



Carrot buns Sklandraušī 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 SKLANDRAUŠĪ

### 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.