

Cauliflower Pancakes

Cauliflower is quite popular vegetable in Czech Republic and not just as an ingredient in vegetable soups. For a main course there are three cauliflower recipes: Breaded fried cauliflower, cauliflower pancakes and scrambled cauliflower (known as mozeček). Now fried cauliflower is most common and served even in restaurants in lunch menu, but my personal favourite are pancakes. This soft and fluffy meal beats all stereotypes about Czechs being only meat-eaters. Cauliflower meals are always served with potatoes.

Ingredients

- 1 cauliflower
- 2-3 eggs
- salt and pepper
- 4 spoons of flour
- oil

Directions

1. Cut off leaves and stalk. Clean cauliflower and divide to smaller florets. Boil in salted water for 10 minutes. Strain and let cool off.
2. Squash cauliflower.
3. Divide egg whites and yolks. Add yolks to squashed cauliflower. Whip egg whites.
4. Mix flour to mixture and season with salt and pepper.
5. Gently mix in whipped egg whites.
6. Fry small pancakes slowly in heated oil from both sides.

Add flour if the mixture doesn't hold together enough.

Apricot Filled Curd Cheese Dumplings

Sweet fruit dumplings (ovocné knedlíky) are unreservedly linked to summer days. But as always there are many ways how to cook this sweet recipe. You can prepare fruit dumplings from leavened dough, curd cheese or potato dough. In this recipe we use curd cheese dough. Dumplings are filled with various fruits e.g. apricots, blueberries, strawberries, plums, whatever you like. After that dumplings are cooked in boiling water and served in several ways. For example sprinkled with grated curd cheese, melted butter and sugared or with sugar, cocoa, melted butter and whipped cream. This recipe for curd cheese apricot dumplings is really quick and delicious.

Ingredients

- 200g of fine wheat flour (or 100g of semolina and 100g of fine wheat flour)
- 250g of curd cheese
- 100g of butter
- egg
- 40g of sugar
- icing sugar
- apricots (or any other fruit you like)
- blueberries
- sour cream
- pinch of salt

Directions

1. Put egg, sugar, melted butter and curd cheese to the bowl. Whisk it all together, so long until the mixture is smooth.
2. Then you can add flour and stir it again so long until the smooth dough.
3. Roll the dough and divide it into smaller parts. Every part spread by your fingers, put pitted apricot into the middle (you can put sugar into the apricot) and wrap it into the dumpling.
4. Cook it in boiling salted water for 6-8 minutes.
5. Serve dusted with icing sugar, melted butter, sour cream and fruit e.g. blueberries.



Strawberry Popsicles

Summer just started (in the Northern Hemisphere) and that's great time to bring you some summer recipes full of fruits. In Czech Republic roads are surrounded with small stalls selling fruits like strawberries and other berries. Strawberries are one of the favorites fruits among kids. So why not prepare an icy refreshment for your sweeties. Strawberry popsicles or ice lollies are awfully easy and good. And when served in icy fruit bowl, even your hubby won't resist.

Ingredients

- 500g of strawberries
- 200g of sugar
- 200ml of water

Directions

1. First prepare the syrup. Boil down water with sugar until it gets thick.
2. Squash strawberries and mix them in the syrup.
3. Pour mixture in popsicle forms and put a wooden stick.
4. Put to freezer over night.

Tip for serving

1. Prepare two bowls. Line first bowl with sliced strawberries.
 2. Put smaller bowl on them. Pour water between the bowls and put to freezer.
 3. Before serving put bowls in hot water and take out frozen bowl with strawberries.
 4. Serve strawberry pops in icy bowls.
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Kyselica – Wallachian Sauerkraut Soup

They call it Wallachian Kingdom, Plumdom or Bolkovo, according to known actor Bolek Polívka (Oscar nominated *Divided We Fall*), who self-proclaimed himself as king of Wallachia. But the real **treasure of this region** resides in its cuisine. Kyselica is **traditional cabbage soup** of Wallachia consisting of **potatoes and sauerkraut** and smoked meat or bratwurst. Poor families of Wallachia had a saying “potatoes and cabbage – living on all age”. But since times changed, smoked meat found its way into the recipe. This **thick soup** used to be served for breakfast so men had enough strength for all-day work in woods. One portion is so hearty it can substitute lunch. Not to forget sauerkraut soup is very good for a body **tormented by hangover** from a New Year’s Eve or dancing ball. On the other side of White Carpathians, our federal brothers Slovaks make very similar soup called Kapustnica. While Kyselica is white, Kapustnica is red, because of adding paprika.

Ingredients

- 300 g of potatoes
- 400 g sauerkraut
- 3 bay leaves
- 6 peppercorns
- 3 allspice berries
- 1 onion
- 1 bratwurst or 200 g of smoked meat
- 100 g of bacon
- 2 spoons of butter
- 3 spoons of soft wheat flour
- 250 ml of cream or milk
- pepper

- salt
- caraway
- sugar
- sour cream

Directions

1. Peel potatoes, cut in cubes and boil in salt water with caraway.
2. Squeeze out juice from sauerkraut in pot. Chop sauerkraut and add to pot with peppercorns, bay leaves and allspice. Pour in water and simmer.
3. Chop onion, bacon and sausage (or meat). Melt butter in pan and stir-fry onion, bacon and sausage.
4. Dust with flour and pour cream. Then add to sauerkraut with boiled potatoes.
5. Simmer for another 15 minutes.
6. Season to taste with salt and pepper and sugar if it's too sour.
7. Garnish each portion with sour cream.



Babovka – Czech Marble Cake

Czech Bábovka or Marble cake is typical sweet bakery product. Many people remember the time when they were children and there was always a marble cake on their grandmother's kitchen table. Most people prepare a two-coloured cake with dark and light parts, hence the term marble cake. You can add a lot of

ingredients into the dough to make your marble cake unique, e.g. raisins, candied, chocolate or nuts. Marble cake is baked in a special form with a hole in the middle and it is decorated by sprinkling with powder sugar.

Ingredients

- 330g of soft wheat flour
- 330g of icing sugar
- 125ml of milk
- 180g of butter
- 4 eggs
- 1 spoon of cocoa
- 1 spoon of baking soda

Directions

1. Put softened butter, sugar and yolks to the bowl and stir it together. You can do it manually or use a food processor.
2. Mix flour, sugar and baking soda together and then add slowly this mix into the yolk mixture and mix it together.
3. Make whipped egg whites and add it into the dough using spatula.
4. Separate one third of dough, put there a cocoa and mix it. Now you have a dark part of dough.
5. Grease a form for a marble cake using butter and then sprinkle the form with flour.
6. Put one part of the light dough into the form and then the dark dough and finally a rest of the light dough.
7. Give the form in preheated oven 180°C (F) for 50minutes.
8. Tip! Use wooden skewer to try if the marble cake is

ready. Stick the wooden sticker into the highest place of the cake and if there isn't a dough on a stick, your marble cake is ready.

9. Take the form out of the oven and after 5 minutes you can put it out of the form and sprinkle it with sugar.



Marble Cake Form

Bublanina – Cherry Sponge Cake

Bublanina is a classic sponge cake baked during summer season. Mainly during season of cherries, strawberries and other berries. You can say that this sponge cake can be made with almost every fruit from people's gardens – cherry, plums, strawberries, raspberries, peaches and so on. It's fluffy and ideal with your afternoon tea or coffee.

Ingredients

- 350 g of soft wheat flour
- 6 eggs
- 100 g of butter
- 200 g of sugar
- 1 vanilla sugar

- 50 g of powdered sugar
- baking powder
- 400 g of cherries

Directions

1. Mix butter with sugar and vanilla sugar and gradually add yolks.
2. Whip egg whites and powdered sugar.
3. Mix yolk mixture with whipped eggs and flour with baking powder.
4. Put dough in baking tray (greased and dusted with flour) and lay pitted cherries on top.
5. Bake in preheated oven 160°C (320°F) for 40 minutes.
6. Dust with powdered sugar and serve.