

RECIPES FROM LITHUANIA

HOT RED PEPPER WITH HONEY

For each jar you need :

½ clove garlic cut longwise

1 small bay leaf

3 cloves

3 pieces allspice

3 pieces black pepper

10 pieces mustard grain

1 teaspoon oil

For marinade we need:

2,5 glasses water

4 table spoons sugar

4 table spoons honey

½ glass vinegar (9%)

½ table spoon salt

Wash hot red pepper , cut the tops, cut the pepper longwise and clean it. Put the pepper into heated jars, also add all ingredients into each jar. Bring water to the boil and add sugar, salt, vinegar and boil it for 1-2 min. Add honey after you turn off the heat. Mix everything. Pour hot marinate over peppers in the jars. After closing with lids pasteurize for 10-15 min.

PUMPKIN JAM

1liter chopped pumpkins

1 lemon

40G raisins

180G sugar

Mix chopped pumpkin with sugar and keep for 12 hours. After that bring it to the boiling, add minced lemon and raisins. Cook it for 4 min. Can with metal lids.

BEET SALAD

2 kilos beets

600G tomatoes

50G garlic

150G (2 medium sized) onions

250G sweet pepper

100G sugar

30G salt

125ml vinegar

1 glass oil

Ground pepper to taste

Grate boiled peeled beets, chop tomatoes and sweet pepper, cut onions in half rings. Fry onions, add tomatoes, add sweet pepper after a few minutes and fry everything together for a few minutes. Fried vegetables pour into a pot, mix with grated beets, heat until juice appears and when they start boiling add marinate which consists of vinegar, sugar and salt. Cook everything on low heat for 30-35 min., then add minced garlic and ground pepper to taste. Put vegetables into heated jars and close with metal lids.

ZUCCHINI WITH CURRY

2,5 kilos zucchini

8 onions

1 teaspoon ground black pepper

1-1,5 glass vinegar

1-1,5 glass sugar

2-3 spoons salt

20-25G curry

Chopped zucchinis and onion rings mix with spices, vinegar, sugar and salt. Keep it for 12 hours in cool place. Heat vegetables for 10 minutes, put into jars (with juice) and close with metal lids.

PICKLED CUCUMBERS

10kg pickling size cucumbers

5 garlic cloves

10 horseradish leaves

7 stalks of mature dill, with seeds

10 blackcurrant leaves

20 cherry leaves

Use a crock or wide mouth glass jar rinsed with boiling water. Place a layer of seasonings at bottom of container, add a layer of cucumbers, and continue layering until container is full, ending with a layer of seasonings. Prepare brine solution. If pickles are for immediate use (2 or 3 days), place 1 ¼ cup salt in 40 cups of water. When pickling for winter use, add 4 cups of salt in the same amount of water.

Fill container with brine, weigh down with cover, keep in cool place, do not freeze.

SAUERKRAUT

10kg cabbage

1/2kg carrots, peeled and coarsely grated

200G salt

1 cup caraway seed

100G sugar

½L cranberries

Use a wood, glass or enameled container, rinsed with boiling water. Place several cabbage leaves at the bottom of the container. Chop cabbage and mix with carrots, cranberries, caraway seeds, salt and sugar. Add in layers of 20-25 cm and push down each layer so that no air pockets remain. Fill container to about 10cm from top, cover with linen cloth, place cover and weigh it down. There has to be about 2-3cm of liquid above cover. Let ferment at 16-20C. After 3 days, take off cover and with a wooden stick, and poke holes in the cabbage to let escape gas formed during fermentation. Five days later, clean cover, weigh down again and move container to a cold place.

Some homemakers will place a small, whole cabbage at the bottom of the container. These fermented cabbage heads are used in salads or other dishes. Every homemaker has her own recipe for sauerkraut, so the choice and quantity of seasoning varies.