

Czech dishes

1/ Traditional Czech bread dumplings, *houškový knedlík*, are considered a part of the national culinary heritage. For such an esteemed dish, they are quite simply made with flour, milk, eggs, and stale bread cubes, and formed into a loaf or roll, boiled, sliced and served.

They're perfect for soaking up lots of gravy and are typically served with [roasted pork loin](#), [roast pork with sauerkraut](#), [roast goose](#) and [roast duck](#), [chicken paprikash](#), roast beef and dill sauce, goulash and many other dishes.

What You'll Need

- ┌ 4 cups all-purpose flour
- ┌ $\frac{1}{4}$ teaspoon baking powder
- ┌ 1 teaspoon salt
- ┌ 2 large egg yolks
- ┌ $1\frac{1}{2}$ cups milk
- ┌ 4 cups (about 10 slices) good-quality white bread, crusts removed, and cut into $\frac{1}{2}$ -inch pieces

How to Make It

1. In a large bowl, whisk together flour, baking powder, and salt, and set aside.
2. In a separate medium bowl, whisk together egg yolks and milk. Pour into bowl with flour.
3. Work the dough with a Danish dough whisk or your hands or by machine using the dough hook until it no longer sticks to the bowl. Cover and let stand 1 hour.
4. Put a large stockpot or saucepan of salted water on to boil. Work the 4 cups of bread cubes into the batter until well incorporated.
5. Using floured hands, shape the dough into three or four rolls that are about 8 inches long and $2\frac{1}{2}$ inches wide.
6. When the water is boiling, carefully slip the rolls into the water, giving them a stir so they don't stick. Reduce heat, cover and cook 10 to 15 minutes.
7. Using a slotted spoon, remove one dumpling from the pot after 10 minutes of cooking and test for doneness by cutting through the middle of the dumpling with a thread or thin knife.
8. If it is done, remove the dumplings one by one and slice into $\frac{3}{4}$ -inch pieces again with a thread or sharp knife. Repeat until all dumplings are removed from the water and sliced.
9. Serve warm with gravy. To reheat leftover dumplings, place the slices in a steamer basket and steam a few minutes until soft. Leftovers are deliciously browned in butter and sprinkled with sugar as a special breakfast treat.

2/ "Roast pork (veprova pecene) is a traditional Czech meal usually served on Sundays with dumplings (knedliky) and sauerkraut (zeli), and a nice Czech pilsner."

It is a national dish and hopefully to become a favourite of family too.

INGREDIENTS

Roast Pork

- ┌ 2 tablespoons vegetable oil
- ┌ 1 tablespoon prepared mustard
- ┌ 2 tablespoons caraway seeds
- ┌ 1 tablespoon garlic powder
- ┌ 1 tablespoon salt
- ┌ 2 tsp ground black pepper
- ┌ 5 pounds pork shoulder roast
- ┌ pork shoulder blade is best, especially with the bone-in)
- ┌ 3 medium onions, chopped
- ┌ $\frac{1}{2}$ beer (add more if liquids dry out too much)
- ┌ 1 tablespoon cornstarch
- ┌ 2 tablespoons bitter

DUMPLINGS

- ┌ 3 cups all-purpose flour
- ┌ 1 teaspoon baking soda
- ┌ 1 teaspoon baking powder
- ┌ $\frac{1}{2}$ teaspoon salt
- ┌ $\frac{1}{2}$ teaspoon sugar
- ┌ 3 eggs, beaten
- ┌ 1 $\frac{1}{2}$ cups milk, or as needed
- ┌ 4 cups dried white bread cubes

SAUERKRAUT

- ┌ 4 slices bacon, sliced into small strips
- ┌ 1 (16 ounce) jar white wine sauerkraut - rinsed and drained
- ┌ 1 onion diced
- ┌ salt and pepper to taste
- ┌ 1 teaspoon caraway seeds
- ┌ 2 teaspoons cold water
- ┌ 1 teaspoon cornstarch, or more as req. to thicken

PREPARATION

1. ROAST PORK

Form paste with veg. oil, mustard, caraway seeds, garlic powder, s/p. Rub on pork roast, sit 30mins. Preheat oven to 350F Place onions in roasting pan. Add beer. Place roast, fat side down, on top of onions. Cover pan with foil. Roast 1 hr in the preheated oven. Remove foil, turn roast, score the fat. Continue roasting, fat side up 2 1/2 hours uncovered , or to a minimum internal temp of 160F. (add more beer if pan is drying out) Remove from heat, reserve pan juices. Let sit about 20 mins. In saucepan, bring pan juices to boil. Mix butter and cornstarch to thicken, reduce heat, simmer 5 to 10 mins.

2. DUMPLINGS

Stir flour, baking soda and bak. powder, salt and sugar. Make a well in centre, and pour in the eggs and 1 cup of milk. Stir to blend, add enough additional milk to make a moist battery dough, not like pancake batter. Use wooden spoon to beat the dough 200 strokes, rolling it over and over in the bowl until smooth and an occasional bubble appears on the surface. Add white bread cubes, stir into the dough until they disappear. Bring large pot of water to a boil. Place dough onto a cheesecloth or white cotton cloth, and form into a loaf shape. Wrap cloth around the loaf, and tie the ends. Place the loaf into the boiling water, and cook for 45 minutes, turning the loaf over about half way through. Remove from water, unwrap, and cover with a tea towel. Let stand for 10 minutes.

3. SAUERKRAUT

Fry bacon/onion over med-high heat until bacon cooked and onions golden. Set aside. Place rinsed/drained sauerkraut in saucepan, and add enough water to cover the surface. Bring to simmer over med heat. Add bacon, season with s/p and caraway seeds. Stir together the cornstarch and water; mix into the sauerkraut, and simmer for a few minutes before removing from the heat. Slice the dumpling loaf. Drizzle dumpling slices with some of the roast drippings from the pan. Serve with sauerkraut.

3/ Bramboraka is the Queen of all the Czech soups. It's amazing what a little potato can do when mixed with some vegetables and herbs! There are zillions of styles of *bramboraka*, this recipe seems to be the most authentic one.

BRAMBORAČKA

Ingredients:

- 3 large potatoes, diced into cubes
- 6 cups of water
- 1 onion
- 1 parsnip
- 8 oz of fresh mushrooms (or use dried mushrooms and soak them 1 hour before using)
- 4 Tbs of butter
- 2 Tbs of flour
- 4 cloves of garlic, minced
- salt, marjoram, caraway seed
- fresh parsley, chopped
- $\frac{1}{2}$ cup of diced, fried bacon

Method:

1. Sauté finely chopped celery, onion and mushrooms in butter
2. While stirring, gradually sprinkle the vegetable mixture with flour
3. Keep stirring until all of the flour blends in with all of the vegetables
4. Add 1 cup of water and keep stirring for about 30 seconds
5. Add the rest of the water, diced potatoes, caraway seeds and salt
6. Cook until potatoes are tender, about 20 minutes.
7. Add marjoram, crushed garlic, parsley and simmer the soup for 5 more minutes
8. Dish the soup up and sprinkle it with bacon and fresh parsley
9. Serve!

4/ Buchteln or in Czech "Buchty" are traditional filled sweet buns made mainly by grandmas at countryside. Most popular fillings are plum jam, curd cheese and poppy seeds. Main character in almost every Czech fairy tale packed these buns for his adventurous trip.

Ingredients

20g of yeast

250ml of milk

60g of sugar

250g of fine wheat flour

250g of soft wheat flour

2 yolks

60g of butter

1 lemon

1 spoon of rum

pinch of salt

80g of butter - use to oil the pan

icing sugar (powdered sugar)

Directions

Heat up part of milk and blend in yeast, spoon of sugar and spoon of flour. Let rest for 10 minutes.

Whip yolks in remaining milk. Sift flour into bowl, add mixture from point 1, whipped yolks, sugar and butter. Add lemon peel, lemon juice, rum and salt and make into a dough. Cover dough with cloth and let rest for 1 hour in a warm place.

Divide dough to small portions with a spoon. Make flat and add filling of your choice (poppy seed, curd cheese, plum jam).

Join the corners together into the shape of bun and put it in the butter oiled pan (joined corners down). Butter every bun a bit. Before baking let rest for 20 minutes.

Put in preheated oven 180°C (356°F) and bake for about 30 minutes until they have golden colour.

At last dust with icing sugar. Dobrou chut'!