

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.

