

Slovak Cuisine

April 2021, Banská Bystrica

Stredná odborná škola hotelových služieb a obchodu



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Slovak Cuisine

Starter

Bryndza Balls with Hazelnuts, Carrot Puree and Toasts

Soup

Creamy Pumpkin Soup

Main dish

Roasted Duck Leg with Cabbage Puree, Potato Lokshe

Dessert

Poppy Seed Potato Noodles with Plum Coulis and Sour Cream



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Menu Proposal

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Cooking

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Bryndza Balls with Hazelnuts, Carrot Puree and Toasts

Ingredients (10 portions):

300 g bryndza (sheep cheese)
180 g carrot
0,4 g edible flowers
140 g hazelnuts
200 g toasts
100 g butter
0,2 g ground black pepper
10 g salt
4 dcl chicken broth
40 g potato starch

Instructions:

Mix bryndza with finely grated carrot and make small balls from the mixture. Cover the balls with ground hazelnuts.

Hazelnut paper: Cook the hazelnuts in chicken broth for about 5 – 10 minutes and cool it down. Liquidize it to obtain a mash and add potato starch. Pour the mixture onto a silicone mould and bake for about 1 hour at 180°C.

Carrot puree: Clean and dice the carrot. Cook in the broth, liquidize and make smoother with butter.





Creamy Pumpkin Soup

Ingredients (10 portions):

2 kg pumpkin
100 g butter
200 g shallot
20 g salt
1 g ground black pepper
400 g potatoes
2 l broth
500 ml whipping cream
300 g pumpkin seeds
1 dcl pumpkin oil
nutmeg

Instructions:

Roast shallot, add diced pumpkin, stew it together and pour with broth. Cook until soft, add salt, pepper and mix. Let it boil and add whipping cream with grated nutmeg. Make thicker with a potato. Decorate with pumpkin seeds and pumpkin oil.





Roasted Duck Leg with Cabbage Puree, Potato Lokshe

Ingredients (10 portions):

2 kg duck leg
1,2 kg red cabbage
200 g shallot
200 g pork fat
160 g sugar
1 dcl vinegar
0,2 g rosemary
0,2 g bay leaf
0,2 g caraway
0,2 g ground black pepper
800 g potatoes
300 g fine flour
40 g potato starch

Instructions:

Wash and clean the duck legs. Put them into a deeper baking tray, add salt, pepper, thyme and cover with oil. Cover with aluminium foil and roast for about 2,5 hours at 200°C. Fry finely chopped shallot in oil, add granulated sugar to caramelize. Then add grated red cabbage, stew and baste with water. Season with bay leaf, sugar, caraway, salt and vinegar. Then stew until soft. Mix the cabbage and make thicker with potato starch.

Lokshe: Cook potatoes with skin until soft, peel cold potatoes and grate them finely. Add flour, salt and knead. Put the dough on the pastry board and form flat pancakes. Bake them on a dry frying pan.





Poppy Seed Potato Noodles with Plum Coulis and Sour CreamIngredients (10 portions):

590 g potatoes
170 g meal
90 g semi-coarse flour
2 eggs
66 g butter
60 g poppy seeds
400 g plums
100 g granulated sugar
5 g cinnamom sticks
3 g cloves
3 g star anise
1 dcl rum
50 g potato starch
160 g sour cream
100 g vanilla sugar
0,2 g edible flowers
0,2 g mint

Instructions:

Cook potatoes with skin. Let them cool, peel and grate them. On pastry board mix the potatoes, whole meal flour, eggs and salt. Prepare non-sticky dough into the shape of a roll. Then prepare long and thin rolls. Heat water until it boils and put the prepared noodles into it to cook. To prepare the plum coulis, stone the plums, cut them into smaller pieces and put them into a pot. Pour a little water and stew them with sugar, rum, cloves and star anise. When it is soft, mix it. Serve the noodles with sour cream with vanilla sugar and plum coulis. Decorate with mint and edible flowers.





Akcja



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