

Typical lunch in our family during the weekend

eTwinning project IDEAS

2020 / 2021

Slovak team

Class 8

Bryndzové halušky

(Potato dumplings with sheep cheese and bacon)

Ingredients:

4 pieces of potatoes

1 teaspoon salt

500 g semi-coarse flour

200 g sheep cheese

200 g bacon

200 ml sour cream

Lea Krupová 8.tr. Slovakia

Instructions:

Step 1

Grate the potatoes and add salt

Step 2

We add flour until the dough is ready

Step 3

Roast the bacon

Step 4

Mix sheep cheese with sour cream

Step 5

We push the dough through a sieve on dumplings into boiling salted water, when they float out, they are ready. Cook the dumplings for 20 minutes.

Bryndzové halušky

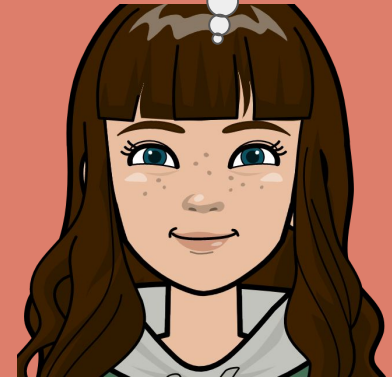
(Potato dumplings with sheep cheese and bacon)

Step 6

After picking the dumplings, do not rinse them, put sheep cheese and bacon on the top of the dumplings



Bon
Appetite



Meat with french fries and corn

What do I need:

Chicken meat

Onion, salt

fries

Ground black pepper

Corn

Cream

How do I prepare it:

1. Fry the onion in a pan

2. Add meat to the onion and simmer

3. Add salt and ground black pepper

4. Add corn

5. Add cream

6. Mix everything together and simmer for half an hour

7. Put the french fries in the oven and bake for half an hour, at 200 degrees

8. Put the french fries on a plate and add the meat

And done!

This lunch is ready in an hour



Bon Appetite



Grenadier march

granadir

Ingredients:

500 g potatoes

400 g pasta

1 piece of onion

oil

salt

ground red sweet pepper

200 g bacon



Viktoria from Slovakia

Instructions

1
Wash the potatoes and let them boil in the salted water.

2
Let it cool down a bit and peel them. Meanwhile, prepare the cleaned and chopped onion, which we fry in oil and fry. Add the red ground pepper, mix and remove from the cooker so that the pepper does not burn.

3
Add cleaned and sliced potatoes to the onion base, salt a little and mix. Add boiled pasta vials to the prepared paprika potatoes and mix.

4
Serve with or without bacon greaves, depending on who likes it. And of course sour cucumber or beetroot or a favorite salad. **Bon Appetite**



Kapustnica

Ingredients:

1kg-2kg smoked pork neck
4 litres water
2 bay leaves
1/2 spoon peppercorns
2 spoons/20g lard
2 onions
50g bacon
4 cloves garlic
30g dry mushrooms caraway
1 spoon paprika
700g sour cabagge
2-3 smoked sausages

How to make it :

1. Put the lard on the bottom of the pot and into that you want to add the smoked pork neck, onions, bacon, garlic cloves, mushrooms, sour cabagge, sausages.
2. When all the ingredients are roasted add water.
3. Then put all the seasoning in the pot.
4. Cover the pot with something so it can cook properly.
5. Serve nice and hot with sour cream.

Anna K. and Katka G.
From Slovakia 



Bon apétit!



Spaghetti

It's not our traditional food, but we like to cook it

Ingredients:

- 1kg of minced pork
- 1 big onion
- oil
- salt
- ground black pepper
- ketchup
- oregano
- basil
- 1 packet of spaghetti
- grated cheese



Instructions

- 1. We put oil in the pot, then we add chopped onion.*
- 2. Then we add minced pork, salt and pepper and we stew the meat*
- 3. After a while we add ketchup, oregano and basil and we stew for 1 hour*
- 4. Meanwhile we boil water for spaghetti with a bit of an oil*
- 5. We put spaghetti in the boiling water for 12-15 minutes*

Filip from Slovakia

Bon appetite!



Pirohy

Ingredients:

4 potatoes

coarse flour

semi - coarse flour

dill

bryndza (sheep cheese)

bacon

1 egg

sour cream



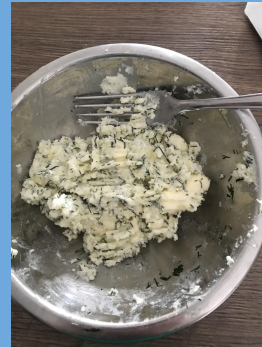
How to make it (dough)

1. Grate boiled potatoes
2. Mix egg, potatoes and flour
3. When we have a dough, we roll it out



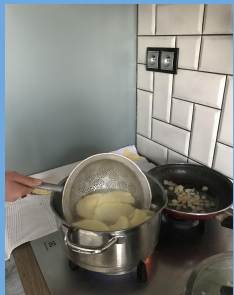
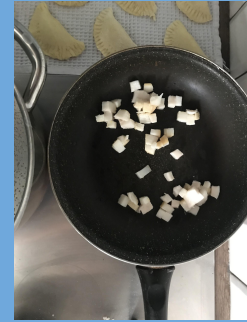
Filling

1. We take a piece of potatoes and mix them with sheep cheese and dill



Tomi from Slovakia

1. We cut out circles from the path, which we fill with filling
2. Then close the dough with a fork
3. We put pirohy on a towel
4. Let the water boil and put the pirohy in the water
5. When the pirohy float on top, we put them out
6. Cut the bacon and fry in a pan
7. Served ready on a plate with sour cream and bacon



Zapekané cestoviny Kika Š

Baked pasta

Ingredients :

Ham 500g

pasta 400

cheese 400g

corn from a can

peas from a can

Salt

black pepper

Garlic

3 eggs

cream

It's not traditional food but we eat it in our family



Instructions:

1. cook pasta in salty water
2. cut the ham and cheese but leave a little bit of that cheese
3. in cream mix egg, salt, black pepper and garlic
4. In a bowl, mix all of it together
5. we put it in the baking pan
6. we put it in oven at 200°C for 20 minutes
7. you can serve



Roasted scrag - end with side dish

(Pečená krkovička s prílohou)

Ingredients:

- pork
- oil
- salt
- black pepper
- mustard
- rice
- onion
- sweet corn



Recipe: Kika B. from Slovakia



Bon
Appetit!

Step 1: Cut the meat into pieces.

Step 2: Sprinkle the meat with spices, put the mustard on the meat and salt it.

Step 3: Put the meat in a pan and fry on both sides.

Step 4: Put the meat on a sheet, then cut the onion, put it on a sheet and bake.

Step 5 : We will prepare rice and we can serve.

Baked knee with french fries

Ingredients:

1 piece pork knee

6 cloves

garlic

salt

1 TS groud black

potatoes



Recipe: Laurika from Slovakia

1. Let the baking knee bake into the oven for two to three hours, don't forget to put the spice, salt on the knee

2. While baking, cut the potatoes into thin pieces

3. If we have the knee baked, we can taste it with something else

4. Bake the sliced potatoes for half an hour and put on a plate to the knee

Bon Apetit!



Traditional Slovak lunch in our family

The Schnitzel with potatoes , or rice

The Schnitzel is typically associated with Austrian cuisine (e.g. Wiener Schnitzel – Viennese Schnitzel). However, it is not completely clear where this dish originated.

Popularity of schnitzel has exploded and it's now prepared in some form all over Europe – and even the world. In fact, the American chicken fried steak is a variant of *rezeň*. The main difference between the two recipes is that in Slovakia and the Czech Republic, *rezeň* is made with pork. In the United States, it is beef.

Ingredients: boneless pork cutlets, flour, eggs, bread crumbs, oil for frying, side dish

Prep Time: 30 minutes

Barbi from Slovakia



Instructions

1. *Slice the meat into several slices, using a **tenderizing mallet**, beat the meat until it is about **quarter inch thick**.*
2. *Season them with **salt** and **pepper**. Then set up your breading station, just like when **frying cheese**. Cover them in **flour**, **beaten egg** and **plain bread crumbs**.*
3. *Then place them into a frying pan containing **hot oil**. Fry on both sides for few minutes until they get golden brown.*
4. *Scoop out the fried pork cuts onto a plate covered with **paper towels**. Pat dry to remove excess oil. Serve with **mashed potatoes** or **potato salad**. Bon apetite! - Dobrú chuť!*

Note: There are many variations on this basic recipe. The meat can be topped with **ham**, **cheese**, or even **bacon** (which is known in Slovakia as **Shepherd's steak**).



"French potatoes"

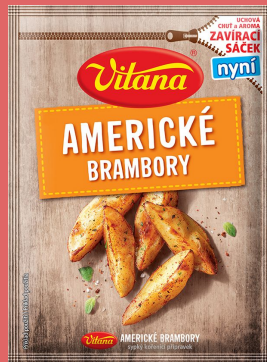
INGREDIENTS:

cooked potatoes, a little butter ,

salt, hard-boiled eggs,

butter, good sausage,

spices for potatoes, sauer cream.



Instructions:

1. Peel the boiled potatoes and cut into slices. Sprinkle the baking tray with butter, spread out a layer of potatoes and add salt. Put a layer of sliced or grated sausages on the potatoes, add the sliced eggs and add salt again. We make several layers, so that the last layer are potatoes.

2. Put the potatoes in a preheated oven with butter and bake them for about 20 minutes. Then take them out, pour the salted cream with beaten egg on the top and bake them for 25 - 30 minutes, till the top is a little bit gold.

Miška from Slovakia

