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Explore  
**HANSA**

# Culinary guide of Straupe



Recipes

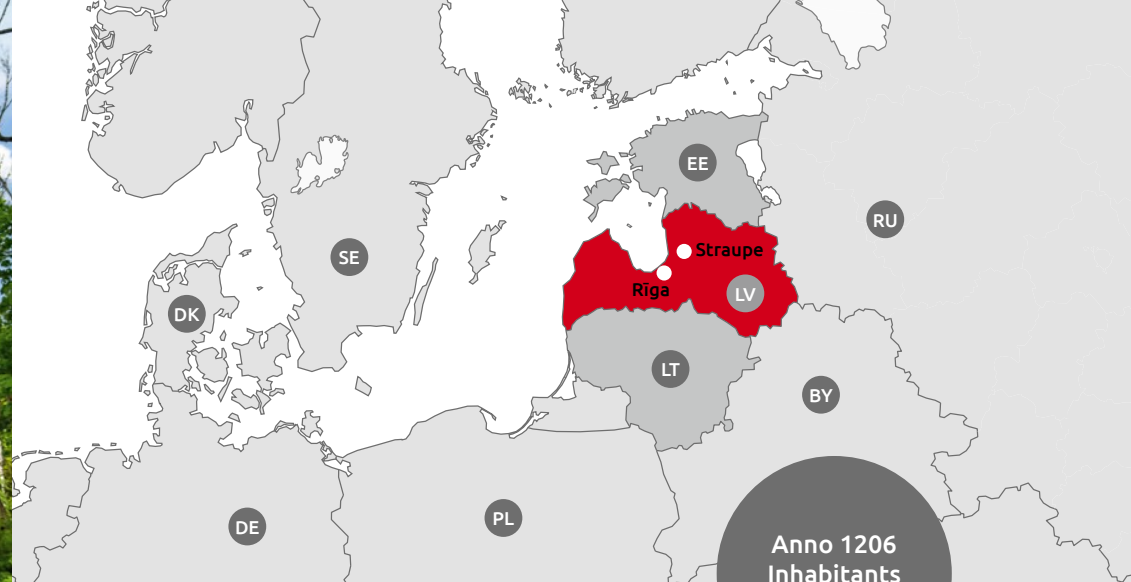
Sights of interest and useful information for travellers





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## Straupe – world's smallest Hansa town

Today just like 800 years ago Straupe is a tiny dot on the map of the world. For the first time the name of Straupe appeared in written records in 1206, in the Livonian Chronicle of Henry. The town became a member of the Hanseatic League due to its location on the intersection of important trade routes and connections of long time liege lords of the town von Rosens. Presently Straupe is a village and is well known and recognised in Latvia and in Europe thanks to its inhabitants' initiative and business acumen. It would be hard to find a person in Latvia, who knows not or has not tasted products of Straupe Dairy Farmers' Cooperative. Visitors from near and far go to Straupe Farmers' Market to purchase and enjoy goods produced by local craftsmen and small producers – the only farmers' and small producers' fair in the Baltic States included in the International Earth Markets Alliance. Those, who prefer recreational activities, take enjoyment in the beautiful and undisturbed nature along the banks of the River Brasla interspersed with the cultural and historical heritage of Mazstraupe and Lielstraupe castles.



# Information for travellers

## Rīga–Straupe

-  Road A3
-  Distance 74 km
-  Time on the road – 1h 15 min

## 5 Tips

- |   |   |   |
|---|---|---|
| 1 | <b>40 min together with guide</b>   | Take a walk along the Hanseatic Hiking Trail and get to know Straupe together with a skilled guide.   |
| 2 | <b>With before ordered meal – 1.5 hrs</b>   | Experience true hospitality at Straupe Old Post Station, rustic restaurant with tasteful local food. Open on market days or with pre-reservation. |
| 3 | <b>On the 1<sup>st</sup> and the 3<sup>rd</sup> Sunday of every month, from 11:00 to 15:00.</b> | Enjoy local delicacies! Visit Straupe Farmers' Market and buy products based on Slow Food philosophy.   |
| 4 | <b>Together with the guide for 4 h</b>  | Biking tour "Around Straupe". Enjoy a comfortable tour through the nice surroundings of Straupe.  |
| 5 | <b>1–2 day route</b>  | Boat trip on the river Brasla. Discover the most beautiful small river in Latvia in a canoe.  |

More about tours  
accompanied by a  
guide look here:





## Contacts

- Phone: +371 26620422
- Email: [turisms@pargaujasnovads.lv](mailto:turisms@pargaujasnovads.lv)
- [www.tourism.straupe.lv](http://www.tourism.straupe.lv)
- PargaujasNovads

## 5 highlights

### 1 Lielstraupe Castle

Lielstraupes pils, Straupe,  
Pārgaujas novads.

Phone: +371 26411827

[www.tourism.straupe.lv](http://www.tourism.straupe.lv), 57.3473, 24.9479



### 2 Mazstraupe Castle

Mazstraupes pils, Straupe, Pārgaujas  
novads. Phone: +371 29489698

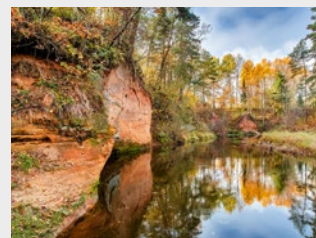
[www.tourism.straupe.lv](http://www.tourism.straupe.lv), 57.3543, 24.9520



### 3 Vējiņi Underground Lakes

"Vējiņi", Straupes pagasts, Pārgaujas  
novads. Phone: +371 29354189

[www.pazemesezeri.lv](http://www.pazemesezeri.lv), 57.3413, 24.9059



### 4 Primeval valley of the River Brasla

57.2865, 24.9309

### 5 Blacksmiths' workshop in Straupe

Bērzu iela 2, Straupe,

Pārgaujas novads. Phone: +371 26520523  
57.3575, 24.9532

Other sights and attractions  
information on current  
issues events view here:







# Culinary guide of Straupe

**S**traupe as a city experienced its best days for a duration of 3 centuries. During this time, the residents of Straupe being located at a significant terrestrial trading road, actively participated in the trading among the large centres – Riga, Tartu, Pskov and Novgorod. The most important goods available for trading at that time were the products used for food – mainly cereals – rye, wheat, barley, oats, buckwheat, also hemp, linen and honey. Legume and vegetables – swedes, radish, cabbage, beets, carrots, cucumbers, onions, garlic, etc. were on the other hand grown for the own table. Cattle breeding was also of a great importance. Meat and dairy products, even though they did not form a major part in the meals of people, were used in cooking of many dishes.

Many products and dishes, including the hempseed butter are a pride and joy of our kitchen even nowadays. Nothing has changed. Even though Straupe has lost its city name for already 4 centuries, a gene of trading or economic activity has been preserved here – the residents of Straupe take good care of their gardens and fields, breed cattle and trade goods.

Everything you can find in this guide was served on the table already during the Middle Ages. Human imagination, creativity, mind and technologies have been added to it, while the old traditions have been preserved. Straupe is proud of its farmers, craftsmen, artisans and the most importantly – Straupe Farmers' Market. The Straupe Farmers' Market has helped to highlight the diligence, creativity and trading skills of the Straupe residents.

## Special offer



The guide has been supplemented with the recipes selected by Baiba Smilga, the Chef of the Straupe Old Post station pop-up restaurant



## Recipe

### • Porridge •

#### Ingredients

400 g potatoes  
300 g pearl barley  
100 ml cream  
Salt  
2 medium onions  
400 g smoked bacon

#### Preparation

Cut peeled potatoes in small cubes. Place in a pot and pour over water – just enough to cover potatoes. Cook on medium heat for approximately 10 minutes until potatoes are semi-cooked. Rinse the pearl barley and add to potatoes, add approximately one glass of hot water. Cook on low heat for approximately 20 minutes stirring occasionally. When barley is soft, add salt (2–4 pinches). Add cream to the porridge and cook for 5 more minutes. Remove pot from the stove, put on lid and leave to saturate. Serve with fried onions and slices of smoked bacon.

## Farm “Zemzari”

#### Craftsman

Owner Jānis Tučs  
“Veldzes”, Straupes pagasts,  
Pārgaujas novads  
tucs-janis@inbox.lv  
Phone: +371 29400146

#### Purchase

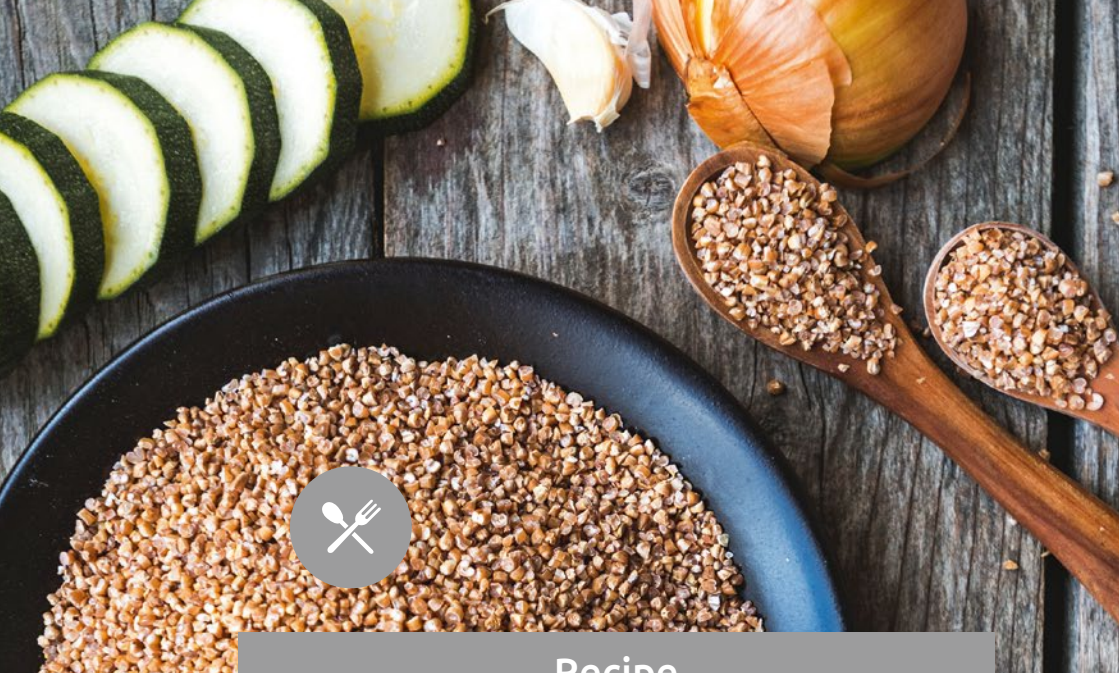
“Zemzari”, “Airas”,  
Straupe dairies store

The farm “Zemzari” manages a land plot of 220 ha, grows mostly cereals, but after being taken for processing, they do not get on the tables of the local customers. The customers can enjoy a selection of smoked meat and sausages produced and sold at the Zemzari store in the centre of the Straupe Parish. Janis Tucs Sr. started his business activity here at the beginning of the 90s, taking over the meat processing plant of the former collective farm named after Lenin. So many things have changed since the smoking of meat had been started in “Veldzes” – national currency, as well as an understanding about



virtues and political system has changed, but meat is still being smoked here, and its taste has not changed for several decades now. Janis Tucs Jr. continues the work started by his grandfather and is successful in everything he does.





## Recipe

### • Barley porridge with lentils and vegetables •

#### Ingredients

2 cups pearled barley (480 ml)  
10 cups water (2.4 l)  
1 large cup of lard  
1/2 cup lentils (120 ml)  
3–4 handfuls of chives and various vegetables  
2 spoons of coriander root (may be replaced with ground seeds)

#### Preparation

Cut the lard into small pieces and cook together with barley, add lentils. Then stew for 2 h on slow heat. Add chopped chives, vegetables and coriander 10–15 min. before eating.

## Organic Farm “Eicēni”

  
Slow Food® Straupe

#### Craftsman

Owners  
Elita and Jānis Reinhardi  
“Dārziņi”, Straupes pagasts,  
Pārgaujas novads  
[www.eiceni.lv](http://www.eiceni.lv)  
[eiceni@inbox.lv](mailto:eiceni@inbox.lv)  
Phone: +371 29108512

#### Purchase

On the holding,  
store “Senā Hanza”,  
Straupe dairies store

The farm was created already in 1993 and certified as an organic farm in 2003. Both owners are professional gardeners, and their love for work may be seen in everything they do. In order to fill the food basket of gourmands, all vegetables found in Latvia – cucumbers, tomatoes, red peppers, Fava beans, Lima beans, onions, carrots, beets,



potatoes, broccoli, cauliflowers, courgettes, swedes, etc. – are being grown here. Pickled vegetables and brines are also made of them. Cereals – oats, rye, wheat, barley and buckwheat, from which pearled grains, groats and flour is being made.





## Recipe

### • Cranberry kvass •

#### Ingredients

1200 g cranberries  
800 g honey  
7.5 l water  
1/2 table spoon dry yeast  
1 table spoon wheat flour  
small amount of raisins

#### Preparation

Smash ripe cranberries and pour with 5 l of water and briefly heat (for the drink not to lose its colour), then filter. Add 2.5 l water to marc, bring to boil and filter. Combine both liquids, add honey and bring to boil again. Add small amount of raisins to cooled liquid and leave for few more hours, add yeast diluted in cold water and flour. Ferment in warm temperature. When raisins float on top and white foam appears, filter the fizz, fill in bottles and place in ice cellar for few days.

## Bee-keeper Mārtiņš Krauklis



Slow Food<sup>®</sup> Straupe

#### Craftsman

Owner Mārtiņš Krauklis  
"Palejas", Straupes pagasts,  
Pārgaujas novads  
Phone: +371 29287825

#### Purchase

On the holding,  
Straupe Farmers' Market

Martins' bee-garden consisting of 40 bee families is located at the very beautiful place on the territory of the Gauja National Park. Apple, plum, shadberry, raspberry, maple, oak, meadow blossom and heather pollen, their magnificent fragrance and healing properties are turned into the greatest delicacies of Latvia – honey. Martins can tell very interesting stories about how bees work, their mutual relationships and interaction with the keeper.



The Martins' farm can also be visited by making reservations in advance. It provides an opportunity not only to enjoy the landscape but also to see how honey is removed and candles are made.





## Recipe

### • Sand cookies •

#### Ingredients

700 g top-quality wheat flour approximately  
300 g sugar  
(leave a bit for sprinkling)  
425 g butter  
2 eggs + 1 for brushing  
125 g roasted and chopped peanuts

#### Preparation

Knead all ingredients and allow dough to rest for 1/2 h. Roll and press out cookies, brush with whipped egg, sprinkle with sugar and bake in 240°C for 10–15 min.



## The Straupe Bakery

### Producer

"Roze MJ" Ltd  
Owners Māris Šķesteris  
Jānis Lauga  
Braslas iela 1, Straupes  
pagasts, Pārgaujas novads  
[www.straupeslabumi.lv](http://www.straupeslabumi.lv)  
[rozemj@apollo.lv](mailto:rozemj@apollo.lv)  
Phone: +371 64134164

### Purchase

Orders and purchase  
in the store "Airas"

The company was founded 20 years ago, and now it employs 11 confectioners and bakers in order for the bakery to be able to supply all stores of its company and fulfil individual orders. Approximately 200 various products are made at the bakery – cakes, cookies, pies, big pretzels, tarts and bread.



The main value here is composed of the recipes developed to perfection over the years, and, of course, also the raw materials – butter, cream and cottage cheese of the Straupe Dairy Plant. And the customers are always satisfied.





## Recipe

### • Mushroom soup with smoked streaky bacon •

#### Ingredients

1 l salted forest mushrooms  
400 g smoked streaky bacon  
1 onion  
4 cloves garlic  
6 pcs potatoes  
2 pcs carrots  
2 pcs pickled cucumbers  
2–3 laurel leaves  
Dill, parsley  
Pepper and salt  
Sour cream for serving

#### Preparation

Rinse mushrooms carefully. Peel carrots, potatoes and cut in small cubes, finely chop onions and garlic. Slice bacon in small strips. Boil small amount of oil in the pot where the soup will be cooked and fry streaky bacon, add carrots, onions, garlic and fry until onions and garlic become transparent. Add approximately 2 l of water and bring to the boil and continue cooking on slow heat for about 10 min. Then add potatoes, mushrooms, laurel leaves, salt, pepper and cook for 15 more minutes. Soup must be relatively thick. Add pickles, herbs and sour cream to the soup when serving.

## Klāmaņi smoked goods

The Dīcmaņi couple finally has a stable demand for their products and trust of customers by using the funds earned abroad and persistent experiments – from what, with what, where and how to do it better. Starting only with almost nothing in 2012, they are now smoking pork, chicken, preparing fried and various other sausages and jellied meat. Even though they do not breed pigs, meat is being purchased from the farmers of Latvia.

#### Craftsman

Owners  
Dainis and Karmena Dīcmaņi  
“Klāmaņi”, Straupes pagasts,  
Pārgaujas novads  
karmena\_dicmane@inbox.lv  
Phone: +371 26461503



#### Purchase

Straupe Hanseatic  
Craftsmen's Market

The entire process is rather tasty – extremely delicious and aromatic meat products are cooked in a beautiful and neat farmstead, in the self-made smoke houses, using the alder and apple tree logs. It all can be viewed here, making reservations in advance.



## Places of purchase



- 1 Farm "Zemzari"
- 2 Organic Farm "Eicēni"
- 3 Bee-keeper Mārtiņš Krauklis
- 4 The Straupe Bakery
- 5 Klāmaņi smoked goods
- 6 Rožkalni home-made bread
- 7 Aija's Cakes (Aijas Kūkas)
- 8 Bee-keeper Otto Abzalons
- 9 Dairy Farmers' Cooperative Association "Straupe"
- 10 Vita Petrova
- 11 "Straupes ligzda" Ltd
- 12 The Cooks' Creative House (Pavāru radošā māja)

- 13 Straupe Farmer's Market  
"Vecpasts", Straupes pagasts, Pārgaujas novads  
Phone: +371 29464946  
[www.farmersmarket.lv](http://www.farmersmarket.lv), 57.3251, 24.9188
- 14 Rožkalni bakery store "Senā Hanza"  
"Rožulejas", Plācis, Pārgaujas novads  
Phone: +371 27007901  
[www.rozkalnumaize.lv](http://www.rozkalnumaize.lv), 57.3634, 24.9795
- 15 Straupe dairies store  
"Pienotava", Plācis, Pārgaujas novads  
Phone: +371 64132177  
[www.straupespiens.lv](http://www.straupespiens.lv), 57.3653, 24.9825
- 16 Straupe Hanseatic Craftsmen's Market  
"Pienotava", Plācis, Pārgaujas novads  
Phone: +371 29631328  
57.3653, 24.9825
- 17 "Airas"  
Braslas iela 1, Straupe, Pārgaujas novads  
Phone: +371 64134208  
57.3755, 24.9511
- 18 "Zemzari"  
"Veldzes", Straupes pagasts, Pārgaujas novads  
Phone: +371 29400146  
57.3541, 24.9490





## Recipe

### • Rye bread pudding with cranberries •

#### Ingredients

##### **4 servings**

200 g rye bread  
200 g cream  
4 table spoon sugar  
200 g cranberries

#### Preparation

Rye bread is crumbled and placed in the oven, toasted in 100 degrees until the bread hardens. Cool and grind it. Whip cream with 2 table spoons of sugar. Leave few cranberries for decoration, blend the rest with 2 table spoons of sugar. Place all in desert dishes or glasses. First place bread, then ground cranberries, top with whipped cream and repeat the sequence. Decorate with whole berries.

## Rožkalni home-made bread

#### Craftsman

Real Bred Ltd  
Owners  
Inta and Austris Ekerti  
"Rožulejas", Plācis, Straupes  
pagasts, Pārgaujas novads  
[www.rozkalnumaize.lv](http://www.rozkalnumaize.lv)  
[info@rozkalnumaize.lv](mailto:info@rozkalnumaize.lv)  
Phone: +371 27007901

#### Purchase

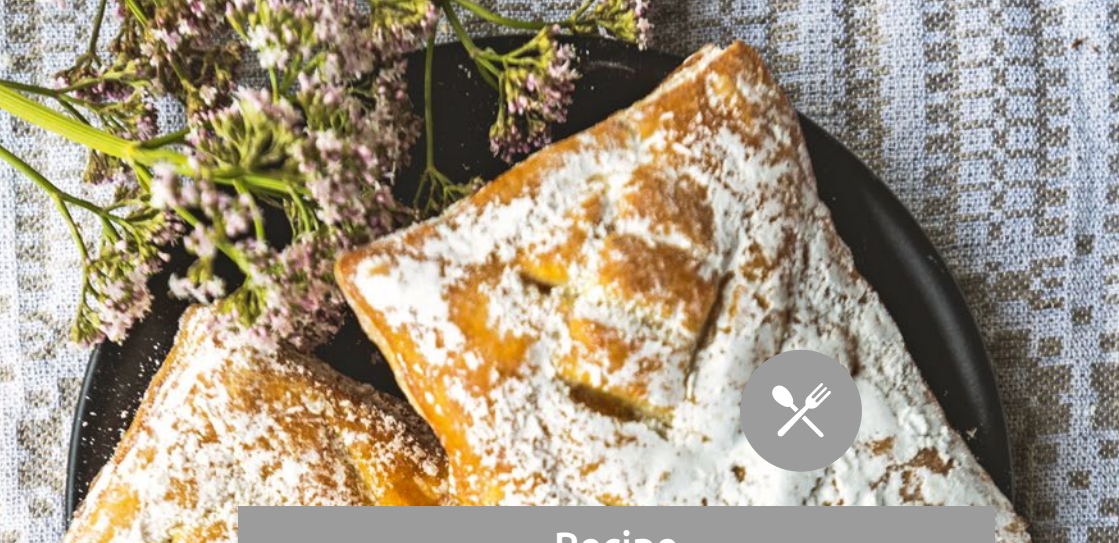
Store "Senā Hanza",  
Straupe Hanseatic  
Craftsmen's Market,  
Straupe Farmers' Market

On June 21, 2008 at the first Straupe Fair of Country Goods Inta sold her first three trays of pies, apple cakes and curd cakes. It has been rather a challenging road since then, learning and trying again and again. 10 years would have passed since that day, and now the Rozkalni bread is favoured near and far. Big, beautiful loafs of bread are baked at the self-made Rozkalni bakery, while cakes, cookies, pies and big pretzels are baked at the recently opened Rozuleju pastry-shop.



Baking of large loafs of bread created based on old recipes can be viewed making reservations in advance at the Rožkalni bakery "Rožkalni", Straupe Parish, Pargauja Municipality.





## Recipe

### • Pastries by Kitija •

#### Ingredients

##### **Yeast**

425 g wheat flour  
300 g warm water  
30 g yeast

##### **Dough**

620 g wheat flour  
190 g warm water  
15 g salt  
200 g sugar  
80 g butter 82%  
2 pcs eggs

##### **Dough filling**

270 g butter  
90 g flour

#### Preparation

Dissolve yeast in 100 g of water and ferment until double in volume. Then knead in flour and 200 g water and ferment until reaching double volume at 25°C for approximately 0.5 h. Add everything and ferment right on the table. Roll a square and over with 270 g of butter and 90 g of flour. Fold one third of a square by folding first the right third and then the left third toward the middle and place in refrigerator for 0.5 h. Once again roll the square, fold once again and place in refrigerator. Cut square smaller pieces, ferment for approximately 10 min prior to baking, brush with egg and bake in 175°C for approximately 20 min.

## Aija's Cakes

  
Slow Food\* Straupe

#### Craftsman

Owner Kitija Dzērve  
"Aizupes", Plācis, Straupes  
pagasts, Pārgaujas novads  
Facebook @aijaskukas  
aijaskukas@gmail.com  
Phone: +371 29388378

#### Purchase

Straupe Farmers' Market,  
Straupe dairies store

In 1990 when Aija baked her first cakes, she most likely could not imagine that one day she would have her own company "Aija's Cakes", a certified bakery, and cakes would be baked by her beloved daughters. But demand for cakes was growing on, so a company was established and employees hired to satisfy the needs of everyone wishing to buy cakes. Today cakes are baked by her daughter Kitija, and there always are queues for the cakes with romantic names



Josephine, Napoleon, Gourmand Nanny and Black Prince. Private Entrepreneurship Aija's Cakes is a member of the Slow Food Straupe Association, certifying that the cakes, pies, tarts, big pretzels and cookies have been baked taking into consideration the Slow Food principles – good, clean and honest.





## Recipe

Recipe from the book of Suntaži and  
Mālpils Minister S. Gubert (17<sup>th</sup> century)

### • Gingerbread •

#### Ingredients

Honey  
Rye flour  
Shredded ginger  
Cinnamon  
Pieces of orange  
Anise  
Cardamom  
Butter

#### Preparation

Take honey and melt it by stirring and remove froth. When it has turned into liquid, remove the one from heat. Add well sifted rye flour, which during a winter day is slightly heated up to a room temperature and stir in well until it is thick as porridge. Knead up any lumps and place overnight in a cold place. On the next day knead it well, add crushed ginger, cinnamon, pieces of wild orange, aniseed and cardamom. Then take paper, grease it with butter, place dough in flat pancakes on the paper and put in oven.

## Bee-keeper Otto Abzalons

Otto is a bee-keeper by desire. In 1984 he took over his father's bee garden and has never doubted choice of his trade. Beautiful honey jars of Otto are decorated with a title – Honey of various flowers, which means buckwheat, heather, rapeseed and many other flowers. Bees may not be controlled, they may not be sent to specific flowers, because if they do not like them, they will not fly to them. Otto makes bee bread, pollen, candles and propolis. And also a propolis liqueur for a happier mood.

#### Craftsman

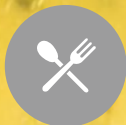
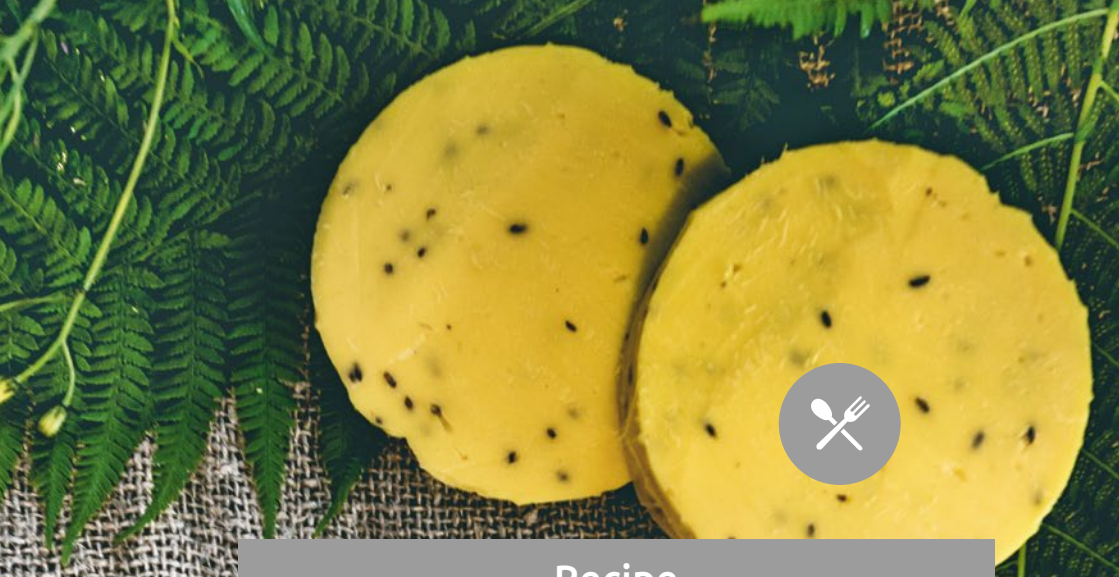
Owner Otto Abzalons  
"Vālodzēni", Straupes  
pagasts, Pārgaujas novads  
Phone: +371 26353563

#### Purchase

Store "Senā Hanza",  
Straupe Hanseatic  
Craftsmen's Market,  
Straupe Farmers' Market,  
Straupe dairies store







## Recipe

### • Jāņi cheese •

#### Ingredients

1 kg cottage cheese  
5 l milk  
100 g sour cream  
50 g butter  
2 pcs eggs  
1 table spoon caraway seeds  
Salt

#### Preparation

Bring milk to boil, add ground cottage cheese and heat by stirring slowly until whey comes from milk, remove whey. Place melted butter in a pot, by stirring add cream, whipped eggs, salt and caraway seeds. Heat by stirring slowly until homogeneous. Wrap in wet cloth, place under the weight.



## Dairy Farmers' Cooperative Association "Straupe"



### Producer

Chairman of the Board  
Imants Balodis  
"Pienotava", Plācis, Straupes pagasts, Pārgaujas novads  
[www.straupespiens.lv](http://www.straupespiens.lv)  
valde@straupespiens.lv  
Phone: +371 64132256



### Purchase

Straupe dairies store, Store  
"Senā Hanza" and "Aīras"

The Straupe Dairy Plant built in 1911 is a pride and joy of Straupe. Not long after Latvia the restoration of independence – in 1993 was established the Dairy Cooperative company "Straupe". The members of the association are Pārgauja and neighbouring counties peasants, whose the quality of milk produced is one of the highest in the country.



The dairy plant produces and packs milk, butter, sour cream, cottage cheese, yoghurt, cottage cheese cream, cheese with caraway seeds, pure culture and all of those with various flavours. One of the most special products of the Straupe Dairy Plant is a hempseed butter, which is not only healthy but also highlights old Latvian traditions. All products of the Straupe Dairy Plant are clean, free of the vegetable fat additives, chemical preservatives, and people do appreciate it.





## Recipe

### • Cheese cake by Vita •

#### Ingredients

##### **For a dough**

400 g wheat flour

150 g sugar

Pinch of salt

1/2 table spoon soda

300 g sour cream

##### **For cheese paste**

1250 g skimmed milk

cottage cheese

3 eggs

A handful of raisins

1/2 tea spoon vanilla sugar

150 g sugar

200 g sour cream

3 table spoons wheat flour

#### Preparation

Knead dough ingredients until not sticking to hands. Place on the baking tray covered with baking paper and level by means of flour.

Prepare the cottage cheese paste. Mix all and place on rolled dough. Bake 1 h and 10 min in 185°C until golden.

## Vita Petrova

  
Slow Food\*Straupe

#### Craftsman

Owner Vita Petrova  
"Upītes", Straupes pagasts,  
Pārgaujas novads  
vitap76@inbox.lv  
Phone: +371 26875577

#### Purchase

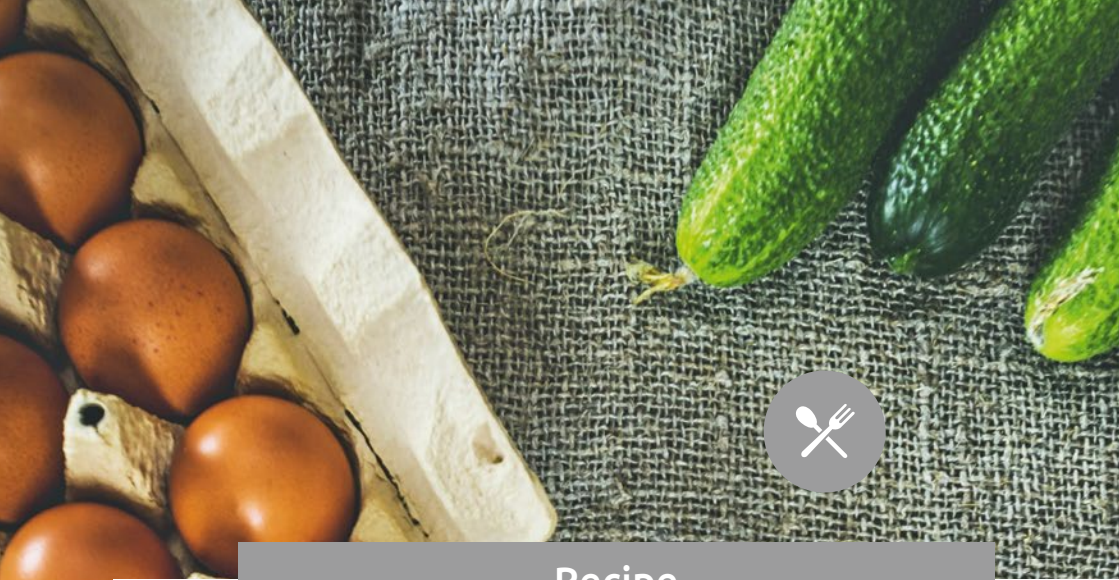
Straupe Hanseatic  
Craftsmen's Market,  
Straupe Farmers' Market

Vita's farm has 6 milk cows, mostly the brown cows of Latvia. All milk obtained within a week is turned into various dairy products and gets on the customers' table. Vita makes butter, sweet and sour cream and most importantly – cheese. Cheese with caraway seeds, various seeds, hempseed, sweet clover, pumpkin seeds and sesame,



garlic, herbs, basil and tomatoes, sweet cheese with poppy seeds, dried fruit, raisins and chocolate; these are the most favourite products of the customers. In addition to milk cattle, the farm is breeding also the beef cattle – Charolais and Limousine, which are taken to the auction houses.





## Recipe

### • Peasants' breakfast •

#### Ingredients

##### 1 serving

1 egg  
30 g milk, salt  
75 g smoked lard or  
streaky bacon  
25 g sausages  
15 g onions  
100 g boiled potatoes

#### Preparation

Cut smoked meat and sausages in sticks and fry together with chopped onions. Add cut boiled potatoes, pour over egg and milk mixture, bake in oven until eggs have curdled. Serve with vegetable salad.



## “Straupes ligzda” Ltd

  
Slow Food\*Straupe

#### Craftsman

##### Owners

Lāsma and Nauris Vītoli  
“Strautiņi”, Straupes  
pagasts, Pārgaujas novads  
[www.straupesputni.lv](http://www.straupesputni.lv)  
[straupesligzda@gmail.com](mailto:straupesligzda@gmail.com)  
Phone: +371 28760446

#### Purchase

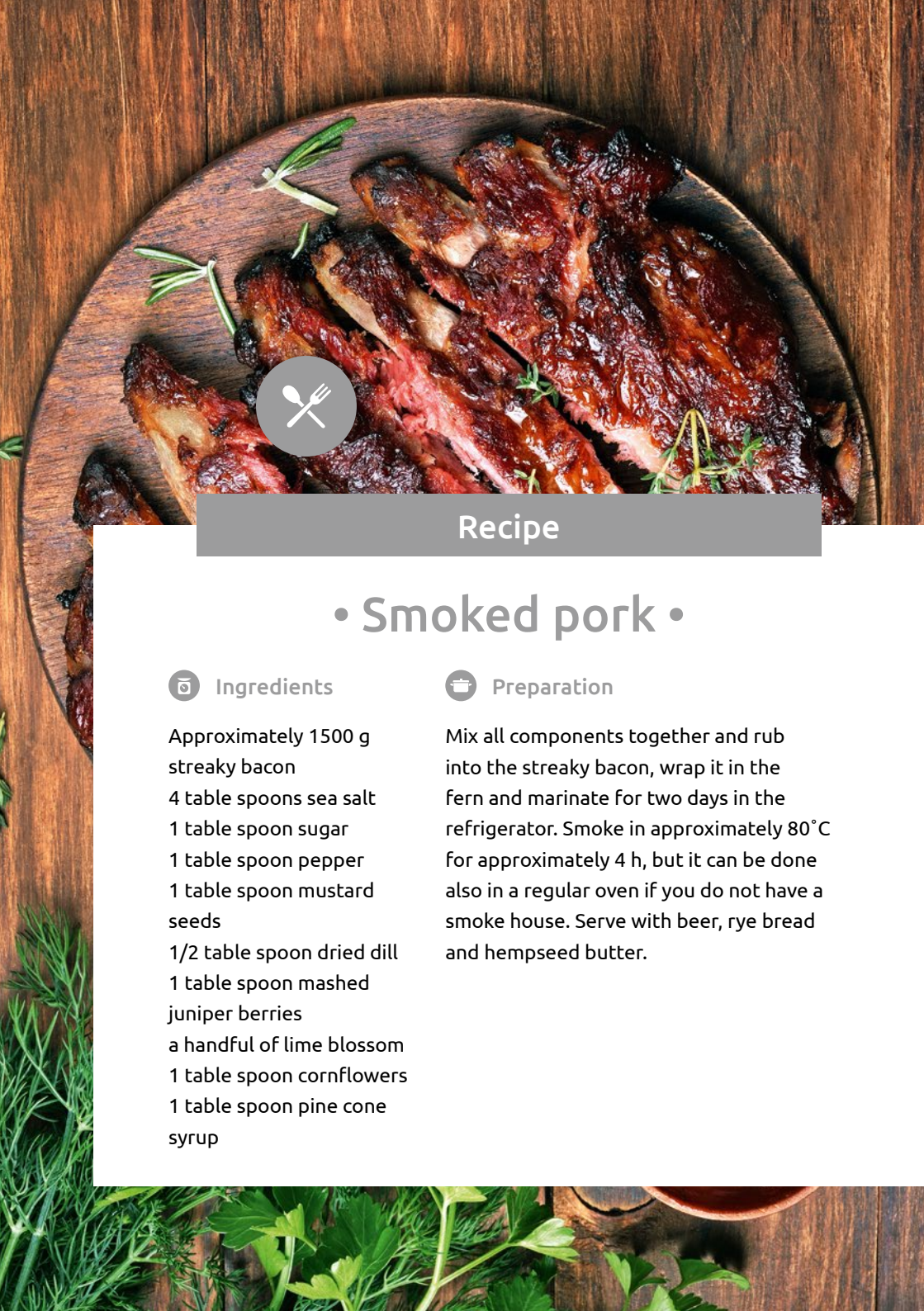
Straupe Farmers' Market,  
store “Senā Hanza”,  
Straupe dairies store

Rapid development has taken place since April 27, 2012, when the company “Straupes ligzda” was founded. Already from the first day, the customers have been offered to buy the eggs of the “happy hens”, which means that laying hens are kept in a free environment; they have an opportunity to go out in the sun and green grass. Special attention is paid to their feed, quality of which is determining to ensure taste and nutritional value of eggs. This fact is especially appreciated by the cake bakers of Straupe and, of course, also the cakes' eaters.



The next step has already been made – the byers are being offered organic eggs, and a separate company “EK OVO” has been founded. A European project was implemented in 2017, in the scope of which an egg packing facility was built and a special design for the packing of organic eggs was created.





## Recipe

### • Smoked pork •

#### Ingredients

Approximately 1500 g  
streaky bacon  
4 table spoons sea salt  
1 table spoon sugar  
1 table spoon pepper  
1 table spoon mustard  
seeds  
1/2 table spoon dried dill  
1 table spoon mashed  
juniper berries  
a handful of lime blossom  
1 table spoon cornflowers  
1 table spoon pine cone  
syrup

#### Preparation

Mix all components together and rub into the streaky bacon, wrap it in the fern and marinate for two days in the refrigerator. Smoke in approximately 80°C for approximately 4 h, but it can be done also in a regular oven if you do not have a smoke house. Serve with beer, rye bread and hempseed butter.

## The Cooks' Creative House

  
Slow Food\*Straupe

#### Craftsman

The owner Ēriks Dreibants  
[www.dabasgarsa.lv](http://www.dabasgarsa.lv)  
[info@dabasgarsa.lv](mailto:info@dabasgarsa.lv)  
Phone: +371 29222335

One of the most excellent cooks of Latvia has created a Cooks' Creative House in the Straupe Parish, on the territory of the Gauja National Park.

The House is open to anyone from the entire world, who cares for the wild and organic goods. Preference for residing at the house is given to cooks followed by other persons related to preparation of food and drinks.



All necessary conditions have been provided at the house for each guest to create their own especial flavours and sense of food in peace and silence, using the goods picked in the woods and meadows and caught in the lakes and rivers. If you also feel such appeal, contact the owner Ēriks Dreibants.



# Festivals and events

## Latvian Winemakers Festival



Old Post  
Station Straupe



A new tradition – the Winemakers' Festival in Vidzeme was started in September of 2017. The festival is organized by the Slow Food Straupe Association, and its goal is to popularize the local wine-making traditions. Straupe Old Post Station has been chosen as the festival site. This is a home of the Straupe Farmers' Market, and this historical complex of the Horse Post with its authentic courtyard laid with brick has turned out to be a suitable place for trading, wine tasting and listening to music. In each step you can feel care and sense of place of the owners Aija and Guntis Āboliņi-Āboltiņi during developing of this complex.

Already the first organized festival provided an opportunity to taste 15 wines created by the wine-makers, try to unveil the secrets of their trade and learn practical advices in wine-making. The festival was supplemented by the offer of snacks and desserts made by the famous chefs of Latvia – Mārtiņš Rītiņš and Ēriks Dreibants, as well as the accordion melodies played by Kaspars Gulbis. The culmination of the festival was placing in wine the berries and fruits brought by the event visitors and guests. A drink was made, which will be solemnly offered during the next wine-maker festival of Latvia at the Straupe Old Post Station!

### Contacts



Phone: +371 29464946



Email: [info@farmersmarket.lv](mailto:info@farmersmarket.lv)



[www.farmersmarket.lv](http://www.farmersmarket.lv)



[straupestingus](https://www.facebook.com/straupestingus)



### Visit

In the Straupe Old Post Station every year in the second half of the summer





# Straupe Farmers' Market



The model of the Straupe fair is not typical. If usually farmers go to sell their products in the city, in this case the city residents go to the countryside to buy directly from the farmers.

A permission to participate at the Straupe Farmers' Market is given only to those farmers and craftsmen, who can offer high quality, local and seasonal goods. The motto of the Straupe Market is: "We grow it. We create it. We sell it". The Straupe Fair of Country Goods is the only one in the Baltic States being a member of the international association Slow Food Internationale Earth Markets alliance and is entitled to operate under the logo of this Association.

At the market you may pamper your taste buds by purchasing bread that has been baked in a hundred years old oven, or cheese prepared of milk obtained in the same morning, seasonal vegetables, fruit and berries, home-smoked pork brisket or black pudding, fresh mutton or pork, real country cakes or traditional pies with smoked bacon made of rye dough, blueberry, cloudberry or lilac wine, rhubarb or plum cider, one of the main sources of protein for our ancestors – roasted hempseeds, honey collected in the Gauja National Park far away from the territories degraded by industry, and other goods.

Artisans also form an important part of the market, and their products are made of natural and traditional materials, using manual labour and old technologies. You may buy the spoons carved by hand, linen table cloths or shoulder scarves woven on the grandmother's looms, mittens, socks and other items decorated with the Latvian national signs.



## Contacts

The association "Vesels pilsētā un laukos"

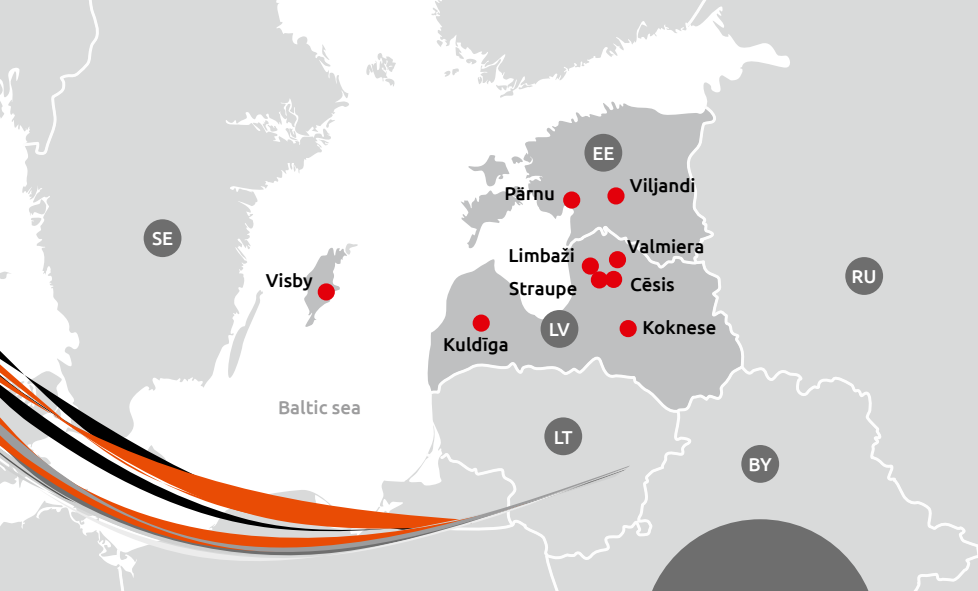
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- [straupestirgus](https://www.facebook.com/straupestirgus)



## Visit and purchase

In the Straupe Old Post Station on the 1<sup>st</sup> and the 3<sup>rd</sup> Sunday of every month, from 11:00 to 15:00 except for the first Sunday of January





## Welcome in Straupe

Straupe culinary route created in the framework of the project “Hanseatic Approach to New Sustainable Alliances (HANSA)”. The HANSA project unites 9 small and enchanting Hanseatic cities, rich in heritage and tradition, – Visby in Sweden, Pärnu and Viljandi in Estonia and Cēsis, Koknese, Kuldīga, Limbaži, Straupe and Valmiera in Latvia. The cities are real hidden gems, worthwhile to experience and explore.

### Make your choice:

- A cosy weekend to enjoy local specialties
- Active holiday by biking, walking or trekking
- Exciting authentic Hanseatic Festivals
- Splendid scenery for nature lovers.

The HANSA project is part of the activities of the modern Hansa network (die Hanse), established in Zwolle in 1980, and their label as Cultural Route of the Council of Europe, awarded in 1991. The HANSA project is implemented with support from the European Regional Development Fund Central Baltic Programme 2014–2020.

[www.hanse.org/en/ExploreHansa/](http://www.hanse.org/en/ExploreHansa/)  
Facebook: ExploreHANSA

Photo: Vilnis Slūka, Vilnis Klintsons,  
Jānis Zilvers, EnterGauja.lv, Kristaps Rozītis,  
Nauris Zeltnišs, Rudīte Vasile, Renārs Koris.  
Map: Daiga Kreitūze,  
SIA “SIA Karšu izdevniecība Jāņa sēta”.  
Text and recipes: Baiba Smilga

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