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## **Folk heritage around the Europe**

### **Potato Soup (bramborová polévka)**

#### **Ingredients:**

- 1,5 l vegetable stock
- 2 tbsp butter
- 2 tbsp oil
- 1 onion medium size
- 2 carrots cleaned, cut into small pieces
- 1 parsley cleaned, cut into small pieces
- 1/4 celery medium size, cleaned, cut into small pieces
- 2 tbsp flour
- 1/2 tsp milled cumin
- 3 potatoes medium size, peeled, cut into small cubes
- 2 cloves of garlic crushed
- 1 tbsp dried marjoram
- salt
- 2 mushrooms sliced



#### **Procedure:**

- First of all, clean up and cut all vegetables into small pieces (onion, carrots, parsley, celery and potatoes).
- The same goes with fresh mushrooms, chop them into smaller bits or slices and put them into water for a while
- Prepare the vegetable stock (the easiest way is to melt two bio blocks of vegetable stock in boiled water).
- Use a big casserole where you melt butter mixed with oil over medium heat, saute onion for about three minutes.
- Then add carrots, parsley, celery and stir it constantly for about 5 minutes.
- Afterward whisk in two spoons of flour and stir for another two minutes. It's the flour that makes the soup a bit thicker.
- Pour in vegetable stock and add potatoes, mushrooms (free from water) and milled cumin.
- Bring the soup into boil and simmer for about 10 minutes while stirring now and then.
- Set the soup aside and season it with salt, crushed garlic and marjoram

## **Czech White Soup with Mushrooms, Potatoes and Dill** **(kulajda)**

### **Ingredients:**

- 1 handful dried mushrooms
- 1 piece onion peeled
- 2 pieces bay leaves
- 5 pieces black peppercorns
- 5 pieces allspice
- 1/4 teaspoon cumin
- 2 twigs lovage
- salt
- 4 tablespoons flour
- 500 ml sour cream
- 4 pieces potatoes bigger, peeled, cut into small cubes
- 2 tablespoons vinegar
- 4-6 eggs
- 1 bundle dill small bundle



### **Procedure:**

- Start with dried mushrooms. A mixture of forest mushrooms provides the best and very intensive taste.
- Put them into a saucepan with water, bring them to boil and cook them for 5 minutes until they are soft
- Now put mushrooms, halved onion, bay leaves, black pepper, allspice, cumin, lovage, salt and 2 litres of water into a pot.
- Bring it to a boil and cook it for 15 minutes.
- In the meanwhile, mix flour, sour cream and a little bit of cold water and I pour this mixture through sieve into the soup. You have to whisk it and bring to a boil again.
- Then add potatoes and cook them for another 10 minutes until they are soft.
- Flavour the soup with vinegar, salt and I add also eggs.
- Put dill into the soup just before serving so to make taste really strong.

## **Czech potato pancakes (bramboráky)**

### **Ingredients:**

- 6 large potatoes, peeled
- 60ml of warm milk
- 3 cloves of garlic, minced
- 1 egg, lightly beaten
- 1 teaspoon dried marjoram
- Pinch of salt and pepper
- 100g plain flour
- 4 tablespoons vegetable oil

Option: You can add bits of fried bacon or chopped salami into the bramborak mixture if you like.

### **Procedure:**

- Grate the potatoes. Place in a bowl and pour in some warm milk
- Mix in the garlic, egg, salt, pepper and marjoram. Gradually mix in the flour
- Heat some of the oil in a non-stick frying pan, and spoon some of the mixture into the pan
- Experiment with the thickness and size of the pancakes; some people like them thin and crispy, others prefer them a bit thicker
- Fry each side of the pancake until golden brown, about 5 minutes per side
- Repeat with the remaining mixture, adding more oil to the pan if necessary



## *Beef sirloin with cream sauce (svíčková omáčka)*

### **Ingredients:**

- 750 g beef sirloin or beef back
  - 50 g bacon, cut in narrow bits
  - salt, ground pepper
  - 2 bigger carrots
  - 150 g celery root
  - 1 parsley
  - 1 bigger onion
  - 5 peppercorns
  - 3 allspice balls
  - 3 bay leaves
  - pinch of thyme
  - 150 g melted butter
  - juice from 1 lemon
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- 100 g mustard
  - 2 tablespoons all-purpose flour (finely ground)
  - 250 ml cream for whipping
  - if necessary, milk for diluting
  - sugar
  - lemon cut in slices
  - cranberry sauce



### **Procedure:**

- Clean the meat, get it rid of membranes and lard with bacon.
- Then sprinkle with salt and pepper.
- Clean the onion and cut it in small cubes, clean the vegetables and grate it.
- Put the vegetables in the casserole, place the meat on top, add spices, sprinkle with lemon juice and pour over the melted butter.
- Cover with a lid and let sit in the fridge overnight.
- The next day baste the meat with some water and stew in the oven, covered with a lid.
- When tender, take the meat out and let sit. Remove the spices from the sauce, especially bay leaves.
- Bring the sauce slowly to boil. Add mustard, two tablespoons of flour and stir fry.
- Pour in the cream and boil gently, mixing from time to time.
- If the sauce is too thick, dilute it with some milk.
- Finally sieve through and press softened vegetables in the sauce through a sieve.
- Season with salt, add some lemon juice or some sugar.
- Divide the meat into portions, put it back in the sauce and heat up.
- Serve with bread dumpling, slice of lemon and cranberry sauce.

## **Gulas (guláš)**

### **Ingredients**

- 1kg very lean, nice beef, cubed into about one inch chunks
- 1kg of yellow onions
- garlic
- 3 tablespoons of paprika spice
- 1 1/2 teaspoon of whole marjoram
- 1 1/2 teaspoon of caraway seeds
- pepper to taste
- salt to taste
- water
- flower

### **Procedure:**

- Cube or chop all you can, in a large
- saute onions and garlic until onions start to be golden and fall apart.
- Add meat, fry for about 3 minutes.
- Add salt, pepper, marjoram, caraway seeds and paprika and saute for another 3 minutes. If you want, at this point add Tobasco, tomatoes and bell pepper.
- If the sauce forms and is too thick, add a bit of water to loosen up. If it is too watery, add a teaspoon of flower mixed with a bit of water to thicken. Repeat until the consistency of the sauce is as desired. Flavour to taste with more of paprika, marjoram, caraway seeds, salt and pepper.
- Serve with bread dumplings, shaped pasta, potato dumplings, or simply dark bread
- Or for a more German version serve with potatoe pancakes.



# **Traditional Czech sweet breads filled with fruits, nuts, poppy seeds and sweet cheese (koláče)**

## **Ingredients:**

For the sweet dough:

- 1 package (2¼ tsp) dry yeast or 1 cube (.6-ounce/18g) fresh yeast
- 1 cup (2 dcl) warm milk
- 5 tbsp sugar
- Pinch of salt
- 2 cups (500g) unbleached all-purpose flour
- 2 eggs
- ½ cup (120g) unsalted butter, softened

For the filling

- 16 oz (500g) cottage cheese
- 2 eggs
- Sugar (to taste)
- Raisins (ideally soaked in rum)



For the topping

- 1 cup plum jam
- Streusel (if desired) - combine 7oz (200g) of each: sugar, butter and flour, add a sprinkling of vanilla or cinnamon (optional)

## **Procedure:**

- Prepare the dough: in a bowl, combine milk, sugar, salt and yeast and whisk well. Add eggs and gradually stir in the flour. Knead the dough with a mixer or with hands on a lightly floured surface until smooth and springy. Place in greased bowl, cover with kitchen towel and let rise (1-2 hours).
- Preheat oven to 400 F (200C).
- Prepare the filling: stir cottage cheese, eggs and raisins and sweeten with sugar to taste.
- Take a large spoonful of the dough and roll out ¼-1/2-inch-thick on floured pastry board. Cut into 2 ½ inch squares. Fill each with the cottage cheese mixture and wrap (overlap opposite corners and pinch together). Top with a dollop of plum jam and sprinkle with streusel (if desired). Place on greased cookie sheet.
- Bake 10-15 minutes until golden brown. Transfer to wire rack and let cool.

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