



Cold Beet Soup

Cold beet soup (saltibarsciai)

It is our traditional cold beet soup. First of all cook raw beets (sometimes together with leaves). When they become cool, cut in strips, pour some milk, kefir, add some herbs and salt. Put in the bowl sliced egg, fresh sliced cucumber. Combine all ingredients in one bowl and set in refrigerator for about an hour.

Saltibarsciai are served very cold separately with a plate of hot cooked potatoes.



Potato zeppelins

Potato zeppelins (Cepelinai) are big round balls made of raw or cooked potatoes with meat, curd or any other stuffing inside.

Preparation

Usually Cepelinai are made of raw potatoes. Peel and grate the raw potatoes, then squeeze out the excess liquid from them through a cheesecloth. Peel and mash the boiled potatoes. Take 2/3 mass of raw grated potatoes and 1/3 mass of boiled mashed potatoes, add salt and mix well everything. Flatten the balls of potatoes, place the meat in the centre and form the dough around the meat into the shapes of zeppelins. Boil in salted water. Sometimes cepelinai are made with a mixture of smoked ham, mushrooms and curd.





Potato Sausage

Potato sausage (vedarai)

It is a Lithuanian national dish made of baked pork casings with a various mixture. There are two most popular sorts of vedarai in Lithuania: one of them is made of potatoes and the other one is haematic. Vedarai are served with a sauce of cracklings as a second dish.

Preparation

Grate the peeled potatoes. A piece of pork ham is hashed and fried together with chopped onions. Pour fried cracklings and onion over potato mass, add salt and mix well. Pork casings are washed very well and stuffed with a prepared mixture. Put the stuffed sausages into a hot tin and bake in the oven.



KASTINYS

Instructions

Float a ceramic bowl in a hot water bath, add butter and 1 tablespoon of sour cream at a time. Blend with a wooden spoon until sour cream has been added and a white, solid mass is formed. Then add caraway seeds and a pinch of salt. Blend the last 2 ingredients well. Place kastinys into small bowls and refrigerate for 2-3 hours.

Kastinys is somewhat salty, with a delicate sourness. Its taste depends on the seasonings used (mint, allspice, garlic, poppy seed and onion greens).

Sour cream butter is served with hot boiled potatoes, black bread and cake.



TWIGS - Deep Fried Pastry Strips

Twigs-Deep Fried Pastry Strips (Zagareliai) is a dessert recipe created of flour, butter, egg yolks, whole eggs, sugar, sour cream, rum, vanilla extract, some powdered sugar, and some oil.

Instructions

Blend yolks and 2 whole eggs with sugar until thick and lemon colored. Sift flour into eggs, add sour cream, vanilla and rum. Mix well. Beat the dough with a rolling pin folding it inwards until the dough shows blisters. The more air is incorporated into the dough, the lighter the twigs are. Let the dough rest in a refrigerator for a couple of hours. Roll out the dough very thin, cut into strips, 10 cm/3 inches long and 2 cm/1 ½ inches wide, cut a slit in the centre, pull one end through the slit. Heat oil in a deep pot or deep fryer, to keep oil from foaming add 2 pieces of a raw potato. When the twig is placed into the hot oil and rises to the surface fast, this means that the oil is of the right temperature. Fry until golden brown on both sides. Drain twigs on paper towels or brown paper and dust with powdered sugar while still hot.

