

# Czech food

## Our typical dishes

Our typical dishes usually include soup and meat with side dish. Sometimes we eat some vegetables with it.

### Soup

The most favourite soups are potato soup, garlic soup, goulash soup and beef soup with liver dumplings and noodles.



potato soup



goulash soup

### Sauces

Important in our cuisine are sauces. We often prepare “svíčkovou” (which is typically czech) and goulash. Also we have sauce made from dill or mushrooms or tomatoes. With sauces we usually eat dumplings or pasta and some kind of meat.



“svíčková“

### **The othes dishes from meat and side dish**

Traditional dishes are also “knedlo vepřo zelo” (which is typically czech) or schnitzel with potatoes or beef with garlic and potatoe dumplings and spinach.



“knedlo vepřo zelo“

### **Meat and side dish**

Favourite meat in our country is poultry, pork and beef. As side dish we usually have potatoes or dumplings or rice or fries or pasta. We have two kinds of dumplings – the potatoe ones and the ones from roots.

### **The other dishes**

Traditional meals are also “bramboráky” (which is typically czech) or sweet dumplings with some fruit inside.



“bramboráky“

### **Which are typically czech dishes from?**

Svíčková – It is sweet and sour sauce, which contains cream and root vegetables puree. As side dish are dumplings and as meat is beef. We decorate it with lemon, cranberry and whipped cream.

Knedlo Vepřo Zelo – It contains potatoe dumplings, pork and cabbage.

Bramboráky – It is from grated potatoes, which are fried on oil. It is something like potatoe pancakes.

## Desserts

Sometimes we also have dessert. Typically czech are "buchty". They are from the leavened dough with the filling inside. Fillings are poppy seeds or jam or cottage cheese. Traditional desserts are also "koláče". They are kind of round pastry with filling in the middle. Fillings could be also poppy seeds, jam, cottage cheese or hazel or marmalade or apple.



"buchty"



"koláče"

## Drinks

In our country is the most popular beverage beer. We also have many brands of Czech beer.

## How looks our typical day?

### Breakfast

In our typical day we start with breakfast. We eat it at home, before we go to the school. Usually we eat yogurt or cereals with milk and tea or coffee.

### Morning snack

In school we have break to eat snack, which we bring from home or we can buy it at school buffet. We eat müsli bars, sweet bars, fruit, vegetables or same pastry.

### Lunch

We have warm lunches at school canteen. We can choose from 2 meals every day. There we have some soup and main course. It is usually some meat with side dish.

### Afternoon snack

Afternoon snack we have usually at home. It is fruit or vegetables or a piece of bread.

### Dinner

In the evening we eat dinner usually at home. Dish is prepared by our parents and it is warm meal.

### Weekends + special days

On the weekends we sometimes have the lunch with our grandparents too. On some special day like birthday or some other celebration we go to the restaurant with our family.

## Festive meals

### Christmas

On Christmas Eve we have Christmas diner. In the beginning we eat fish soup. After that we eat fried carp and potatoes salad. At Christmas we also bake Christmas cookies and Christmas poutry called vánočka, which is from leavened dough.



fish soup



fried carp and potatoes salad



Christmas cookies



“vánočka“

### Easter

At Easter we bake Easter lamb, which is from sweet dough and Easter poutry called Mazanec, which is from leavened dough too. We also prepare Easter stuffing made of rolls, milk, eggs, pork and spring nettle.



Easter lamb



“mazanec“



Easter stuffing

## Historical development

Our cuisine, as one of our national treasures today, has a long tradition that dates back to the Middle Ages.

Ordinary food was pork or mutton. Beef was more rare, because the cows were a major source of milk so people didn't kill them. People also ate fishes like carp, pike, catfish or eel. Most of the meat was prepared by cooking and served with mashed.

Thanks to the connection to the southern region of Germany and Austria, our cuisine took over gradually a range of foods from these areas too.