

CZECH FOOD

Czech kitchen is a specific type of the Central European kitchen. It's known for its thick soups and sauces with stew, in both cases completed with some boiled vegetable with cream, and roasted meats in natural sauce. Our meals usually contain three courses.

First, there comes the soup. It's very important and traditional part of Czech eating, as our grandmas say, the good soup is a cure for everything. There are many different types, usually some kind of broth with garnish, meat and vegetable. The most famous is 'Bramboračka' as we call the soup from potatoes, combined with some vegetable and mushrooms.

Then there comes the main course, the fanciest part of the meal. There is always some meat – mostly pork, beef or poultry. Very popular are also meals from minced meat, fish, rabbit or venison. Meat is usually combined with some sauce, the most known is probably made from root vegetable, and it's called 'Svíčková'. The course couldn't be completed without a side dish. There are many types of side dishes, one of the most frequent are dumplings (which are typical Czech), potatoes or sometimes fries. One of the most famous meal is 'Vepřo knedlo zelo' which is slang naming of pork, dumplings and sweet cabbage put together or 'Bramboráky', pancakes made from potatoes and fried in oil.

After finishing the main course, there goes the desert, most frequently offered with a cup of coffee. Very popular as a desert are Czech buns filled with jam and sprinkled with sugar. Or you can order a scoop of ice cream or some pancakes of course topped with whipped cream.

And what kind of food would it be without a drink? Czech beer is famous all around the world for its specific and delicious taste which many Czech people are in love with.

Recipes

Would you like to try some of our most popular meals? Here are some recipes of Czech food, which are not very hard to prepare, and have a very good taste.

Bramboráky (Czech potato pancakes)

Ingredients:

- 4 large potatoes
- 3 cloves of garlic (crushed)
- Salt and black pepper to taste
- 1 pinch of dries majoram (optional)
- 2 eggs
- 2 teaspoons of caraway seeds (optional)
- 1 tablespoon of milk
- 3 tablespoons all-purpose flour
- Oil for frying

Directions:

- Peel and coarsely grate the potatoes, squeezing out as much liquid as you can. Transfer the shredded potatoes to a mixing bowl. Stir in the crushed garlic, salt, pepper, marjoram, and caraway seeds.
- Beat the eggs with the milk. Add the egg mixture to the potatoes and stir well to combine. Gradually mix in the flour to form a thick but still pourable batter.
- Heat the oil in a skillet over medium-high heat; the oil should be about 1/4-inch deep. Spoon about 1/4 cup of batter into the hot oil, flattening it slightly. Fry the pancake until golden brown, about 3 minutes on each side. Drain on paper towels. Taste the first pancake and adjust the seasoning if necessary; repeat with remaining batter.



Enjoy your meal!

Svíčková na smetaně (Beef in sour cream sauce) – literal translation for svíčková is „made out of candles“

Ingredients:

- 2 pounds beef tenderloin
- 1 slice of bacon, sliced into thin strips
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium parsnips, chopped
- 1/2 small celeriac root, diced
- 2 bay leaves
- 1/2 teaspoon allspice

- 1 teaspoon thyme
- 2 tablespoons fresh chopped parsley
- 1 cup / 8 fluid ounces red wine vinegar
- 4 tablespoons butter or lard
- 1/2 teaspoon sugar
- The juice of 1 lemon
- 1/2 cup sour cream

24 hours before cooking time: Lard and marinate the beef. Using a small sharp knife, make small cuts in the tenderloin and insert one of the pieces of sliced-up bacon into each. Season well with salt and black pepper .

Put the meat into a glass or ceramic (not metal) pan large enough to hold the meat but small enough to keep it covered by the marinade. Surround and cover it with the chopped vegetables. Sprinkle on thyme, all spice and parsley. Season with salt and more pepper: add bay leaves. Pour in the vinegar and two tablespoons of the oil. Add a little more water or vinegar if you need to in order to cover the meat. Cover the pan and refrigerate. Turn the meat in the marinade occasionally.

Next day: Preheat the oven to 175 C. Remove the tenderloin from the marinade: pat it dry with paper towels. Heat the remaining 2 tablespoons of oil very hot in a drying pan big enough to take the tenderloin. Sear the meat all over: then remove to a roasting pan.

Pour a little water into the frying pan -- half a cup or so -- and boil rapidly, scraping the pan to get the remains of the searing into solution. Then pour these juices over the roast. Surround it with all the vegetables and pour over the marinating liquid. Place the butter or lard on top of the meat. Then put the whole business in the oven and roast, basting occasionally, for 1,5 hours.

When the meat is done, take it out of the oven and reduce the oven temperature to a very low setting (under 50 C). Remove the roast from the pan: pour all remaining liquid and the vegetables into a pan. Put the meat back in the pan and return to the oven. Meanwhile, puree the liquid and vegetables in a blender.

For the sauce: pour the vegetable puree into a medium-sized saucepan and heat to a low boil. Season with salt and pepper. Add the lemon juice and sugar. If the sauce needs thinning, add some water or beef broth. Finally, just before serving, stir the sour cream into the sauce and heat it through. Don't let it boil, or you risk the sour cream curdling. Serve slices of the tenderloin with dumplings ladle the sauce over the cream.



Another traditional food

Vepřo knedlo zelo (Pork with dumplings and sweet cabbage)



Bramboračka (Potato soup)



Škubánky s mákem

This is another traditional Czech food made from potatoes. It's usually served with poppy seeds and sugar.



Vánoční Kuba (Christmas Jacob)

We usually prepare this meal in the Christmas time. It's made from mushrooms, groats and some onion.



Vanilkové rohlíčky (Vanilla crescents)

Vanilkové rohlíčky is typical Czech confiture. It's prepared from sugar, walnuts and butter.



Perník (Gingerbread)

Perník is kind of sweet pastries, which is usually served as a dessert. Its original recepture includes flour, honey and pepper.



Vánočka (Christmas cake)

Its name comes from the Czech naming of Christmas= Vánoce. It's because people used to bake it during the Christmas time and it stayed like that.



Ovocné knedlíky (Dumplings filled with fruits)

This meal is the most often made from cottage cheese dough filled with fruit jam. Usually it's strawberries or plums. It's served with melted butter and sugar.

