
CZECH CUISINE

With Filip Goč

OVOCNÉ (JAHODOVÉ) KNEDLÍKY FARMER CHEESE FRUIT (STRAWBERRY) DUMPLINGS

- Fruit
 - The most traditional would be strawberries and apricots. However, anything goes. It does not even have to be fresh fruit.
 - Egg
 - One per about 300g of cheese
 - Farmer cheese
 - A tricky one. As of 10/20/2011, one can buy the suitable kind in Giant grocery chain. One can also make the cheese by curdling milk (a lot of milk might be needed). Some people use cream cheese as a substitute. It works, but I find the result inferior. Bottom line, almost any kind of soft neutral curd-like cheese works, but some options are tastier. For the version most true to the Czech ones, the Farmer Cheese is a good choice. Ricotta also works.
 - 1-2 cups of flour
 - Should be coarser than all-purpose flour, but it should not contain germ. The best is Wondra or Indian semolina (the little kind). All-purpose flour makes dumplings too, but denser.
 - Some vinegar (somewhat optional)
 - Stuff that goes on top
 - Butter, confectioner sugar (traditional)
 - Anything else.
1. Mix an egg, cheese, and flour in a bowl. Hands work great. Keep adding flour until the dough is not unbearably sticky.
 2. Form a roll and slice it up into slices about 1 inch thick. Roll out each slice into a circle – 1/4 inch thick and 4 inches in diameter. (All of this is just a suggested method.) Fill with desired fruit; in our case use cut-up strawberries. Seal well and form round dumplings.



3. Put into a large pot of boiling water with some vinegar (vinegar is optional, but helps keep the dumplings together.) Wait a few seconds, and free the dumplings that got stuck to the bottom. Wait till they float up. Add a few more minutes (total about five). Take them out.
4. Top with melted butter, powdered sugar, and more farmer cheese. Aha! I usually eat about eight of these.

ZELŇAČKA SAUERKRAUT SOUP

- Sauerkraut (sack, jar)
- Potatoes
- Heavy whipping cream
- Carrot(s)
- Bay Leaf (2)
- Allspice (4)
- Whole Pepper
- Paprika
- Onion
- Salt
- Polska Kielbasa or similar. A sausage spicier than Polska Kielbasa is actually desirable, but not always available. Maybe chorizo.
- Some nice rye bread to go with it



1. Dice it all up.
2. Heat a large soup pot over a medium-high heat and add the sausage. Cook until the sausage is caramelized. Add everything else. Stew with only small amount of water until the potatoes are barely made. Take out bay leaf, all spice, and pepper (optional).
3. Add sauerkraut and water as needed. Make sure to add the sauerkraut late in the process, otherwise it gets mushy.
4. Add the whipping cream, and it's done.

Sometimes, the sauerkraut doesn't have enough kick. It may help to add a little vinegar, but just a little bit. Serve hot. Eat with a spoon (optional). Eat with some rye bread.