

Czech cuisine

If you want to prepare some of the typical Czech food, it will probably take you a lot of time, because it's difficult to cook it. It's the reason, why nowadays there're not so many people, who cook it regularly. We usually prepare meat with cream sauces and dumplings, so it's not very healthy. That is another reason why young people prefer cooking world cuisine.

Czech cuisine was influenced by surrounding countries, like Germany and Slovakia, so there are some similar features. Typical Czech menu consist of the soup, which is followed by the main course and it finishes with the dessert, which is not eaten every time.

Traditional Czech meals:

The soups

Onion, garlic, celeriac, potatoes and mushrooms are used very often for cooking soups. One of the most favourite soup is some kind of broth, usually beef soup with liver dumplings. Another one is potato soup, often with mushrooms, garlic soup or some kind of creamy soups.



Potato soup



Beef broth with liver dumplings

The main course

The main course usually contains meat served with or without some sauce. We mustn't forget on side dish, for example dumplings (in Czech *knedlíky*) made of potatoes or of leavened dough with roll – the most traditional and famous one. And the most common side dish in Czech cuisine are potatoes. Therefore there're several ways how to cook them. For example *Bramboráky* (fried grated potatoes with flour, eggs and garlic), which are very popular in Czech republic.



Potato dumplings



Knedlíky (made of leavened dough)



Bramboráky

Some of the most popular main courses:

- Marinated sirloin (in Czech *Svičková*) - Beef sirloin with dumplings and vegetable cream sauce
 - Roast pork, dumplings and sauerkraut (*Knedlo vepřo zelo*)
- (These two meals are very typical in Czech republic.)



Svičková



Knedlo vepřo zelo

- Beef goulash
- Pork schnitzel with potatoes – this food came from Austria



Beef goulash



Pork schnitzel

You can also have some sweet food for a main course, for example fruit-filled dumplings.



Fruit-filled dumplings

The dessert

As a dessert, Czech people prepare some cakes, pancakes etc. A very common dessert is an apple strudel.



Apple strudel

Beverages

In Czech republic is definitely the most popular drink a beer. If you are not keen on beer, you can have some mineral water, juice etc.



Czech beer

When and what do we eat?

Czech people usually eat bigger portion three times a day and take a snack meanwhile. Time for breakfast depends on your daily routine, it is taken usually around 7 o'clock on working day. We take a lunch around twelve o'clock and a dinner at six o'clock. The main meal of the day is maybe lunch, especially at the weekend, when the families eat together.

Czech breakfast (snídaně):

Bread, butter, ham, cheese, hard boiled or scrambled eggs

Some sweet variations: bread with honey or jam and also some kinds of cakes.



Czech cakes- Koláče



Buchty

Czech cakes. Recipes differs in specific regions of our country. *Buchty* are made of leavened dough with cottage cheese, poppy or jam filling.

Czech lunch (oběd):

Meat with potatoes, rice, pasta, often with some kind of sauce. Meatless variation can be some sweet or vegetable meal.

Students have break for lunch (around 13 o'clock) at school and most of them visit school canteen, where the warm meals are served and you can choose here from two dishes. However it's also common to bring packed lunch or to buy something in the school buffet.

Typical dinner (večeře):

The dinner is often similar to lunch, but nowadays there're a lot of people, who don't have enough time to cook dinner, so they eat cold dishes.

Special occasions and food

The food at weekends or special days is different from food at weekdays. We usually prepare some food more complicated for cooking and we can also prepare soup or dessert, which is not common at weekdays. You can also eat in restaurants.

Meals for special occasions during year:

Easter

On Easter we make Easter stuffing made of eggs, rolls and nettle. People traditionally decorate boiled eggs to give them to the carollers. We bake Easter lamb, too (made of sweet dough) and we also bake *Mazanec*, which is made of sweet leavened dough.



Easter stuffing



Decorated boiled eggs



Easter lamb



Mazanec

Christmas

On Christmas we bake *Cukroví* (some sweets) and *Vánočka*, which is made of the same dough as *Mazanec*. On Christmas Eve, Czech people prepare fried fish- a carp. As side dish we prepare a potato salad. Some people also cook a fish soup.



Cukroví



Vánočka



Fried carp with potato salad