



*“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 Baş (Baş, Romania) <http://colegiultehnicbals.ro/>

Czech cuisine



Czech cuisine has both influenced and been influenced by the cuisines of surrounding countries. Many of the cakes and pastries that are popular in Central Europe originated within the Czech lands. Contemporary Czech cuisine is more meat-based than in previous periods; the current abundance of farmable meat has enriched its presence in regional cuisine. Traditionally, meat has been reserved for once-weekly consumption, typically on weekends. The body of Czech meals typically consists of two or more courses; the first course is traditionally soup, the second course is the main dish, and the third course can include supplementary courses, such as dessert or compote (*kompot*). In the Czech cuisine, thick soups and many kinds of sauces, both based on stewed or cooked vegetables and meats, often with cream, as well as baked meats with natural sauces (gravies), are popular dishes.

Soups and starters

Potato pancakes

Ingredients:

- 8 potatoes
- 1 garlic
- milk
- flour
- oil
- 1 egg
- marjoram
- salt



Peel the potatoes and grate them. Do the same with the garlic. Mix egg with a dash of milk, add marjoram and salt. If needed, add flour. Some people add bacon in it as well. Leave the mixture for about 20 minutes. Then fry it in a shape of a pancake on a pan. Serve on a plate with a glass of cold milk to drink with.

Ham rolls with horseradish filling

Ingredients for 4 servings:

8 slices of ham
¼ l horseradish filling

For the filling:

¼ l cream
30-40 g grated horseradish
a pinch of white pepper
lemon juice
icing sugar
salt
piping bag

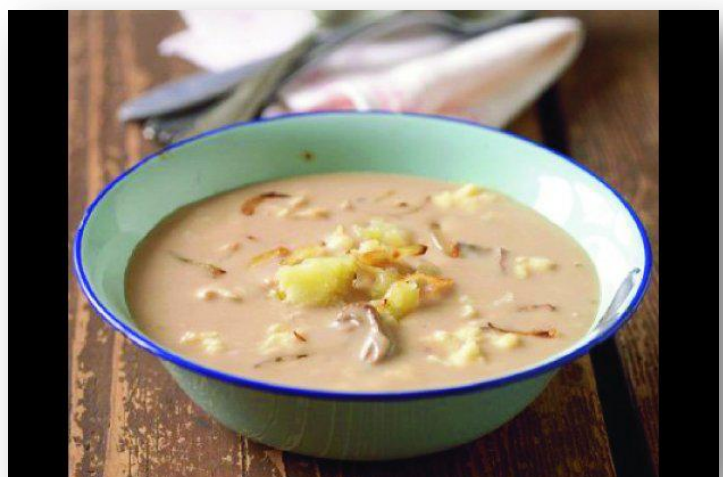


Mix lemon juice with grated horseradish. Add sugar, salt and pepper. Mix all together and add cream. Roll each slice of ham and use piping bag to put in the filling.

Chodské kyselo

Ingredients:

- 100 g onion
- 30 g of flour
- 4 hard boiler eggs
- 1 l of water
- 5 dl sour cream
- 300 g boiled potatoes in the skin



According to taste:

- allspice
- salt
- whole black pepper
- vinegar
- bay leaf
- 300 g of fresh mushrooms

Boil peeled onions, spices and a piece of bay leaf. Add salt and mix flour in boiled spices with the simmered sour cream. Strain overcooking kyselo. Add sliced mushrooms and boil it for a while. At last put potatoes boiled in the skin, peeled potatoes and hard boiled eggs. Flavour it with vinegar. Serve with fresh bread.

Milk soup with noodles or noodle batter

Ingredients:

- 2 quarts milk
- 1 tbsp. butter
- egg noodles (made from one egg)
- 1 tsp. salt



Boil the milk. Add the noodles, salt, and butter. Cook slowly until the noodles are cooked.

Variation: Beat 2 eggs until frothy. Add 5 tbsp. milk, tsp. salt, and cup flour to make a medium thin batter. Set a colander over the boiling milk. Pour the batter into the colander

and press it through quickly. The batter will drop through the colander in long strings and make little curls in the boiling milk. Cook five more minutes and serve.

Main courses

Dumplings with poppy seeds

Ingredients:

- 7 potatoes
- 1 egg
- 1 dl water
- 250 g coarse flour
- 250 g smooth flour

on packaging:

- 100 g of vanilla sugar
- 200 g ground poppy
- 100 g butter
- 100 g of crystal sugar



First, boil potatoes in salted water. Meanwhile, prepare a smooth and rough flour on the plate. Chill the potatoes, peel and grate into a fine grater into flour. Add egg, add water and prepare a medium consistency dough as needed to work with it. In the meantime, cook the water slowly in the pot, so we do not expect it. Divide dough into several parts. Form it into large “snakes,” which are cut into small pieces, and form it into cone-shaped rollers with cones. Put them in the boiling water and cook about 10 - 15 minutes to make them soft. Meanwhile, put the poppy, crystal sugar, vanilla sugar and butter in the bowl. Pick the boiled cones in a bowl of poppy and sugar so that you can carry some broth with them. The amount of sugar is determined by everyone's taste. The right cones with poppy seeds are immediately served.

Kosmatice - fried elder flowers

The dough for the kosmatice

(Portion for two people)

- ¼ liter of milk
- 2 eggs
- pinch of salt
- 120 grams of white flour to create a dough similar to dough for pancakes
- sunflower oil for frying and a handy frying pan



Pick the elder flowers. Before the preparation wash it and leave it dry. If you prepared the dough, preparation is very simple. Heat up the pan with sunflower oil. Dip the elder flowers into the dough. Take a spatula into one hand and pair of scissors into the other one. Fry elder flowers, which we dipped in the dough, in sunflower oil. Hold it by the stem and put it on the pan and let them fry. Cut the stem with scissors, turn it to the other side and fry again. You can serve with mashed potatoes or with potatoes.

Stuffed dumplings with smoked meat and cabbage

Ingredients:

- 2 onions
- salt
- 80g lard
- 1 egg
- 160g coarse flour

- 300g smoked meat - cooked
- 60g semolina
- 800g cooked potatoes

For cabbage:

- 1 onion
- salt
- vinegar
- 600g red or white cabbage
- oil
- 1 apple
- sugar



One day earlier cook potatoes and peel them right after cooking. Before preparation we grate potatoes, add flour, semolina, eggs and salt and shortly make dough. Divide the dough into 12-16 parts, which you push and put some smoked meat on. Immediately, put them into boiling water and cook them for 15 minutes. In the meantime, fry the onion and add white or red cabbage. For cooking the cabbage, add a little bit of water and steam it until the cabbage is soft. When the cabbage is almost soft, add grated apple, sugar, vinegar, salt and wait until it's completely soft.

Beef in Sour Cream Sauce

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 (fresh-ground or not, as you prefer). 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, allspice 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 (remember that the vegetables will let off a little liquid in the marinade). Cover the pan and refrigerate. Turn the meat in the marinade occasionally.

The next day: Preheat the oven to 175C. 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 1/2 hours. When the meat is done, take it out of the oven and reduce the oven temperature to a very low setting (under 50C). 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 or food processor, or push them through a sieve with a wooden spoon. 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.

Sweets / Desserts

Czech buns

Ingredients:

- 2 egg yolk
- 2.5 dl lukewarm milk
- 1 pinch of salt
- 100 g of sugar
- 100 g butter
- 500 g of flour
- 30 g of fresh yeast
- melted butter



Filling

- marmalade or plumage

In lukewarm milk, let the yeast rise. Pour the leavened clove into a bowl of flour, salt, melted butter and egg yolks. Make a dough that does not stick to the bowl walls, cover it with a cloth and leave to warm in a warm place. After about 30 minutes stir the dough and let it rise again. The bloating time is 2 - 4 hours. Dough the dough on a roll of flour and roll it or spread it on a plate from which you cut the same large pieces. Add a spoonful of marmalade to the centre of each square (about 5x5 cm), join and round. Put the buns next to the other in the butter-erased baking dish, before baking the next bunch, always bake the bacon so that after baking it separates from each other. Fill the whole baking dish and spread the butter on the surface. Put the Czech buns in a heated oven to 180 - 200 ° C and bake until the surface is golden. In the bake, let the cakes almost cool, sprinkle with powdered sugar before serving.

The recipe is for about 25 pieces of Czech buns with plumage. We can, of course, substitute with poppy, nut, curd or apple.

Chodsko-style pastry

Ingredients

Dough:

400g fine wheat flour
30g yeast
60g granulated sugar
200ml milk
4 egg yolks
1 packet vanilla sugar
pinch of salt
zest from ½ lemon
80g butter
melted butter for the casserole
1 egg to brush the top of the cake
almonds and raisins for garnishing

For poppy seed filling:

200ml milk
50g powder sugar
1 packet vanilla sugar
200g ground poppy seed
2 spoons of fine wheat flour

For quark filling:

250g soft quark
100g powder sugar
1 packet vanilla sugar
1 egg
1 teaspoon grated lemon zest
2 spoons vanilla pudding powder

For plum-jam filling:

150g plum jam
50ml rum
½ teaspoon ground cinnamon



Sieve the flour into a bowl and make a hole in the middle to put in yeast. Pour in lukewarm milk and one teaspoon of sugar. Put on a warm place to let the yeast ferment. Add sugar, rest of the lukewarm milk, egg yolks, vanilla sugar, grated lemon zest and knead slightly. Finally, add melted butter and knead to prepare smooth, non-sticky dough. Let rise on a warm place for about an hour. Make two buns, put them on a floured baking tray and let rise for another 20 minutes. Use a rolling pin to flatten the dough, making it into a thin layer. Brush the edges with egg and garnish the cake with poppy seed, plum and quark fillings. Finally add some raisins and almonds. Bake in preheated oven at 180 °C for about 30 minutes.

Poppy seed filling:

Mix milk with sugar and vanilla sugar and bring to the boil. Add finely ground poppy seed and farina wheat flour. Cook for about 2 minutes and let cool.

Quark filling:

Mix quark with sugar, vanilla sugar, egg, lemon zest and pudding powder.

Plum-jam filling:

Mix plum jam carefully with rum and cinnamon.

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