

Traditional Czech recipes



With the support of the
Erasmus+ Programme
of the European Union

Horseradish rolls

Ingredients

- One horseradish
- Salt
- Sugar
- 200 ml of cream
- 150 g of ham
- Green parsley

Whip a cream in a bowl with a bit of sugar and salt. Peel the horseradish and grate it on small pieces. Mix grated horseradish with whipped cream. Make rolls from slices of ham and fill them with the mixture of cream with horse radish. You can decorate rolls with a green parsley.





Traditional potato soup

Ingredients

- 5 middle sized potatoes
- 1 carrot
- One half of celery
- 1 parsley
- 1 onion
- Dried MUSHROOMS
- 5 grains of black pepper
- Two soup spoons of flour
- Marjoram
- Salt
- Three soup spoons of butter

Wash and peel all vegetables. Cut potatoes, carrot, celery and parsley on cubes and onion on fine pieces. Water dried mushrooms in bowl and leave them in water for 30 minutes. Melt butter in a big pot and roast onion on it. When onion looks like glass, add flour and whisk it in butter with onion. Then put carrot, parsley, celery and potatoes into the pot. Pour cca 1 liter of water, all potatoes have to be under the water. Add grains of black pepper and boil it for about 25 minutes until the vegetables get soft. Spice up the soup with salt and marjoram by your taste. Add wet mushrooms into the soup and you can serve it.

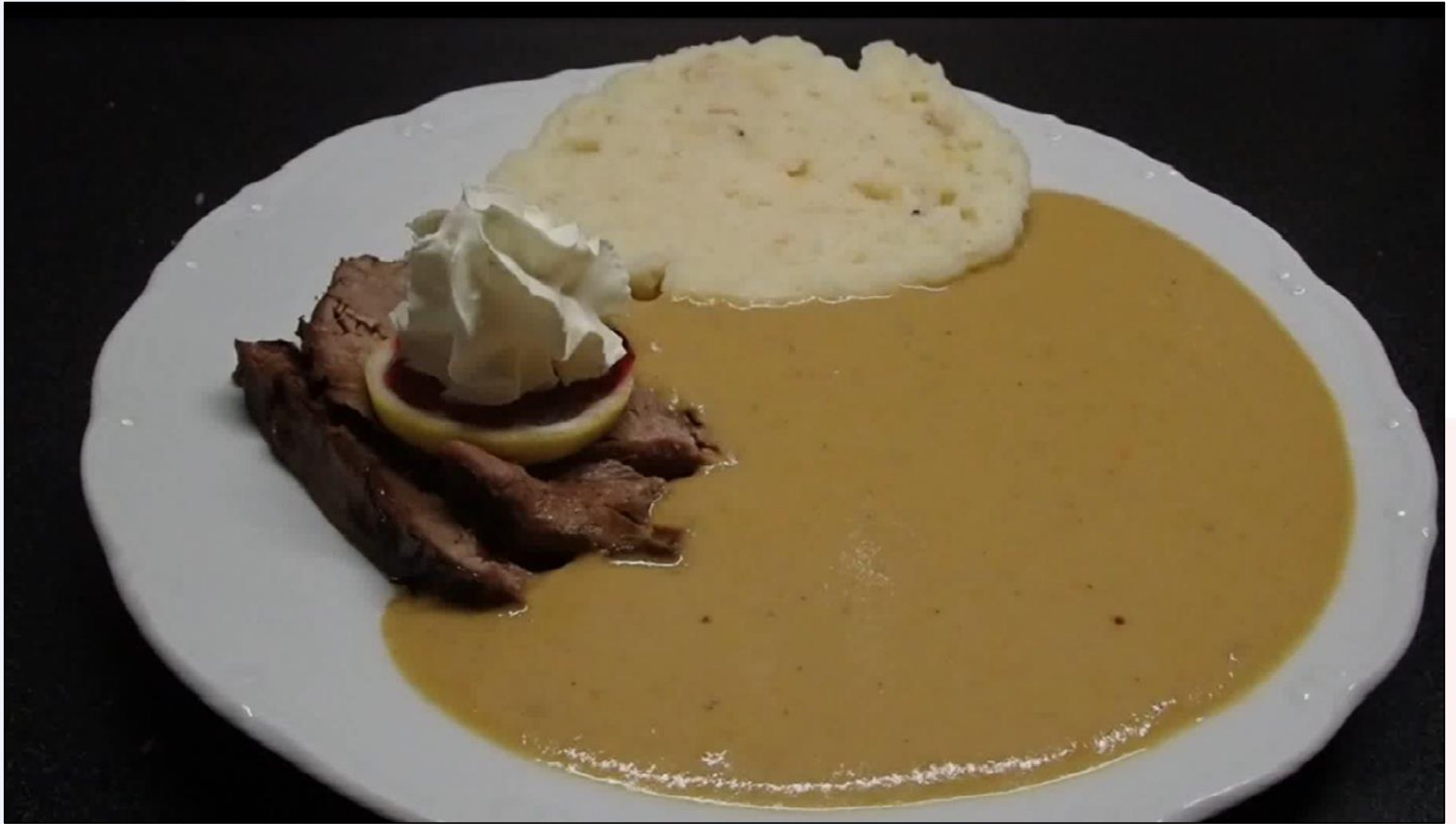


Roasted sirloin with cream sauce and dumplings („Candle sauce“)

Ingredients for sauce and meat

- 700 g of sirloin
- 100 g of bacon
- 2 carrots
- 2 parsleys
- 2 bay leaves
- 4 juniper berries
- 4 grains of allspice
- 5 grains of black pepper
- Salt
- 2 soup spoons of vinegar
- 200 ml of cream

Lard a sirloin by slices of bacon. Leave it in box in fridge with peeled and sliced vegetables, all species of spice, vinegar and a bit of water over one night. After that, quickly roast meat on a pan. Then bake meat and vegetables in a oven for 2,5 hour until meat gets soft. During baking sometimes pour a bit of water into the baking pan. Mix baked vegetables in kitchen robot onto paste. Warm the paste in a pot and add cream to make a cream sauce.



Ingredients for dumplings:

- 300 g of flour
- 1 Egg
- one tea spoon of baking powder
- Salt
- 150 ml of sparkling water
- 2 rolls or buns

Mix flour, baking powder, an egg and a pinch of salt in a bowl. Pour the mixture with water and form sticky dough. Cut rolls on cubes and add them into the dough. Make two thick cylinders from the dough. Boil the m in a pot with boiling water for 25 minutes. Cut the dumplings on 1 cm thick slices.

Serve slices of roasted meat decorated with whipped cream, cranberries and slice of lemon with sauce and dumplings.



Pancakes with blackberries

Ingredients for dough

- 400 g of flour
- A pinch of sugar
- A pinch of salt
- 30 g of yeast
- Half liter of milk
- Two eggs
- Sunflower oil

Ingredients for blackberry sauce

- 200 g of blackberries
- A soup spoon of sugar
- Two tea spoons of starch

Mix yeast, sugar and quarter of liter of milk in cup and leave it on warm place for 20 minutes. Warm the rest of milk in pot, then whip two eggs into it. Mix flour, salt and milk with eggs in a bowl and then add leaven. Warm a bit of oil on pan and bake small pancakes on it.

Warm blackberries with sugar in a small pot. When they get softer, add two tea spoons of starch powder to them and warm them for 3 minutes more.

You can serve pancakes with cinnamon sugar or jam too.



ENJOY YOUR MEAL

