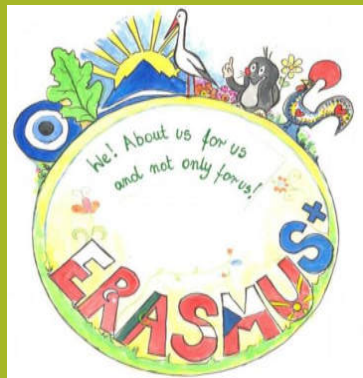




Erasmus+

LATVIAN NATIONAL DISHES



Latviešu nacionālie ēdieni

"WE! - about us, for us and not only for us "





Easter



Easter

In the spring, nature wakes up.

At Easter, the eggs are painted in the bark of onions. In spring, we boil soup from nettles, it is very healthy.



Pavasaris

Spring



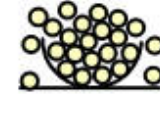
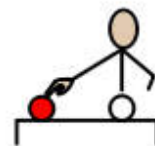
Pavasārī daba mostās.

In the spring, all nature wakes up.



Liendienās krāso olas ar sīpolu mizām.

At Easter, the eggs are painted in the bark of onions.



Pavasārī vāra nātru zupu, tajā ir daudz vitamīnu.

In spring, we boil soup from nettles, it is very healthy.

Summer



Summer



Summer

Midsummer we celebrate in summer, when the day is the longest, the night - the shortest. At the summer people eat cumin cheese and drink beer. The cheese is made from cottage cheese, milk, eggs and cumin. Beer is made from malt, hops and water. Our ancestors made beer themselves at home, but now we buy it in a store.



Vasara

Summer



Vasarā

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Jāņus.

In summer we celebrate Midsummer.



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Jāņos

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In the summer people eat cumin cheese and drink beer.

Cumin cheese



Beer





Autumn



Autumn

In the autumn we harvest vegetables and wheat, it's time to slaughter roosters and geese. Bread and a variety of vegetable dishes are served on the table. The Latvians love shatted cabbage.



Rudens

Autumn



Rudenī

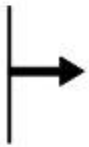


dārzos



novāc ražu.

In the autumn we harvest the plants.



No



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From wheat we make flour and bake bread.

Bread



Winter



Winter

In Latvia, the national dish for Christmas are peas with bacon. Latvians bake pies and gingerbread at Christmas time. In the New Year's Eve, Latvians usually serve twelve dishes.

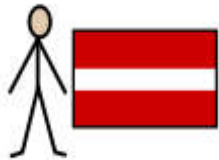


Ziema

Winter



Ziemassvētkos



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piparkūkas

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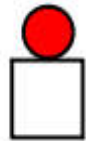


un pīrāgus.

At Christmas Latvians usually bake gingerbread and pies.



Gadu mijā



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12

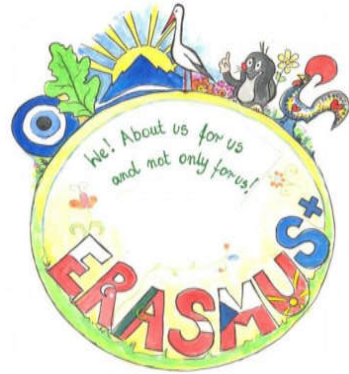
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ēdienu.

In the New Year's Eve, we serve twelve dishes on the table.





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"WE! - about us, for us and not only for us "

