

Food in Czech republic

Our cuisine is well influenced by another countries, like Germany, Hungary, Slovakia or Poland. We have many typical Czech dishes. A lot of them are really filling.

Sauces

In typical Czech cuisine, there are a lot of sauces. Our sauces are very thick and we usually serve it with beef and bread dumplings.

Like „svíčková“, which is made of carrots, celery root, parsley root, onion and cream. We serve it with, lemon, cranberries and whipped cream.

Another sauce is „rajská“ (tomato sauce). The main ingredients is a tomato puree. This sauce is quite sweet. We can serve it with bread dumplings or pasta.



„Koprovka“ - it is dill cream sauce. And it is known almost only in Czech republic. And there are usually two types of people: people, who really do not like it and people, who love it.

Next one is „znojemská“ (it is named after czech town Znojmo). It contains chopped pickled cucumbers and boiled eggs. You can eat it with bread dumplings or rice. A lot of people know this sauce only from school canteen or we were forced by our grandmothers to eat it, because „you have to eat everything“. We don't like this sauce.

Soups

The most typical soup is „bramboračka“. It is thick soup with potatoes, mushrooms and marjoram. Another is goulasch soup, which contains sausages, meat and spices like sweet pepper, black pepper, marjoram and caraway.

Tripe soup – is made of beef stomachs. Young people don't like this soup very much, but older generation likes this soup very much.



Another meals

For us is very delicious Schnitzel with potato salad, mashed potatoes or french fries. But it originally comes from Germany. A schnitzel is meat, coated with flour, beaten eggs and bread crumbs, and then fried. We do a schnitzel most often from chicken or pork meet. Potato salad is typical czech christmas meal. It contains a lot of mayonnaise, potatoes, pickles and eggs. It also used to be - and to some degree still is - a typical packed lunch for day trips, when it was consumed with bread (often between two slices of bread as a sandwich).

We also eat a lot of „bramboráky“ (potato pancakes). It's made of grated potatoes, garlic and marjoram. It's really tasty and easy to prepare – you just have to put ingredients together and then fry it on a pan.

We even have sweet dishes, which are eaten like main dishes. Really tasty are „ovocné knedlíky“, dumplings filled with some fruit. The dough is yeast or it could be with cream cheese.

Meals during the day

We usually eat five times a day. We have breakfast, lunch, dinner and between these main meals we have snacks.

Breakfast

Breakfast is really important for the whole day, but a lot of people skip it. In the morning we usually eat about seven o'clock, because a lot of students have to catch the bus to school. And the dinner is really fast. It is different, what people eat for breakfast. In the weekends breakfast are usually bigger and we usually eat later. The typical czech breakfast meal is „vánočka“ on the Christmas and very similar is „mazanec“ which we eat on Easter. Typical are also „buchty“, they are made of yeast dough and fill with cream cheese, prunne butter or grinded poppy seeds. Another breakfast could be only bread roll with a jam or cheese...



Lunch

It is the biggest meal of the day usually. We eat lunch about one p.m. People on working days mostly eat at canteens or bring their own packed lunch. Before the main course is usually served a soup. At weekend lunch is bigger than on working day.

Dinner

Dinner is not that big. Dinner is about seven p.m. Typical for Czech republic is uncooked meal. For example „chlebičky“ (open sandwiches) it is slice of french bread with spread and garnished with pickle, hard-boiled egg, tomato, slice of ham, salami or cheese. We have a lot of spreads. Another dinner can be platter. There are cheeses, hams, salami, vegetable, eggs, and everyone put on his bread.



Snacks

They are really different, it can be just fruit, bread with cheese, chocolate bar etc. First snack is at 10 o'clock. At weekends it is often skipped. The second snack is between lunch and dinner, the time for the second snack is different.

Lunches at school

Our school doesn't have typical school canteen. Our students go to lunch to one of elementary schools, which are really close. Surely, we have a school buffet, where can students buy some delicious homemade baguettes, sandwiches, salads or pasta. Either you can buy something here or go out and get some pizza, burger or kebab.

We have 10-20 minutes long breaks between lessons and one break long at least half an hour dedicated for lunch.

Some people also take lunch from home in a box – spaghetti, china, salad, pasta or some sauce with rice. Our school lunches are really varied.

Difference between workweek and weekend

Our day regime is little bit different during workweek and weekend. Breakfast is usually same – bread with ham, cheese, butter or jam, müsli, cornflakes, eggs or yoghurt with tea, coffee or juice. Breakfast should be start to every day.

During workweek we have snack in school – some sandwich or fruit. Really important is also water intake. Then we have lunch. As you could read a few paragraphs above, we have lunch in school.

At weekends, our mums cook lunch at home, usually some typical Czech meal. Our dishes are really filling, so our dinners are usually very light, containing a lot of vegetable. Dinners are usually same during the whole week.

Eating in restaurants

When there is some special occasion, we also go to the restaurant. It's great way to celebrate some birthday, name day or feast. It's nice to see whole family. In Czech Republic we have a lot of restaurants with typical czech atmosphere, meals and beer. Of course we like to have pizza, china food, kebab or burger. It's really different in comparison to our cuisine and we like it.

Sometimes we also eat in fastfood, but we try to avoid it, because junk foods are unhealthy and fatty. But when you're in hurry and starving it's the only way to help growling stomach.

We eat all types of meat, especially chicken, pork, beef or duck. Mutton or veal is not that typical, but many people eat it.

Typical Czech drinks

Czech Republic is renowned for beer. We have a lot of kinds and grades of beer. There are also many brands of beer like Pilsner Urquell, Budweiser Budvar, Stella Artois, Heineken, Gambrinus or Velkopopovický kozel. Beer is such part of Czech life.

We also have a lot of liquors. The most typical is "Becherovka", it's made of herbs and the taste is little bit sweet. Another are Fernet, or rum "Tuzemák".

In non-alcoholic beverages is popular "Kofola". It's quite similar to cola and it was made as substitute for drinks like Coca Cola or Pepsi. There are many flavours, especially of fruit.



Another interesting information

We have many brands of sweets and chocolate. The biggest is definitely Orion – company producing chocolate which is working for more than 100 years.

We also have some TV shows specialized for cooking. The most watched is probably show with Zdeněk Pohlreich.



For a special survey around Europe

1. We have sausages of many types and sizes. We also have wursts.
2. Sausages are mainly made of pork or chicken.
3. Usually boiled with ketchup or mustard. Sometimes in meals like soups or pepper stew. While camping we roast wursts on a fire
4. We peeled them off, cut and then boil them. Or boiling in a peel. We like to make mashed potatoes or potato salad.
5. Side dish. Or "Brambory na loupačku" – boiled in peel, then we eat it with butter, salt and drink milk. Very favourite are bramboráky too.
6. Potatoes are mainly used as a side dishes. Some people also eat sausages for breakfast, but it's not that healthy, so we usually stay with lighter meals.

