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Eating habits in Latvia

Latvians are big eaters. Maybe it's a stereotype, but one thing is - no occasion can be imaginable without special homemade dishes, for I would like to discuss Latvians' eating habits.

There are many habits and customs associated with food and eating in Latvia. One of the most important features of Latvian "eating etiquette" is to offer food to others around you.

Sitting down to a meal is a cultural business, which requires people to be polite and act with courtesy, to demonstrate respect for the food and for those who have prepared it on the table - the guests and the cook. The place of honor is at the head of the table, where the head of the house usually sits. Those who sit at the ends of the table should be aware of being served - that they will not be married for many years. But if a woman sits at the table, she will marry on Monday. And everyone knows that if a spoon or fork fall to the ground, it should either will arrive, otherwise if a knife falls, the visitor will be a male.

Today people still hold a tradition of bread about salt. Each Latvian knows that if a food has too much salt added, the cook is in love. If salt is spilled on the table or on the floor, then there will be a quarrel in the house.

Latvians have always been keen on dairy products. Milk, cottage cheese, cream, cheese and butter need to be eaten in every house almost at every meal, and this tradition has continued.

They usually eat no other Europeans, but Latvians have always been able to find many delicious foods in the wild. Foods that do not need to be cultivated, only gathered. There long ago people in Latvia pick berries in the summer time - wild strawberries, raspberries, raspberries, blackberries - and mushrooms, mushrooms and nuts in the autumn. Many Latvians like to eat honey, and bee-keeping traditions have developed over the centuries. Today Latvian farms often have their own bee hives, and honey production is the business of many farms. In fact, among coastal dwelling families, smoking fish at home is still popular, and in many areas people eat smoked (dried) kinds of fish. I guess every Latvian likes learning with some more traditions.

Latvians are also enthusiastic bread eaters, and in many houses, when eating the first olive bread is laid on bread, the tradition called "father's seat". When I was a child my father would tell me that I should be the one to eat this olive, so that I may marry a farmer's son - someone who has his own house and land. Another habit is that a loaf of bread should be placed from the left end to make the the eldest daughter to be the first to eat.

Latvian traditions have formed strong bonds between three generations of family members. In most families where both parents work, it is the grandmother who assumes the main responsibility for maintaining the household and looking after