



A LATVIAN RECIPE - ROSOLS

HEILIJA MATISONE, KRISTĪNE SAVICKA

LIEPĀJAS VALSTS 1. ĢIMNĀZIJA



ABOUT THIS DISH

- There are multiple variations on how to call this dish – some call it rAsols, some call it rOsols. It really depends on which side of the country you were born in.
- Rasols is a dish you'd see at every single event in Latvia – whether it's a wedding, a birthday, Christmas day, New Years eve or just a Friday party night – it will be there, because it's easy to make and it's very delicious.
- The origins of Rasols can be traced to the diet of the farmers of Kurzeme. Rasols is a well-documented German-Baltic dish and is mentioned as an integral part of the Christmas table. Rasols was even on the festive table in bohemian Riga in the twenties and thirties.

STEP 1



- These are the ingredients we used:
 1. 9 small potatoes
 2. 7 small carrots
 3. 3 eggs
 4. 1/3 „Doktora” smoked cooked sausage
 5. 190g small pickles
 6. 200g green peas
 7. 200g mayonnaise

STEP 2



- Boil potatoes and carrots for approximately 20 minutes
- Boil eggs for approximately 10 minutes

STEP 3



- While the potatoes, carrots and eggs are boiling, cut up the sausage and pickles into small pieces
- When the rest is boiled, let them cool and cut up into small pieces as well.

STEP 4



- When everything is cut into small pieces, put it all in a big bowl and mix together.
- Add the mayonnaise and once again mix it together. Add salt and pepper based on personal preference.

STEP 5



- And the rasols is ready! Serve in bowls as a side dish or main dish – again, personal preference! Bon appetit!