

# Medovník – Czech Honey Cake

Medovník is traditional Czech honey cake. Honey is its integral ingredient and thank to its attributes provides long durability. Medovník is very popular dessert in Czech restaurants and sometimes presented as birthday cake.

## Ingredients

- 1 can of sweetened condensed milk
- 280g of butter
- 1 spoon of baking soda
- 1 egg
- 2 spoons of honey
- 100g of icing sugar
- 200g of flour
- walnuts
- coffee with rum

## Directions

1. In double boiler warm 30g of butter, egg, honey and sugar. Stir and slowly add sifted flour and baking soda.
2. Knead into a dough and let rest for a few minutes.
3. Divide dough in 5 parts. Roll each part slim on floured rolling board and cut in the round shape of cake. From offcuts roll 6th slice.
4. Put slices on parchment paper and bake in 180°C oven for 4-5 minutes.
5. Cream is made with butter and condensed milk. Mix soft butter in blender and little by little add condensed milk. Try to boil the condensed milk in can for 2 hours

the day before.

6. When the slices cool off, brush them with mixture of coffee and rum.
7. Cover first slice with cream and repeat with each layer. Cover sides with cream and sprinkle top and sides with chopped walnuts and crumbs from offcuts.
8. Put in fridge for at least a night.

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# Garlic Soup with Cheese and Croutons

Garlic is one of the most frequent ingredient in Czech cuisine. Garlic soup (česnečka) is the most used cure for hangover in Czech Republic. There's nothing better to put you on your feet after a long night in a bar than strong garlic soup. It's very simple and quick to make so you can try it yourself.

## Ingredients

- 1-2 garlic bulbs (about 10 cloves)
- 1 small onion
- 1 bouillon cube
- 3 potatoes
- cheese
- bread
- salt, pepper
- marjoram
- caraway

## Directions

1. Peel onion, garlic and potatoes.
2. Chop onion and stir-fry in oil. Chop, cut or mince garlic and add to onion.
3. Fry shortly then pour hot water in pot.
4. Cut potatoes and put in water. Also put in bouillon cube.
5. Salt and pepper the soup and add caraway.
6. Cook till the potatoes are tender.
7. In the end season with marjoram. If the soup is not strong enough add minced garlic.
8. Serve in bowl with grated cheese and croutons, which you prepared from the bread.

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## Prague The Capital City

**Prague** is the **capital** and also the **largest city** of Czech Republic, which lies in the very heart of Europe surrounded by Germany, Poland, Austria and Slovakia. Prague lies in the centre of Bohemia on **Vltava river** (Moldau river) and it's centre of politics, economics, culture, education and science.



Capital city of Prague has an area of 496 km<sup>2</sup> and has population over 1.2 million. Historic centre of the city with the unique **panorama of Prague Castle** and Hradčany is UNESCO World heritage site since 1992. But Prague is generally known as

one of the **most beautiful historic cities** in Europe and thanks

to that amply visited by tourists. It's even one of the most visited sites of Europe.

**Prague has many sights**, the city centre alone offers over 1200 historic and cultural buildings, overall there are almost 3000. This capital is noted for rich culture happenings. It's place of many theatres, among them National theatre from 1881 and State Opera from 1888, concert halls like Rudolfinum, but also music and dramatic festivals, for example Prague Spring or Summer Shakespeare fest.

## **Etymology of Prague's name**

Former name of Prague was Royal city of Prague from 1784, but since 1920 Capital city of Prague is used. In foreign languages we can find Prag, Prague, Praga etc. But where does word Praha originate is subject to many discussions. One of theories is based on **derivation from the word "práh"** (sill, threshold), but in the mean of "říční práh" (river crossing, ford or rapid). This ford is believed to be in the location, where stands Charles Bridge. Thanks to that the city was built around this ford, it was called Praha. Another view to the origin of name is in Czech legends, where Libuše had the city build on the place, where settler chiselled a threshold of his house.

## **Top places in Prague**

**Prague Castle:** is undoubtedly the most visited sight in Prague. The largest castle complex in the world is home to the St. Vitus Cathedral with Czech crown jewels, Golden Lane, gardens and halls.



**Charles Bridge:** The oldest standing bridge over Vltava in Prague was built in 1357 upon request of Charles IV. It provides beautiful view over the Prague Castle.

**Old Town Square and Orloj:** Astronomical clock on the Old Town Square attracts crowds of tourists, which are waiting for show every hour. Twelve Apostles show in two windows while Death is ringing bell. Nearby **Týnský chrám** (Church of Our Lady before Týn) is another dominant of Old Town.

**Municipal House:** The finest example of **Czech art-nouveau** architectural style stands right next to **Powder Gate**, the very beginning of so called Royal Way.

**Vyšehrad:** Walled fortification dating to the 10th century and containing several interesting historical sights, such as the Romanesque Rotunda of St. Martin, the Gothic Church of Sts. Peter and Paul, and the **Slavin Cemetery**, where the nation's most famous personages are laid to rest.

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# Czech Fried Cheese

If there's anything specific among Czech food, it's Fried Cheese. Typical meal of Czech restaurants, where it was only vegetarian meal in the past. Breaded slice of cheese – Edam (Edam; medium soft cheese), camembert (Hermelín), Emmental – is deep fried in pan or deep fryer and served with potatoes, french fries or in fast food put in bun with tartar sauce. It doesn't matter that it's unhealthy, because it's so easy and tasty.

## Ingredients

- 4 slices of cheese about 1.5cm thick (about 1/2 of inch)
- eggs
- flour
- breadcrumbs
- oil
- salt

## Directions

1. Take 3 bowls. Put flour into first, whisked eggs with salt in second and breadcrumbs into third.
2. Bread cheese in flour, then eggs and finally breadcrumbs. Bread each slice at least 2 times so the melted cheese won't spill during frying.
3. Fry in pan or deep fryer.
4. Tip: In deep fryer – when cheese starts to swim up, it's done.

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# Easter Traditions in Czech Republic

Easter, in Czech Republic and many other countries, is one of the most important **Christian holidays** and its celebration goes in this spirit. Many traditions and customs are connected with Easter and many of those have their roots in **pagan times**. In cities they are not held thoroughly these days, but in villages and regions with strong **folklore traditions**, for example Moravia, traditions and customs are kept alive.

## Passion Week



Before the Easter days comes **Holy Week or Passion Week**, which reminds end of Jesus live – his death and resurrection. Each day in Passion Week has its name – Ugly Wednesday, Green Thursday, Great Friday and White Saturday. Among traditional customs associated with Holy Week is “departure of bells to Rome” – this week on **Green Thursday** bells chime for the last time and remain silent until Easter Sunday. On Green Thursday it's

also very common nowadays to drink green beer, which is prepared by many breweries.

**Easter in Czech Republic** is celebrated for two days – on Sunday and Monday. On **Easter Sunday** people celebrate the resurrection of Jesus Christ. Feast services take part in churches, Easter meals are sanctified (Easter lamb cake, bread, wine and cross bun). At home people eat meat, mainly

ground combined with eggs and stuffing. Traditionally a nettle stuffing is consumed.

Easter Monday is a day, to which there is no special Christian feast and it's more of a folk custom. It's a day of feast and fun and more importantly **Easter thrashing of girls**, when men and boys whip women with "pomlázka" (Easter stick). This is so the girls remain fertile, healthy and merry for whole year. In return men are given painted eggs called "kraslice". Every region has different ornaments. Today girls give away even chocolate eggs or any candy. Adult men are often welcomed with a shot of liquor, mainly slivovitz. But be aware in some places after noon girls can pour cold water over men.

Thrashing of girls, kraslice and Easter lamb are main symbols of Easter in Czech Republic.

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## Easter Stuffing

Easter stuffing is traditional meal that can be found during Easter in Czech homes. Although it's called stuffing, it's mainly prepared separately and only sometimes the mixture is stuffed in poultry. Stuffing can be made with meat or simply vegetarian. Also a lot of different herbs can be used. Traditional is nettle stuffing, but basically any green herbs like lovage, parsley can be used as well.

### Ingredients

- 10 old rolls
- 6 eggs
- 400 g boiled smoked meat



- 50 g of melted butter
- salt
- pinch of nutmeg
- handful of chopped herbs – nettle, parsley, lovage
- almonds

## **Directions**

1. Cut rolls into small cubes and dunk in cup of milk.
2. Crack eggs and split yolks and whites.
3. Mix butter with yolks, rolls, salt, nutmeg and herbs.  
Also add cutted meat.
4. Beat egg whites and gently add to mixture.
5. Put mixture in buttered pan and sprinkle with chopped almonds.
6. Bake for 30 minutes at 180°C (360°F).