



**Interreg**  
**Estonia-Latvia**  
European Regional Development Fund



## **Joint practical seminar and site visits for food providers and food producers “Fermented food and dishes, interior design and table decoration”**

**25.11.-26.11.2019.**

### **PROGRAMME**

**25.11.2019.**

#### **Departure from Tallin**

**12:00 – 13:45**      Pub “Sidrabini” - excursion and lunch

The pub is located in the old log building close to Liepupe Church. There is an old cattle-shed next to the pub where meat and sausage products are made. There is also a small meat and sausage shop in the property where it is possible to buy their production. After excursion will be lunch made from locally grown ingredients.



**13:45 – 15:00**      Driving, ca. 75 km

**15:00 - 17:00**      Guest house “Ārpus laika” - excursion and coffee break

The name of the house is “Ārpus laika” which means “Beyond time”. The family has created a landscape park and they are practicing green living in a dome house designed by themselves. The family also manufactures garden furniture and hammocks. The buildings are surrounded by a beautiful park and a pond full of frogs and fishes. The hostess has knowledge about interior design and decoration. She has stories to tell about home, garden, table and food decoration over a cup of coffee or tea with small snacks.



*The project Livonian Culinary Route has been implemented within the framework of the Interreg Estonia–Latvia programme by the European Regional Development Fund.  
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**17:00 - 17:30** Driving, ca 17 km

**17:30** [Guest house “Turbas”](#) – dinner and accommodation

“Turbas” is one of the biggest holiday complexes in Latvia not far away from the capital city. Two guest houses “Brakas” and “Četri vēji” with rooms for events and accommodation, hotel, bathhouse complex with sauna, steam bath and outdoor bath for SPA. Big territory for sports games for 100 up to 2500 people with facilities like camping places, fireplaces, showers, WC, swimming places.



**26.11.2019.**

**07:30-8:15** Breakfast

**08:30-10:00** Driving, ca. 43 km

**10:00-11:00** Visit of the [Central market](#) guided by chefs [Mārtiņš Sirmāis](#) and [Artūrs Trinkuns](#) (meeting point – fish pavillion, entrance closer to the Daugava river)

Riga Central Market is situated in the heart of Riga and is not only one of the largest marketplaces in Eastern Europe, but also one of the most visited, as 80,000-100,000 people shop there per day on the average. At Riga Central Market, you can buy Latvian-grown and homemade products, exotic fruits and spices, as well as manufactured merchandise. The market includes five pavilions each with its own category - vegetables, dairy, meat, fish and gastronomy products, as well as an outdoor area with stalls and stands, the Night Market and ‘Round the Clock Farmers’ Market. At the market the chefs will choose the fermented products, for example, salted mushrooms, pickled cucumbers, pickled garlic, sour cabbage (sauerkraut), pickled tomatoes, pickled pumpkin.



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**11:00-11:20** Walking, ca. 2 km

**11:20- ~14:00** Cooking masterclass with chefs [Mārtiņš Sirmais and Artūrs Trinkuns](#) in [Three chef restaurant "Tam labam būs augt"](#) (in English "The good must grow") and lunch

The Three chefs restaurant "Tam labam būs augt" (in English "The good must grow") is a restaurant with the open kitchen, beloved by citizens and admired by guests of Riga city. It was founded in September 2011 by two famous Latvian chefs, Martins Sirmais and Eriks Dreibants. Very fast the restaurant earned popularity and was acknowledged among the highest ranking restaurants in Riga. As a proof to it, in 2013 and 2014 it received a 3rd place in the Top 30 restaurants in Latvia Excellence award. Despite rocket fast success, it is accessible, friendly and open to everybody. They love their clients and will provide perfect service even under the most complicated circumstances.



**Menu for cooking masterclass (made by chefs Mārtiņš Sirmais, Ēriks Dreibants and Artūrs Trinkuns):**

- Sour cabbage and beet vinaigrette with pickled cucumbers
- Cannabis tacos with lightly salted pike perch and salted mushroom salad
- Veal cheeks with oven-baked autumn vegetables and three types of salsa from pickled vegetables\*
  - \*pickled garlic
  - \*pickled green tomatoes
  - \*pickled pumpkin
- Cumin cheese with cellular honey and chamomile ice cream

**Ca 15:00** Departure to Tallinn, Estonia.