

# Food

## Czech cuisine

### Introduction to Czech cuisine

I would like to tell you something about our typical meals. The first information about our cuisine is that our cuisine is really unhealthy but very tasty. You have to enjoy every piece of meal. We have got a few typical meals: tartare, pork goulash, chicken schnitzel with potato salad, buns with cream cheese, sirloin in cream sauce, 'pork, dumplings and sauerkraut'. (Pictures are in the end of this presentation)

### Something about how, what and when we eat

We have got three meals a day, it is a breakfast, a lunch and a dinner. The main meal is lunch, because it usually includes soup. And it is bigger than the others. For breakfast is served milk/tea/coffee, eggs, bread, butter, vegetables, sausages, .., you can choose from a wide range of foods. For lunch is served what do you want, we don't have a typical meal for lunch. In our country we have got so many foreign cuisines. You can choose from Chinese, Italian, Turkey cuisine in our town. For dinner is usually served soup, salad from vegetables and what is currently in the fridge. Breakfast time is about 8-9am, lunch time about 1pm and dinner time about 6pm.

### Meals in school

When we are in the schools, we have got a break after every class, everybody bring their own snacks and breaks are for snacks. We have got a warm meals in our school canteen, we can choose from 2 different meals every day. Somebody bring packed lunch when they don't want to go to the school canteen.

### Cooking at home

In our country are usually mums who cook meals, they cook every day, when we come home and at the weekends, they cook the whole weekend. And when mums don't want to cook, they took us to restaurants, it is easy but on the other side it could be expensive. I think the most eaten meat is a chicken, kids in our country like it, everybody like it! But we eat every kind of meat.

### Fast food

Also something about fast foods in our country, fast foods are usually located in big cities, we are from a town near by Prague, about 45km. We eat junk food from fast foods twice a month, when we visit Prague or city with fast foods. We are not fat as pigs from that..

### Typical meal

One of the most typical meal in our county is called 'pork, dumplings and sauerkraut'. From the name you can imagine what is it. It is pork in sauce with dumpling and sauerkraut.

### International cuisine and drinks

In our town as I said, we have got Chinese cuisine, Turkey, and Italian. We have got the best kebab in a wide area. We also like pizzas and pastas. Popular drinks in our country are kofola, something like coke, but better. You can also know Czech beer, one of the best in the world, we like fanta, sprite, ginger ale, fruit juices, water. I think we

drink everything what flows. You can drink alcohol there after 18th birthdays.



### **Do you have any kind of sausages?**

In our country there are many people owning their farmhouse with the pigs, cows, chickens, geese, sheeps. So they are used to prepare the meat specialty on it self. And sausage is one of the most popular.

**What are they made of?** This is a pork sausage. Pork meat is mashed and mixed with spices, breadcrumbs. This mixture is stuffed in to the clean pork intestine. And the most important is in the end. All pieces of sausages must be slowly smoked in the smoke from the heavy wood (it is recommended to use plum wood).

### **The best dishes**

The best way, how to enjoy this delicious meal is only crispy fresh bread, butter, than add mustard, horseradish and that it. When You have more time for preparing, you can boiled potatoes, mashed them with milk, salt, butter and mashed potatoes are ready. There are as well different ways of cooking potatoes.

### **How we boild potatoes**

Czech people mostly only boiled potatoes in salt water, until they are soft. Halves of potatoes are served on the plate only with butter.

Specialy children loves the other way of potatoes preparing. The row potatoe is cutted into long pieces approximately 5x 0.5x0,5 cm. Than is baked in the owen or in the oil on the pan. And french fries, the worldwide most popular potatoes meat is ready to be served. The different potatoes side dishes are most often served with meat (pork, steak, fish).

### **Is the sousages healthy food?**

Sausages and potatoes are not the typical healthy food. It is full of energy, sugar, fatt and as well as carcinogenic substances. Despite of this facts, czech people love their sausages, high fat meat served with big amount of potatoes.



Sirloin in cream sauce with dumplings



Pork, dumplings and sauerkraut



Buns with cream cheese



Tartare



Pork goulash



Chicken schnitzel with potato salad

### **Changes in Czech cuisine**

Transformations of Czech cuisine in time replicate the cultural and technological development of the country, but also the fashion trends dominating religion or social status of people .

The gradual development of transport, particularly railways boom in the 19th century, and improved methods of preservation brought a range of almost the entire world and on the tables of ordinary people.

Opened firebox is first turned on the stove and furnace, and finally in the oven, the food is not only roasted and hell, but also cooked and smothered. Changes in technology and a greater variety of foods, however, mostly altering the fundamental component of any kitchen, her appetite.

Some traditional foods would present a boarder ingested hardly, others would wonder combination of ingredients, fat or sugar, and very difficult to be looking for sophisticated diet foods today. Another interesting thing is that men are increasingly employed in the kitchen.

