

13. TRADITIONAL LITHUANIAN CUISINE

TASK 1. Match the pictures with the names of the food/drink.



1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.



12.



13.

black bread / branch cake / cold beetroot soup / curd cheese / herring mead / mushroom soup / potato dumplings stuffed with meat / potato pancakes / grated potato cake / potato sausages / smoked bacon / stuffed cabbage rolls

TASK 2. Do the quiz.

1. Which grain is used for baking black bread?
2. Which mushroom is called “the king of mushrooms”?
3. What is used as a traditional filling for potato dumplings and cabbage leaf rolls?
4. Which dairy product is used to make sauces for most potato dishes?
5. Which traditional Lithuanian bakery product is usually served in Lithuania on festive occasions?
6. Which traditional Lithuanian strong drink is made with honey?
7. Which traditional drink is brewed in Lithuania?
8. How many dishes are traditionally served on Christmas Eve?
9. Which product is not to be served on Christmas Eve?
10. What do you call the period when a person abstains from meat and dairy products?
11. What traditional products are used to welcome the bride and groom after the wedding ceremony?

TASK 3. Match the name of the traditional food/drink with its description.

1. <i>Babka</i>	- a non-alcoholic drink made by the natural fermentation of wheat, rye, or barley bread.
2. <i>Gira</i>	- a pig stomach stuffed with minced meat, which is cold-smoked and matured.
3. <i>Kastinys</i>	- a traditional buckwheat pie baked in Dzūkija / Southern Lithuania.
4. <i>Kibinai</i>	- pastries with mutton and onions, a Karaite dish.
5. <i>Kūčiukai</i>	- small cookies consumed on Christmas Eve with poppy seed milk.
6. <i>Skilandis</i>	- sour cream butter with a savoury flavour served with potatoes or porridge.

TASK 4. Complete the gaps. Use the words given below.

- Even though Lithuania is a small country, eating (1) _____ and food preferences differ from region to region.
- In **Žemaitija**, the north-western (2) _____ region, for instance, people love porridge. Everyone here also likes cannabis dishes and *kastinys* – a type of spicy (3) _____ made from butter and sour-cream. For people living by the sea or lagoon, the traditional daily (4) _____ is, naturally, fish.
- People in **Aukštaitija**, the central and north-eastern region, like different types of pancakes, dumplings, and meals from (5) _____ products such as curd and cottage cheese.
- In **Dzūkija**, the south-eastern part of the country, people have since long ago been growing (6) _____. They know how to make most delicious cakes, called *babkos*, and many other dishes from buckwheat. Living in the land of (7) _____, local people are experts in berry-gathering and mushroom-picking.
- In **Suvalkija**, the south-western region, the most popular food is (8) _____ meat and dishes from (9) _____ potatoes and fatty pork.
- In recent years, the interest in traditional foods and original (10) _____ has been growing.

buckwheat *dairy* *ethnographic* *forests* *grated*
habits *meal* *recipes* *smoked* *spread*

Adapted from http://lietuva.lt/en/lifestyle/food_drinks?read=1

ANSWERS

13. LITHUANIAN TRADITIONAL CUISINE

TASK 1.

1. herring
2. black bread
3. smoked bacon
4. mushroom soup
5. stuffed cabbage rolls
6. cold beetroot soup
7. grated potato cake
8. potato sausages
9. potato dumplings stuffed with meat
10. potato pancakes
11. curd cheese
12. branch cake
13. mead

TASK 2.

1. rye
2. boletus
3. minced meat
4. sour cream
5. branch cake
6. midus
7. beer
8. 12
9. meat
10. a fast / a period of fasting
11. bread and salt

TASK 3.

1. Babka / a traditional buckwheat pie baked in Dzūkija / Southern Lithuania.
2. Gira / a non-alcoholic drink made by the natural fermentation of wheat, rye, or barley bread.
3. Kastinys / sour cream butter with a savoury flavour, served with potatoes or porridges.
4. Kibinai / pastries with mutton and onions, a Karaite dish.
5. Kūčiukai / small cookies consumed on Christmas Eve with poppy seed milk.
6. Skilandis / a pig stomach stuffed with minced meat, which is cold-smoked and matured.

TASK 4.

- Even though Lithuania is a small country, eating (1) habits and food preferences differ from region to region.
- In **Žemaitija**, the north-western (2) ethnographic region, for instance, people love porridge. Everyone here also likes cannabis dishes and *kastinys* – a type of spicy (3) spread made from butter and sour-cream. For people living by the sea or lagoon, the traditional daily (4) meal is, naturally, fish.
- People in **Aukštaitija**, the central and north-eastern region, like different types of pancakes, dumplings, and meals from (5) dairy products such as curd and cottage cheese.
- In **Dzūkija**, the south-eastern part of the country, people have since long ago been growing (6) buckwheat. They know how to make most delicious cakes, called *babkos*, and many other dishes from buckwheat. Living in the land of (7) forests, local people are experts in berry-gathering and mushroom-picking.
- In **Suvalkija**, the south-western region, the most popular food is (8) smoked meat and dishes from (9) grated potatoes and fatty pork.
- In recent years, the interest in traditional foods and original (10) recipes has been growing.