

# 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.

