



Comhairle Chontae na Gaillimhe
Galway County Council

Galway's Food Heritage



School's Contribution Sheet

My Name Julija and Emilija Age 12 School Belmont N.S

Who gave me this story/recipe Dad

Who are they (eg. Granny, Aunt, Uncle, Neighbour, etc): my parents

Where are they from? from Lithuania

Parent/Guardian Signature: [Signature]

Date: 21/11/17

My Food Related Story/Recipe (please use additional pages)

1 medium, red beetroot, 1 medium cucumber,
a handful of spring onion, a bunch of fresh
dill, 2 hard boiled eggs, some salt, a
pinch of lemon acid, 800ml of buttermilk,
200-400ml of cold boiled water, some
sours cream, 6 medium potatoes

1. Chop spring onions, chop dills, chop cucumber into small cubes,
Mix all together with salt and let release the flavour.
Add grated beetroot. Peel the eggs.

2. Cut the eggs into half and the quarters and cut them small.
Then add buttermilk and sours cream in the pot. If you
like more liquid soup add more cold boiled water. then
add a pinch of salt.

3. peel the potatoes and cut them in quarters and boil them. While
they are boiling add a pinch of salt if the potatoes are soft
then pour out the water that is left.

4. Then put the potatoes on the plate and pour your
delicious soup and don't forget to add two pinches of dill.

Enjoy the delicious meal! :D

Draw/ Attach Picture