

Cibo e bevande in lettone

Frutti in lettone

mela	(M) ābols
banana	(M) banāns
pera	(M) bumbieris
arancia	(M) apelsīns
fragola	(F) zemene
ananas	(M) ananass
pesca	(M) persiks
ciliegia	(M) ķirsis
avocado	(M) avokado
kiwi	(M) kivi
mango	(M) mango



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Ortaggi in lettone

patata	(M) kartupelis
fungo	(F) sēne
aglio	(M) ķiploks
cetriolo	(M) gurķis
cipolla	(M) sīpols
pisello	(M) zirnis
fagiolo	(F) pupa

spinaci	(M) spināti
broccoli	(M) brokolis
cavolo	(M) kāposts
cavolfiore	(M) ziedkāposts



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Prodotti lattiero-caseari in lettone

latte	(M) piens
formaggio	(M) siers
burro	(M) sviests
yogurt	(M) jogurts
gelato	(M) saldējums
uovo	(F) ola
albume	(M) olas baltums
tuorlo	(M) olas dzeltenums
feta	(F) feta
mozzarella	(F) mocarella
parmigiano	(M) parmezāns



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Bevande in lettone

acqua	(M) ūdens
tè	(F) tēja
caffè	(F) kafija
coca cola	(F) kola
frappè	(M) piena kokteilis
succo d'arancia	(F) apelsīnu sula
succo di mela	(F) ābolu sula
frullato	(M) smūtijs
bevanda energetica	(M) enerģijas dzēriens

Alcolici in lettone

vino	(M) vīns
vino rosso	(M) sarkanvīns
vino bianco	(M) baltvīns
birra	(M) alus
champagne	(M) šampanietis
vodka	(M) degvīns
whisky	(M) viskijs

tequila	(F) tekila
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cocktail	(M) kokteilis
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Ingredienti in lettone

farina	(M) milti
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zucchero	(M) cukurs
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riso	(M) rīsi
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pane	(F) maize
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spaghetto	(F) nūdele
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olio	(F) eļļa
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aceto	(M) etiķis
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lievito	(M) raugs
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tofu	(M) tofu
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Spezie in lettone

sale	(M) sāls
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pepe (spezia)	(M) pipars
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curry	(M) karijs
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vaniglia	(F) vaniļa
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noce moscata	(M) muskatrieksts
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cannella	(M) kanēlis
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menta	(F) piparmētra
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maggiorana	(M) majorāns
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basilico	(M) baziliks
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origano	(M) oregano
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Dolci in lettone

torta	(F) kūka
biscotto	(M) cepums
cioccolato	(F) šokolāde
caramella	(F) konfekste
ciambella	(M) virtulis
budino	(M) pudiņš
cheesecake	(F) siera kūka
cornetto	(M) kruasāns
pancake	(F) pankūka
torta di mele	(M) ābolu pīrāgs