



*“Food is a central activity of mankind
and one of the single most significant trademarks of a culture.”*

Mark Kurlansky, 'Choice Cuts' (2002)

Regional culture can be manifested through a variety of forms and practices. Visually, it is reflected in traditional outfits or architecture and it can be traced in regional customs which are celebrated from father to son. Culture is also strongly represented in literature, both the oral traditions and the written works. Last but not least, the regional cuisine constitutes a very significant manifestation of culture.

Here in this booklet, we present the selected traditional dishes of the Czech Republic, Lithuania, Poland, Romania and Slovakia.

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Partner schools in the project

Spojená škola (Detva, Slovakia) – coordinating school <http://www.sssdetva.edu.sk/sk>

Střední odborná škola obchodu, užitého umění a designu (Pilsen, Czech Republic) <http://www.nerudovka.cz/>

Vilniaus turizmo ir prekybos verslo mokykla (Vilnius, Lithuania) <http://www.vtpvm.lt/>

Regionalne Centrum Edukacji Zawodowej (Nisko, Poland) <http://rceznisko.pl/rcez/>

Colegiul Tehnic Baș (Baș, Romania) <http://colegiultehnicbals.ro/>

Slovak cuisine



Slovak cuisine varies slightly from region to region across Slovakia. It was influenced by the traditional cuisine of its neighbours and it influenced them as well. The origins of traditional Slovak cuisine can be traced to times when the majority of the population lived self-sufficiently in villages, with very limited food imports and exports and with no modern means of food preservation or processing. This gave rise to a cuisine heavily dependent on a number of staple foods that could stand the hot summers and cold winters. These included wheat, potatoes, milk and milk products, pork meat, sauerkraut and onion. To a lesser degree beef, poultry, lamb and goat, eggs, a few other local vegetables, fruit and wild mushrooms were traditionally eaten. All these were usually produced and processed by families themselves with some local trade at the country markets. Wheat was ground, and bread, dumplings and noodles were made from it. Potatoes were mostly boiled or processed into potato dough. Milk was processed into a wide range of products such as butter, cream, sour cream, buttermilk, and various types of cheese etc. Typical pork products include sausages, smoked bacon, and lard. Spices were not widely used, and animal fats and butter were used instead of cooking oils. Main drinks included fresh and sour milk, and beer. Contemporary Slovak cuisine is widely influenced by various world cuisines and uses many different ingredients, spices and industrially processed foods. Until present, the tradition of welcoming the most honoured guests with bread and salt is kept in Slovakia.



Slovak gnocchi with sheep cheese

Ingredients:

- 300 g flour
- 600 g potato
- 250 g sheep cheese
- 100 g bacon
- 0,5 ts salt
- 1,5 – 2 dl milk



Peel the potatoes and carve on a slicer. Add flour and salt and mix thoroughly in order to make dough. Throw pieces of dough into the boiling water. When the gnocchi come up to the surface, get them out of the water. Add sheep cheese, boiled milk and mix well. On the pan saute bacon cut into small pieces and put them on the top of the gnocchi.

Small pieces of pastry with poppy / Bobalky

Ingredients:

- 1 kg semi-coarse flour
- 1 cube of yeast
- 0,4 – 0,5 l milk
- 0,5 ts salt
- 2 tbs crystal sugar
- 300 g poppy
- 250 g butter



Put all the ingredients for the dough (with a half of milk) into a large bowl and knead the dough (about 10 minutes). Add more milk only if needed. The dough should be a little stiffer (drier) than normal. Cover the bowl with a clean table cloth and let it rise for 1 hour in a warm place. Divide the dough into small parts and let them rise sitting on the worktop for about 1/2 an hour. Pre-grease 2 baking trays. Preheat oven to 220°C. Cut off a piece of a dough, roll out or pull it out to about a 1 - 2 cm thick log, then cut it into 1 - 2 cm long pieces. Throw the pieces directly onto the baking sheets. Don't let them to touch one another. Let bobalky rise for another 15 minutes. Bake in the oven for 10 minutes or until golden brown. Store in a cool and dry place, in an opened container for up to 3 months.

On Christmas Eve morning rinse bobalky in a colander with some boiling water to get rid of the flour. Transfer bobalky into a bowl. Sprinkle with poppy seeds and sugar, then pour over some water so that the water covers bobalky as much as possible. Stir. Stir and taste several times per day. If the water is absorbed and bobalky seem too dry, add water, if not sweet enough, add sugar. Bobalky are ready when all the water is absorbed, sugar is dissolved and bobalky are completely soft and evenly coated in poppy seeds.

Dubčiaky

Ingredients:

- 1,5 kg potatoes
- 250 g sour cabbage
- 150 g butter
- 1 big onion
- 1 tsp crystal sugar
- salt
- 0,5 tsp cumin



Boil the potatoes boil in jackets, leave to cool, peel and slice into small pieces. Fry the onion in 50 g butter, add the sugar and cumin, let it caramelize. Add the rinsed cabbage, fry, pour a little bit of water and cook until the mixture is soft. Finally, add the potatoes, pour the rest of the melted butter, mix it, and add salt to taste.

Fučka

Ingredients:

- 1 kg potatoes
- 2 tbs lard or oil
- milk
- 4 onions
- water
- salt



Cook the peeled and pre-cut potatoes in salted water. Pour half of the water away and mash the potatoes well with the remaining water. If the mixture is too thick, add milk. Fry the onions in the lard or oil and pour on top of fučka. Serve with sour milk.

Strapkáč

Ingredients:

- 400 g of tinned beans
- 7 big potatoes
- a piece of smoked knuckle
- 200 g cabbage
- 15 g dried mushrooms
- 3 pieces bay leaf
- 2 tbs oil
- 2 tbs flour
- ground pepper
- 1 garlic pod
- marjoram
- salt



Cook the peeled and pre-cut potatoes in salted water, along with smoked knuckle. Simultaneously, cook the cabbage together with dried pre-soaked mushrooms (and the water they were soaked in). Add black pepper and bayleaf. Cook for about 30 minutes. Add the beans (and its gravy) and cabbage with mushrooms into the potato pot. Stir and boil for a little longer. Take the knuckle out, separate meat from bone, then put the meat back to the soup. Prepare bechamel by mixing oil, smooth flour and ground pepper. Wetten it by a bit of cold water, then pour the mix into the soup. Add garlic and marjoram to taste.

Potato pancakes

Ingredients:

- 700g potatoes
- 1 egg
- 3 tbsp flour
- 1 tsp salt
- black ground spices
- marjoram
- cumin
- 1 onion
- 2 cloves garlic
- oil



Prepare the ingredients for pancakes. Grate the potatoes, onion and garlic. Add the egg, flour, salt, spices, marjoram and cumin to the grated mixture. Form pancakes from the mixture and fry in oil. Serve with milk or sour milk.

Steamed buchs / Parené buchty

Ingredients:

Sourdough:

- 100 ml milk
- yeast
- 1 tsp sugar meal
- 1 tbsp flour

Dough:

- 400 g semisweet flour
- 2 tablespoon sugar meal
- 1 egg
- 1 pinch of salt
- 50 ml milk
- 50 ml oil

Filling:

- thick plum jam



Prepare the sourdough with the listed ingredients. Next, prepare the dough, add the sourdough and put it in a warm place for about 45 minutes. Roll out the dough to about 3 mm thin. Then, using a knife or the circular dough cutting tool, cut out squares about 2×2 inches. Place a spoonful of thick plum jam (*slivkový lekvár*) in the middle. Pinch the dough together in one spot and work your way around to make the dumpling. Place the dumplings aside, and fill a large pot with water. Make sure you have a lid for it. Then place a cloth over the top and tie it around with a string. Then, once the water is boiling, place the dumplings on the cloth. Cover and let steam for about 12 minutes. Carefully remove *buchty* from the steam and brush with melted butter. Then top with sweet ground poppy seeds or ground walnuts mixed with sugar.

Little pieces of pastry with poppy from potato dough

Ingredients:

- 500 g cooked potatoes
- 200 g flour
- 1 egg
- a pinch of salt
- 60 g butter
- 120 g ground poppy
- 70 g sugar



Cook the potatoes in jackets. Scrub the cooled potatoes, and carve on a slicer. Add a pinch of salt, one egg and 200 g of flour. Knead the dough and form a roll from it. From the roll, cut a piece of dough (about 4 cm long), out of which form another roll (about 1 cm wide). Then cut it into little pieces, from which you must form šúl'ance (little pieces of pastry). In a pot, melt butter. Put šúl'ance into boiling water. Cook them until they come up to the surface. In a bowl, mix poppy with powdered sugar. Sprinkle šúl'ance with mixed sugar and poppy.

Apple-poppy strudel

Dough:

- 300 g smooth flour
- 1 egg
- 2 tbsp of lemon juice
- ½ tbsp oil
- 1/8 litres of water
- salt

Stuffing:

- 1,5 kg apples
- 25 dkg ground poppy
- 15 dkg sugar
- 2 tsp cinnamon
- 2 tsp lemon peel
- 2 packages of vanilla sugar
- 10 dkg raisins
- melted butter



The ingredients make two strudels. In the bowl, combine flour, salt, egg, lemon juice, and then add lukewarm water. When the dough does not stick to your fingers anymore, cover the bowl and put it in a warm place. Let the dough rest for one and half hour. After that time, take out the dough and divide it into two equal parts. Spread with butter and let rest for another 15 minutes. Then transfer the dough onto a table. Stretch the dough until it is completely thin and smear it with melted butter. Sprinkle the dough with ground poppy, chopped apples, cinnamon, raisins, lemon peel and strew with half of the crystal sugar and again with poppy. Put some butter on top. Cut off the uneven borders of the dough with scissors or a knife. Fold the strudel using a tablecloth. Do the same with the other part of the dough. Using a tablecloth transfer the strudels onto a greased baking sheet. Also top and borders slash with butter. Bake for 45 – 50 minutes at the temperature of 180 degrees Celsius. When the strudels are ready, sprinkle them with powdered sugar.

„Pampúšiky“

Ingredients:

- ½ kg flour
- 3 egg yolks
- 30 g yeast
- 60 g crystal sugar
- 100 g powdered sugar
- 1 egg
- oil
- rum
- milk
- salt
- jam



In a little bit of warm milk, put a handful of sugar and yeast and let it sour. In a bowl combine flour, a little salt, a handful of sugar, egg yolks and add leaven. Add a little rum and prepare dough. If needed, add lukewarm milk. Leave the dough in a warm place to grow. Then divide the dough into 2 parts. Form balls from the dough. Fry the “pampúšiky” in heated oil on both sides. Next, fill them with jam. Sprinkle the “pampúšiky” with powdered sugar mixed with vanilla sugar.

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