



Traditional cookbook of the Czech Republic



Masarykova ZŠ Návší

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TRADITIONAL CZECH RECIPES



“Placky”-potato pancakes

1 egg
100g coarse flour
1 tea spoon salt
500g potatoes
30g butter
fat for frying

Wash the potatoes and boil them. Then cool them down. Then the Grate, sprinkle with flour, salt and prop with egg and melted butter. From the materials we prepare dough for potato pancakes.

Developed the dough and roll it cut small pancakes. Fry potato pancakes on a hot pan with oil on both sides until golden brown. Or bake in the oven on a greased baking sheet.

Baked potato pancakes can fight stewed apples, jam or spinach. Good is also junket. Badges also serve as an accompaniment to steamed vegetables or meat.



“Halušky”- Gnocchi

300g bacon
pinch of salt
1.5 cups flour
7 potato
200g brynza
200g cream

Scraped and potatoes on a fine grater grate. We prop salt and flour into the dough. Much depends on the water potatoes, add the flour carefully. The batter should be light and slightly sticky.

In boiling salted water, either from a knife chopping shears or trowel through a special strainer pushing small gnocchi are cooked when the float to the surface. (Cook on stage.) After taking a short rinse in cold water, put into a bowl and cover.

In a bowl until smooth stir sheep cheese with cream.

A pan creating diced bacon.

Serve on a plate of cooked noodles, pour sheep cheese dressing and sprinkle with rendered bacon. We gently omastit crisp fat.



“Česnekačka”-garlic soup

2pcs eggs

1 pinch black pepper

250g potatoes

6 cloves garlic

1 pinch salt

Peeled garlic spread with salt, put into a 1 liter salted water, add the cumin crushed, peeled and diced potatoes, marjoram and lard. Add the broth, vegetable veggies chooses.

Garlic soup with potatoes and cook until potatoes are soft. We can add beaten To eggs. Finally soup season with ground black pepper.

We cut down a slice of bread into cubes and fry in lard and add each boarder plate. Finally garlic soup with potatoes and garnish with fresh chives.



“Bigos”

10 ounces of dried mushrooms 40 ounces of sauerkraut 2 pc onion 40 ounces cabbage, bacon dkguzená 10 20 dkgvepřová shoulder 1 sausage paste 15 dkgtočený 2-3 tablespoons lard

Drain the sauerkraut, the infusion aside, and slice it into smaller pieces. Sausage cut into slices and smoked bacon cut into small cubes. Cut the meat into small cubes. Depending on your taste, you can add virtually any meat - chicken, turkey, rabbit, beef. It's up to you.

In a large saucepan in a little hot fat a few minutes heat through the prepared cabbage. Then add the meat, pour water and simmer 30 minutes. Then add the chopped sausage and smoked bacon and cook for another 30 minutes.

Pour water carefully - consistency in the end should remain dense without water. Mix tomato paste and season with pickle cabbage. Cook the final 15 minutes.

Right Polish Bigos served as a hearty soup that tastes great and fills up a lot.



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“Jelito”- Blood Sausage

4 pieces larger black pudding

1 tablespoon lard

On braised cabbage:

1 glass of white sauerkraut and a pickle

2 tablespoons flour

1 large onion pieces

sugar, salt

oil

Potato:

500 g potato

1.5 liters of water

1 teaspoon cumin

1 teaspoon salt

Preparation of black pudding:

Puddings either reheat in a pan on a tablespoon of lard, or we can put in a baking dish in the oven and heated to 160-170 ° C bake.



Preparing sweet and sour cabbage stew:

The first well in hot oil abruptly fry the finely chopped onion

2nd Reduce heat sources, vitrified onions with flour and stir

3. After a while, add the cabbage and with brine, simmer with occasional stirring 10-15 minutes, the salt

4. Finally, add sugar to taste (cabbage should have a sweet and sour taste), stir, simmer for a while and serve.

Preparation of potatoes:

1. Potatoes Wash, peel and cut into large cubes, again thoroughly, then let it drain thoroughly

2nd drained potatoes in a pan and cover with cold water

Third water with salt, spices cumin and cook for about 15 minutes until we soften. Finally drain the potatoes and serve.

“Svíčková”- Roast sirloin in sour cream sauce with dumplings.

Ingredients

800 g rear beef
 300 g root vegetables (carrots, celery, parsley at the same rate)
 1 onion
 50 g mustard
 2 tablespoons sugar
 2 tablespoons vinegar
 100 g of oil a knob of butter
 100 g smoked bacon around tablespoons
 flour (by gluten)
 250 ml cream bay sheet
 3 pieces of allspice
 5 pcs pepper lemon juice
 to taste salt
 broth



Put bacon into meat (it's great if we put it at 0.5 hours in the freezer) and fry in oil or oil with butter (it will not to burn). Remove and roasts cook the vegetables coarsely grated onion and once carrots releases color add the sugar and let it caramelize.

Add mustard, spices, pour the vinegar, put the meat and pour the boiling broth. Put the pot or pan with a lid and into the oven and bake until soft flesh (ie. For about 1.5-2 hours in a medium oven). Then remove the meat and spices, chop the meat and the sauce Blend.

If it is necessary to thicken with flour mix milk and boil (flour must provařit least 20 minutes), as needed season with salt.

Zjemníme cream, season with lemon leaf and butter has not cook. Serve with bread dumplings and a target of lemon and cranberries.

“Vepřo knedlo zelo” - *roast pork with dumplings and sauerkraut*

1.25 kg pork, whole
 salt and pepper
 1-2 teaspoons of freshly crushed cumin
 5 cloves garlic, prolisovaných
 2 onions, finely chopped
 100 g of lard
 1 tablespoon plain flour for dusting
 cabbage
 2 tablespoons lard
 100 g bacon on sticks
 2 onions, finely chopped
 1 bag of sauerkraut
 ground cumin, caster sugar, salt, vinegar
 2 tablespoons flour for dusting
 dumplings
 1 kg flour
 pinch of salt
 1 egg
 20 g of fresh yeast
 grit pinch of sugar
 1 roll, diced
 500 ml lukewarm milk

1. meat with salt and pepper, sprinkle with caraway seeds and from all sides, rub with garlic. Chop the onion finely and spread it into the pan, top sit pork, add the bacon, pour 100-150 ml of hot water and bake in a preheated oven at 160 ° C until soft, about two and a half hours. 2. Make the cabbage. Decant it (retain pickle) and chop with a sharp knife. Melt the lard in a saucepan, add the bacon and when it starts to sizzle, pour the onions. Cook and after a few minutes, stir in the cabbage and caraway seeds, pour the paint and bring to a boil. Depending on your taste, add sugar and salt - cabbage should have a

rather sweet taste. Cook for fifteen minutes. Then sprinkle with flour and then cook for about fifteen minutes on a low flame.

3. Release the dumplings. Crumble the yeast into the flour, add the eggs, egg yolks, salt and milk knead not very stiff dough. Leave in a warm place to rise for forty-five minutes. Roll dice, sprinkle it with melted butter and stir in the leavened dough. Of dough make two cones, put them into boiling salted water and twenty to twenty-five minutes Cook (halfway through the cooking dumplings contact). Remove the dumplings and pierce with a fork so steam went out of them. Finally, cut them into threads.

4th Remove the baked pork from the pan and before it cut into slices, let the meat rest fifteen minutes to make it evenly parted juice. Place the roasting pan on the stove and heat, then pour the flour and fry it gently. Pour about 180-200 ml of cold water and boil for about twenty minutes. Serve everything together: dumplings, cabbage, slice meat and topped with sauce from the pan.





ENJOY
YOUR
MEAL

DOBROU CHUŤ

All the recipes in this cookbook were collected, written and edited by the students and teachers of MZŠ Návsí, Czech Republic.