

Czech Republic Recipes

Guláš (Goulasch)

Ingredients:

2 pounds beef, cut into large cubes
5 onions, sliced
2 tomatoes, peeled, seeded, and crushed
5 tablespoons vegetable oil
2 tablespoons flour
1 tablespoon marjoram
1 teaspoon caraway seeds
2 tablespoons paprika
½ teaspoon black pepper
4 whole allspice berries
1 red hot pepper, finely diced
2 cups beef broth
Salt



Directions:

Heat the oil on medium heat and brown the meat on all sides for a few minutes. Add onions, mix well, and cook for 5 minutes over medium-high heat, stirring constantly.

Add tomatoes, hot pepper, allspice, paprika, and caraway. Mix well. Cover with broth and mix well. Season with salt and pepper. Simmer for 2 hours over low heat, stirring gently. Thirty minutes before the end of cooking, add marjoram and flour.

Serve hot with fresh bread.

Rizky (Schnitzel)

Ingredients:

4 boneless, skinless chicken breast halves
2 eggs
1 teaspoon salt
2 tablespoons flour
½ cup dried breadcrumbs
½ cup vegetable oil
Salt and pepper



Directions:

Place the breasts between 2 sheets of plastic wrap and pound them with a meat pounder until they are about ½" thick. Dust each breast lightly with flour.

In a bowl, beat the eggs with salt and 2 tablespoons of water. Dip the chicken breasts into the egg mixture so that they are evenly coated with it. Roll them in the breadcrumbs to coat.

Warm the oil in a frying pan over medium heat. Cook the breasts in the oil until golden, 3-4 minutes each side. Season to taste with salt and pepper.

Serve with potatoes.

Czech Bread Dumplings

Ingredients:

4 cups flour
¼ teaspoon baking powder
1 teaspoon salt
2 large egg yolks
1 ½ cups milk
10 slices bread, torn into ½" pieces



Directions:

In a large bowl, whisk together flour, baking powder, and salt; set aside.

In a separate, medium bowl, whisk together egg yolks and milk. Pour egg-milk mixture into the bowl with flour. Work the dough with a dough whisk or your hands until it no longer sticks to the bowl. Cover and let stand 1 hour.

Put a large stockpot or saucepan of salted water on to boil.

Work the 4 cups of bread cubes into the batter until well incorporated. Using floured hands, shape the dough into 3 or 4 rolls that are about 8" long and 2 ½" wide.

When the water is boiling, carefully slip the rolls into the water. Stir so they don't stick together. Reduce heat, cover, and cook 10 to 15 minutes.

Using a slotted spoon, remove the dumplings one by one and slice into ¾" pieces again.

Kulajda (Bohemian mushroom soup)**Ingredients:**

- 5 large potatoes, peeled and cubed
- 2 cups mixed mushrooms, washed and chopped
- 3 tablespoons butter
- 4 cups chicken broth or water
- 3 bay leaves
- 5 peppercorns
- ½ teaspoon caraway seeds
- 1 cup sour cream
- 4 tablespoons flour
- ½ bunch of dill
- Vinegar
- Salt
- ½ hard-boiled egg for each serving.



Directions:

Place the butter and the mushrooms into a large pot and sauté the mushrooms for about 5 minutes. Add the potatoes, broth, allspice, peppercorns, bay leaves, and caraway seeds. Cook on medium heat for 20 minutes or until potatoes are tender.

Pull out the bay leaves, peppercorns, and allspice.

Add the flour to the sour cream and mix. Next add a cup of the hot soup to temper the cream. Then add it back into the soup.

Chop the dill and stir into the soup just prior to serving; place half of a hard-boiled egg into each serving bowl.

Czech Gingerbread Cookies

Ingredients:

2 $\frac{1}{3}$ cups flour
1 $\frac{1}{4}$ cups sugar
2 teaspoons cinnamon
2 teaspoons ginger
1 teaspoon allspice
1 teaspoon nutmeg
 $\frac{1}{2}$ teaspoon cloves
 $\frac{1}{2}$ teaspoon baking soda
2 tablespoons honey (warm)
2 large eggs (lightly beaten)
1 tablespoon rum
1 teaspoon lemon zest

**Directions:**

In a large bowl, combine flour, sugar, spices, and baking soda until thoroughly mixed. Add honey, eggs, rum, and zest and form a smooth dough. Wrap in plastic and let rest at least 30 minutes.

Heat oven to 325° F. Roll dough $\frac{1}{8}$ " to $\frac{1}{4}$ " thick between 2 pieces of parchment paper. Remove top parchment paper and cut out various shapes using cookie cutters. Remove scraps.

Place parchment paper on a cookie sheet. Bake 15-20 minutes or until light golden at the edges. Cool completely before removing to a wire rack. Repeat with remaining dough and dough scraps.

Decorate with icing if desired.