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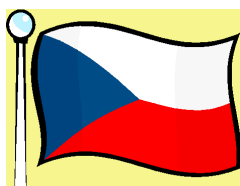


Education and Culture DG

Traditional Czech Cuisine



Chicken legs - dumplings - sauerkraut



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Chicken Legs

- *Wash the chicken legs with cold water, sprinkle with salt, caraway seeds and honey*
- *Place them in a baking dish and pour a bit of oil.*
- *Preheat the oven to 200 C /392 F/ and bake it until it is golden-brown /about 45 minutes/*
- *Baste it with hot water or with the gravy.*



„Šumava´s“ dumplings

Ingredients :

potatoes, semi-whole flour, eggs, rolls, salt.

Instructions :

Part of potatoes cook and peel them and the rest of potatoes peel too but don't cook. Grate all potatoes.



Cut the rolls into small cubes and roast them with a bit of oil on frying pan.



Add all whisked eggs /without shells!!!/ and roasted roll's cubes.



Mix and make a paste.



Take parts of the paste on a soup-ladle and put them into the saucepan with boiling water.



Cook the dumplings about 15-20 minutes.



Sauerkraut - Red Cabbage

Ingredients :

red cabbage in sauerkraut pickle



20 gr smooth flour- Bohemian flour /fine white flour/, onion, oil, bay leaf, allspice-bayberry and thyme

Instructions :

Fry finely chopped onion in a bit of lard/butter or oil/ until it is golden-brown.



- *Put the cabbage into the saucepan and pot-roast it with all spices /bay leaf, allspice-bayberry and thyme/.*
- *Add roasted onion.*



- *Taste it and when the cabbage is soft , stir in 20 gr fine white flour and continue to simmer, add vinegar and sugar/ or honey/ according to your taste.*



Enjoy our Czech food!

