



Travel around Latvia
and **explore the rye
grain's journey**
from field to fork!

With travel map "Rye Road"

About the Rye Road in Latvia

This is the story of the rye grain; a carrier of Latvian identity since ancient times. Nowadays, we are aware of many of the valuable properties of rye, which inspires us to increase its consumption both by trying out old and creating new recipes, from porridge and pancakes to gingerbread biscuits and sprouted grains. We still bake rye bread according to our ancestors' traditions, because we love its authentic flavour and because it gives us strength. We take it with us on the road and as a gift when we visit someone. Latvians put bread on the table at every meal and it is an indispensable addition to soup. In pubs and restaurants, bread is usually served with the main dish without ordering. In finer restaurants and in guest houses, bread is also often home-baked.

This brochure introduces the benefits of rye and both traditional and modern dishes offered by bakers, farmsteads and pubs in Latvia. In order to give everyone the opportunity to enjoy both ancient and modern flavours, six diligent hosts have teamed up to create the Rye Road initiative. This culinary tourism offer is directed at anyone who appreciates natural and healthy food, who cares about the energy, nutritional value and origin of food, who is eager to explore the culinary traditions for using rye and who is excited to learn something new. The creators of the Rye Road initiative not only bake their own rye bread and prepare delicious dishes from rye, but also honour the ancient traditions and introduce others to them, thus bringing these traditions into modern life.

www.countryholidays.lv/ryeroad

„For more than a thousand years, rye bread has stood at the center of Latvian tradition - not just as the mainstay of its diet, but as an enduring symbol of the Latvian identity. Latvian rye bread (Rudzū Rupjmaize) is special, the result of sophisticated, centuries-old methods for managing rye's complex chemistry and quirky behavior. To taste it is to understand, on the most visceral level, the soul of this extraordinary culture”

Stanley Ginsberg,

author, *The Rye Baker* (www.theryebaker.com)

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Rye History and Traditions in Latvia

CEREAL: RYE

Once upon a time, rye was considered to be a weed; however, over time farmers gradually discovered that rye had a better cold-hardiness and that it was more resistant to adverse weather conditions than wheat or barley. In Northern Europe, the first evidence of rye comes from the 1st century AD, but at the turn of the 8th to the 9th century winter rye had become the leading crop. According to the archaeological research conducted in the Lake Castle of Āraiši, in the 8th-9th century rye (*Secale cereal*) was cultivated and used in alimentation in Latvia as well. At the Open-Air Archaeological Museum of the Lake Castle of Āraiši, visitors can witness how bread was baked in those ancient times and how cereal dishes were cooked in clay pots over a campfire.

Rye was widely grown as a crop in Latvia in the 18th-19th centuries and gradually it became one of the most important cereals. Rye is a winter crop, meaning that it is sown in autumn and in winter the sprouts have a dormant period, restarting their growing cycle with the arrival of the warm spring weather.

TRADITIONS AND BELIEFS

In summer, rye blossoms for two weeks, then matures for two weeks, and then dries for another two weeks. After this period, it is ready for harvest.

Just before the harvest, when the rye had matured, Latvians used to pick rye stalks for making rye hats, which would be used the following year during the Shrovetide celebrations. This ritual was supposed to increase fertility and awaken the spring.

There was an ancient saying that if you were to find a two-eared rye stem during harvest, you were to expect wealth, happiness in love, and fertility. Upon the finishing of the harvest, a rye ear crown was usually made and brought home to the hostess. A Latvian tradition was to celebrate the day of Jēkabs. It was the day of new rye bread, when loaves baked from the freshly harvested rye were brought to the table.

Photo: Jānis Jasjukevičs

MARKS ON BREAD LOAVES

Before baking the bread, the hostess marked every single loaf that was to be put in the oven with her fingers or the palm of her hand. Usually, the mark was a straight cross, a diagonal cross, or several stripes. Ethnographer Indra Ķekstere has studied the bread baking traditions in different regions of Latvia and has created a map of bread marks.

In Kurzeme, the most common mark was the cross of crosses (the sign of Māra), whereas in Vidzeme the women also used to mark the sign of Laima, which reminds one of an ear of a crop and was also called the sign of fire. In Zemgale, a simple diagonal cross was popular but in Latgale, a basic straight cross was popular. When marking the breads, the baker would say these or similar words: "May you be enough for the family, enough for the children, enough for the poor, and enough for ourselves!".



RYE STRAW PUZURIS

Special decorations called *puzuris* are made from rye straw. These are intricate and delicate straw mobiles, known for centuries not only in Latvia, but also in Northern Europe. Ancient Latvians believed that these decorations freed space from negative energies and helped in arranging one's thoughts. Puzuris is usually hung from the ceiling with the help of a linen or woollen thread so that it rotates slowly with the flow of air. Its rotation indicates that there is sufficient air circulation in the room, necessary for human health.





Rye Varieties and Characteristics

Rye is mainly grown in northern countries because it doesn't need that much sun. True bakers know that the flavour and consistency of real rye bread can only be obtained by using flour that has been made from rye grain historically grown in Latvia. The most popular local varieties are Kaupo, Amilo, Walet, and Mator. These varieties are less productive and more difficult to grow, which is why only a few farmers choose to grow them, whereas bakers who bake traditional rye bread appreciate the quality of the flour obtained from these varieties. In the plant breeders' eyes, the more productive a plant variety is, the more quality it loses when transformed in food. The historic rye varieties are of national value and it is important to maintain their cultivation in order to preserve the seeds and therefore the opportunity to recreate the real flavour of rye bread, so beloved by every Latvian.



7 Reasons for Eating Rye Bread:

Rye grains contain a lot of substances necessary for the human body. Grain casings contain fibre and minerals, whereas the germs contain proteins, vitamins B and E, and vegetable oils. The middle part of the grain is a source of energy, as it contains starch, protein, and carbohydrate.

Information prepared by the Latvian Bakers' Association

- ◆ **VITAMINS** increase the body's defences against various diseases;
- ◆ **CARBOHYDRATE** provides the body with endurance and strength;
- ◆ **FIBRE** cleanses the body and improves blood circulation;
- ◆ **PROTEIN** strengthens the muscles and nerve cells;
- ◆ The **COMPLEX** of **ANTIOXIDANTS**, **VITAMINS**, and **PROTEIN** improves metabolism;
- ◆ **RYE ABSORBS FEWER HARMFUL SUBSTANCES FROM THE SOIL**, such as mercury or lead;
- ◆ **BIOACTIVE COMPOUNDS STRENGTHEN** the immune system.



Rye Bread

In Latvian homes rye bread has always been a staple dish, earning it a place among the things, places and ideas considered Latvian symbols today.

Traditional Latvian rye bread is made from flour of local grain varieties that have been grown here historically; it is fermented with natural sourdough, hand-made and baked on the hearth of a wood-fired bread oven.

Salinātā rye bread has a deep, dark colour, a pleasant aroma of baked bread and caraway seeds, and a sweet and sour rye bread flavour. *Salinātā* means that it has been made sweeter,

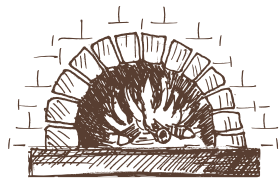
for example, by scalding flour with hot water. This is an old word that is most commonly used in the Kurzeme region, where rye bread was called *salinātā* bread or long bread.

Baking traditional rye bread takes two days. The flour is scalded with boiling water and the dough is mixed with sourdough in a wooden dough trough, adding malt and caraway seeds. Sugar is also added to the dough, as it intensifies the fermentation process and gives the bread its special sweet and sour flavour that is not typical for rye bread baked in other countries. In order for the dough to rise well, it must be kneaded by hand for a long time. The dough is left to proof for many hours and baked in a hot wood-fired oven, laying maple leaves under it or bran when cooking in winter. According to the ancestral tradition, rye bread is to be baked in large loaves and it can be stored for up to two weeks. Rye bread doesn't lose its nutritional value during baking, as its fibre content remains the same and B vitamins are heat resistant. The crust of the bread also contains many valuable biologically active compounds.

Latvian *salinātā* rye bread is registered in the EU quality scheme "Traditional Speciality Guaranteed" (Regulation (EU) No 12/2014)

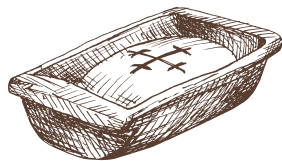


What Is Needed For Baking Traditional Rye Bread



DOUGH TROUGH

Dough trough, bread trough or kneading trough is a large wooden receptacle, in which bread is kneaded by hand until it no longer sticks to the hands, meaning that it is ready for baking. These troughs are most often made from aspen or ash wood, as they don't add any flavour to the dough. The dough trough is not to be washed after use. The left-over bits of dough must be scraped out, in order to keep the good bacteria for the next baking occasion.



BREAD PEEL

A bread peel looks like a wooden shovel with a long handle. Loaves of bread are placed on it and then slid into the oven. The freshly baked bread is also removed from the oven using a bread peel.



BREAD OVEN

Built by a skilled craftsman, the bread oven is at the heart of it all. First the oven has to be heated, then the coal is removed and the ash is cleaned up, and finally the bread can be put in the hot oven to bake.





Types of Rye Flour

- ◆ **WHITE RYE FLOUR**
the finest type of rye flour. It is obtained by separating the grains from their casings and preserving only the endosperm of the grain, which is then finely ground. White rye flour is used to make sweet and sour rye bread.
- ◆ **MEDIUM RYE FLOUR**
coarser than white rye flour, containing the endosperm and quite a lot of the bran of the grain.
- ◆ **DARK RYE FLOUR**
obtained by grinding the whole grain together with the bran and germ, which is why it is high in fibre, B vitamins, iron and folic acid. Dark rye flour can only be stored for 2-3 months, because after this time it becomes bitter due to the oxidation of the oils in the grain germ.



Types and Varieties of Rye Bread

- ◆ **RYE BREAD**
contains at least 90% of rye flour
- ◆ **WHOLEGRAIN RYE BREAD**
contains only dark rye flour that is obtained by grinding the whole grain with its bran, endosperm, and germ.
- ◆ **SWEET AND SOUR RYE BREAD**
made from scalded white rye flour.
- ◆ **RYE BREAD WITH SEEDS AND GRAINS**
whole, crushed, soaked grains, and various seeds have been added to the dough.
- ◆ **RYE BREAD WITH DRIED FRUITS AND BERRIES**
dried raisins, plums, cranberries, carrots, or other similar ingredients have been added to the dough.

Rye Grain and Rye Flour Dishes

Influenced by the principles of a healthy diet, we often return to our grandmother's recipes that contain whole grain flour or just whole grains.



SOURDOUGH TIN LOAF

Nowadays, Latvians are baking sourdough tin rye bread at home more and more often. Unlike real traditional rye bread, it can be baked in a normal electric oven. The dough is made from rye flour by adding natural sourdough, salt, sugar and warm water. If desired, malt extract, caraway seeds, and other seeds can be added for a special flavour. Kneading this dough is relatively easier. The dough is divided into baking tins and marked with patterns on the top. The classic rye bread mark is the cross of crosses (the Māra cross), but each baker can choose their own pattern as their signature. The bread is left to proof in the tin for several hours, baked for a little longer than an hour, then taken out of the tin, covered and left to cool until the next day when it can be eaten.

RYE FLOUR PANCAKES

Rye flour makes great pancakes with crisp edges and a pleasant texture. Make the batter with kefir or milk as the base, add eggs, a pinch of salt, a little bit of sugar, and bicarbonate of soda or baking powder, then leave it to rise. Cook small pancakes in a hot pan and enjoy them with sour cream, jam or fresh berries. You can also cook savoury rye pancakes and serve them with sour cream and salmon or herring. Savoury rye pancakes are also great with a mushroom sauce. If you wish to make big and thin pancakes, add wheat flour to the rye flour.



VEISTEKNIS BREAD

Veisteknis is a type of rye bread that is baked in the Latgale region according to an ancient recipe. The dough is made in a similar way as for traditional rye bread, which is by pouring boiling water over rye flour, adding salt, sugar, caraway seeds, and sourdough, then thoroughly kneading it and proofing it for a long time in a warm place. When the proofing stage has finished, small pieces of smoked bacon are added, loaves are formed and then baked in a hot oven. Onion pieces can also be added to the dough. This kind of bread is perfect for long journeys, when performing manual labour or during active leisure activities in fresh air. It is more filling than ordinary bread, it stays fresh for longer and is also very tasty without any toppings. Even just a chunk of it can be a tasty and substantial meal!

PIES AND SMALL CAKES

Latvian celebrations are unimaginable without the small bacon pies, and they can also be baked from rye dough, stuffing it with smoked bacon cubes that have been fried together with onions. There are many interesting baking traditions in the different Latvian regions. *Kakorka* is made in Latgale by putting smoked meat slices on round bases of rye dough, whereas *kravņņiks*, another Latgalian speciality, is made by spreading grated carrots, fried with salt and butter, on similar bases of dough and then baking these small cakes in the oven. Both of these specialities are sometimes referred to as Latgalian pizzas. Meanwhile in Kurzeme, small cakes called *plades* are made from leftovers of rye dough by spreading sour cream and sugar, carrots or bacon over them. Little rye dough ducklings are often baked for children to enjoy. Both the pies and the traditional small cakes are to be consumed soon after baking.





SKLANDRAUSIS

Sklandrausis is a traditional dish of the Kurzeme region and of the Livonians. These small cakes are baked for the solstice celebrations, and look very sunny thanks to their beautiful orange colour. Their base is made of firm and thinly rolled unleavened rye dough discs with folded edges, forming a sort of a fence (sklanda) – hence the name. Their filling is made of potatoes, carrots, sour cream and sugar. Caraway seeds or ground cinnamon can also be sprinkled on the top. In ancient times, these small cakes used to be baked in the ashes of a campfire, whereas nowadays they are baked in the oven until the dough is crisp, the sugar melted and the flavours well combined. Sklandrausis is registered in the EU quality scheme “Traditional Speciality Guaranteed” (Regulation (EU) No 978/2013).



RYE FLOUR GINGERBREAD BISCUITS

Rye gingerbread biscuits are delicate and traditional winter solstice snacks. The dough is prepared by heating honey, sugar, and butter together with ground spices such as cinnamon, cloves, coriander seeds, allspice, black pepper and nutmeg. Cardamom, ginger, or even coriander or grated lemon zest will also complement the flavours nicely. When the sugar has melted, add bicarbonate of soda and let the mixture cool down slightly. Then add eggs and flour, knead the dough, wrap it up and leave it to rest. Before baking, roll the dough out very thin and, using biscuit cutters, make various shapes of biscuits. If you wish the finished biscuits to have a shiny surface, brush beaten egg over them; however, rye dough biscuits also look beautiful after baking with no glaze. While baking, their characteristic and tempting aroma will fill your home with a truly festive feel. For the gingerbread biscuits to stay crunchy, they should be stored in an airtight container. Due to their low moisture, these biscuits keep for several months.



RYE CRACKERS

Crackers are a type of a very famous traditional Scandinavian bread, which is also gaining more and more popularity in Latvia. The dough is made up of rye flour, buttermilk or kefir, a little bit of oil, bicarbonate of soda, salt and sugar. If desired, caraway seeds can also be added. It is also recommended to add ground flaxseeds, as they help to form smoother dough. It is important that the dough can be rolled well, because the thinner the dough is, the more delicious the crackers will be. Before putting the baking tray in the oven, the rolled out cracker dough can also be sprinkled with water and a mix of seeds. After baking, your massive cracker should immediately be cut up and left to dry out a little. Alternatively, you can also break it into irregular pieces, once it has completely cooled down. These crackers can be eaten on their own or with various toppings, just like sandwiches.



RYE BREAD LAYER CAKE

Rye bread cake is an integral part of Latvian national cuisine and it is often baked to celebrate National Independence Day. Rye symbolises the strength of the Latvian countryside, berries – the taste of the Latvian forest, and cream – a holiday greeting from the Latvian cows. The recipe is as follows. First, whisk egg yolks with sugar. Then add rye breadcrumbs and fold in stiffly whisked egg whites. Pour the batter evenly on a baking tray and bake the cake layers either in round or square shapes. Once they have cooled down, stack the layers on top of each other, covering each layer with lingonberry, cranberry, or rhubarb jam, as the jam you use must be strong and slightly sour. The top is then decorated with whipped cream and fresh berries. Apart from this classic recipe, there are a variety of modern variations, adding a drop of aromatic alcoholic drink to enhance the flavour, or making another kind of filling, or making the layers only from egg whites and rye bread – the variations are endless. You could also make a Swiss roll cake with rye bread layers, cream and berries.



SHEPHERD'S BREAD

Shepherd's bread is a Latvian speciality with a story. In the past, these small bread buns were given to the young shepherds when they left home to spend the whole day in the fields and in the meadows. These small buns were made using a dough scraper. Before baking, the middle was filled with either small pieces of bacon or curd, so that the bread could then be packed up for the young shepherd's lunch. Rye bread has this peculiarity that, unlike with wheat bread, it should not be eaten hot, right after baking. However, this can prove to be quite difficult, as the delicious aroma of rye bread spreads across your home. It can be extremely hard to wait for the next day without having a small bite. This is where the shepherd's buns come in very handy, as you can make several smaller buns from the same dough too. These will cool down quicker and can be consumed on the day of baking.



RYE BREAD KVASS

Kvass is a very old traditional drink that has a similar brewing history to beer. It is made from stale slices of rye bread, soaked in boiling water. Sugar or honey and yeast are then added, thus starting the fermentation process. Properly made and fermented kvass quenches thirst and refreshes greatly. While its flavour can generally be described as sweet, it must also have a hint of sourness and slight bitterness. A good kvass is foamy, rich and sparkling. Naturally fermented kvass can be stored for a very short time, even in a refrigerator, but it has incomparably better flavour qualities than the industrially produced versions of the drink.

Rye Bread Dishes and Snacks

Although rye bread has a strong and particular flavour, it goes extremely well with other products, thus creating a new experience for your taste buds. Skilful chefs will know how to turn stale rye bread into truly delicious dishes. The following desserts are perfectly in line with the latest zero waste lifestyle trends, suggesting great ways for using the piled up rye bread heels and crusts.



RYE CROUTONS

The strong aroma of rye croutons with hints of rye, malt, caraway seeds, and garlic, will never fail to make your mouth water. Rye croutons are made by chopping rye bread slices into long pieces and frying them in vegetable oil until they become crunchy and beautifully brown. Later, freshly ground Latvian garlic and coarse salt are added, letting the flavours soak into the bread slightly. Croutons traditionally accompany cold beer, however, they taste great on their own too. Often they are served together with other savoury nibbles, such as cheese slices, pickled vegetables, spicy dips, and nuts. Croutons can be stored for a long time, making them the perfect souvenir!



LAYERED RYE BREAD DESSERT

In some parts of Latvia, this rye bread dessert is also called *ambrozijis*. It is made from stale rye bread, which is grated and fried in a pan with a little bit of butter, some sugar and cinnamon. Whipped cream and jam made from sour berries are used in this dessert. Usually, lingonberry, cranberry or black currant jam is used. This layered dessert can be made both in a large glass container and in smaller serving bowls. It is made by alternating layers of breadcrumbs, cream and jam. If the breadcrumb layers are thin, the dessert can be eaten straight away, fully enjoying the crispness of the rye breadcrumbs. If, however, you would prefer for the bread layers to be soft, give the dessert some time to rest.



SWEET RYE BREAD SOUP

Bread soup is one of the most popular Latvian desserts and the traditional basic recipe is passed down from generation to generation. It is made at home, in country pubs and in guest houses, and when tailored to the requirements of modern cuisine, also in fine restaurants. Bread soup is made from stale rye bread by first roasting it, then soaking it and, finally, by cooking it together with dried apple slices, black plums, apricots and raisins. The thickness of the soup may vary slightly depending on the cook, but it is generally quite thick and has an obvious texture of rye bread. Commonly used spices are sugar and cinnamon. Sometimes a drizzle of cranberry juice may be added for a more sour flavour. The dessert is served chilled together with whipped cream.



RYE BREAD APPETISERS

At a Latvian table, a thick slice of rye bread with some toppings can be served for breakfast, an afternoon snack or dinner, and also as an appetiser during celebrations. Fresh butter, honey and milk have always gone hand in hand with rye bread. It can also be enjoyed with a slice of smoked bacon, curd and sour cream, roasted hemp, herbs, or radishes. Rye bread also tastes amazing in combination with salted or smoked fish, sprats, cheese, tomatoes and cucumbers. For special occasions, rye bread appetisers are made. They are smaller in size and tend to have more refined ingredients as toppings, for example, a variety of spreads, jams, seeds, sprouts, rich spices and lemon slices.



Celebrations and Events



BREAD DAY IN ĀRAIŠI WINDMILL

EACH YEAR ON THE LAST SUNDAY OF JULY, bakers and bread enthusiasts, bread consumers and ancient tradition admirers, gather on the windmill hill to celebrate the day of Jēkabs, following an ancient tradition to celebrate fresh rye bread. The participants have access to bread baking workshops and creative workshops, children explore the Bread Loaf Trail, and music and traditional games are being played. There is also a Bread Market and an activity of turning the blades of the windmill takes place.



BREAD STREET IN THE RIGA CITY FESTIVAL

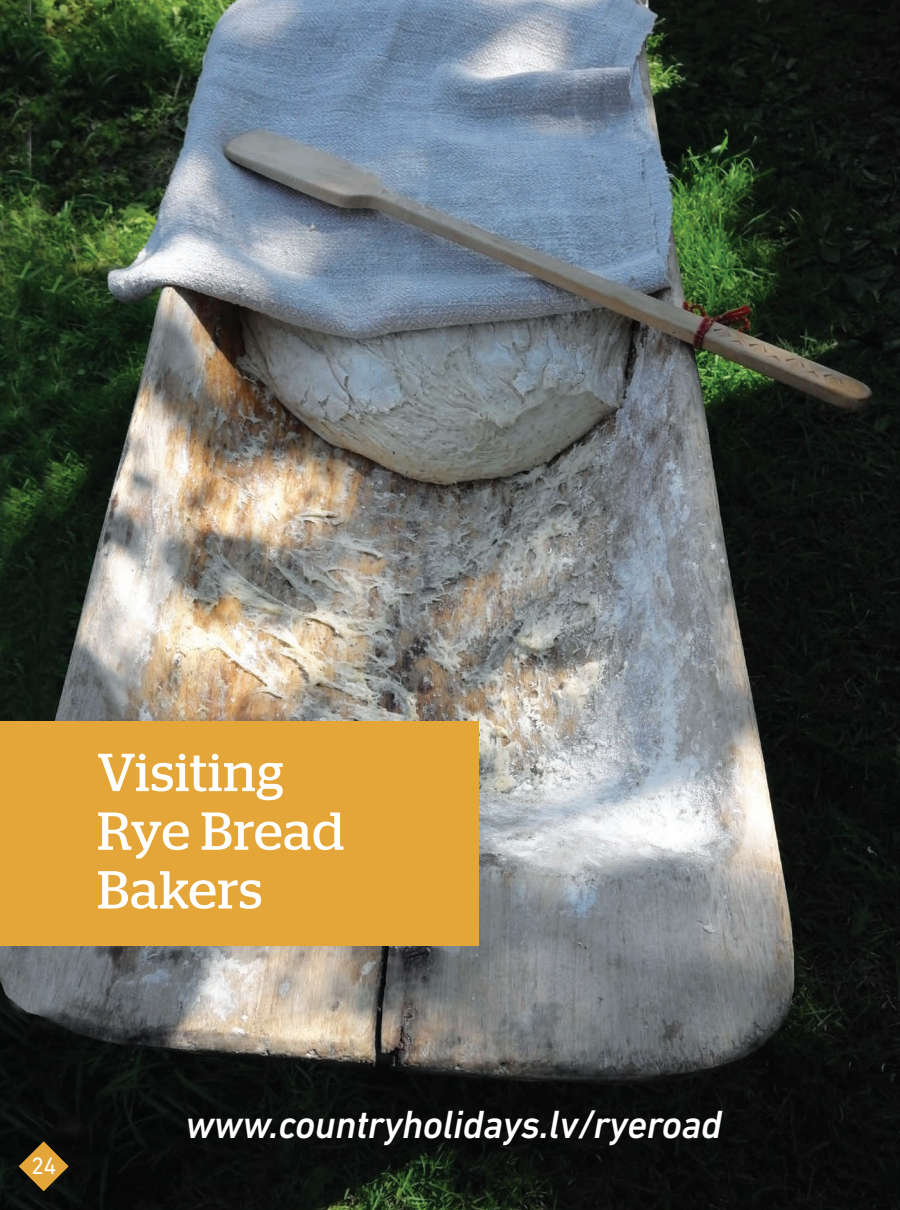
EVERY YEAR, the Latvian Bakers' Association takes part in the Riga City Festival and creates the Bread Street in the very centre of the city. The association is represented by the most active bakeries in Latvia, their best craftsmen, and their apprentices. All along the street, the bakers make and bake a variety of treats, tell people stories and legends about bread, and invite everyone to join in the activities they have prepared, such as solving riddles and recognising different cereals, ancient baker's tools, and bread ingredients.

The Bread Street gives everyone the opportunity to learn about bread and to taste and purchase breads and bread and flour products that are both well-known and brand new, created with the modern consumer in mind.



MILK, BREAD AND HONEY FESTIVAL IN JELGAVA

EVERY YEAR, AT THE END OF AUGUST, the "Milk, Bread and Honey Festival" takes place in Jelgava, giving everyone the opportunity to taste and buy the most delicious milk, bread and honey products from all over Latvia. A festive mood is ensured by open-air stage performances by several choirs, folk music ensembles and bands. Tastings and contests are held throughout the day, determining people's favourite honey and bread products. Various creative workshops and sports activities also take place during the festival.



Visiting Rye Bread Bakers

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Visiting Rye Bread Bakers

Excursion and Baking Bread in the “Caunites” Homestead

www.caunites.lv

CONTACT INFORMATION

“Caunītes”, Cenu Parish, Ozolnieku
Municipality, LV-3018, Latvia
Ph. +371 26352395
E-mail: jscaunites@inbox.lv

HOST AND OWNER

Santa Rubene

The “Caunītes” homestead welcomes visitors who wish to enjoy a Latvian atmosphere and company. Under the hosts’ guidance, everyone can bake their own loaf of sweet and sour rye bread or soft pretzels in an authentic wood-fired oven.

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Miller's Lunch at the Āraiši Windmill

CONTACT INFORMATION

"Vēdzirnavas", Drabešu Parish,
Amatas Municipality, LV-4101, Latvia
Ph. +371 29238208
E-mail: vineta.cipe@inbox.lv

HOST AND OWNER

Vineta Cipe

The four storeys of the windmill tell of the way grains used to be ground in the past, and the visitors can also try out their own grain milling skills. The Miller's Lunch Menu includes barley porridge made with fresh milk and topped with a delicious meat sauce, rye bread soup with whipped cream, and rye bread layered dessert with cranberries and whipped cream. Every year on the last Sunday of July, the mill owners celebrate the day of Jēkabs with a festival of young rye bread, bringing together all the people from the Vidzeme region who daily bake their own bread at home.

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Latgalian Delicacies at the "Dzīles" Bakery

www.dziles.lv

CONTACT INFORMATION

Zaļā iela 9, Malnava, Malnavas Parish,
Kārsavas Municipality, LV-5750, Latvia
Ph. +371 26538016
E-mail: dziles@dziles.lv

HOST AND OWNER

Aina Barsukova

The Dzīles Bakery bread is a true symbol of Kārsava, including rye bread with lingonberry jam, bread with dried tomatoes and thyme, and other tasty breads. The bakery offers their guests a meal, the opportunity to cook together, and at the end of the meal, to try the special Dzīles Bakery cake or the traditional asuškas (sweet yeast dough mini pies). Guests also have the opportunity to buy bread to take home. Dzīles Bakery offers their guests a truly enjoyable and educational hands-on experience.

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Kurzeme Bread in “Bērziņi”, Jūrkalne

CONTACT INFORMATION

“Bērziņi”, Jūrkalnes Parish,
Ventspils Municipality, LV-3626, Latvia
Ph. + 371 29471655
E-mail: jurislastovskis@inbox.lv

HOST AND OWNER

Juris Lastovskis

At the Bērziņi farmstead, delicious rye bread is made, following old family recipes. Their bread gains its unique flavour and aroma from the special, more than 70 year old oven, as well as from the bread-baking tools, such as wooden dough troughs, dough scrapers, and peels, all of which have been preserved from times long past.

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Rye Bread Baking Weekend at the “Kukaburra” Café

www.facebook.com/latviesuvirtuve

CONTACT INFORMATION

“Sargi”, Launkalnes Parish,
Smiltēnes Municipality, LV-4718, Latvia
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E-mail: janisk@hotmail.lv

HOST AND OWNER

Jānis Kriekšis

At the Kukaburra Café on the Buliņi farm, real rye bread is baked every weekend, and guests can take part in both flour milling and bread baking activities. The café serves popular Latvian dishes, made with ingredients provided by local farmers.

www.countryholidays.lv/ryeroad



Rye Fields On Horseback: the “Klajumi” Horse Farm

www.klajumi.lv

CONTACT INFORMATION

“Klajumi”, Kaplavas Parish,
Krāslavas Municipality, LV-5668, Latvia
Ph. +371 29472638
E-mail: ilze@kraslava.lv

HOST AND OWNER

Ilze Stabulniece

Here you can enjoy the truly rural environment of the Klajumi farmstead and the beautiful views of the Daugavas Loki Nature Park from horseback. The kitchen of the Klajumi horse farm serves their guests freshly baked, hot slices of rye bread topped with ham for breakfast and bread with lard, sprats or pike for lunch. Guests are provided with various sources of literature on the baking of bread and on the dishes served to them, and can enjoy an exhibition of antique bread baking tools. The farm cooperates with several Latgalian bakers from Krāslava, Aglona and Andrupene, meaning that their guests can enjoy and compare different flavours of bread.

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About the Rye Road Project

The project "Rye Road: a Product of Culinary Tourism" (19-00-A01630-000002) is an initiative by a group of Latvian rural tourism entrepreneurs with an objective to create and promote the Rye Road, a culinary tourism product of national significance, based on the topic of the preservation of rye bread and rye product traditions in Latvia.

PARTNERS OF THE PROJECT:

- ◆ The Latvian Country Tourism Association "Lauku ceļotājs"
- ◆ SIA "JS Caunītes"
- ◆ Vineta Cipe, The Āraiši Windmill
- ◆ IK "Dzīles"
- ◆ ZS "Bērziņi"
- ◆ ZS "Buliņi"
- ◆ ZS "Klajumi"



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PLĀNS 2020



EIROPAS SAVIENĪBA
EIROPA INVESTĒ LAUKU APVIDOS
Eiropas Lauksaimniecības fonds
lauku attīstībai

Atbalsta Zemkopības ministrija un Lauku atbalsta dienests.

This publication is part of the project "Rye Road: a Product of Culinary Tourism" (19-00-A01630-000002); its objective is to create the "Rye Road", a culinary tourism product of national significance, based on the topic of the preservation of rye bread and rye product traditions in Latvia.

Travel map "Rye Road"

The Rye Road initiative has also been joined by other rural entrepreneurs who bake rye bread either following traditional recipes or family recipes perfected from generation to generation and who make various dishes from rye bread or rye flour and serve them to their guests. These hosts demonstrate the bread-making process to their visitors, allow them to make their very own loaf of bread, offer healthy and delicious rye grain and rye flour dishes, as well as drinks that retain the strength of the rye grain, and introduce them to the traditions regarding rye and bread. Guests are always extremely welcome! Added to this edition is a map with descriptions and contact information that will help you plan your Rye Road journey.

www.countryholidays.lv/ryeroad



Lauku Ceļotājs

Baltic Country Holidays

"Lauku ceļotājs" is a Country Tourism Association based in Latvia, established in 1993. The association unites small family-run accommodation and service providers in the Latvian countryside and organised tours. Through many years of operation we have established great relationships with our suppliers and our visitors benefit from our extensive local knowledge and personal service.

Kalneciema 40, Rīga, LV-1046, Latvia

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RYE ROAD

The Rye Road invites you to visit rural entrepreneurs who make rye bread, using traditional or family recipes perfected from generation to generation, make various dishes from rye bread or rye flour and serve them to their guests. The hosts show visitors how bread is made, offer master classes on baking bread and cooking rye dishes, and tell them about traditions related to rye and bread.

This culinary tourism offer is directed at anyone who appreciates natural and healthy food, who cares about the energy, nutritional value and origin of food, who is eager to explore the culinary traditions for using rye and who is excited to learn something new.

This map is an appendix to the Rye Road brochure. The brochure introduces the history of rye in Latvia, the varieties of rye needed to bake the traditional, "true" taste rye bread, traditions and beliefs, baking tools, the traditional scalded rye bread, and its good nutritional values.

www.countryholidays.lv/ryeroad

PARTNERS OF THE RYE ROAD PROJECT:
Latvian Country Tourism Association „Lauku ceļotājs”,
SIA „JS Caunītes”, Vineta Cipe, „Āraišu vērdzirnava”,
IK „Dzīles”, ZS „Bērziņi”, ZS „Buliņi”, ZS „Kļajumi”.

NACIONĀLAIS ARTISTISKAIS PLĀNS 2020
EIROPAS SAVIENĪBA
EROPAS INVESTĪCIJU APVIÐOS
Eiropas Lauksaimniecības fonda
lauku attīstībai

Atbalsta Zempkopības ministrija un Lauku atbalsta dienests.
Project Title: Culinary tourism product Rye Road. Project Number:
19-00-A01630-000002



Mērogs / Scale / Maßstab / Macurag 1 : 1 200 000
12 0 12 24 km

- 15 Rudzu ceļa objekts / Rye Road site / Roggenweg Objekt / Объект на Пути Ржи
- Galvenie autoceļi / Primary roads / Staatliche Hauptstraßen / Главные автодороги
- Reģionālie autoceļi / Regional roads / Regionale Hauptstraßen / Региональные автодороги
- Vietējie autoceļi / Local roads / Lokalstraßen / Местные автодороги

- Autoceļu segums (asfalts; grants) / Road pavement (asphalt; gravel) / Straßenbelag (Asphalt; unbefestigte Straßen) / Покрытие асфальт (асфальт; гравий)
- Autoceļu numuri / Road numbers / Straßennummern / Номера автодорог
- Parceltuve / Ferry / Fähre / Переправа
- ES-NVS starptautiskais robežšķērsošanas punkts / EU-CIS international border-crossing point / Grenzübergangspunkt der EU mit Zollkontrolle / Международный пункт пересечения границы между ЕС и СНГ
- ES-NVS robežpārejas punkts / EU-CIS border-crossing point / Grenzübergangspunkt der EU / Пункт перехода границы между ЕС и СНГ
- Dzelzceļi / Railways / Eisenbahn / Железные дороги
- Lidosta, lidlauks. Ostas / Airport, airfield. Ports / Flughafen, Flugplatz. Hafen / Аэропорт, аэродром. Порты
- Īpaši aizsargājamas dabas teritorijas / Specially protected natural areas / Besonders geschützte Naturgebiete / Особо охраняемые природные территории

www.countryholidays.lv/ryeroad

1 Bakery SMILTĪŅI

Vitoli iela 18, Ventspils, Ventspils Municipality
GPS 57.38365; 21.56203
Ph. +371 29 148 301

www.celotajs.lv/ve/smittini

The owners have restored a fourth-generation bread oven to continue the tradition of baking bread. In the events organised by the Ventspils Seaside Museum they offer to taste traditional Latvian dishes that are in line with the rhythm of the seasons.

Guests can watch how rye and oat bread is made.

2 Campsite and holiday home ŪŠI

Ūši, Kolka, Kolka Parish, Dundaga Municipality
GPS 57.50919; 22.352394
Ph. +371 29475692

www.kolka.info
Fb: Kempings un brīvdienu māja "Ūši"

The farm is located in the north-west of Latvia, which was historically inhabited by Livonians. The hosts specialise in the preparation of traditional Livonian dishes.

Bakes sklandrausis from unfermented rye flour dough. Sklandrausis cooking master classes for groups of up to 10 pers., 2 h.

3 The sklandraušī baker ELMA ZADIŅA

"Jaunsnikeri", Dundaga Parish, Dundaga Mun.
GPS 57.50919; 22.352394
Ph. +371 26111364, +371 26338797

www.celotajs.lv/ve/elma_zadina

Home producer Elma Zadiņa in Dundaga, Kurzeme.

Prepares traditional sklandraušis from rye flour and the ancient Latvian afternoon dish pūtelis, using ground wheat and rye flour. Tastings of pūtelis and sklandraušis.

4 Farmstead BĒRZIŅI

"Bērziņi", Jūrkalne Parish, Ventspils Municipality
GPS 56.99417; 21.39072
Ph. +371 29171655

www.celotajs.lv/ve/lauku_maizes_cepšana

At the Bērziņi farmstead, delicious rye bread is made, following old family recipes. Their bread gains its unique flavour and aroma from the special, more than 70 year old oven, as well as from the bread-baking tools, such as wooden dough troughs, dough scrapers, and peels, all of which have been preserved from times long past.

Rye bread can be ordered, or you can bake your own by prior arrangement.

5 Bakery and campsite IEVLEJAS

"Ievlejas", Saka, Pāvilosta Municipality
GPS 56.98477; 21.29086
Ph. +371 29124128

www.celotajs.lv/ve/maizes_cepšana_ievlejas
Fb: @ievlejasmaize

An organic farm and a campsite. Available for purchase: sweet and sour rye bread, sweet and sour rye bread with peas, garlic, seeds, hemp, or without sugar.

Sweet and sour rye bread is baked here on the hearth of a wood-fired oven, following an old family recipe and using home-grown, historical varieties of rye flour. Rye breadcrumbs, rye and garlic croutons. Programmes for groups from 10 pers.

6 ALEJAS BAKERY

"Alejas", Rucava Parish, Rucava Municipality
GPS 56.16364; 21.15999
Ph. +371 29383994

www.celotajs.lv/ve/alejassaimnieciba
Fb: Alejas maizes ceptuve

A bakery and a guest house. The bread here is made with natural sourdough and baked in a wood oven. By prior arrangement it is possible to buy bread to take home.

Various types of rye bread (ordinary rye bread, sweet and sour rye bread with or without other ingredients, rye bread with fruit, etc.), rye bread and garlic croutons, and various types of white bread. Master classes in baking bread and cooking typical Lejaskurzeme dishes, bread tastings.

7 The Rucava House of Traditions ZVANĪTĀJI

"Zvanītāji", Rucava Parish, Rucava Municipality
GPS 56.16159; 21.16148w
Ph. +371 26814051

www.celotajs.lv/ve/rucavas_tradiciju_nams_zvanitaji

The wooden building, built at the end of the 19th century in Rucava, recreates the environment in which the Lejaskurzeme people lived more than a 100 years ago. The traditional group "Rucavas sievas" organise dinner, singing, instrumental, and dancing events here, as well as weave useful things.

Programmes available for groups: "Evening Activities" and "A Rucava Banquet" with typical Lejaskurzeme dishes, such as potatoes with white butter, buns and sour porridge. Authentic countryside rye bread with honey.

8 Bakery SĀLDUS MAIZNIEKS

Kuldīgas iela 88, Saldus
GPS 56.684861; 22.465333
Ph. +371 63807590

www.saldusmaiznieks.lv
Fb: SIA Saldus Maiznieks

A family company in the second generation, which has been baking excellent rye bread, various pastries and confectionery products, and garlic croutons since 1992. The quality of the work is monitored by three certified journeyman bakers. Produce can be purchased in the bakery shop.

Rye bread is made with scalded flour and natural sourdough. Master classes and excursions are led by a journeyman baker. A tour of the bakery. Master class in baking rye bread, sweet and sour bread, and white bread.

9 MUSEUM "PASTARIŅŠ"

"Bisnieki", Dzirciems, Zentene Par., Tukums Mun.
GPS 57.123829; 23.017192
Ph. +371 28651091

www.tukumamuzejs.lv/ve/pastarina-muzejs
Fb: Pastarina muzejs

The museum is dedicated to the writer Ernests Birznieks-Upītis (1871–1960), whose bread gains its unique flavour and aroma from the special, more than 70 year old oven, as well as from the bread-baking tools, such as wooden dough troughs, dough scrapers, and peels, all of which have been preserved from times long past.

Rye bread, Sun bread, and Shepherd's bread are baked in the museum's farm. The "Pastariņš in the Countryside" programme with various games, learning about stories, traditional crafts, and the culinary heritage, including baking bread in a proper bread oven.

10 Restaurant VALGUMA PASAULE

"Valgums"-2, Smārde Parish, Engure Mun.
GPS 56.99025; 23.31550
Ph. +371 29414022, +371 63181222

www.valgumapasaul.lv
FB: Valguma pasaule

A restaurant in the "Valguma pasaule" recreation complex on the shore of Lake Valgums. A former USSR government recreation centre near Kemeri National Park. The restaurant serves both gourmet cuisine in the Glass Hall and soups cooked on a campfire.

The restaurant offers home-baked bread made from rye flour. For dessert – a traditional layered rye bread dessert. For appetiser – various canapés with rye bread.

HOW TO USE THE MAP

The map of the Rye Road is intended for planning visits and trips. This map shows the 52 members of the Rye Route who are open to visitors: farms, home producers, guest houses, small bakeries and bakery shops, country cafés, restaurants, and pubs, where you can learn the stories of making bread, taste and purchase rye bread and other rye grain products, as well as learn to bake them yourself.

On this map, you will find a short description of each of the Rye Road participants and their tourism offer, whether it's a special food or drink made out of rye, their produce, tastings, or workshops and master classes for visitors. For every participant, you will also find their contact information.

When planning your visit, please note that booking in advance is usually required, except for participants who have fixed working hours, which should also be checked beforehand.

The participants of the Rye Road can be visited both individually and in groups.



EXPLANATION OF SYMBOLS

TRAVEL MAP

RYE ROAD



RYE ROAD

Travel around Latvia and explore the rye grain's journey from field to fork!

