

• WILD WONDERS •

# ZAUBE WILD FOOD RECIPES

2021

ZAUBE  
WILD  
FOOD  
FESTIVAL



Project Nr.18-00-A019.333-000022  
Savvaļas brīnumi – Wild Wonders

*This year we continue the tradition of Zaube Wild Food Festival in online master classes, lectures, and a few walks in nature. We cannot come together. However, we will remember this festival as the time of COVID-19, when the world suddenly had to stop.*

*This period of time most vividly illustrated the importance of nature in our lives. Latvia's countryside, nature trails in forests and swamps suddenly filled with people. It was the connection with the wildlife that helped many to survive this time of the coronavirus, not to fall into depression and avoid other serious health problems.*

*The constant mission of Zaube Wild Food Festival is to invite people to better understand nature, help appreciate its gifts, to explain the relationship between man and nature, which is expressed in mutual care. Culinary is a unifying, very interesting and diverse domain for all parties – it helps start a difficult conversation, learn new things and have fun together.*

*This year we were able to learn how to use wildlife products by watching a series of cooking master classes. In these, knowledge and experience were shared by Raitis Legzdīņš and Rasa Zeimula (the Hunters and Anglers Club Zaube), the owner of*

*the Brantu manor Ilze Briede (she had won the title Īstās latvju saimnieces), as well as great chefs Toms Ritvars Logins, Oskars Freiborns, and Ina Poliščenko. In a cycle of four lectures, our wildlife plant expert Vaira Kārklīņa spoke about the use of plants in food, health, beauty, and home cleanliness.*

*At the beginning of the summer, in the meadows around Zaube, a small group of people led by Evita Lūkina (Ozoliņi farm) went to explore herbs, but in the autumn we went picking mushrooms in the forest with mycologist Diāna Meiere. She later taught us how to dye yarns with mushrooms in incredibly beautiful colours.*

*This year we could not invite and enjoy the company of our international partners of Wild Wonders project: Scotland's Forth Valley and Lamond Leader group, Jonišķis and Utena region local action groups from Lithuania, Saldus District Development Association, and Vaara-Karjalan Leader group from Finland. Nevertheless, we effectively collaborated with them, and our common interest in wildlife and nature resulted in this beautiful, small recipe book.*

*See you at Zaube Wild Food Festival!*

*Eva Koljera, curator of the festival*

2021





# GREEN COCKTAIL

## Ingredients

Kefir

Young ground elder leaves

Young dandelion leaves

Young nettle leaves

Dill leaves

(other greens of your choice may be added)

Honey

Lemon juice

Salt, black ground pepper

Garlic clove optional

1. Rinse and dry the leaves.
2. Pour the kefir into a bowl, add greens, spices, blend everything.
3. Pour into a glass and enjoy the very invigorating spring vitamin's explosion.

***Liena Zommera,  
Saldus District Development Association  
Wild Wonders (Latvia)***



# CAPERS OF THE NORTH

## Ingredients

CA. 2 cups of rowan berries, cleaned

## Brine

2 tbsp of sea salt

1.2 cups of water

## Pickle

1.2 cups of vinegar

1.7 cups of water

2 tbsp of sugar

Couple of bay leaves or 1 star anise

1. Heat a glass jar (CA. 2.2 cup of size) in the oven (100 Celsius) for 10 minutes.
2. Wash the rowan berries carefully with water.
3. Pre-boil the berries for a couple of minutes. Strain and put the berries in the jar.
4. Make the brine. Heat the saucepan until the salt has dissolved. Pour over the berries. Close the lid and leave in a room temperature for three days.
5. Make the pickle. Pour the brine out of the jar and add the pickle while it is boiling hot. Let it cool down.
6. Store in the fridge and let the 'capers' marinade for at least three days.

***Vaara – Karjalan LEADER LAG  
Wild Wonders (Finland)***





## SPICY CRANBERRY SAUCE

### Ingredients

550g of cranberries

250g of onions

150g of sugar

50ml of vinegar

Pinch of pepper

1 tsp of salt

1 tbsp of butter

- 1.** Peel the skin of onions and chop them finely. Lightly fry in butter.
- 2.** Rinse the cranberries under running water and dry using a paper towel.
- 3.** Put everything in a saucepan with vinegar, salt, sugar, and pepper, bring to a boil and simmer over medium heat for about 15 minutes. Spicy cranberry sauce is perfect for meat dishes.

***Utena and Joniškis region LAG  
Wild Wonders (Lithuania)***



## DANDELION LEAF – TOMATO SALSA

### Ingredients

0.5 liters of small dandelion leaves

2 tomatoes

Spring onions

Olive oil

2 lime juice

2 cloves of garlic

Salt

Black pepper

Fresh chili optionally

1. Rinse the dandelion leaves. Dry thoroughly with a salad spinner. Chop the leaves.
2. Dice tomatoes, onions, and garlic cloves.
3. Squeeze the limes, add the lime juice and olive oil to the tomatoes and onions.
4. Add fresh chili if desired. Add chopped dandelion leaves.
5. Season with salt and black pepper to your liking.
6. Allow to season in the refrigerator for at least half an hour.

***Vaara – Karjalan LEADER LAG  
Wild Wonders (Finland)***

# WARM CHANTERELLE SALAD

## Ingredients

2-3 handfuls of chanterelles

Kohlrabi

A couple of slices of homemade bread

4 young onions

Garlic scapes with flower bulbs

A sprig of rosemary

200ml broth

100 to 150ml white wine

Butter, vegetable oil for frying

A little mustard

Salt

Sugar

## For serving

Ground black pepper

Greens of your choice – sorrel, spinach

Ground fried hazelnuts

Fried cumin oil

1. Peel the kohlrabi, cut into slices, boil for two minutes in water with a little salt and sugar, do the same with garlic shoots.

2. Brush chanterelles, rinse quickly, pluck into pieces. Heat a little oil and butter in a pan, fry the mushrooms.

3. Peel the onions, cut vertically into pieces, roast slightly and add to chanterelles. Also add the pieces of kohlrabi.

4. Add 100-150ml of white wine to the pan and leave to boil out.

5. In a bowl, mix a spoonful of mustard, 2 tablespoons of soft butter and broth, add to the chanterelles and vegetables. Add a sprig of slightly roasted rosemary, heat the sauce until it thickens.

6. Put the cooking grate over the coals, toast slices of bread on both sides, then quickly fry the garlic scapes. Put the greens of your choice on the toasted bread, on a plate.

7. Generously spread cooked chanterelles and vegetables on the slices of bread, pour over the sauce, add a sprinkle of salt and freshly ground black pepper. Add lightly fried, ground hazelnuts and a bit of oil enriched with fried cumin. Finally, spread the cooked and then fried garlic scapes on top.

***Ingmārs Ladīgs, Chef and owner of Re'Chef  
Zaube Wild Food Festival 2021 (Latvia)***





# NETTLE SOUP RECIPE

## Ingredients

3 handfuls of fresh nettle tops

2 onions

Butter or olive oil

1l water or vegetable stock

Potatoes, lentils, or pulses optionally

1. Sauté two chopped onions in some butter or olive oil until lightly browned.
2. Add around 1 Liter of water or vegetable stock and three handfuls of fresh nettle tops.
3. Simmer on a low-medium heat for around 15 minutes, then purée with a hand blender (or chop up the nettles with scissors before adding to the stock).
4. Season to taste, serve & enjoy! Easy to bulk out with potatoes, lentils, or pulses too.

*Herbal homestead  
Forth Valley & Lomond Leader LAG  
Wild Wonders (Scotland)*







# ROSEBAY WILLOWHERB RISOTTO

## Ingredients

0.5 liters of rosebay willowherb shoots

2 shallots onion

2 cloves of garlic

200dl risotto rice

200dl white wine

0.8–1dl of vegetable bouillon

50g butter

100g of parmesan

Grated peel of 1 lemon

Black pepper to taste

1. Rinse the rosebay willowherb. Sprinkle them in a boiling water for about 15 seconds. Cut some of the rosebay willowherbs into pieces. Leave a few stems whole and move them to wait.
2. Sauté the onions and garlic in olive oil. Add to your risotto and stir. Sauté the rice. Add the white wine and let it soak in with occasional stirring.
3. Once the wine is absorbed, add the vegetable bouillon one scoop at a time and stir all the time. Allow to boil and soak up the liquid before adding the next ladle of vegetable bouillon.
4. Continue until all the broth has been used and the rice has softened. Add the rosebay willowherbs pieces to the almost finished rice. Add parmesan and butter.
5. Let the risotto simmer for another moment under the lid. Fry whole rosebay willowherb in butter. Season the risotto with lemon zest and a touch of black pepper. Add salt if desired. Garnish portions with whole, fried rosebay willowherb.

**Vaara – Karjalan LEADER LAG**  
**Wild Wonders (Finland)**





## WILD ABERFELDY YOUNG GROUSE, BALQUHIDDER CHANTERELLES AND BREAD SAUCE

### Ingredients

1 young grouse – breast on the crown  
A knob of butter  
Splash olive oil  
Sea salt  
Black pepper

A handful of chanterelles  
A knob of butter  
1/3 of lemon juice  
2 tbsp worth chopped parsley  
3 leaves of tarragon  
Sea salt  
Black pepper

### Sherry vinegar jus

250ml of dark veal stock  
75ml of port  
Sprig of thyme  
Sherry vinegar to taste

### Bread sauce

3 cloves garlic, peeled and crushed  
1 whole shallots, finely chopped  
2 tsp sea salt flakes  
1 tsp freshly ground black pepper  
100g of homemade brown bread  
150ml of milk  
Pinch of freshly grated nutmeg  
2 whole cloves  
Sprig of thyme  
2 tbsp olive oil  
50ml double cream  
2 tbsp of sherry jus

### Garnish

Handful of foraged hairy bittercress  
Sea salt and fresh cracked black pepper

### **Young grouse–breast on the crown**

1. Season the grouse well.
2. Heat a frying pan, add the knob of butter and pan fry the grouse breasts quickly until coloured on all sides.
3. Place the grouse crown in oven at 210 °C for 5–7 minutes, depending on the size.
4. Remove and transfer to a warm plate to rest for 5 minutes.
5. Keep the pan to make the jus.

### **Balquhiddier chanterelles**

1. Chanterelles clean with a pastry brush. Put a pan on a medium to hot heat and add a knob of butter.
2. Add the chanterelles. Season with salt and pepper.
3. Add chopped parsley and tarragon.
4. Add a tiny squeeze of lemon juice.

### **Sherry vinegar jus**

1. Deglaze the pan with the dark veal stock and port. Add the sprig of thyme and reduce this by two thirds. Taste and season with a splash of sherry vinegar. Taste and season with salt and pepper.
2. Pass through a muslin cloth until clear. Keep warm until serving.

### **For bread sauce**

1. Preheat oven to 180 C. Place garlic, thyme and shallots and diced bread in a small baking dish. Sprinkle with salt, pepper, and olive oil. Bake until bread is toasted, golden in colour, about 7-10 minutes.
2. Place it in small saucepan, cover with milk, add grated nutmeg and whole clove. Bring to boil and simmer for 5 minutes, remove cloves then puree in a food processor with the double cream and 2 tbsp of sherry vinegar jus. Season to taste. Keep it hot till service.

### **Garnish**

1. Wash hairy bittercress in cold water, dry gently with dish towel.
2. Season well with salt and pepper. Serve immediately.

### **To serve**

1. Carve the breast out of the crown.
2. On warm plate swipe a good tablespoon of the bread sauce, place grouse breast on top of it and some chanterelles.
3. Garnish with seasoned hairy bittercress and sherry vinegar jus.

***Herbal homestead  
Forth Valley & Lomond Leader LAG  
Wild Wonders (Scotland)***



Photo: Chris J. Walker, unsplash.com



## WILD BOAR STEW

### Ingredients

Wild boar meat

Onions

Garlic

Carrots

Sweet pepper (two colours)

Potatoes

Cherry tomatoes (two colours)

Salt

A five peppers mix

A pinch of cumin

Oil for frying

Greens for serving

1. Cut the wild boar meat into goulash pieces. Peel the vegetables. Cut potatoes and carrots into pieces the size of meat. Unseed the sweet pepper and slice it.
2. Heat the kazan, pour in the oil. When the oil is hot, sprinkle the sides of the kazan using a special spatula.
3. Fry the potatoes in kazan until they are golden brown.
4. Empty the cooked oil from kazan and pour in fresh oil. Heat the oil up.
5. When the oil is hot, fry the cut meat. When the meat has turned beautifully brown, add salt and pepper, large pieces of onion, chopped garlic, and a pinch of cumin. When the onions are browned, spread fried potatoes, peppers, tomatoes and carrots over the meat and onions. Pour over some water and sauté for about 40 minutes until meat and vegetables are ready.
6. When the stew is ready, arrange it on a fine plate, decorate with chopped greens. Bon appetite!

***The Hunters and Anglers Club Zaube  
Zaube Wild Food Festival 2021 (Latvia)***

# ZAUBE CARP

## Ingredients

Carp  
Onions  
Garlic  
Dill leaves  
Fish seasoning (Santa Maria)  
Mayonnaise  
Salt

1. Descale the carp and gut it. Place it on a foil. Rub with salt and fish seasoning.
2. Stuff with ringed onions, dill, garlic, and mayonnaise. Spread mayonnaise on the outside as well.
3. Wrap the carp in 2 layers of foil, put on the cooking grill and bake for about an hour.

***The Hunters and Anglers Club Zaube  
Zaube Wild Food Festival 2021 (Latvia)***



# TROUT, FRIED IN SALT, WITH CREAMY SCRAMBLED EGGS

## Ingredients

1kg coarse salt

6 free range eggs

2 trout fillets with skin (from one trout, the bones are for making broth)

A handful of blackcurrant leaves

String for tying

100g butter

1 tablespoon sour cream or plain yogurt

1 lemon

Salt and pepper to one's taste

1. Five eggs separate into the yolks and whites. Stir the whites with salt until they form a wet sand-like texture.
2. Sprinkle the trout fillets with salt and pepper. Put both fillets together with the skin outside and a layer of blackcurrant leaves between them. Tie them together with a string.
3. Spread a half of the salt on a stone plate, form a slight indentation in the salt, put the fillets in it and spread the second half of the salt tightly. Put the plate in the middle of the fire and cook for 10 minutes. Take it out and let it cool for 10 minutes. Carefully brake the salt shell and take out the trout.
4. Mix the egg yolks with the remaining egg and whip lightly until the mass is homogeneous. Pour in a medium heated pot, put it over the fire and stir until the egg yolks begins to coagulate. Add butter and continue to stir but be careful not to burn the scrambled eggs. When a lumpy, creamy mixture forms, remove the pot from the fire, add a tablespoon of sour cream, as well as salt and pepper to one's taste.
5. Serve the fillets on plates with a few spoons of scrambled eggs.
6. Cut the lemon in half and roast the cut side in the fire. Squeeze a tablespoon of lemon juice to sprinkle on each fillet. Enjoy right away!

**Ritvars Toms Logins, Lantes Manor Chef**  
**Zaube Wild Food Festival 2021 (Latvia)**



# CRISPY OATMEAL WITH ROWAN JAM

## Ingredients

400g butter

350g wheat flour

330g oatmeal

300–400g brown or white sugar

0.6–1l rowan jam or berries (Other sour forest berries like cranberries and lingonberries would do. Should you use them in jam, it has to be with apples.)

2 teaspoons baking powder

A pinch of salt

**1.** Pour all the dry ingredients into a bowl, mix, chop in the butter, make it into crumbs by hands.

**2.** Grease the cake pan with butter or line it with baking paper. Put half of the crumbs in, make a layer, then spread the jam on top or make a layer of berries. Make another layer of the remaining half of crumbs.

**3.** Bake for 40 minutes in a preheated oven at 175 °C. If you bake it for another 20 minutes, the oatmeal will be crispier.

*Vineta Cipe, Āraišu Windmills  
Wild Wonders (Latvia)*





## BALLS OF DANDELION FLOWERS AND APRICOTS

### Ingredients

300g of dried apricots

200g of dandelion flowers

300g or less of almonds

1 tablespoon of sesame oil

200g of coconut flakes

**1.** Mince the pre-soaked apricots and dandelion flowers. Add 1 tablespoon of sesame oil to the mince.

**2.** Use coffee grinder for grinding almonds. Gradually add ground almonds to the mince, knead until the mince will be firm enough to form balls.

**3.** Use your hands to form small balls, roll the balls in coconut flakes.

**4.** Serve decorated using your own ideas.

*For 10 servings (about 50 balls)*

***Utena and Joniškis region LAG  
Wild Wonders (Lithuania)***





# ELDER FLOWER CORDIAL

## Ingredients

2 small lemons (unwaxed)

50g citric acid

600g sugar

12 elderflower heads

1.5l boiled water

2 large tbsp of raw honey

1. Grate the lemon rinds and slice the fruit.
2. Put the sugar and honey in a large bowl and pour on the boiling water. Stir to dissolve.
3. Add the grated lemon rind, lemon slices, citric acid and the flowerheads.
4. Leave for 24 hours, stirring occasionally.
5. Sieve through muslin, pour into clean bottles and seal with screw-top caps. Keeps for 6 months or you can freeze it as ice cubes or in plastic bottles (leaving room for expansion).

*Herbal homestead  
Forth Valley & Lomond Leader LAG  
Wild Wonders (Scotland)*



# MEADOW FLOWER SYRUP

## Ingredients

500g meadow flowers (red clover, St. John's wort, meadowsweet, dandelions mixed freely)

1l water

1kg sugar

Sour juice or citric acid to one's taste

1. Boil fresh flowers for about 15 minutes, drain.
2. Add sugar to the beverage and boil for another 20-30 minutes.
3. At the end of boiling, add citric acid or sour fruit juice to improve the taste. Syrup is a good serving to ice cream, desserts, pancakes.

***Liene Margeviča, Indrāni Farm  
Wild Wonders (Latvia)***





SALDUS RAJONA  
ATTĪSTĪBAS BIEDRĪBA

NACIONĀLAIS  
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LEADER

**Vaara-Karjala**

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