



Social Empowerment in Rural Areas

## DELICIOUS RECIPES

*RICE*

*PASTA*

*OAT FLAKES*

*BUCKWHEAT*

**MILK POWDER**



Rucavas novads  
Sociālais dienests



Liepājas  
Diakonijas centrs





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The support group, "Ray of Hope", has been running since late 2016. It was created by people who love to work, relax and just have a good time together. There are about 20 participants of different ages



(The photos are published with permission of the participants)



The idea to look for recipes and to collect them in a brochure came from the group "Ray of Hope" because many of the group members get food packages from the European Union. The packages contain buckwheat, oat flakes and rice. The participants came to the conclusion that many don't know how to make delicious foods from these products. The brochure is made of new as well as forgotten recipes found in participants' notes, they are tested and approved as tasty. The notes were reviewed and the recipes compiled by Ligita Freimane.

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## *OAT FLAKES*



There are a lot of recipes for oat flakes. But for the simplest you will need only 35 seconds: pour grinded oat flakes into a bowl, heat milk and pour it on the flakes and mix. Breakfast ready!

Whole oats should be boiled for 20 minutes but grinded oat flakes take only 5-7 minutes. Many people grind the oats with a blender.



### ***OAT FLAKE CUTLETS WITH MEAT***





### Ingredients

- 500 g mulled meat
- 3 eggs or eggs made from egg powder (to do this dissolve 3 dessert spoons of egg powder into 3 tablespoons of water or milk. Let it sit for 35-40 minutes.)
- 2 cups of oat flakes
- half a cup of milk made from milk powder (dissolve the powder with warm water in proportion one to three).
- 1 onion
- 2 garlic slices
- grinded black pepper
- salt
- vegetable oil for baking



### How to prepare?

Pour milk on the oat flakes and let it swell for 30 min, then remove the milk.

Add the oat flake mass to the mulled meat, then add the eggs, chopped onion, garlic, salt, pepper and mix it thoroughly.

Heat the oil in a frying pan, make cutlets from the minced meat mass, bake the cutlets from both sides on high heat.

Reduce the heat, put a lid on the pan and bake the cutlets until they are ready.

## ***OAT FLAKE SWEET SAUSAGE***

*This is a great snack that is worth making and testing. It is also great because ingredients can be played with, feel free to experiment and try out different variations.*

#### Ingredients

- 1/2 cup of sugar
- 1 cup of oat flakes
- 1 cup of milk powder
- 1/2 cup of peanuts
- 50g butter
- 1 tablespoon of condensed milk
- 1 tablespoon honey
- 40ml milk
- 1/2 dessert spoon of baking soda
- (cup size 250ml)



#### How to prepare?

Pour milk into a cooking pot and add sugar, heat until the sugar has dissolved. Add butter and wait till it melts.

Then add honey and condensed milk.

Heat until it forms a homogeneous mass.

Add baking soda and stir intensively on a medium heat.

Wait about 5 minutes for the mass to become darker.

After that add milk powder and stir.

Keep the pot on the flame and add nuts and oat flakes, mix the mass.

Then transfer the mass to baking paper or aluminum foil.

Roll the mass in to a sausage like shape and leave it to cool down. Enjoy!

### ***OAT FLAKE CUTLETS WITH OUT MEAT***

#### Ingredients

- 500 g oat flakes
- 3-5 onions
- 2 garlic slices
- 5 eggs
- Salt, pepper, spices



#### How to prepare?

Pour warm water on the oat flakes and let them swell.

Cut up onions and garlic, the more onion the better

Transfer the onion garlic mix to the pan and cook.

Add salt pepper and spices.

Transfer the cooked mix on the oats, add eggs and mix.

Now cook cutlets out of the mass.

## ***OAT COOKIES***





### Ingredients

- 2 cups of oat flakes
- 150 g butter
- 1 egg
- 0,5 cup of flour
- 0,5 cup of sugar



### How to prepare?

Toast the oat flakes on a pan until they turn golden brown.

In a bowl mix sugar, flour and an egg.

Transfer the toasted oats into the bowl and mix everything together.

When the mass has been mixed and turns mildly solid it is time to bake the cookies. Preferably bake them on baking paper so they are easier to remove. Bake until they turn slightly brown. Enjoy!

## ***YOUR RECIPES FOR OAT FLAKES***

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## ***BUCKWHEAT***

It is advisable to use a pot with a thick bottom and - even better - with thick walls for buckwheat cooking. Aluminum and thin enameled pots are not really suitable. Carefully rinse and drain the buckwheat. Pour them into a heated pan and heat whilst stirring, wait for the buckwheat to toast, then cool for a few minutes. Then transfer them in cold water with added salt, and boil. Continue to simmer for about 20 minutes on low heat. In this period don't take of the lid and don't stir. After these 20 minutes take the pot of the flame and wrap the pot in a towel and let it sit for another 20-30 minutes.



## *BUCKWHEAT PANCAKES*

### Ingredients:

- 1 cup of boiled buckwheat
- 100 ml milk
- 1 egg
- 4 tablespoon of flour
- salt
- vegetable oil
- parsley or spring onions for decoration



### How to prepare?

To boiled buckwheat add an egg, warm milk and mix everything together.

Then add salt to taste and gradually beat the flour.

Mix thoroughly so that there are no bumps. The dough should be a thick cream.

Add flour if necessary.

Pour a little vegetable oil on a heated pan and use a spoon to put small pieces of the dough on the heated pan.

Bake golden brown pancakes on both sides.

Put the pancakes on a paper towel to remove excess oil.

Serve with cream, decorated with parsley leaves or spring onions.

## *BUCKWHEAT- MEAT CUTLETS*

### Ingredients:

- 500 g minced meat
- 200 g boild buckwheat
- 1 onion
- 2 egg
- 2 tablespoons of flour
- garlic slice,
- black pepper,
- salt



### How to prepare?

Boil the buckwheat in boiling, slightly salted water.

Chop or blender the onion.

Add the chilled, cooked buckwheat, onion, eggs, flour, pepper, salt to the minced meat and mix it thoroughly.

Bake on a heated pan until a golden-brown crust appears.



## *BUCKWHEAT AND SMOKED CHICKEN SALAD*

### Ingredients:

- 300g buckwheat
- 0,5 mayonnaise
- 3 pickled or fresh cucumbers
- 300g smoked chicken
- salt



### How to prepare?

Boil buckwheat then dry

Add cut cucumbers, boiled eggs, smoked chicken and mix it with salt, mayonnaise.

## *CABBAGE ROLLS WITH BUCKWHEAT*

### Ingredients

- 1 cabbage (about 2 kg)
- 500 g minced meat
- 1 cup of buckwheat
- salt
- pepper
- 2 table spoons of sour cream
- universal spice mix



### How to prepare?

Boil the buckwheat and cool it.

Mix with minced meat with salt, pepper to taste and sour cream.

Make a slight cut on the bottom of the cabbage, slightly boil. The sheets are then separated. For a larger head, this should be done several times.

Wrap the meat neatly in the cabbage leaves. These meat/cabbage rolls are placed in a baking pan and drowned in water, sprinkled with a multi-spice mixture and baked at 200 degrees for 40 minutes.



## PASTA

*Macaroni belong to the category of products that can be prepared even by those who are not experienced cooks. One of the most important rules to take into account when cooking pasta is following the time. If it is written on the package that it should be boiled for 6-7 minutes, then boil it for 6-7 minutes instead of boiling for 10 minutes for safety. A little bit of oil or butter will work nicely, and then the pasta will be shiny. And dont let the pasta sit in water too long. After the cooking time has ended just drain all the extra water.*



### *PASTA "PO FLOTSKI"*

#### Ingredients:

- 200g pasta
- 1 canned meat
- 1 onion
- 2-3 garlic slices
- 1 carrot
- tomato paste
- 1 tablespoon vegetable oil
- salt
- grinded pepper



#### How to prepare?

The pasta is cooked according to the instructions on the package.

Clean and grate the carrot on the coarse grater.

Clean onion and garlic and cut them into small cubes.

Heat the oil in a pan and fry the onions and garlic.

Add the carrots and bake for approximately 6-7 minutes.

Add the canned content, tomato paste, stir and garnish for a few more minutes.

Drain the pasta and put it on a pan with meat. Fry all together. If it gets too dry add a little water.

Add salt and ground pepper to taste, mix it thoroughly and serve with sour cream.







## *RICE*

*Before you start to cook the rice, the required amount is calculated: 55-75 grams of non-cooked rice will suffice for one person. The rice should be released from the excess starch before cooking. This can be done by rinsing them under cold running water or by immersing them in cold water for 15 minutes and then rinsing.*

*The ratio of rice to water should be 1 : 2. Boil for about 10-20 minutes on a low flame. The pot must be tightly closed. Drain the water with a sieve.*

*Another way of making rice - put the rinsed rice in the pot and pour it with cold water, about 1 cm above the rice. Boil and then simmer for about 30 minutes on low heat.*

*Additives such as - salt, butter, broth can be added. Saffron or Roman cumin will create a more unusual taste. Fresh herbs are usually added to the rice when it is ready to be served.*



## MILK RICE SOUP

### Ingredients:

- 100 g rice
- 50 g raisins
- 1 l water
- 1 l milk made from dry milk powder (to make milk from milk powder all you need to do is mix dry milk powder with water 1:3)
- 1 tablespoon of sugar
- 1 teaspoon of salt



### How to prepare?

Pour water into a pot. When it starts boiling, add rice, salt.

Boil until it is soft.

Add the raisins, sugar and milk.

Boil.

## *RISOTTO*

### Ingredients:

- 200g rice
- 1 large paprika
- 2 carrots
- 150-200g chanterelle
- 1 chicken fillet or minced meat
- 100g green peas (frozen)
- canned corn
- salt and pepper



### How to prepare?

The chanterelles are cleaned, rinsed, dried.

The mushrooms are cut into slices, the paprika cut into small cubes, carrots grated.

Bake for no longer than 3-4 minutes.

Add the chicken fillet cut.

Mix and continue to bake for about 4 minutes. The chicken has to be lightly fried (not golden brown). We also cut chicken fillets into strips and then into smaller cubes.

Let's cook the rice. The other pot also contains green peas. We chop the green peas or corn and add it to the fried chicken and mushrooms. Mix everything.

After adding the cooked rice, cover the pan with the lid and let the food relax a little.

## *STUFFED PAPRIKA WITH MINCED MEAT AND RICE*

### Ingredients

- 4 paprika
- minced meat
- 200g rice
- large slice of courgette
- onion
- garlic
- salt
- sugar
- grinded pepper
- bouillon



### How to prepare?

Cut the paprika in halves and clean the inside of seeds.

For stuffing: to minced meat add the cooked rice and grated courgette spices.

The paprika are then filled with the mass.

Placed in a saucepan and drowned with water, add a broth cub.

Boil until the paprika is soft.





## ***MILK POWDER***

*When the milk powder is dissolved in water, its quality is only slightly behind the pasteurized milk. Dry milk powder is used both in the production of baby food and dietary food*



## *RAFAELLO*

### Ingredients

- 330 g milk powder
- 100 ml water
- 200 g sugar
- 160 g butter
- 200 g coconut flakes
- 70 g almond.



### *How to prepare?*

Pour sugar into warm water.

Boil and stir until all the sugar has dissolved.

Then add the butter and melt it on low heat.

Remove the mass from the stove and add sieved milk powder, and 130 g of coconut flakes.

Mix thoroughly and then use the whisk until the mass is smooth and homogeneous.

Put the mass in the refrigerator to harden for about 6 - 8 hours. From the refrigerated milk mass make small pancakes and place an almond in the middle of each and make a small round ball.

Roll the ball into coconut flakes.

Repeat for each piece.

Put the balls in cupcake wrappers and put them in the refrigerator to stiffen. Taste like "Rafaello" in stores, even more aromatic and delicious.





## COOK, SAVE AND SHARE YOUR RECIPES WITH OTHERS!

The next broshure will be dedicated to preparing the autumn harvest for winter stocks.

You can send your delicious recipes and pictures of salads, jams and compotes in person. Let's make a broshure together! Ligita Freimane, (e-mail: [ligitazommere@inbox.lv](mailto:ligitazommere@inbox.lv)).

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