

CZECH NATIONAL SPECIALS

CLASS 7. AB



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SIRLOIN IN CREAM SAUCE



Cooking time: 120 min



Number of portions: 6

INGREDIENTS

750 g of the finest beef sirloin

150 g of carrots

150 g celery

75 g parsley

1 large onion

50 g bacon chopped into
small wedges

150 g butter

salt, pepper

5 peppercorns

3 allspice berries

3 bay leaves, a pinch of thyme, lemon juice, sugar, 100 g of rough
mustard, 2 tablespoons of plain flour, 250 ml cream, milk for thinning the
sauce if needed, lemon slices, cranberry sauce



INSTRUCTIONS

Clean the meat of any membrane etc, interlayer with the bacon, add salt, pepper and sprinkle on the chopped onion. Add the grated vegetables, spices and a squeeze of lemon juice, then pour over the melted butter. Leave for a day in the fridge. Next day pour a little water over the meat and braise in the oven until soft. Take the meat out and remove the spices, making sure you don't leave the bay leaf in the mixture. Put the pot containing the vegetables on the stove and bring to the boil. Add the mustard, 2 tablespoons of plain flour then simmer. Pour in the cream and cook on a medium heat, mixing now and then. If the sauce becomes too thick, dilute with a little milk. Finally pass the sauce through a sieve. Add salt, lemon juice and sugar to taste. To enhance the taste you can add a bit of caramel to the sauce (take a tablespoon of sugar and simmer until it begins to turn brown, add some water and boil until thick). Slice the meat into portions, return to the sauce and heat up everything together.

Serve with a slice of lemon and a spoonful of cranberry sauce.

BEEF IN TOMATO SAUCE



Cooking time: 90 min



Number of portions: 4

INGREDIENTS

500 g beef
1 small onion
2 tablespoons butter
4 peppercorns
2 allspice berries
1 bay leaf
200 g tomato puree
200 ml ketchup
salt
sugar
gingerbread spice mixture



INSTRUCTIONS

Rinse the meat, place in a pan with some water, add the peppercorns, allspice, bay leaf and salt then boil until the meat softens. Add some water so that you end up with around 1 litre of stock. In a saucepan melt some butter, in which you should fry some finely chopped onion. Pour in the meat stock and cook until the onions go soft. Then add the tomato puree, ketchup and gingerbread spice mixture. Finally thicken with flour that you have whisked in cold water and bring back to the boil. Cook for around 10 minutes, adding sugar and salt to taste.

Cut the meat into slices and douse in the tomato sauce on the plate.

Serve with bread dumplings or pasta.

DILL SAUCE



Cooking time: 20 min



Number of portions: 4

INGREDIENTS

1/2 l soured cream
1–2 tablespoons vinegar
2–3 tablespoons sugar
salt
50 g butter
60 g fine flour
1/2 l water or stock
2 spoon chopped dill



INSTRUCTIONS

Roast the flour without oil in a pan and then quickly pour in some melted butter. Add the stock or water but put part of the liquid aside. Season and simmer for 20 minutes. In another pan boil the chopped dill in the rest of the stock, then add this to the rest of the sauce, before pouring in the cream which should be done while stirring constantly. Warm up again then take off the heat. The resulting sauce should be thick and creamy. Add a pinch of salt to taste and a dash of vinegar for acidity.

Serve with potato and eggs or possibly dumplings and beef.

PORK ROAST WITH DUMPLINGS AND SAUERKRAUT



Cooking time: 60 min



Number of portions: 10

INGREDIENTS

1 kg pork
2 onions
1 relatively sour apple
salt
ground proper
garlic
crushed caraway seeds
stock
whole caraway seeds
fat
water



SIDE DISH

sauerkraut, 1 onion, whole caraway seeds, fat, salt, sugar and 1 table-spoon medium flour

INSTRUCTIONS

Sprinkle the pork with salt and ground pepper, ground or crushed caraway seeds and grated garlic, then place in a pot with a lid and leave in the fridge until the following day. Cut the onion into half circles, the apple into slices and place on the roasting tray, which already contains the melted fat and whole caraway seeds. Then place the marinated pork on the tray, cover and put in the oven. Roast for around 3/4 of an hour then remove the lid and allow to go pink on one side, then the other. Before turning, pour in the stock and mix with the meat juices - how much stock depends on how much gravy you want. While the meat is roasting, take the sauerkraut and boil with some caraway seeds and salt. When the sauerkraut is ready, sweeten to taste and thicken with onion roux. This roux is prepared by frying finely chopped onion in a pan. When it begins to take on some colour, add some medium flour and leave on the heat for a short while. Sweeten to taste.

Serve the roast pork with the sauerkraut and potato dumplings or so-called 'hairy' dumplings.

POTATO CAKES



Cooking time: 20min



Number of portions: 4



INGREDIENTS

0.5 kg potatoes
0.5 dcl milk
100 g fine flour
1 egg
2 cloves garlic
pinch salt
marjoram
pepper
2 dcl oil or 200 g fat for frying

INSTRUCTIONS

Finely grate the peeled and washed potatoes, then leave to stand for a while. Pour off any liquid that may gather at the bottom of the bowl. Add the milk, flour, eggs, grated garlic, salt, marjoram (which you should rub between your fingers) and pepper. Mix well.

Pour some oil into the frying pan (you could use lard as an alternative) and put on the heat.

Fry the potato cakes on both sides until golden brown.

Remove excess oil by leaving them on a napkin, then serve.

POTATO DUMPLINGS WITH A SMOKED MEAT FILLING



Cooking time: 20 min



Number of portions: 4

INGREDIENTS

200 g smoked neck
900 g potatoes boiled in their skins
180 g wholemeal flour
80 g semolina lard
2 onions
1 egg
salt
a little fine flour for dusting the rolling pin



INSTRUCTIONS

Peel the potatoes and grate finely before adding the flour, semolina, eggs and salt.

Work the mixture into a dough.

Roll out into a 0.5 cm-thick sheet and cut out squares measuring around 5x5 cm.

Wrap finely chopped pieces of the smoked meat in the dough to create dumplings and cook in salted water for 10–12 minutes.

Remove the dumplings when ready and serve with onions fried in lard.

FRUIT DUMPLINGS



Cooking time: 15 min



Number of portions: 4



INGREDIENTS

1/2 kg whole grain flour

1/2 kg fine flour

yeast

pinch of salt

450 ml lukewarm water

2 teaspoons sugar

1 egg

jam or fresh fruit (plums, apricots, strawberries, blueberries or any preserve)

INSTRUCTIONS

Add sugar to some lukewarm water, crumble in the yeast and leave to ferment. Pass the flour through a sieve into the mixture then break in the egg and add a pinch of salt. Knead into a dough, which you should leave to rise for at least half an hour in warm place. When the dough has risen, cut into pieces and wrap around the fruit (do this carefully so that there are no holes). Leave the dumplings to rise again then boil in a large pan of water for around 10–12 minutes. Finally take them out of the water and prick with a fork.

A good idea when serving these dumplings is to mix soft farmer's cheese with some vanilla sugar, crystallised sugar and egg yolk. Pour this and melted butter over the dumplings for the best results.

FARMER'S CHEESE DUMPLINGS WITH STRAWBERRIES



Cooking time: 10min



Number of portions: 10

INGREDIENTS

300 g soft farmer's cheese
3 dcl milk
900 g wholemeal flour
1 kg strawberries
water as required
300 g grated farmer's cheese
300 g icing sugar
300 g butter for drizzling the dumplings
100 g butter for the dough
3 eggs
pinch of salt



INSTRUCTIONS

Whip the soft butter with a whisk then add the eggs, salt, farmer's cheese and most of the milk. Mix together then add the flour (leave some aside for dusting the rolling pin). Pour in the rest of the milk and work into a dough, which you should then roll out into a thin sheet. From this cut out squares measuring around 4x4 cm, onto which you should place the strawberries. Fold the dough around the fruit to create dumplings.

Drop the dumplings into boiling, slightly salted water and simmer. Don't forget to give the pan a careful stir several times during the process to ensure the dumplings don't stick to the bottom. The dumplings should be in the pan for 5 minutes.

Before serving, sprinkle with finely grated farmer's cheese and icing sugar, and drizzle with melted butter.

FRIED CARP WITH POTATO SALAD



Cooking time: 90 min



Number of portions: 4

INGREDIENTS

4 pieces of carp weighing around
150 g each
fine flour
2 eggs
2 tablespoons milk
fat for frying
lemon
breadcrumbs
salt



INSTRUCTIONS

Sprinkle the carp with salt, dust in flour, then coat with whisked egg and milk mixture and breadcrumbs. Fry in fat on both sides until golden brown. Each helping should be served with a piece of lemon, potatoes or potato salad.

POTATO SALAD

Boil the unpeeled potatoes in salted water for around 15–20 minutes (according to the size of the potatoes) until soft. Leave to cool for a while, then peel and cut into cubes measuring roughly 1×1 cm. Peel the carrot and celery then boil in water with a pinch of salt and a dash of vinegar for around 10–15 minutes until soft, but not too soft. Leave to cool for a while then cut into very small pieces. Dice up the gherkins in a similar way – keep the brine they come in to finish off the salad. Defrost the peas (if using tinned, pour off the brine). Carefully mix together all the above ingredients, gradually adding mayonnaise and little of the brine from the gherkins. Season to taste.