



Recipe Book

Czech traditional recipes made by students
from Vocational Secondary School of
Hospitality and Tourism in Příbram



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Traditional Czech cuisine



The Czech Republic has a very traditional meat-and-potatoes cuisine, with dishes heavy on gravies and root vegetables. Many Czech traditional dishes feature soups, sauces, dumplings, and local ingredients. In fact, one of the big reasons it can be difficult to find Czech food elsewhere is the ingredients. The flour for dumplings, for example, is milled differently in Czech Republic.

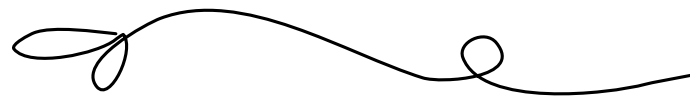
The most traditional Czech dish is called "svíčková". It consists of dumplings, cranberry and cream sauce that is made from celery root, which is the most used vegetable for Czech dishes.

If you want to try traditional Czech food, you need to eat at lunchtime. Lunchtime is by far the most important meal for Czechs. Czechs will often have something simple for breakfast, like bread and butter, and a lighter dinner.



Czechs will always start the meal with a soup, even in summertime. Soups may be creamy and hearty in the winter and in the summer, more brothy and light. Then, the main course. Many Czechs will have a light dessert, like a baked cake or kolaches. Unlike American desserts, these tasty treats are often made with much less sugar and focus on the ingredients.





Open sandwiches



These little treats show up whenever Czechs organize a family party! They are called "chlebíčky", or in English, open sandwiches.

Open sandwiches are slices of white bread (known as "veka" in Czech) that are spread with potato salad or simply butter and adorned with cold cuts, typically thin slices of ham, hard salami, cheese, and other toppings. The Czechs arrange ham and cheese into ingenious shapes, so the finished open-faced sandwich becomes a small work of art and simply looks fantastic on the serving platter.

Czech open sandwiches are an excellent way to feed a crowd. They are eaten on all important occasions: birthdays, weddings, Christmas, New Year's Eve, and family get-togethers.





Ingredients

Open sandwich

- bread: 2 pieces
- ham: 28 g
- egg (on the top): 1x

Potato salad

- potatoes: 40 g
- egg: 6,5 g
- carrot: 6 g
- celery: 3 g
- onion: 2,5 g
- pickled cucumber: 6,5 g
- mustard: 1,5 g
- mayonnaise: 5 g
- salt and pepper



 30 minutes

Preparation

Cut the lid into slices and then hard-boil the eggs. To prepare potato salad, we will need boiled potatoes in their skins, which we peel and let them cool down. Cut the cold potatoes into small cubes. Chop the onion and pickled cucumbers.

Cut the carrot and celery into tiny cubes and then let it cook. Put potatoes, eggs, carrots, celery, onions, pickled cucumbers in a bowl and season everything with salt and pepper. Add mustard and mayonnaise and then mix everything lightly.

For easier slicing, we can use a stainless steel slicer. While we leave the salad in the fridge to cold, we will prepare the mayonnaise dressing - simply make gelatin and add mayonnaise.

Spread the lid with potato salad. Place slices of ham and an egg on it. Add pre-prepared dressing to the eggs and garnish with fresh parsley.

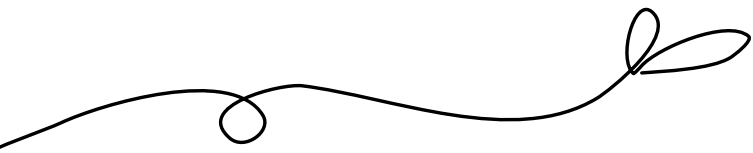


Potato soup

Czech potato soup, which we call "bramboračka" is a traditional, old-fashioned potato soup loaded with root vegetables, mushrooms, and other healthy ingredients. Root veggies are very typical for many Czech soups, including Czech potato soup. Mushrooms used for this soup are the porcini mushrooms, which Czechs love to forage in their forests, dry in the sun on top old newspapers, and add to soups and stews.

For those of you who don't eat meat, this recipe is meatless, so it's a vegetarian potato soup. It also contains no cheese, milk, or heavy cream.





Ingredients

- butter: 50 g
- plain flour: 50 g
- potatoes: 4 pieces
- carrot: 1 piece
- celery: 1/2 bulb
- onion: 2 pieces
- dried mushrooms: 3 handfuls
- parsley (root): 1 piece
- garlic: 4 cloves
- freshly ground pepper and salt

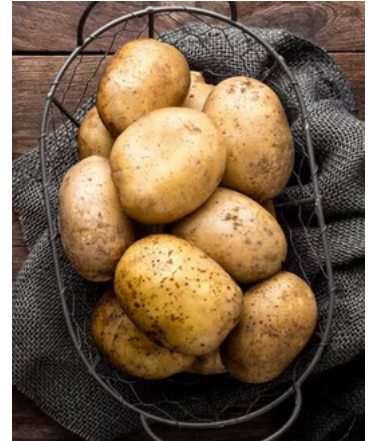


40 minutes

Preparation

Place the dried mushrooms in a pot and cover with about half a liter of water, let it simmer for a while. In a large pot, melt the butter and fry the flour in it until golden brown.

Pour approximately one and a half liters of cold water or broth over the resulting roux and mix thoroughly. Add peeled and chopped potatoes and vegetables, pour in the mushrooms along with the broth, and bring to a boil. Season and cook until soft, about 15 minutes. Approximately 5 minutes before the end of cooking, crack the egg into the soup and lightly mix it. Finally, season it with pressed garlic and salt.



Toasts with meat mixture

Spicy toasts with meat mixture is a paprika dish that is popular fare in Czech pubs and easy, hearty comfort food in home kitchens. It's a definitive blend of tomatoes, peppers and onions - sometimes with meat, sometimes with egg. The meat is usually pork, beef or sometimes chicken. This delicious mixture is placed on the top of the traditional Czech fried bread with garlic called "topinky".





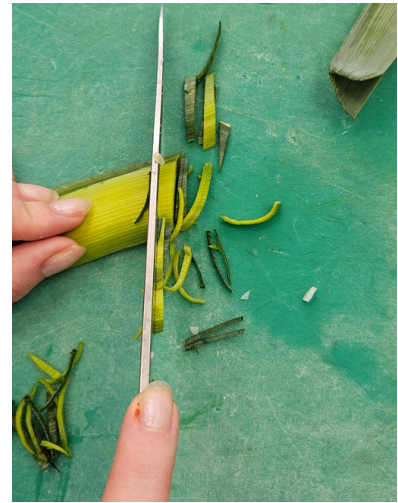
Ingredients

- chicken or pork meat: 400 g
- onions: 2 pieces
- red bell peppers: 2 pieces
- cloves of garlic: 4 pieces
- leek optional: 1/2
- tomato puree: 250 ml
- chili peppers seedless: 2 pieces
- lard or oil
- tablespoon of tomato paste: 1x
- teaspoons of soy sauce: 2x
- teaspoon of Worcestershire sauce: 1x
- 1 teaspoon of cane sugar
- teaspoons of ground sweet paprika: 2x
- marjoram and parsley

 25 minutes

Preparation

We peel and finely chop the onion. Clean the meat, cut it into strips, and season it. How to chop onions: In oil, let the chopped onion fry until golden brown. Then add seasoned chicken meat, let it brown, add a little of water, and let it simmer. Meanwhile, clean and slice the bell pepper, tomato, and chives, then add to the meat and let simmer until softened. Drizzle with sweet soy sauce, mix well, and let it simmer.



Roast duck with dumplings and red cabbage



Slow roasted duck with crispy skin counts as a festive dish in the Czech Republic. It is most often served with braised red cabbage and potato dumplings. Czechs traditionally make roast duck on special occasions, during the festive fall season called “Hody” or “Posviceni”. Duck is often served on St. Wenceslas Day (September 28) and on Christmas Day (December 25), when poultry should be served on the table.





Ingredients

Duck

duck legs: 2x
 cumin
 salt
 clove of garlic
 pork lard

Red cabbage

red cabbage: 1 head
 onions: 1 piece
 fat: 1 tbsp
 plain flour: 2 tbsp
 sugar: 5 tbsp
 vinegar: 2 tbsp
 salt

Potato dumplings

potatoes: 1 kg
 eggs: 1x
 coarse flour: 100 g
 semolina: 100 g
 salt

Carlovar dumplings

bread: 136 g
 milk: 100 ml
 egg: 1x
 coarse flour: 50 g
 a handful of parsley
 salt to taste



60 minutes
 baked overnight

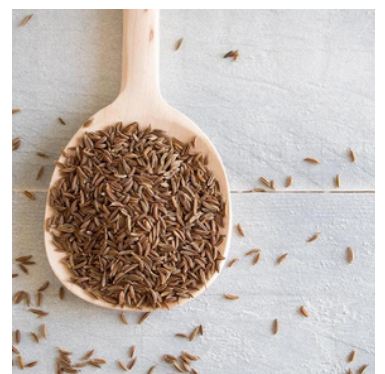
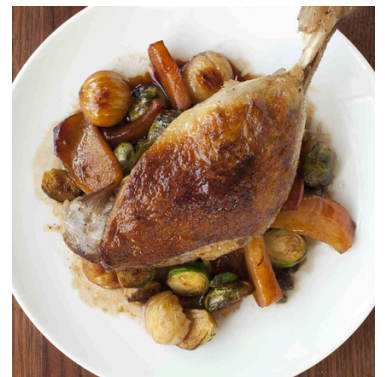
Preparation

Duck

Start by adding cumin and salt to both sides of the duck thighs. Cut the garlic cloves into small round pieces, add them to the duck. Pour the warmed lard over so that the duck is submerged. Put the duck in the oven heated from 70 to 75 degrees for 11 hours (preferably overnight). After 11 hours, increase the temperature to 200 degrees and bake for 5 to 7 minutes for browning.

Red cabbage

Break off the outer wilted or damaged leaves from the head of cabbage, quarter it, wash it, cut out the core and cut the cabbage either by hand or in a food processor into thin strips. Transfer the cabbage to a bowl, sprinkle with roughly a teaspoon of salt, mix and mash. Heat the fat in a large saucepan, pour in the finely chopped onion and fry it until pink; it takes about 3-5 minutes. Sprinkle with salt and cumin. Cover and simmer gently for 10-15 minutes; stir occasionally and add a little water as needed to prevent the cabbage from sticking and burning. Once the cabbage has softened, season it with vinegar and sugar, bring it to a boil and remove from heat.





Preparation

Potato dumplings

Cook the washed potatoes in their skin until almost soft, drain immediately and let cool. Peel the boiled potatoes and finely grate them. Mix in eggs, salt, flour and semolina. Work into a stiff dough. Add flour and semolina as needed. The dough should be firm and not sticky. Divide the dough into two parts and shape it into an oval on a floured surface. Carefully put it in boiling water and let it cook for twenty minutes under the lid. Then carefully remove, cut and serve.



Carlovac dumplings

Cut up the bread (from the previous day) into cubes. Mix the chopped parsley with the bread. Sprinkle with flour, salt and pepper. Divide the egg into yolk and white. Add the yolk to the mixture with the bread and cover with milk and mix carefully. Beat the egg white until stiff and add to the rest of the mixture, mix again carefully. Place a cut piece of foil in front of you and rub it with oil with your hands. Separate an appropriate amount of dough from the mixture (for one dumpling roll) and place it in the middle of the foil. Using foil, shape the dumpling into a large oval and then wrap it in foil. Tie both ends with the thread. Cook in a convection oven at 100° for 25 minutes.



Pies with poppy seed, cream cheese and plum jam

Kolaches, in English pies, are undoubtedly the most popular Czech pastry in Czechia. This kolaches recipe is a classic Czechoslovakian variation with a poppy seed filling. The sweet yeasted pastry is folded up on itself as you would find in Minnesota.

You can find poppy seed kolaches in every good bakery. Petite wedding kolaches have been traditionally served at weddings. You can get a huge kolach with all the fillings or individual ones.

There are a few variations of the filling depending on what kind of kolaches do you want to make. There are three kinds of fillings: poppyseed (mák), cream cheese (tvaroh) and plum preserves (povidla).





Ingredients

Dough

yeast: 30 g
milk: 100 g
powdered sugar: 110 g
smooth flour: 550 g
vanilla sugar: 30 g
egg yolks: 4x
butter: 80 g
salt: 5 g



100 minutes

Poppy seed filling

ground poppy: 250 g
milk: 300 ml
cane sugar: 100 g
crumbled sponge biscuit
(for thickening) as needed

Cream cheese filling

soft cottage cheese: 250 g
sugar semolina: 100 g
vanilla sugar: 10 g
eggs: 1x
lemon paste: 5 g

Preparation

Dough

First, let's prepare the sourdough. Mix together about a quarter of lukewarm milk, yeast, and sugar. Place it in a dark and warm place and let it ferment for 10-15 minutes.

Separate the egg yolks from the whites.

Mix flour, egg yolks, melted butter, vanilla sugar and a pinch of salt. While mixing, gradually add the rest of the milk.

Knead the dough with your hands and divide it into several parts of 40g each. Shape each part into small balls. Let them rise for about 10-15 minutes.

Brush the rolls with beaten egg and decorate with fillings. Sprinkle with crumble made by mixing butter and sugar. Bake in a preheated oven at 170 degrees Celsius for 20 minutes, until golden brown.

For the cream cheese filling mix all ingredients until combined.

Poppy seed filling

We bring the milk to a boil and add ground poppy seeds and sugar into it. While stirring constantly, we let it simmer for a while. We add more milk as needed.

We add crumbled sponge biscuits until the mixture thickens sufficiently.



Our team

Hi,
there is the Erasmus+ Czech team! Let us tell
you some information about us!

One thing, we have all in common, is our
passion for traveling. The dream of all of us is
to travel the world, discover different cultures,
and meet new people.

The European Erasmus+ project is for us a
huge experience, so we are very happy that we
can be a part of this educative European
Union program.

In this book, we would like to share with you our
Czech traditional recipes. As every cuisine in
the world, even Czech cuisine is something
unique and special. We hope that you will try
some of these traditional meals and enjoy
cooking like we did.

Cheers, Erasmus+ Czech team!



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