in the dough.

RYE CRACKERS



~ 400 g rye flour + more for sprinkling

50 g of ground flax seed

100 g of various seeds as wished

½ tsp salt

1 tsp brown sugar

½ tsp baking soda

50 g plant oil

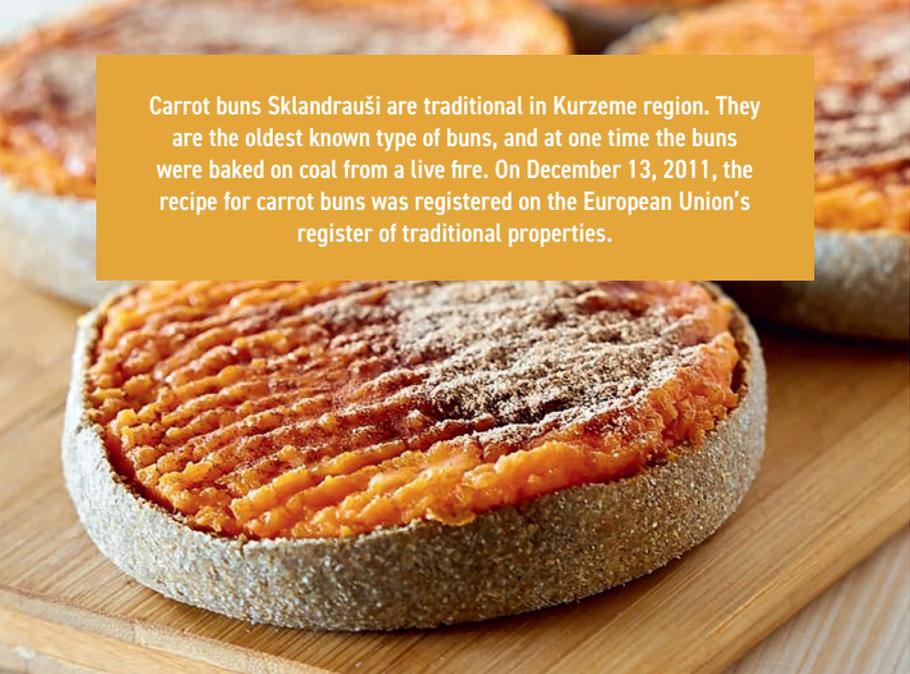
300 ml buttermilk or kefir

Sheet pan and parchment paper

1. Stir together all the dry ingredients and then add the oil and buttermilk.
2. Knead until the dough comes together. It must be soft enough to roll out. Add a bit more buttermilk if needed.
3. Heat your oven to 180 °C.
4. Lay the parchment paper on the pan. Roll the dough on the pan very thin and poke it with a fork. Cut out shapes if you wish, and sprinkle with seeds if you wish.
5. Bake the crackers for 15 minutes or so. If you have simply rolled the dough out, cut it up while it is hot. If it has cooled, break it up into pieces. Store in a closed dish.

Rye crackers are crispy, tasty, and nutritious, and they will be enjoyed by anyone who also enjoys potato chips. You can eat the crackers as they are or spread them with something and serve together with soup or a salad. These crackers travel very well.





Carrot buns Sklandrauši are traditional in Kurzeme region. They are the oldest known type of buns, and at one time the buns were baked on coal from a live fire. On December 13, 2011, the recipe for carrot buns was registered on the European Union's register of traditional properties.

CARROT BUNS SKLANDRAUŠI

For 15–20 buns

For the bun

600 g rye flour
40–60 g wheat flour
60 g margarine or butter
150–200 g water
Pinch of salt

For the potato filling

0.8–1 kg potatoes
Pinch of salt
150–200 g butter, as chosen
50–100 g cream, as chosen
1–3 eggs, as chosen
A bit of semolina (optional)
A bit of caraway seeds (optional)



For the carrot filling

1.5–2 kg carrots
Salt and pepper to taste
200–300 g soured cream, as chosen
1–3 eggs, as chosen
A bit of semolina (optional)

For the surface

200–300 g soured cream
Sugar to taste
1–2 eggs, as chosen
Ground cinnamon (optional)
Caraway seeds (optional)

1. Melt the margarine or butter in warm water. Add the flour to create a stiff dough that can be rolled out but is not hard. Roll the dough to a thickness of 1.5–2.5 mm and cut rounds with a diameter of 10–15 cm. Lift up the edges of the dough to a height of 1.5–2 cm. Put them on a greased baking sheet.
2. Cook the potatoes and then mash until smooth. Add salt to taste and knead. You may add melted butter or cream, 1–3 eggs and/or caraway seeds. You can replace some of the mash with grated raw potatoes that have been pressed to remove moisture.
3. Cook the carrots and mash until smooth. Add sugar while stirring it. If you wish, add soured cream and/or 1–2 eggs. You can also add grated raw carrots that have been pressed to remove moisture.
4. Lay the potatoes and then the carrots on the dough at a proportion of 1:2 or 1:1. Bake the buns at 220–250 °C for 15–30 minutes until the bottom of the bun is dry.
5. Spread soured cream on the ready bun and sprinkle with sugar and, if you wish, cinnamon or caraway seeds.
6. You may also spread the buns with a mixture of soured cream, sugar and egg. Stir together the three ingredients. If you choose this option, return the buns to the oven for at least another 5 minutes.



You will find this dish at guesthouses and pubs throughout the countryside. Depending on the season and the tastes of the lady of the house, it may be served with lingonberry, cranberry, blackberry, or other type of jam. Order in advance, and you can get the type of layered rye bread that you enjoy the most.

LAYERED RYE BREAD DESSERT



10–12 tbsp rye breadcrumbs
Ground cinnamon, sugar, and butter
500 ml 35% sweet cream
3 tbsp sugar
0.5 l cranberries and strawberries (1:1, frozen berries are OK)
1 tbsp vanilla sugar
Cranberries and strawberries to decorate (can be frozen, and other sour berries such as lingonberries or blackberries can be used)

1. Melt a pat of butter on a pan, add a bit of brown sugar and cinnamon, and then add the breadcrumbs, stirring until they are aromatic. Set aside.
2. Blend the cranberries and strawberries with the sugar. If the berries are frozen, leave them on the counter for a bit before using.
3. Whip the sweet cream with sugar and vanilla sugar.
4. Prepare large glasses, ramekins, or a large bowl. Put the whipped cream at the bottom of each dish and sprinkle with the rye breadcrumbs (with a light hand).
5. Add the berries, smooth and sprinkle on a bit of breadcrumbs. Then add whipped cream and continue layering in order.
6. Finish the layering with whipped cream. If the dessert is served right away, the breadcrumbs will be crispy. If it is to be served later, cover each dish with plastic wrap and refrigerate so that the flavours can meld. Then the breadcrumbs will soften.

SWEET BREAD SOUP

6 slices rye bread (OK if it's dried out)

100 g sugar

Dried apples, plums, apricots, raisins, as you wish – a few handfuls

Pinch of ground cinnamon

A touch of cranberry or lemon juice and lemon zest (optional)

200 ml 35% sweet cream

1 tbsp vanilla sugar



1. Dry the sliced bread in a low oven until toasted brown. Put it in a bowl and cover with boiling water. Leave to soak for several hours or even overnight. Before cooking it, press the bread through a sieve or put it through the meat grinder. Don't use the blender because that will ruin the typical structure of the bread.
2. Pour the water in which the bread soaked into a pot, add rinsed fruits, sugar, the bread and cinnamon and allow to cook until the fruit is soft. Stir frequently to keep the soup from burning. Use a pot with a fire-resistant surface or thick bottom. The bread will swell up during the process, and the soup will become thicker. Add more water if necessary for a creamy, not watery soup. Taste for sugar and cinnamon, add more if necessary. If you wish, you may add a bit of cranberry or lemon juice and lemon zest.
3. Cover the soup and allow it to cool. The cover is needed so that the soup does not get a crust. Whip the cream with a pinch of sugar and vanilla sugar. Pour the chilled soup into bowls and serve with a generous spoonful of whipped cream and a pinch of cinnamon.

Sweet bread soup is popular throughout Latvia, and that has particularly been true since the world started to focus on a no-waste lifestyle. A variety of berries and fruits can be used to turn rye crisps into a true delicacy, as is the case with cinnamon.





RYE PANCAKES

100 g rye flour
200–250 ml kefir or soured milk
1 egg
1 tsp sugar
Pinch salt
½ tsp baking soda

Butter and plant oil

To serve:

Soured cream
Favourite jam
Fried bacon or
smoked or low-salt salmon

1. Stir together the flour, salt and sugar. Add some of the kefir bit by bit, stirring. Add the egg and mix thoroughly. When the dough is quite thick, leave it for 15 minutes so that the flour can swell.
2. After the quarter-hour, the dough will be thicker. Add some more kefir if you want. The dough should be the consistency of soured cream. Finally, add the soda.
3. Melt a pat of butter on a pan, add a bit of oil and let the pan become hot. Pour dough for small pancakes and fry them on both sides until they are brown.
4. Eat the pancakes right away because rye pancakes are best when they are hot.
5. Serve with soured cream, smoked bacon, smoked or low-salt salmon or, for dessert, with jam.

Rye pancakes, when compared to wheat flour pancakes, will have a crispier edge and a richer taste. They are more filling and more nutritious and go well with salty and sweet additions. Fry your rye pancakes together with bacon in the pan, in which case you will not need any other fats to grease the pan.



RYE GINGERBREAD



350 g rye flour
2 tbsp butter
200 g mixture of honey, dark syrup,
and malt extract
1 egg
100 g sugar
1 tbsp cocoa powder
1 tsp baking soda
1 tsp baking powder
1 tsp each ground coriander, cinnamon,
cloves, and vanilla sugar

½ tsp each of aromatic peppers and
cardamom seeds
A small piece of nutmeg
Pinch of nutmeg
Pinch of salt
Peel from one orange
Optional:
Nuts, sliced almonds or sugar pearl
Grease for the pan
1 egg

1. Wash the orange and scrape off its peel. Cut it into tiny pieces.
2. Grind the spices in a coffee mill, adding those that are already ground to mix them up. Put them through a sieve to create fine powder for the dough.
3. Melt the butter and sugar in a pot. Add the syrup and keep on stirring and heating the mixture until the sugar has melted. Add the spices and orange peel and keep heating and stirring until the spices are aromatic. Start with a little and then add more if you think that there are not enough.
4. Add part of the flour to the mixture and stir thoroughly. The mixture will be thick. Allow it to cool a bit.
5. Pour most of the remaining flour on a surface after mixing it with the soda, cocoa powder and baking powder. Pour the warm mixture into the centre and start kneading the flour into it from the edges. Be careful not to touch the substance, which will be very sticky. Make sure that the dough is sufficiently tight that you will be able to roll it out. In the refrigerator, it will harden, but once it warms up and is kneaded some more, it will once again become pliable.

6. If you're planning on baking gingerbread right away, cover the dough with plastic wrap and a blanket and leave it for at least two hours. Grease a sheet pan, and then roll out the dough thin and press out shapes. Bake them in a 180 °C oven as they are or with an egg wash and a décor of chopped nuts, sugar pearl or almond flakes.
7. The dough will last in the fridge for several months so that you can bake more gingerbread when you want to. Each time take the dough out of the refrigerator to warm up and knead it once again.



Rye gingerbread is loved by people who want to live a healthy life.
They are very tasty, and even the fussiest gourmand will agree.

PUMPERNICKELS



100 g softened butter
200 g brown sugar
3 tbsp malt extract
4 eggs
200 g rye flour
100 g wheat flour
Pinch of salt
1 orange peel

Handful of raisins
Madeira or rum to macerate the raisins
1 tbsp cocoa powder
1 tsp ground cinnamon
1 tsp baking powder
1 tsp baking soda
Handful of almonds, hazelnuts,
or pumpkin seeds

1. Pour the madeira or rum on the raisins and leave them to macerate.
2. Whip the butter, sugar, and malt extract until it is fully combined. Add four eggs. Don't use the mixer. Just stir the eggs in.
3. Scrape the peel of the orange into long strips, but without the white pith. If you don't have a special scraper, use a small knife to cut off the orange part of the peel, then putting it on a cutting board to cut into long strips.
4. Roughly chop the almonds. Drain the raisins.
5. Mix the flour with the other dry ingredients. Add the orange peel, almonds and raisins to the butter and egg substance.
6. Merge the two elements, at first with a mixer, but then kneading by hand.
7. Use a greased sheet pan or one with parchment paper on it. Pour two long strips of dough onto it. Bake in a 160-170 °C oven for 20 minutes. Immediately cut the strips into smaller pieces, because as they cool, pumpernickels become hard.

This is an ancient recipe for a treat that is delicious and aromatic. It will keep fresh for a long time, and the recipe is simple enough for a beginner.



RYE AND MOUNTAIN-ASH CAKE



170 g rye flour
100 g wheat flour plus a bit more to flour the pan
3 eggs
3 large carrots
150 g butter plus a bit more to grease the pan
200 g sugar
50 g candied ginger
150 g frozen mountain-ash, raisins, or dried apricots, as you wish

1-2 tsp ground cinnamon
1 tsp vanilla sugar
Pinch of salt

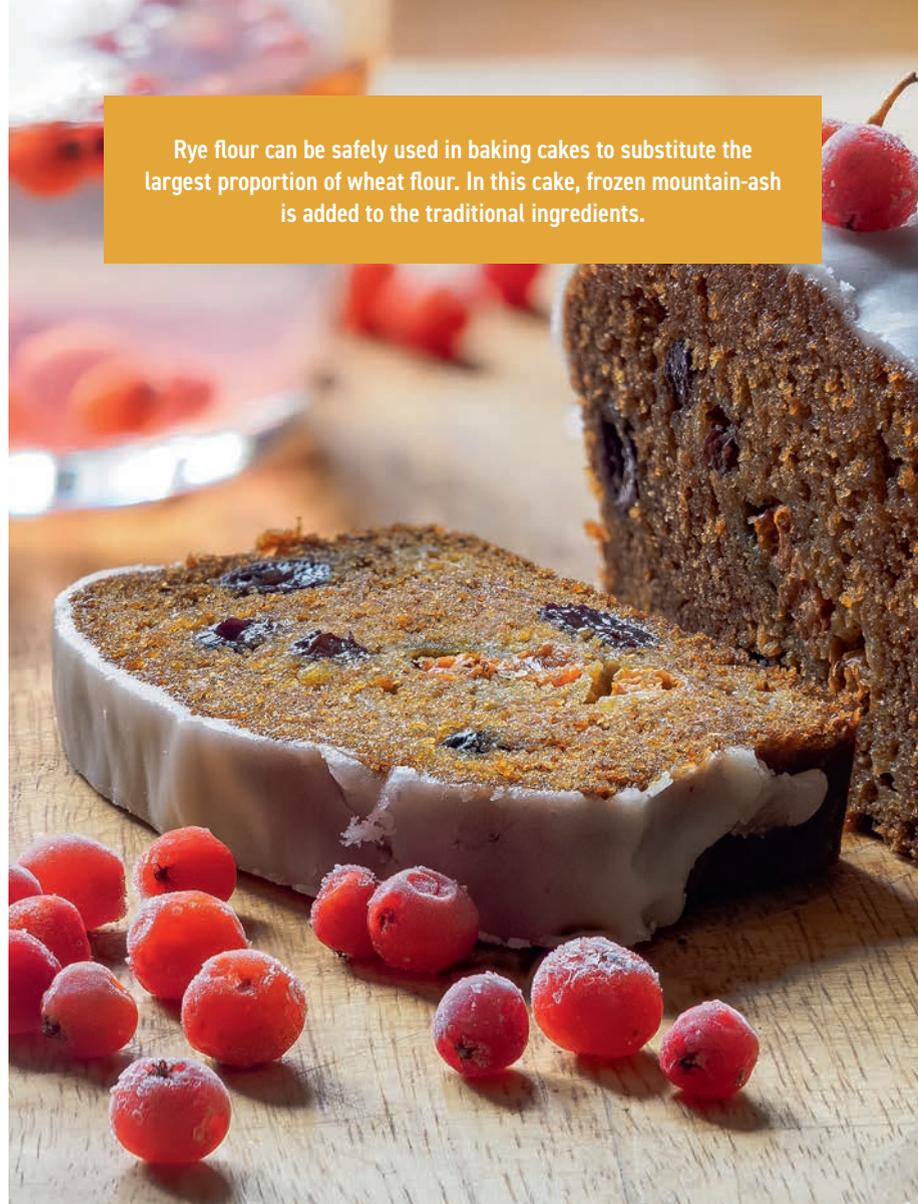
Bundt pan

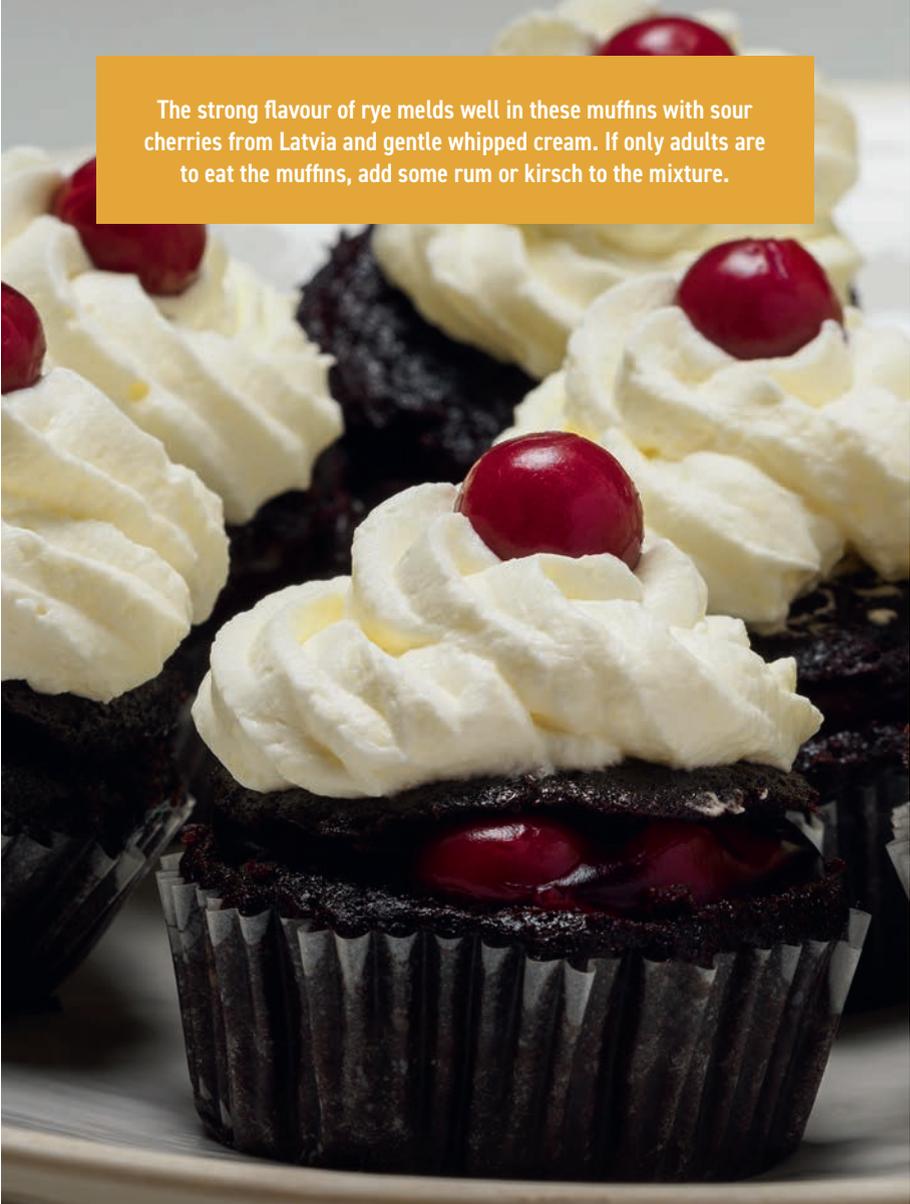
For the glaze

100 g powdered sugar
2 tbsp butter
A bit of lemon juice

1. Peel and finely grate the carrots. Cut up the ginger into tiny pieces. Butter and flour the pan.
2. Beat the eggs with the salt and sugar until they are light and fluffy.
3. Heat the milk and melt the butter in it.
4. Add the flour, the milk, the mountain-ash, raisins and/or apricots, ginger, and grated carrots to the eggs. Stir until the dough is combined.
5. Heat your oven to 180 °C and bake the cake for 35-45 minutes. Test with a toothpick. If it comes out clean, the cake is done.
6. Allow the cake to cool a bit. Mix the powdered sugar with melted butter and enough lemon juice to create a slightly flowing glaze. Pour it all over the cake, even it out with a spatula and allow it to set.

Rye flour can be safely used in baking cakes to substitute the largest proportion of wheat flour. In this cake, frozen mountain-ash is added to the traditional ingredients.





The strong flavour of rye melds well in these muffins with sour cherries from Latvia and gentle whipped cream. If only adults are to eat the muffins, add some rum or kirsch to the mixture.

RYE MUFFINS WITH CHERRIES



For the dough

150 g sugar
125 good rye breadcrumbs
200 g soured cream
2 eggs
1 tsp baking soda
1 tsp vanilla sugar
1 tsp ground cinnamon
2 tsp cocoa powder

Pan for 12 muffins with paper inserts

For the filling and decoration

300 ml sour cheery compote
1 tbsp potato starch
1 tbsp sugar
200 ml 35% sweet cream
125 g cream cheese without salt
1 package whipped cream starch
1 tsp vanilla sugar

1. Beat the eggs and sugar until the sugar is melted and the eggs are thick and light. Sieve the breadcrumbs, and pour 125 g of them into a bowl, where you will mix them with the spices, the cocoa and the baking soda.
2. Heat your oven to 180 °C. Lift the breadcrumb mixture carefully into the egg mixture, add the soured cream, and mix until the dough is even. Pour it into the muffin tins, leaving room for the mixture to rise. Bake for 20–30 minutes until an inserted toothpick comes out clean. Allow the muffins to cool completely.
3. If the cherry compote is with pits, remove them. Leave 12 berries for decoration and 60 ml of the syrup for dampening. Boil the rest of the compote in a pot. Dissolve the potato starch in 100 ml of cold water. Add the sugar and the starch to the pot, stir thoroughly and then wait until the first bubble appears. Immediately take the pot off the stove. Cut off the top of the muffins to create a hole. Pour in a teaspoon of syrup and fill the hole with the hot cherry mixture. Put the top back on the muffin and allow it to cool again.
4. Whip the sweet cream with the cream cheese, vanilla sugar and whipped cream starch to the consistency of a fine crème. Decorate the muffins with the crème and the cherries.

RYE ROLL BISCUIT CAKE



For the biscuit

4 eggs
4 tbsp finely sieved
rye breadcrumbs
4 tbsp sugar
1 tsp ground cinnamon
Sheet of parchment paper
Butter to grease the paper

300 ml lingonberry jam

For the crème

200 ml 35% sweet cream
125 cream cheese without salt
2 tbsp sugar
1 tsp vanilla sugar

For décor

Wild strawberries,
blackberries, lingonberries,
or cranberries, as you wish.

They can be frozen.

A sprinkle of powdered sugar

1. Grease the parchment paper with butter and put it on a sheet pan. Preheat the oven to 180 °C.
2. Sieve the breadcrumbs. Mix 4 tbsp of the sieved crumbs with the cinnamon and lightly toast the mixture on a pan. Allow it to cool.
3. Separate the eggs. Whip up the egg whites to stiff peaks with two tablespoons of sugar. In a different dish, whip the egg whites with 2 more tablespoons of sugar and then add the remaining breadcrumbs. Gently lift together the two mixtures and spread it out evenly on the parchment paper. Bake for about 10 minutes. Test with a toothpick. If it comes out clean, the cake is ready. Remove the cake from the oven, wrap it lightly and allow it to cool.
4. Whip the sweet cream with the cream cheese, sugar, and vanilla sugar to the consistency of a fine crème. Unwrap the biscuit and spread the jam and crème all over it, leaving one edge free. Roll up the biscuit and decorate it with the remaining crème and berries. Sprinkle powdered sugar on top.
5. You can use this same recipe for a layered cake. Triple the ingredients, bake three layers, and then stack them with jam and crème among them and on top.

A rye roll biscuit cake or layered cake filled with wild berries and whipped cream is a classic of Latvian cuisine. Depending on the season, such cakes are filled with wild or garden strawberries, blueberries, mountain-ash, cranberries, or other berries.





RYE BREAD *KVASS*



120 rye crackers (crusts, ends, slices)

1.3 l water

50 g brown sugar

3 g dry or 9 g fresh yeast

1. Use dry bread, dry heels of loaves or crusts. Toast the rye bread in the oven until aromatic and put it in a large dish. Boil the water and pour it over the bread. Cover the dish and leave it overnight.
2. The next day sieve the liquid into a dish to ferment. Add and stir in the sugar.
3. Stir the yeast with a bit of sugar in warm water and leave until foam appears. Add the yeast to the *kvass* and stir.
4. There will be foam at the top of the liquid, but they will collapse. A few hours later, small bubbles will start to rise.
5. Pour the *kvass* into bottles with firm corks and refrigerate overnight.
6. You can taste the *kvass* the next day, but be careful, because the bottle will be under pressure. Prepare a glass and very carefully open the cork, gradually releasing the air.
7. Store and serve the *kvass* refrigerated. It will not last long.

Kvass is an ancient beverage. Store up dried pieces of rye bread to prepare a refreshing drink or some traditional sweet bread soup (see recipe on page 18).



RYE ROAD

Rye Road participants

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The Rye Road map



www.countryholidays.lv/ryeroad



ABOUT THE RYE ROAD PROJECT

The project "Rye Road: a Product of Culinary Tourism" (19-00-A01630-000002) is an initiative by a group of Latvian rural tourism entrepreneurs with an objective to create and promote the Rye Road, a culinary tourism product of national significance, based on the topic of the preservation of rye bread and rye product traditions in Latvia.

PARTNERS OF THE PROJECT:

- ◆ The Latvian Country Tourism Association "Lauku ceļotājs"
- ◆ SIA "JS Caunītes"
- ◆ Vineta Čipe, The Āraiši Windmill
- ◆ IK "Dzīles"
- ◆ ZS "Bērziņi"
- ◆ ZS "Buliņi"
- ◆ ZS "Klajumi"



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This selection of recipes from the Rye Road participants and from rural guest houses in all regions of Latvia was compiled by Sandra Ošiņa, the author of garsigatavija.lv collection of Latvian family recipes.

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Lauku Ceļotājs
Baltic Country Holidays

"Lauku ceļotājs" is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside and organised tours. Through many years of operation we have established great relationships with our suppliers and our visitors benefit from our extensive local knowledge and personal service.

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