



# COOKBOOK

BACK TO TRADITIONAL COOKING 2024



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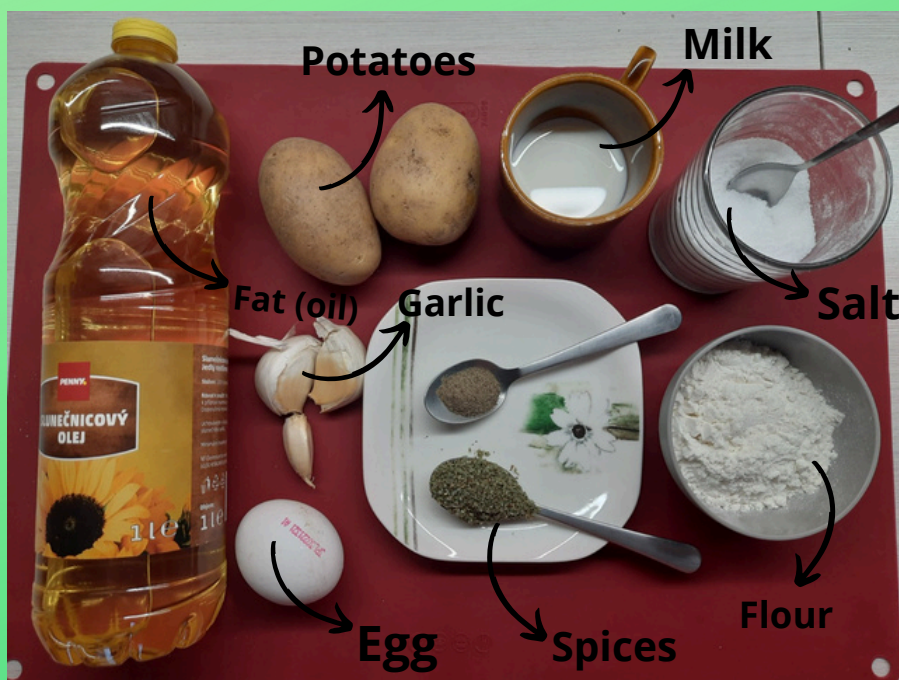
# Potato pancakes (bramboráky).

## Ingredients:

- Potatoes (approx. 1/2 kg)
- Milk (approx- 1dl)
- Egg (1 pcs)
- Garlic (3 or 4 cloves)
- Smooth flour
- Spices – salt (1 teaspoon), pepper, marjoram
- You can add to taste, for example, mushrooms, cheese, smoked meat
- fat for frying (oil or lard)

## Cooking process:

1. Peel, wash and grate the potatoes. We can grate the part coarsely.
2. Add milk to the potatoes and beat the eggs, then add salt, pepper and crushed garlic.
3. Mix the dough thoroughly.
4. Thicken the dough with smooth flour, if you want you can add finely chopped smoked meat.
5. Then we knead and add the marjoram.
6. Heat the oil in a pan and use a spoon to make the shape of a pancake. Fry on both sides.





## Plum cake (švestkový koláč)

### Ingredients:

- 2 cups of all-purpose flour
- 1 cup of sugar
- 125g of fat (butter, baking fat)
- 1 packet of baking powder
- 1 packet of vanilla sugar
- 1 egg
- 1 cup of milk
- plums (You can also use other fruits such as pears or apples and alternatively you could use compotes), you can also add cottage cheese (soft in the tub)

### Cooking process:

1. Preheat the oven to 170°C
2. Process the flour, sugar and softened butter by hand in a bowl into crumbs. Take 1 cup of the mixture and set it aside.
3. Wash, dry and halve the plums (take out the pits)
4. Add baking powder, vanilla sugar, eggs, milk to the remaining crumbs and mix well
- 4.1 Depending on the consistency of the dough, you can add a little oil (2-3 tablespoons).
5. Prepare baking paper on a baking sheet.
6. Pour the dough onto a baking sheet, place the fruit (cut side up) and sprinkle with crumbs from the mug (you can add cinnamon to it). If you are going to add cottage cheese, you need to mix it with sugar and put it under the fruit.
7. Bake in the preheated oven until golden brown (approx. 35-40 minutes depending on the oven)



**Finished cake**





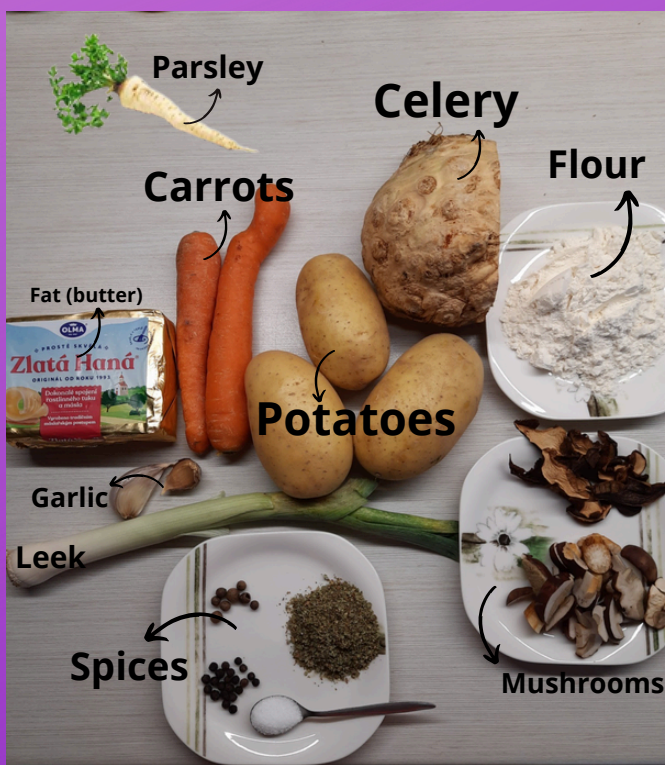
## Potato soup (bramboračka).

### Ingredients:

- Potatoes (3 larger pcs)
- Carrots (2 pcs)
- Celery (half of smaller one)
- Parsley (1 pcs)
- More vegetables of your own taste – cauliflower, leek, green beans, brussel sprouts, etc.
- Garlic (2 cloves)
- Mushrooms – dried or fresh
- Spices – salt, whole pepper, pimiento, marjoram
- Smooth flour and fat (oil or butter) for roe

### Cooking process:

1. Peel the vegetables, wash and cut to cubes (out of potatoes make slightly bigger cubes), if we have dried mushrooms, then we soak them in hot water.
2. Put vegetables into a pot and add cold water (we can use vegetable broth).
3. Cut garlic into tiny pieces and add it to the water with vegetables.
4. Add salt, about 10 beads of whole pepper and 2-3 beads of pimiento
5. Bring water to boil and add soaked mushrooms with their infusion and cook until vegetables are soft.
6. In the meantime we prepare the roe by melting the fat, adding the flour and mixing constantly. The roe needs to smell nice and have a pinkish color. When its done we remove it from the heat and let cool down.
7. **CAUTION!** Into hot soup we add cold roe, and vice versa, or else we will create lints in the soup.
8. When the vegetables are soft, we add the cold roe and we mix it in completely, after that we cook it a bit more.
9. Lastly we add kneaded marjoram and finish with more spices or a bit more garlic if needed



finished soup



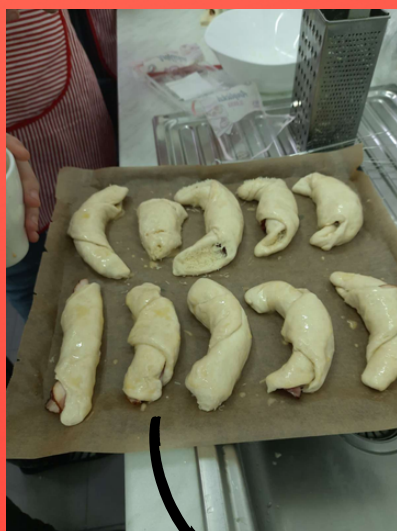
# Rolls (rohlíky)

## Ingredients:

- 400 g plain flour
- 100 g semi-coarse flour
- 80 g melted lard
- 300 ml lukewarm water
- 1.5 teaspoons of salt
- 1 teaspoon of sugar for the yeast
- Half of one packet of dry yeast

## Instructions:

- Prepare the yeast:
  1. Dissolve sugar in lukewarm water in a small bowl.
  2. Add yeast and let it foam for about 10 minutes until a yeast mixture is formed.
- Prepare the dough:
  1. In a bowl, mix plain flour, semi-coarse flour, and salt.
  2. Add the yeast mixture, melted lard, and gradually pour in lukewarm water.
  3. Knead the dough until it becomes smooth and not too sticky.
- Allow the dough to rise:
  1. Let the dough rise in a bowl covered with a cloth for about 45 minutes, or until it doubles in size.
- Shape the rolls:
  2. Divide the dough into 3 parts.
  3. Roll each part into a round flat circle.
  4. Divide each circle into 4 parts. (You can add bacon and cheese onto the circles)
  5. Roll up the rolls from the edge of each part.
- Preheat the oven:
  1. Preheat the oven to 210°C (410°F).
  2. Place the rolls on a baking sheet with enough space between them.
- Brushing and baking:
  1. Beat the egg.
  2. Brush the rolls with the egg.
  3. Bake in the preheated oven for approximately 20 minutes, or until the rolls are golden brown



→ **Rolls before baking**



## **Coconut meringues (kokosky)**

### **Ingredients:**

- 210 grams of sugar
- 3 egg whites
- 120 grams of grated coconut
- 5 teaspoons of breadcrumbs
- 1 pinch of salt

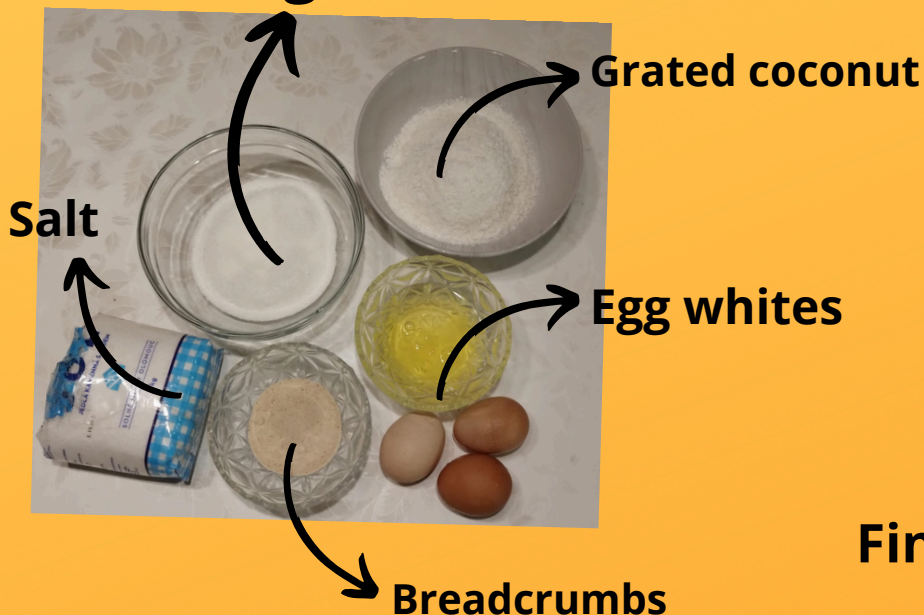
### **Cooking process:**

1. Mix together sugar, egg whites, coconut, breadcrumbs and a pinch of salt in a bowl.
2. Place the bowl over a pot with boiling water (so that the bottom of the bowl doesn't touch the water) and mix with an electric mixer for at least 5 minutes or until the sugar dissolves and the mixture is warm to the touch. You should get cold, stiff, shiny snow with tips that don't bend.
3. Preheat the oven to 160 °C.
4. Transfer the snow to a piping bag and push meringues or other shapes onto a baking sheet lined with baking paper. You can use different types of tips to get meringues of different shapes.
5. Bake them for 20 to 25 minutes, depending on how big your meringues are.
6. Let them cool down and serve.

**Snow before being put  
on a baking sheet**



**Sugar**



**Finished meringues**



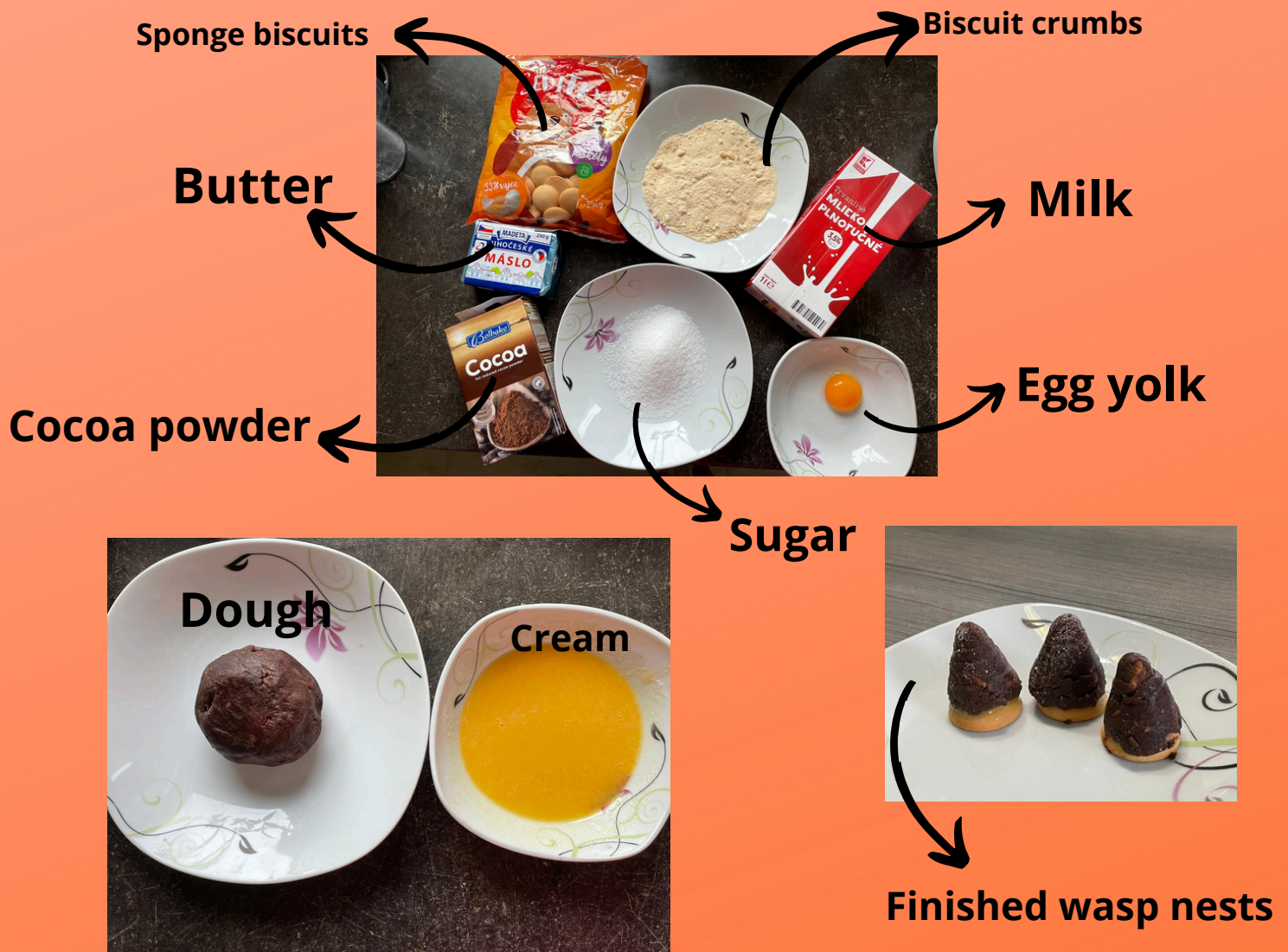
## Wasp nests (Vosí hnízda)

### Ingredients:

- 200 g of sponge biscuits
- 100 g of butter
- 100 g of sugar
- 2 tablespoons of cocoa
- 2 tablespoons of milk
- 100 g of ground nuts
- 1 egg yolk

### Cooking process:

1. Crush the biscuits into fine crumbs.
2. In a saucepan, melt the butter together with the sugar, cocoa, and milk over low heat.
3. Add the ground nuts and crushed biscuits to the saucepan and mix well.
4. Let the dough rest for a while to firm up.
5. To make the cream, mix softened butter with yolk and sugar
6. To finish the nests, make small cones out of the dough and with the end of a handle on a cooking spoon, make a hole in them (from the wide part of the cone and not all the way through), then fill the hole with the cream and place it on the sponge biscuit
7. Allow the wasp nests to set in the refrigerator or in a cool place for about 1 hour.





## Open sandwich (obložený chlebíček)

### Ingredients:

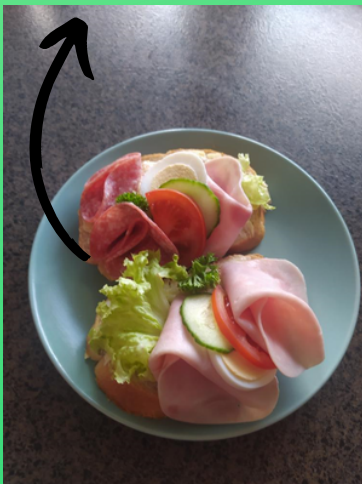
- 1 baguette or soft bread
- Hardboiled egg
- Sliced ham (you can also add salami)
- Cheese slices
- Pickles or/and bell pepper
- Tomatoes
- Parsley
- Lettuce
- Some kind of spread or butter

### Cooking process:

1. Cut baguette/bread into 1 cm thick slice
2. Spread the spread/butter on your slice
3. Put washed lettuce on the slice
4. Twist the slice of ham or salami into a cone shape
5. Slice the egg
6. Decorate with pickles or/and bell pepper, tomatoes and parsley



**finished sandwiches**





# Pancakes without eggs

## **Ingredients:**

- 4 deciliters wheat flour
- 6 deciliters milk
- 1 ½ deciliter cold water
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 tablespoons sugar
- 50 gram margarine (melted)
- 1 teaspoon vanilla extract (drops)

## **Cooking process:**

### Dough:

1. Mix all dry ingredients in a bowl.
2. Pour 3 dl milk to the bowl.
3. Whip with a beater (first manual one, than electric one)
4. Stir until all lumps have disappeared.
5. Pour the rest of the milk, vanilla extract and the melted margarine to the bowl.
6. Stir until the dough looks ready.

### Cooking:

1. Warm up the special pancake pan.
2. Put margarine on the pan and let it melt.
3. Lift the pan and tilt it to spread the margarine evenly throughout the pan.
4. Pour a thin layer of dough on the pan. Lift the pan and tilt it to spread the dough evenly throughout the pan.
5. Bake for a little while (until the surface shows little "goosebumps")
6. Turn the pancake using a plastic spade (not iron)
7. You can make 20 to 25 pancakes from one recipe.

## **Serving:**

When the pancakes are ready, make a roll with sugar or serve them with whipped cream and rhubarb jam.



**Finished pancakes**



## Leg of lamb

### **Ingredients:**

- Icelandic leg of lamb, about 2 kg
- 2 garlic cloves
- Olive oil
- Lamb seasoning
- 1 carrot
- ½ onion
- 400 ml water

### **Cooking process:**

1. Heat the oven to 170°C.
2. Pat the leg of lamb dry and rub a little olive oil on it.
3. Cut a little into the thigh in a few places, take the cloves of garlic into 2-3 parts and insert into the slits.
4. Season well with lamb seasoning all over.
5. Put in a frying pan together with carrot and onion (for a better broth) together with the water.
6. Put the lid on and into the oven for about 1.5 hours or until the core temperature is between 60-70°C, depending on how well you want it roasted.





## Love ball

### Ingredients:

- 2 eggs
- 75 gr. sugar
- 400 gr. flour
- 3 tsp. baking powder
- 1/4 tsp. salt
- 200ml milk
- 1 tsp. vanilla essence
- 1 tsp. lemon essence
- 1 tsp. cardamom essence (optional)
- 70 gr. raisins
- 1 ltr vegetable oil for frying

### Cooking process:

1. Beat the sugar and eggs together until light, white and frothy.
2. Combine and mix the dry ingredients.
3. Add the other wet ingredients (the milk and essences combine well).
4. Add in the egg/sugar mix and combine gently.
5. Make small balls using teaspoons or an ice cream scoop and add to the vegetable oil (180°C / 356°F).
6. Fry for a couple of minutes or until golden brown.



**Finished love balls**



# SEE WHO COOKED THESE

## HERE:

