



BEEF GOULASH

This is one of those Czech classics that you just cannot go without. Nothing like a winters evening and the smell of Gulas coming from the kitchen. Every family and individual has a slightly tweaked recipe to the next.

INGREDIENTS

1 kg stewing beef
750 g onions
50 ml olive oil
1 teaspoon cumin
salt
fresh ground black pepper
2 tablespoons sweet paprika
2 tablespoons hot paprika
2 tablespoons crushed tomatoes
1 teaspoon tomato paste
5 bay leaves
1 1/4 liters beef stock
1 teaspoon marjoram
1 green bell pepper
1 red bell pepper
1 yellow bell pepper

1. Begin by heating up olive oil in a large pot.
2. Chop onions semi-finely and add to the large pot. Saute the chopped onion on medium heat until nice and brown, add the cumin and saute for a further 2 minutes.
3. Stir occasionally ensuring the onion does not burn. Once golden brown take off heat and let it rest covered for approximately 10 minutes.
4. Meanwhile, clean meat and chop into approximately 2cm cubes.
5. Put pot back on heat and add meat to pot and cook until meat has browned.
6. Add salt, pepper, sweet paprika, hot paprika, crushed tomatoes, tomato paste and mix well and saute until all is well combined.
7. Add bay leaves and ensure that the tomato paste does not begin burning so ensure you are watching out and mixing accordingly.
8. Add beef stock and mix well. Cook on medium heat until the meat is tender.
9. Gut the bell peppers and dice into approximately 2cm by 2cm pieces. Add the cut up bell peppers to the pot once the meat is nice and tender.
10. Cook until the bell peppers become tender but not too tender so they have somewhat of a little crunch to them.
11. Add marjoram and cook for a further 5 minutes.
12. Take the pot off heat and let the Goulash rest for about 10 minutes.
13. Serve in a more traditional way with, dumplings (knedle), halusky/galuski, spaetzle, pasta, rice, tarhonya, bread OR a more non traditional approach like, cous cous, quinoa, any other grains OR simply on its own.



TRDELNIK – CZECH SWEET PASTRY

TRDLO - the exact translation is "clodpole, or clodpoll or goofy", but meaning here is the wooden stick, about two feet long and 3 to 4 inches in diameter, which this sweet pastry is supposed to be baked on..

INGREDIENTS

DOUGH INGREDIENTS

2 lbs all-purpose flour
5 ounces unsalted butter
1/2 cup powdered sugar
5 egg yolks
1 ounce fresh yeast
1/2 cup milk (milk as needed,
nonexistent exact measure)

FROSTING INGREDIENTS

1 cup walnuts (finely chopped)
1/2 cup granulated sugar
1 egg

1. First stiff into large mixing bowl flour and powdered sugar. Make a small hole in the middle and place into it crumbled fresh yeast. Pour lukewarm milk over the yeast. Let it rise for about 10 minutes.
2. Meanwhile melt the butter.
3. Add egg yolks into the bowl, pour in melted, but not hot butter, add pinch of salt.
4. Mix together to make fairly firm dough, well worked (use stand mixer, it's easy).
5. Let the dough rise for 20 minutes in warm place.
6. Divide into five equal parts, make loafs.
7. You can let it rise for another 20 minutes (it's better, but not necessary if fresh yeast used, a must with dry yeast).
8. Roll out each loaf into 2/3 inch diameter - you know what I mean, thin, cylindrical shape, like a small snake :-).
9. Wrap the dough tightly around the BUTTERED "trdlo" wooden stick. Let it stand for ten more minutes (support the ends, so it will be in the air).
10. Glair with the last egg, cover all around with chopped walnuts and granulated sugar.
11. Bake as described above over hot coals on the grill.



FINGER DUMPLINGS

A variation of a potato dumpling recipe that our families has made for decades.

INGREDIENTS

2 cups all-purpose flour
1 cup instant mashed potatoes
1 teaspoon salt
2 eggs
1 cup 2% low-fat milk (have extra on hand)
1/4 cup butter
parmesan seasoned bread crumbs (have on hand)

1. Boil about 8 cups of water in a large pot. Let this boil while preparing the dough.
2. Beat 2 eggs and salt together. Mix in about 1 cup of milk into the eggs/salt mixture and mix. Then add in mashed potatoes. Mix until somewhat smooth.
3. Add the egg/salt/milk mixture into the 2 cups of flour in a large mixing bowl. If too dry, then add more milk so that the dough is dry enough to be very close to being sticky but not sticky.
4. Roll into one large loaf. Cut in half. Roll the two sections into smaller and longer loafs. Cut both of these in half as well. You are left with 4 smaller loafs.
5. Roll each of the smaller loafs into long strands about a 1/2 inch in thickness. They will get very long, about 2 to 3 feet in length each. When they are full rolled into long strands, cut them into 2 inch pieces using a dough knife or knife.
6. Put 1/4 cup of butter into a large saucepan and heat on medium to medium-high heat but don't let the butter brown much.
7. Drop the 2 inch pieces of rolled dough into the boiling water. When they float, take a slotted spoon and place the floating pieces into the heated saucepan with butter. Continue to add more 2 inch pieces and remove them as they start to float and add into the saucepan.
8. In the saucepan, let the dumplings brown slightly and sprinkle the breadcrumbs into the sauce pan while occasionally flipping the dumplings, butter and breadcrumbs.
9. Once browned, remove and continue the process until all the 2 inch pieces are cooked. Add more butter when the saucepan dries out if needed.



CZECH SAUERKRAUT SOUP

This is very easy and delicious soup. Each family in Czech Republic makes it a little bit different this is the way we do it.

INGREDIENTS

1 (15 ounce) can sauerkraut (drained)
5 -6 medium potatoes (cut it into small pieces)
1/2 onion (chopped)
1 teaspoon caraway seed
salt
pepper
2 tablespoons sour cream
1/2 Polish kielbasa (cut into small pieces)
1 tablespoon vinegar

1. Put the onions into the saucepan with the little bit of oil and cook over low heat until lightly yellowed do not brown.
2. Add water and potatoes with salt and caraway seed. Let it cook for few minutes then add sauerkraut and polish kielbasa.
3. Let it cook for at least 20 minutes or until potatoes are soft. Then add some sour cream, pepper and vinegar if needed.