

## Czech food

### Typical Czech dishes

The most famous Czech food is called 'vepřo-knedlo-zelo' which means roast pork with dumplings and sauerkraut. Dumplings are also one of the special dishes in our national cuisine. They are made of flour, yeast, eggs and bread or potatoes. We don't use dumplings only with sauerkraut, but also with every type of meat (pork, beef, chicken, poultry, etc.). Actually we have sweet dumplings, too. They are filled with fruit as blueberries, apricots or strawberries.



So, remember that the main part of our cuisine consists of all types of dumplings :).

Another typical Czech dishes are fried cheese, fried cauliflower, a potato pancake or wiener schnitzel. Well, as you can see, it's true that the typical Czech food isn't one of those which could be called dietary.

The Czech Republic is very well-known for its beer which is famous all over the world. Our national breweries are Pilsner Urquell and Budweiser Budvar. The unique taste of the Czech beer goes perfectly with our cuisine, of course.



### Daily meals



We usually have five meals a day. That covers breakfast, a morning snack, lunch, an afternoon snack and dinner. We are not used to have a huge breakfast. At 7 a.m. we usually take a bread with butter and cheese or cornflakes with milk and drink a cup of tea. After that it's served the first snack which consists of fruit or a bagel. And then comes the lunch time. That's our main meal served at 1 p.m. composed of soup, dumplings with sauce and lots of meat or grilled fish with potatoes. On special occasions the meal is followed by a dessert - it can be a pancake with marmelade or a fruit pie. The second snack is usually served with coffee or tea. Around 7 p.m. we have dinner full of vegetables with meat, potatoes or light soup. Dinner is very similar to our lunch but it isn't as huge as lunch is.



### School canteens

Children usually go to school canteens where they can choose from two prepared dishes. Our lunch break starts at half past one. The menu is full of meat, pasta, dumplings with sauce, vegetables or pizza. It's rare to take a packed lunch from home.

## Restaurants

People who go to work have their lunch break between 12 and 1 p.m. They go to different restaurants that offer a special lunch menu with reasonable prices. Restaurants are favorite in general. We spend a lot of time there with friends and enjoy our time together. Restaurants are also one of the best places for different occasions as birthday parties.



## Fast food



Fast food is very popular for example in big cities in our country. The most visited is McDonald's and it appears to be almost everywhere, mainly in Prague. You can meet also kebabs and pizzas around the town, of course.

## Christmas meals



Christmas in the Czech Republic always means plenty of food. On Christmas Eve on December 24, the whole family gathers at the table set for Christmas dinner. As the first comes fish soup followed by carp served with potato salad. We have also our gold-colored sweet Christmas bread with raisins called 'vánočka' and a lot of Christmas cookies (for example gingerbread cookies, 'wasp nests' made from walnuts or Linz cookies with marmelade). Later than, on St. Stephen's Day, we prepare roast duck or goose and on New Year's Day we serve lentils with meat to be wealthy the next year according to an old Czech tradition.

