



*“Food is a central activity of mankind  
and one of the single most significant trademarks of a culture.”*

Mark Kurlansky, 'Choice Cuts' (2002)

Regional culture can be manifested through a variety of forms and practices. Visually, it is reflected in traditional outfits or architecture and it can be traced in regional customs which are celebrated from father to son. Culture is also strongly represented in literature, both the oral traditions and the written works. Last but not least, the regional cuisine constitutes a very significant manifestation of culture.

Here in this booklet, we present the selected traditional dishes of the Czech Republic, Lithuania, Poland, Romania and Slovakia.

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#### Partner schools in the project

Spojená škola (Detva, Slovakia) – coordinating school <http://www.sssdetva.edu.sk/sk>

Střední odborná škola obchodu, užitého umění a designu (Pilsen, Czech Republic) <http://www.nerudovka.cz/>

Vilniaus turizmo ir prekybos verslo mokykla (Vilnius, Lithuania) <http://www.vtpvm.lt/>

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Colegiul Tehnic Balș (Balș, Romania) <http://colegiultehnicbals.ro/>

# Lithuanian cuisine



The main trades in ancient Lithuania were farming and husbandry. The main products were meat, milk and rye, which was the most important for baking bread. There is a saying “You’ll survive without gold but not without bread”. The respect to bread is one of the most essential cultural features among Lithuanians. Bread is considered to be sacred.

In the past people used to eat a lot of meat products, especially pork. A lot of hens, geese, ducks, turkeys were kept on farms. Fish was the most welcomed food for the sea people. It was salted, smoked, air-dried. Mostly honey was used instead of sugar. On almost every peasant farmstead there was an orchard with a lot of bee hives. The most characteristic drinks were mead, beer and sap. The beer was the most popular among Lithuanians. Tea of various herbs: wild strawberries, raspberries, lime buds. They drank coffee made from acorn chicory, rye and wheat grains.

Although potatoes arrived in Lithuania in the late seventeenth century, the potatoes dishes became one of the most favorites and have been the characteristic feature of the Lithuanian cuisine.

Lithuania is not a big country, in terms of area and population. However a lot of friendly, creative people live in it. Our cuisine is rich in a big variety of dishes and preparing food. Our cooks are very creative preparing different dishes and using as many products as they can. *aptus ir gaminimo būdas. Lietuvių virtuvės meistrai demonstruoja nuostabiausias savo kūrybos interpretacijas ruošdami patiekalus su visais žinomais produktais.*

You are welcome to try our cuisine!!!

## Soups / Starters

### Cold beetroot soup

800 g kefir or sour milk  
200 g water  
150 g boiled beets  
150 g fresh cucumbers  
50 g spring onion  
10 g dill  
2 hard boiled eggs  
60 g sour cream  
salt.  
For the boiled potatoes:



600 g potatoes  
salt  
dill

Mix kefir with cold water and add salt. Cut boiled beets and cucumber into thin strips, chop spring onion, add kefir and mix everything. Put the kefir and vegetable mix into separate dishes, add 1-2 slices of hard boiled egg, a little bit of sour cream, and sprinkle some dill on the top. Serve cold beet soup together with hot boiled potatoes. Before serving, sprinkle chopped dill over the potatoes.

## Rye bread

Homemade bread lees

1 glass of rye wholemeal flour

1 glass of warm water

Steps for making home-made yeast dough: add whole meal rye flour and warm water to the bowl, mix well and keep warm for 3 days (stir every day). After 3 days you knead the bread.

Bread:

250 ml of bread lees

1kg of flour - 500g of rye whole grains and

500g of high quality wheat flour

150g of sugar

100g wheat bran

150g of sunflower seeds

100g linseed

caraway seeds

salt

1 tablespoon of oil



Boil and cool 1 litre of water. Sunflowers, linseeds and caraway seeds are washed under under running water. Mix rye and wheat flour, add wheat bran, caraway seeds, sunflower seeds, linseed, sugar and salt to the bowl. Pour water, mix the thick dough - like a cake. When the dough is smooth, add the bread lees. Oil a rectangular cake form and place the dough. When cooking, the dough will rise, so leave at least 2 cm below the top. Cover the dish with a dry towel and warm for 6-8 hours to get up. It is possible to heat up to 30 ° C in the oven for 4 hours. Bake at about 200 ° C for about 1 hour. 20 minutes, reduce heat to 180 ° C and bake for another 10-15 minutes. Remove the baking form from the oven, sprinkle the top of the loaf with water, cover with a dry towel and leave to cool. Take the bread from the baking mold, stores in a bread paper bag or wrapped in a towel.

# Skilandis

lean pork meat 800 g  
fresh bacon 200 g  
ingredients per 1000g (1 kg) of meat  
salt 33 g  
sugar 1 g  
pepper 4 g  
smashed garlic 4 g  
alcohol, 95% 50 ml



Cut meat and belly into 30 mm pieces and mix with pepper and smashed garlic.

Fry salt briefly on a hot pan (removes moisture), stirring often. Rub salt thoroughly into the meat. Add sugar, cure #2 and alcohol. Pure alcohol evaporates rapidly removing moisture at the same time. Mix everything well together. Stuff firmly into pork stomach, bladder or 60mm fibrous casing. Avoid creating air pockets. Reinforce with butcher's twine: two loops lengthwise and loops across the casings every 5cm. Form 10-12cm hanging loop on one end. Hang for at least 10 days in a cool, dry and ventilated area. This is when curing, drying and fermenting are taking place.

Cold smoke (below 18°C) for 3 weeks, applying smoke 3-4 hours daily. On the last day of smoking add juniper berries or juniper twigs into the fire. Dry for 2 months at 8°C and 75% humidity. The sausage should lose about 35% of its original weight. Store in a dark, cool and dry place.

Originally the ingredients were stuffed into pork stomach or bladder. The stomach was sewn and the bladder was tied off with butcher twine. Then the casing was placed between two wooden boards and pressed together. The boards were tied with twine and hung. Original Skilandis was smoked with alder wood.

## Main courses

### Stuffed potato horns with mushroom sauce

1 kg potatoes,  
40 g flour,  
2 eggs,  
salt,  
60 g bread crumbs.

For the stuffing:  
2 hard boiled eggs,

130 g butter,  
50 g onions,  
salt pepper, oregano

For the sauce:

50 g dried mushrooms,  
250 g mushrooms stock,  
20 g flour,  
50 g butter,  
200 g onions,  
200 g sour cream,  
salt, pepper, dill.



Peel potatoes and boil them in salted water, then pour the liquid away, mash the potatoes, and leave them to get cool. Add eggs and flour into the potato mixture and mix thoroughly. Divide prepared mixture into 18 equal parts.

**Stuffing:** Chop boiled eggs. Chop the onions into small cubes and saute them with butter. Mix chopped boiled eggs and onions, add salt, pepper and oregano. Roll 18 parts of mixture up, put on each some stuffing, pinch the sides well and shape into rolls. Coat the rolls with bread crumbs and shape them into horns. Fry deep in fat until they get lightly brown.

**Sauce:** Soak dried mushrooms in cold water for two hours, pour water into another dish, then rinse the mushrooms and boil them until soft. Chop the onions into small cubes and saute them in butter. Add flour and saute for three more minutes; stir it into mushroom stock and boil for 5-10 minutes until desirable consistence. At the end add chopped boiled mushrooms, salt, pepper, dill, some sour cream and bring to boil.

## Samogitian pancakes with butter-sour cream sauce

potatoes 1300g  
2 eggs  
starch 45g

Filling:  
stewed beef 200g  
broth 120g  
onion 20g  
oil 10g  
bread crumbs  
fat for baking



Potatoes must be boiled, peeled and cooled to 40 ° C. Then, put eggs, pour starch and mix everything well.

Add diced and fried onions. Mince stewed or grilled beef, add broth, fried onions and stir. The mass of potatoes and stuffing is divided into 12 parts, as 2 pancakes are prepared for 1 serving. Spread some mass of the potatoes on the palm, stuff and form round patties, which are dipped in the bread crumbs. Bake in fat on both sides. Serve with butter and sour cream sauce.

## Ribs with apples and potatoes

1 kg pork ribs  
1,5 kg potatoes  
700 g sour apple  
150 g onions  
oil 40 g  
bay leaves, pepper  
garlic - 3 pieces  
greens, salt.



Cut the pork ribs and ribs with the mixture of pepper, bay leaves, garlic, grated onions, salt and oil and leave for 2-3 hours to marinate. Roast in an oven together with well washed potatoes in jackets. Before it is ready put sliced apples and sprinkle with greens.

## Desserts / sweets

### Gardumynas

400 g cream  
25 g sugar powder  
100 g boiling water  
50 g sugar  
200 g rye bread crumbs  
200 g cherry  
cranberry or currant jam



Whip cream with sugar powder until gets fluffy.

Dissolve sugar in boiling water and leave to get cool. Grind rye bread crumbs and soak in sugar syrup. Put bread, jam and whipped cream. Decorate with the crumbs of bread and lemon-balm or mint leaves.

## Delicious honey pie

320 g flour  
110 g sugar  
140 g whisked eggs  
60 g butter  
140 g sour cream  
220 g honey  
2 g salt  
3 g mixture spices (cinamon, cloves, cardamon, black pepper)



Mix sugar, sour cream and eggs, pour in melted honey, add ground spices, some salt and melted butter. Put sieved flour with baking powder and a knead the dough. Roll the dough into 5 cm. Put the sheet into papered baking tray and bake in 180-200 degrees C heated oven. Check if it is ready with a wooden stick.

Decorate the cooled honey pie with glaze and sprinkle with crushed nuts.

## Bread jelly with cranberry sauce and whipped cream

555g rye bread,  
1000g boiled water,  
30g lemon juice,  
150g starch,  
170g sugar.  
Sauce:  
100g crushed cranberries with sugar,  
100g boiled water,  
100g cream 36-36% fat  
25g sugar.



Slice the bread and brown in an oven. Pour boiled water on it and steep it for 2 hours then strain. Dilute starch with a little amount of the strained water. Boil the rest of the water with sugar and lemon juice. Pour diluted starch stirring it and bring it slowly to the boil.

The jelly should be of medium thickness and light brown colour. Ready jelly is served in wide glasses and decorated with sauce and whipped cream.

For making sauce cranberries are mixed with water.

## Sweet cottage cheese with poppy seeds

2 l milk  
2 l sour milk  
150 g poppy seeds  
50 g sugar,  
2 egg whites  
50 g butter



Heat milk until it boils, pour sour milk into it. Heat it a little and pour into a cotton bag, hang and drain it. Spread the pot with butter. Put the curds into the bowl with the poppy seeds, whip sugar with the whites. Dip the bowl into another one with a boiling water and heat it until the curd mixture becomes solid. Then put the into the wet cotton bag and press it. The cottage cheese is served with honey jam for coffee.

## Bibliography

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3. Photos are taken by Vida Bingelytė, teacher of Vilnius Tourism and Commerce School.