



Dinner Party Menus and Recipes Team Czech Republic

- Menus**
- Cookbook**
- Ingredients**



Dinner Party Team Czech Republic

A Czech chef, who was awarded a Michelin star, declares he learned to cook Czech cuisine in Austria. Czech cuisine is related to Bavarian and Austrian cuisine. Cooking base is similar to French cuisine, but it is far more seasonal. All the typical ingredients could have been grown at home, especially grain, pulses and potatoes. Add meat – pork, beef, poultry and fresh water fish. We love cream sauces, which foreigners tend to mistake for soups, and dumplings, a side dish made of dough, often boiled in hot water in form of rolls. Team Czech Republic will follow traditional Czech recipes; will cook from selected ingredients and follow modern procedures. Our menu will be like a trip to Czech history, country and culture.

Menu 1

Starter

→ Pea soup

Pea cream served with parched bacon

Main

→ Trout

Butter trout with green beans and boiled potatoes

Dessert

→ Strawberry dumplings

Yeast dumpling dough filled with fresh strawberries, served with strawberry cream sauce

Beverages

- Fresh fruit bowl
- Lemon water with mint
- Malinovka - raspberry homemade lemonade
- Mint tea



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Menu 2

Starter

→ Beetroot salad

Beetroot in a spicy marinade, served with rocket and goat cheese

Main

→ Roasted rabbit

Roasted rabbit saddle with onion and apples, served with crispy potato pancakes

Dessert

→ Apple strudel

Warm apple dessert served with vanilla ice-cream

Beverages

- Fresh fruit bowl
- Lemon water with mint
- Malinovka - raspberry homemade lemonade
- Mint tea



**Dinner Party
Team Czech Republic**

→ Cookbook

All stated ingredients are for 8 people. We would like to thank Dita Pecháčková for consultation. We would also like to thank everyone who at length and happily discussed the menu with us.

Recipe

→ Pea cream with parched bacon

“Polévka je grunt, kdo jí nejlí, je špunt” (Soup is a keystone, who does not eat it will never stand tall) is a saying that shows that no true Czech lunch, in a restaurant, in a school canteen or on Sunday in a family circle, can do without a soup. Soup is truly a very important component of Czech cuisine. Most often soups are a broth with some kind of thickening and vegetables; or they are pottage and are eaten as a main course. We prepared a soup made from traditional ingredients but with modern adaptations. It tastes good even when tepid, so you will not burn your tongue.

You will need:

- 500 g of frozen peas
- 100 g of butter
- 1 leek
- 2 shallot
- 1 l of chicken broth
- 100 ml of cream
- 100 ml of mascarpone
- 1 clove of garlic
- salt
- 8 slices of bacon

Instructions:

- In a pot melt the butter and broil finely cut shallot and leek on it.
- Add the peas (leave a few peas for decoration) and baste it with chicken broth. Boil for 5 minutes.
- Add cream and mascarpone. Blend with a rod-blender.
- Decorate the soup with whole peas, a leaf of mint and crumbled parched bacon.

Recipe

→ Butter trout with green beans and boiled potatoes

The Czech Republic has no seas. On the other hand, the main European water divide runs through our country. In addition, from one mountain range water runs into three different seas. In our cold mountain creeks and streams lives a loner fish – trout. His presence indicates water purity and members of the older generation dreamily remember how they used to catch trout in their hands, when they were children.

You will need:

- 8 trout
- 8 spoons of butter
- bundle of fresh thyme
- 2 lemons
- 2 tea-spoons of salt
- 800g of fresh green beans
- garlic, olive oil, balsamic vinegar
- 16 middle-sized potatoes
- 500 ml of sour cream
- chive
- salt

Instructions:

- Lightly salt the gipped and washed fish from the inside and out. Let the salted fish rest on baking paper in a baking tin for a few minutes before roasting. Slice the lemon, put two slices together with butter and thyme into the belly of each fish. Cut a smaller portion of butter into pieces and lay them on top of the fish. Roast for 15 minutes in an oven heated up to 200°C.
- Wash the potatoes and boil them in salted water. Squash each potato with the bottom of a plate, so the skin cracks. Put a spoon of sour cream into the crack, sprinkle with salt and chive.
- Boil the beans in salted water for 5 minutes, pour out the hot water and cool the beans in ice-cold water. On olive oil broil slices of garlic, mix in the beans, flavor with salt and balsamic vinegar.

Recipe

→ Strawberry dumplings

In Bohemia, strawberries ripen only in June, which makes the Czech love them even more. Wrapped in dough, quickly rolled in your palm, formed into a ball and boiled in hot water, on your plate sprinkled with sugar and glazed with melted butter, they are a Czech sweet classic – strawberry dumplings. They are prepared from different kinds of dough – curd dough, potato dough, and semolina dough. We chose the most traditional – risen dough.

You will need:

- **500 g flour**
- **20 g yeast**
- **1 teaspoon of caster sugar**
- **250 ml of lukewarm milk**
- **1 egg**
- **pinch of salt**
- **300 g fresh strawberries**
- **100 g of powder sugar**
- **150 g of butter**
- **strawberries for decoration**

Instructions:

- **Sift the flour into a bowl, make a little depression, crumble yeast into the depression, and add sugar and half of the lukewarm milk. Wait 10 minutes for the leavening to come up. Add the remainder of the milk, egg and salt, and work a nonadhesive dough. Let the dough rise in a warm spot for an hour.**
- **Roll the dough flat to c. 1 cm slab. Cut the slab into squares 8cm by 8 cm. Wrap a strawberry into each square, roll a round dumpling in your palm.**
- **Cook the dumplings in boiling water for 8 minutes, until they start floating on the surface. After boiling, pierce the dumplings with a fork to let out steam, so the dumplings stay fluffy. For a sauce, mix cream with mashed strawberries and sugar, warm slightly. Serve sprinkled with sugar and glazed with melted butter. Serve with strawberry-cream sauce.**

Recipe

→ Fresh beetroot salad

Beetroot contains many vitamins and minerals, it acts as detoxicant, it endorses immunity of your organism. It also functions as an aphrodisiac. The communist cuisine of school canteens built a bad reputation for beetroot. We remember it as a sweet-sour obligatory supplement to all kinds of meals. In the 21st century, beetroot is becoming modern again and is used by renowned restaurants.

You will need:

- 2 bigger, boiled beetroots
- 200g of fresh goat cheese
- juice and peel of 2 limes
- 3 spoons of olive oil
- 2 tea-spoons of salt
- 2 spoons of freshly shredded horseradish
- handful of rocket
- ¼ teaspoon of sugar
- salt, pepper

Instructions:

- Dice the boiled beetroot, put into a bigger bowl and sprinkle with salt. You will need quite a bit of salt! Add lime peel and juice, horseradish, pepper, sugar and oil and stir everything. Let the salad rest in the refrigerator for 15 minutes.
- Cut up the goat cheese into pieces.

Recipe

→ Roasted rabbit saddle with apples

For those Czechs living in a city, rabbit is a festive food, in the country people keep rabbits in almost every cottage. There was a rabbit hutch even by my grandparents' barn, and when grandpa killed a rabbit for lunch, he would hang its skin on the barn door. I can still see it in my mind today. There are many different recipes for rabbit meat in the Czech cuisine and it was not easy to pick the right one, because every team member came up with a well-proven family recipe.

You will need:

- 2 rabbit saddles
- sunflower oil
- butter
- 2 full glasses of apple cider
- 6 apples
- 6 onions
- 12 slices of bacon
- crème fraiche
- thyme
- salt and roughly crushed pepper

Instructions:

- Cut up the rabbit into smaller portions and brown them in a frying pan on sunflower oil and a spoon of butter. Transfer the pieces into a baking pan, sprinkle with salt and pepper.
- Line the pan with bacon slices. Peel the onions and apples, cut them up into smaller slices. Broil the sliced up apples and onions on butter and add thyme.
- Transfer the mixture of apples and onions into the pan, baste it with cider, and roast under a lid for 30 minutes in an oven heated up to 190°C.

Recipe

→ Crispy potato pancakes

You will need:

- **1 kg of potatoes**
- **1 teaspoon of salt**
- **fresh marjoram**
- **caraway seed**
- **1 egg**
- **1 dl of hot milk**
- **frying fat/oil**

Instructions:

- **Peel the potatoes, shred them roughly, pour hot milk over them (potatoes will not go brown).**
- **Add salt, pepper, caraway , fresh marjoram and egg.**
- **Into a frying pan smeared with oil place cops of the potato mix, spread them with the back of a spoon. The thinner the pancake, the crispier it will be.**

Recipe

→ Apple strudel with vanilla ice cream

A dessert from apples, wrapped into thinly rolled out dough, came to Bohemia supposedly from Hungary. I don't know, but my mom reputedly baked at least 2000 strudel "legs," which is what we call the infolded shape before cutting. Strudel is most often baked from bought pastry. Those, who want to impress, will make their own. Who wants to dazzle, will embark on the so-called stretched dough, which is kneaded for a long time and then carefully stretched until it is almost see-through. Our dough is finished in no time and is delicious; after all, it won a strudel competition.

You will need:

- 300g of flour
- 250g of curd
- 250g of butter
- pinch of salt
- 5 middle-sized apples
- 1 big pear
- juice from one lemon
- handful of chopped up walnuts
- handful of raisins
- cinnamon
- sugar
- Powder sugar
- 8 scoops of vanilla ice cream

Instructions:

- Cut up soft butter and together with curd and flour knead an nonadhesive pliant dough. Let it rest in the fridge for a moment.
- In the meantime, peel the apples and pear and slice them thin. Sprinkle them with lemon juice.
- Divide the dough in two halves; roll out each of them into a thin rectangle. Sprinkle with apples, sugar, cinnamon, raisins and walnuts. Fold it up, turn it seam down and glaze it with whisked egg. Bake in an oven heated up to 200°C. Serve sprinkled with powder sugar and a scoop of vanilla ice cream.



**Dinner party Materials
Team Czech Republic
AIR HOUSE Ingredients**

Menu 1

→ Starter

frozen peas
butter
leek
shallot
chicken broth
cream
mascarpone
garlic
salt
bacon

→ Main

trout
butter
thyme
lemon
salt
green beans
garlic
olive oil
balsamic vinegar
potatoes
sour cream
chive

→ Dessert

flour
yeast
sugar
milk
eggs
salt
strawberries
powder sugar
butter
balm

→ Beverages

fresh fruit
sparkling water
mint
lemon
water
fresh raspberries
raspberry syrup



**Dinner party Materials
Team Czech Republic
AIR HOUSE Ingredients**

Menu 2

→ Starter

boiled beetroot
fresh goat cheese
lime
horseradish
rocket
sugar
salt
pepper

→ Main

rabbit saddles
sunflower oil
butter
apple cider
apples
onions
slices of bacon
crème fraiche
thyme
salt
pepper

→ Dessert

flour
curd
butter
salt
apples
pear
lemon
walnuts
raisins
cinnamon
sugar
powder sugar
vanilla ice-cream

→ Beverages

fresh fruit
sparkling water
mint
lemon
water
fresh raspberries
raspberry syrup