

# Traditional Lithuanian Recipes

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## First dishes:

Grybu salotos su grietine (Mushrooms salad with sour cream)  
Ingredients: 0,5l mushrooms, onion, 100g sour cream, black pepper.

Cut pickled (or in brine) mushrooms, add chopped onion and mix with sour cream. Flavour with pepper.

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### Ausytes su grybais (Little mushroom ears)

#### Ingredients:

3 cups flour  
2 eggs  
2 cups chopped, raw mushrooms  
1 medium onion, finely diced  
2 tbs. butter  
2 tbs. sour cream  
salt and pepper  
water

#### Mushroom stuffing:

- saute onion in butter,
- add sauteed onion to finely chopped mushrooms; add egg, season to taste with salt and pepper.
- mix well.

#### To make the dough:

- to sifted flour in a bowl add eggs, a pinch of salt and enough water to make a dough similar in consistency to that of pasta dough.
- roll out the dough thinly and cut into 2 in. squares,
- place a spoonful of mushroom filling in the middle of the square and fold over, forming a triangle.
- pinch around the two sides, so stuffing does not leak out during boiling,
- take the opposite corners and pinch together.
- bring to a boil salted water in a large pot and boil the ears for 5 to 7 mins.
- remove with a slotted spoon and place into a deep dish and pour over them melted butter, simmered gently with sour cream and salt to taste.

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#### Second dishes:

### Saltibarsciai (Cold soup) I

Ingredients: 0,5 l kefir or curdled milk, 1 l water for cooking, 100 g sour cream, 2 cucumbers, bundle of onion leaves, bundle of red beet-root leaves, bundle of dill, 2 eggs, salt.

Cook cuted beet-root's leaves and leave to cool off. Put cuted cucumbers, onion's leaves, dill and hard-boiled eggs to the pot. Add whole cooking liquid with red beet-roots leaves, sour cream, salt and kefir (curdled milk). Then mix carefully.

Eat with hot boiled potatoes.

Note: It is possible to replace red beet-root's leaves with cuted red beet-roots or sorrel leaves. It is exellent dish during hot summer days. Do not leave this dish for second day - taste will become worse.

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### Saltibarsciai (Cold beet soup) II

Ingredients: 2 boiled beets, coarsely grated  
2 medium cucumbers, cut into small cubes  
2 hard boiled eggs  
1 cup sour cream  
4 cups buttermilk  
1 cup boiled water, chilled  
10 sprigs of fresh dill, finely chopped  
1/2 cup finely chopped, green parts of scallions or chives  
salt  
fresh squeezed lemon juice, to adjust acidity if needed.

- mix buttermilk with sour cream and water; then add the beets, cucumbers and finely cut egg whites, stir gently.
- take the egg yolks and mash them with 1/4 tsp. salt and scallions. This is done to release the onion flavor. Add the yolk mixture to the soup. Stir.
- the soup should have a slightly acid taste, use 1 or 2 tps. of fresh lemon juice to adjust acidity.
- the finely cut dill is sprinkled on top of individual bowls, just before serving.
- this soup is eaten with hot boiled potatoes, and is a summer favorite.

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#### Leistinuku sriuba (Dough pieces soup)

Ingredients: 100g meal, 1-2 eggs, salt, 0,5l milk, 0,5l water, butter, sugar.

Whip eggs with pinch of salt, add meal, then add some milk to reach density like sour cream. Boil milk together with water and drive dough from spoon into liquid. Boil for a few minutes. Eat flavoured with butter or both with sugar. Soup is very fast to make.

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#### Kastinis

This dish made from butter and sour cream is very popular in Zemaitija.

In a clay bowl heated in a pot of hot water (similarly to a double-boiler) slowly combine equal spoonfuls of butter and sour cream while continuously stirring with a wooden spoon. When the ingredients form a thick even mass in the bowl, add salt, pepper and onions. Pour the kastinis into smaller bowls and let cool. This dish can be eaten with bread or hot potatoes.

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#### Didzkukuliai (or Cepelinai)

Ingredients: 1 kg uncooked potatoes, 3 or 4 boiled potatoes, ground beef, milk curd or mushrooms.

Peel and grate the raw potatoes, then squeeze out the excess liquid from them through a cheesecloth. Let the starch settle to the bottom of the liquid, then pour the liquid off and add the starch back to the potatoes. Peel and mash the boiled potatoes, then add them to the grated ones. Add a dash of salt and knead the mass well. Then take approximately egg-sized pieces of this mixture and form into patties.

Place spoonfuls of the previously prepared filling into the center of the patties. Most often such a filling is made from ground beef, milk curd or mushrooms with salt and spices. Close the patties around the filling and form them into ovoid shapes. Then place the cepelinai in salted boiling water and cook for approximately 30 minutes. Cepelinai are eaten with bacon or melted sour cream and butter sauce. This dish is very filling, and was traditionally only served for guests or during heavy labor seasons.

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#### Kugelis (Baked potato pudding)

Ingredients: 2 kg potatoes, 0,5 kg bacon flitch, cup of milk, 2 onions, 2 eggs, ground black pepper, 2 bay leaves, 2 teaspoons of herbs of marjoram (*Majorana hortensis*)(optional), salt.

Grate peeled potatoes. Flitch cut to small pieces and roast, then add to grated potatoes. Also add hot milk and mix up. Put eggs and chopped onions, add pepper, broken bay leaf, marjoram, salt. Mix up once again. Add the mixture to a greased baking dish that layer's thickness would be about 5-6 cm. Bake in oven for 1-2 hours. When finished cut to quadrangular pieces and eat with sour cream.

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#### Dzukiska bulvine banda (Dzukian potato pie )

Grind peeled potatoes, strain off a small amount of liquid. Add some salt. Put the mixture on a cabbage leaf and put into the oven. Bake for 15 minutes. Most frequently is served without sauce.

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#### Vedarai (Groat sausage)

Ingredients: 2 cups barley groats, 200 g bacon grease with cracklings, 1-2 onions, pepper, salt, large pork casings.

Pour boiling water onto washed barley groats and leave for 2 hours in a warm place to soak. Then add the onion fried in the grease with cracklings, salt and stir. If the mixture is too thick, pour in some water, to make it as thick as sour cream. Then take it with a spoon and stuff into the pork casings. Either stick with wooden splinters or tie up the ends of the pork casings. Stuffed sausages place into a greased backing dish, prick all over with a wooden splinter or a thick needle to let the air pass out and to prevent the casing from bursting. Bake in the oven till slightly brown (for 1.5-2 hours). Serve with grease and sour cream. Groat sausages can be cooked with blood too. Stir thoroughly 1-2 cups of blood, if clotted, filter through a sieve and pour into the mixture. (Further, as has been described).

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#### Kepti kiaulienos sonkauliai (Baked spare ribs)

Ingredients: 2 lbs. pork spare ribs

2 medium onions, chopped  
3 cloves of garlic, minced  
2 medium carrots, diced  
3 tbs of seasonings - black pepper, cloves, marjoram, Italian parsley, salt  
4 tbs. vegetable oil

- wash the meat and make small slits between the bones. Rub well with the mixture of seasonings and minced garlic cloves. Allow the ribs to marinate in a cool place, for 2 hours.
- then bake the ribs in 4 tbs. vegetable oil, in a deep frying pan, together with the carrots and onions for about 30-45 mins.
- when done, the ribs are cut up and placed in serving dish and the baking juices are poured on top of the ribs.
- such ribs are eaten with mashed potatoes and simmered sour kraut and/or dill pickles.

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Drinks:

Aguonu pienas (Poppy "milk")

Ingredients: 1l water, 100g sugar, 120g poppy-seeds.

Brew poppy-seeds with boiling water for a 2-3 hours. When seeds bloat out, pour out water and grind seeds with sugar through meat-chopper several times. Then add cold boiled water and mix.

Poppy "milk" is necessary during Christmas Eve and is used as soaking liquid for "kuciukai" (slizikai, preskuciai). Poppy "milk" also is used for drink or is added to the soup.

Kuciukai is small (~2x2x2 cm), sometimes sweet, baked dough pieces. It could be with poppy-seeds mixed in or without ones.

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Spanguoliu kisielius (Cranberry pudding)

Ingredients:

1lb. fresh cranberries  
8 cups warm water  
4 cups sugar  
several sticks cinnamon  
5 whole cloves  
potato flour as starch

- cover the cranberries with the warm water and bring to a gentle boil. That will be the time when the cranberries begin to break open.
- put the berries through a food mill; when all the cranberries have been crushed, wash the food mill with the boiling liquid.
- measure the liquid plus fruit pure, this will determine the amount of potato starch needed to thicken the juice to pudding consistency.
- for each 8 oz./ 1 cup of fruit pure and juice mixture, use 1 tsp. starch. Set aside 1 cup of juice to dissolve the starch.

- add sugar to taste; for a medium sweet pudding, use 1/2 cup of sugar for 2 cups of fruit and juice mix.
- add cinnamon, cloves and sugar to the juice mix and bring to a gentle boil. Gentle heat is required to maintain the deep garnet color of the pudding.
- add, with vigorous stirring, the starch solution and continue at a gentle boil. Stirring constantly the starch will change from a cloudy solution to a clear, deep garnet. As soon as the pudding has thickened and become clear, remove from the heat and let it cool.
- the pudding can be served from a large bowl, or can be poured into individual serving dishes.

Commercially available cranberry juice can also be used to make this pudding. Same proportion of starch, but sugar amount will have to be reduced as commercially available cranberry juice is quite sweet. Also addition of cinnamon and cloves will enhance the cranberry flavor.

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Sweet dishes:

Vysniu saltsriube (Sweet cherry soup)

Ingredients:

3 cups of pitted sour cherries

1/2 cup of sugar

4 tbs. sour cream or yogurt

1 tbs. potato flour

1 small piece cinnamon

8 cups of water

- melt potato flour in 1 cup of water,

- add sugar to the remaining water and cinnamon stick and bring to a boil,

- add cherries to the boiling syrup and while stirring add the starch and bring to a gentle boil again.

The liquid will have thickened slightly.

- chill the soup and serve in individual bowls, garnished with a dollop of sour cream or yogurt.

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Saltanosiai (Cold noses - blueberry dumplings)

Ingredients:

2 cups flour

2 whole eggs

1/2 cup water

1/2 cup sugar

1 cup sour cream

1 cup fresh blueberries or blueberry preserves

pinch of salt

- make dough using flour, eggs and water. On a floured surface roll out the dough thinly, to about 1/8 in. thickness

- if using fresh blueberries, mix with sugar. If using preserves, remove some of their liquid.

- put a teaspoonful of berries on the dough, spaced evenly, fold dough over and press with round cookie cutter or use a medium size glass to cut the dumplings.

- press the dumpling sides together so that the berries do not leak out
- repeat until all dough and berries are used up.
- bring a large pot of lightly salted water to a boil, and drop the dumplings gently, stirring lightly.
- the dumplings are done in 5 to 8 mins. of gentle boiling.
- using a strainer remove the dumplings into a serving dish, cover with dollops of sour cream and sprinkle with sugar.

The Bluenoses are also eaten cold, then they are placed on a serving dish so that they do not touch each other. They are also eaten with sour cream and sugar.

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### Grybukai (Honey mushrooms)

#### Ingredients:

- 1 cup flour
- 2 egg yolks plus 1 whole egg
- 1/4 cup butter
- 1 cup honey
- 1 cup sugar
- 1 tsp. baking soda
- 2 tbs. sour cream
- 1 tsp. of following ground spice mix [ 3 parts cinnamon, allspice, cloves, 1 part orange peel, ginger powder.

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- 1 cup powder sugar
- 1 egg white
- 1/8 tsp. creme of tartar
- 2 tsp. cocoa or chocolate powder

#### To make dough:

- heat sugar in a cast iron pan until sugar turns dark brown
- place all the ingredients in a mixing bowl and work the dough until good, thick consistency and all the ingredients are incorporated. Let it rest to cool.
- divide the dough in half, and make the mushroom caps. Take walnut size pieces of dough , make balls, flatten one side and make a small indentation, a place for the mushroom stem.
- put the mushroom caps, hole down, on cookie sheet
- make mushroom stems, finger thickness and about 1 in. long from the remaining dough, place then next to the caps and bake in a preheated oven at 325 degrees for 25-30 mins.

#### To make icing:

- beat egg white with sifted powdered sugar and 1/8 tsp. creme of tartar.

#### Putting the mushrooms together:

- glue the caps and stems with the icing. Cover the stems with white icing.
- color the remaining white icing with cocoa or chocolate. The brown icing is for the mushroom caps.
- finally the iced mushrooms are returned to a warm oven for 15 min., to dry the icing.

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Aguonu pyragas (Poppysseed coffee cake)

Ingredients:

2 1/2 lbs. flour  
1 1/2 cups milk  
2 oz. fresh yeast  
4 egg yolks  
1 whole egg  
1/2 cup sugar  
1 tsp. salt

Poppysseed Filling :

Ingredients:

1 1/2 cups whole poppy seeds, [ a prepared poppysseed filling can be used]  
3/4 cup sugar,  
1 egg,  
1/4 cup chopped nuts,  
1 tsp. vanilla extract,  
1/4 cup candied orange peel, diced.

- grind poppysseeds

- beat egg with sugar, to it add nuts, orange peel, vanilla and ground poppysseeds ; - mix well. Let rest until dough has risen.

To make the dough:

- mix yeast with 1 tbs. sugar, then dissolve in 1 tbs. milk.

- take 1 1/2 cups flour, mix with warm milk, beat until all flour is incorporated.

- to this add the yeast solution, mix well, dust lightly with flour,  
cover and set in a warm place to rise for 2 hrs

- beat egg yolks with sugar until pale and add to the risen dough. Mix thoroughly.

- add the remaining flour, salt. Knead the dough for 30-45 mins.

- let rest, in warm place for a second rising.

- After the second rising, punch down the dough, divide into two

- roll out the half of the dough to a 1/2 in. thickness and spread on it half of the poppysseed filling, staying away from the edges. Roll it up gently and place, seam down on baking sheet.

- repeat same with second half of dough.

- allow to rise in a warm spot.

- before baking in a preheated oven, at 350 degrees, brush tops with an egg wash

- baking time is about 40-50 mins.

When the poppysseed cakes are done, remove them from the oven, but keep them on the baking sheet, covered lightly so that they do not dry out as they are cooling.

Remove from the baking sheet only after they have cooled.

Serve cut into 2 in. slices.

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Meat products:

Lietuviska desra (Lithuanian sausage)

Ingredients: 5kg pork meat, 3kg beef, 1-2kg bacon flitch, teaspoon of aroma peppers, half teaspoon of black peppers, 4-5 garlic cloves, 300g salt, 10g sugar, 2g sugar

Sausage is made from mature cattle meat without fat increments. Do not use frozen meat!  
Grind meat through sharp meat-chopper. Suggested bolter holes diameter are: for pork meat - 13mm, for beef - 4-5mm. Add salt, sugar, potassium nitrate, species and rubbed garlic to grinded meat.  
Cut flitch to ~1x1x0,5 cm pieces and add to prepared meat. Mix slightly.  
Clean casings carefully and rinse with KMnO4 solution. Remove water from casings running with wood plank over ones. Prepared paste is cramed into pork casings (use cattle casings for long time care sausages) using meat-chopper with additional device. Cram casings hardly, without air gaps and string strongly.  
Slim sausages is jerked for a 3-4 days, tall - 6-10 days (preserve from spoiling and moulding), then is smoked in smokehouse 4-6 days with alder, oak or juniper wood.

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Skilandis

Ingredients: 5kg pork meat, 200g salt, half teaspoon of sugar, teaspoon of sugar, teaspoon of black peppers, 2-3 garlic cloves, teaspoon of crushed coriander

Skilandis is made from good (possibly fatty) pork meat. Cut meat to pieces about 30-50g weight or grind it large like preparing for sausage. If meat is skim add some cutted flitch. Add salt, sugar, potassium nitrate, species and rubbed garlic and mix. Prepared meat is cramed into clean stomach hardly, without air gaps. (In Aukstaitija bladder or omentum membrane is used instead stomach)  
Then stomach is sewed up, puted with splinters, tied up and press for a 5 days in cold place. After that jerk for a 3-4 days and smoke in smokehouse 3-4 weeks with alder, oak or juniper wood. In Dzukija skilandis is jerked like sausages - not smoked.

Translated by Rytis Ambrazevicius, Paulius Jurkus and Giedre Ambrozaitiene.

More recipes available in the chapter LITHUANIAN TRADITIONAL FOODS published in "ANTHOLOGY OF LITHUANIAN ETHNOCULTURE".