

# Homemade Liver Sausage

Jitrnice (liver sausage) are essential product of every pig slaughter and they are produced in all of Czech Republic. Depending on region, their preparation changes. In some parts of Moravia, people add semolina instead of buns. Boiled rice is also used and groit. During boiling we watch carefully if the water is not boiling heavily – sausages could tear up.

## Ingredients

- 1 kg of brisket
- 350g of pork jowl
- 500 g pork lungs
- 350 g pork livers
- 500 g buns
- 0,5 l pork broth
- 80 g salt
- 3 g marjoram
- 1,5 g ginger
- 1,5 g minced allspice
- 45 g minced garlic
- 1 g pepper
- 8 m of sausage casings
- wooden sticks (skewers)

## Directions

1. Boil brisket and jowl until semitender and lungs until tender. Cube buns.
2. Grind boiled lungs and grind raw livers twice. Remove bones and cartilages from brisket and cube brisket

and jowl.

3. Put cubed buns in a bowl and pour part of broth, add livers, garlic, lungs and rest of broth. Salt and season and mix thoroughly.
4. Then add meat from brisket and jowl and mix again. Season to taste if necessary.
5. Cut thin casings to 20 cm (8 inch). Close one end of casing with skewer and fill with mixture. Then close the second end with skewer.
6. Boil in hot water (90°C) for about 15-20 minutes. Wash boiled sausages in cold water and let cool of on wooden plate. Turn them after 15 minutes.

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## Christmas Gingerbreads

Gingerbreads are unforgettable part of Czech Christmas. Preparation is not difficult, you just need to put baked gingerbreads aside for 2 weeks and wait till they soften. That's why you can start baking at the start of December. You can cut different shapes of animals and motives from the dough. Also you can prepare sections and build a house or tree. Advent wreath from gingerbread is also amazing. After baking we can decorate them with sugar topping.

### Ingredients

- 500g of soft wheat flour
- 250g of powdered sugar
- 3 eggs
- 100g of honey
- 50g of butter

- 1 tsp of baking soda
- 1tsp of cinnamon
- 3 dried cloves
- 1 tsp of anise
- 1 allspice
- lemon peel

## Directions

1. Lightly warm up honey and crush spice in mortar.
  2. Mix all ingredients together and knead into a dough.
  3. Put dough in bag and let in fridge for 2 days.
  4. Take small parts one by one and roll them thin. Cut shapes of your choice and lay them on baking paper.
  5. Bake in preheated oven 180°C for 3-5 minutes.
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# Roasted Goose with White and Red Cabbage and Dumplings

*Once upon a time*

*there was a cute town*

*and it's people knew*

*how to have some fun*

*when st. Martin's day*

*finally has come.*

In a town surrounded by Beskydy's mountains, in the town where I grew up we celebrate St. Martin's day every year. He's the patron of the town.

Anyway, eating roasted goose and drinking St. Martin's wine is whole republic tradition. But for us it means whole weekend ritual starting on Friday with something like outdoor alcoholic special drinks market and ending on Sunday with light headache and completely full stomach. But calm down, it's not just about drinking and eating. Mainly it's about meeting friends, spending time with family. Maybe this spirit is common for whole nation during St. Martin's day, but mostly for other people it's about eating something they don't usually eat and drinking special occasions kinds of wine.

But for us it's about meeting on the main and only square, talking to friends you haven't seen for a long time, trying to walk through the crowd and walking from stall to stall... and drinking vařonka, hot wine and warm mead.

Vařonka is north Moravian history leftover. But it's awesome. You know – very cold winters, tough work, no money. People needed to warm up somehow. Vařonka is combination of caramel, water, spices like clove, cinnamon (it's possible to use badian (star anise) or allspice) and a shot of booze for a cup. You may use vodka, but we use režná (it's made from anise, it has about 35% of alcohol) or rum. In the end you put to the cup just a little bit of butter and perhaps slice of lemon or orange for decoration. It's very sweet. And you get drunk very fast. There is also a competition who made the best vařonka. And competitors really care about it because it is a big pride to win and they will be well known to whole town. In the end of the evening there is lot of drunk people. But they are still capable to get up early next morning so they can see their patron.

On Saturday square looks like a medieval market with different kinds of food, drink and handmade stuff.

And this day is about best roasted goose competition and St. Martin's coming. He is supposed to ride on a white horse which means snow. So he's supposed to bring snow and winter and cover the country with snowy blanket and let it rest to the spring. For the last few years it's not working. No snow. Or more likely no snow in November. Maybe we are going to be content just with November. Tomorrow I'm going to buy some moustache. I'll be very pretty girl.

Maybe I could compare our roasted goose and our St. Martin's celebration to thanksgiving turkey or something like that. When it's really about tradition you just want to be with your closest. This year I loved making goose (ok, it wasn't really a goose, but it wasn't a duck, it was a hybrid, something in between – gooseduck. Meat is not so dry as goose use to have and it's not so tough as duck use to have, it's tender and juicy) because it was whole family cooperation. My father made goose, my mother made white Czech cabbage and I made savory red cabbage and awesome butter dumplings. And together – lovely tender meat, tasty moist dumplings and bittersweet combination of cabbages – together it was heaven.

So bellow it's not going to be just one of the meals recipe but recipe for the whole course.

Of course you can make roasted goose on orange and honey or plums, make savory both white and red cabbage or make red cabbage with apples and cranberries and it's going to be great. But let it be simple and you will know for 100% it's going to be the best.

## **Roasted Goose**

# Ingredients

- 1 goose without giblets
- bunch of celery leaves
- 4 sprig of fresh rosemary
- 2 onions, finely diced
- 5 garlic cloves, finely sliced
- salt, pepper, generous amount of whole caraway

# Directions

1. Preheat oven to 350 degrees. Rinse goose inside and out with cold running water, and pat it dry with paper towels.
2. With the point of the knife make carefully few cuts to the skin of the goose. Generously sprinkle the cavity with salt, pepper and caraway and insert most of the celery leaves and half of the rosemary sprigs (instead of celery you may use parsley).
3. From both sides also sprinkle the goose with salt, pepper and caraway. Put the goose into large roast pan breast side down, pour there about a cup of water and roast it covered for about 2 or 3 hours, when it's fine and crispy.
4. Then turn around breast side up. Sprinkle goose with salt and caraway again (don't be afraid to use caraway, even a whole package for the goose, it makes the taste) and bake covered. Now it's good during the two or three hours long baking to take the goose out of the oven and pour some juice over the breast. Maybe 3 times during baking.

When the skin is brown and crispy, put to the pan chopped onion, sliced garlic and the rest of leaves and rosemary.

I know, it takes time but it definitely worth it. And you have time to do rest of it.

## Cabbage

The most complicated thing is the Czech cabbage. You can cook this cabbage day ahead so it “sits” and tastes even better. I love the smell when my mother cooks it, it simply smell delicious.

## Ingredients

- 1 medium head white cabbage (about 2 and half pounds), chopped
- water
- salt
- 1/2 tsp whole caraway
- 1 tbsp pork or goose fat (grease one)
- 1 big onion finely diced
- 1 not even full tbsp of all purpose flour
- 1 tsp sugar
- 1 tsp white vinegar
- generous amount of fresh ground pepper

## Directions

1. Put the cabbage into the pot and press it then pour in the water so the cabbage is just slightly covered and braise it so it's just “al dente”.
2. It's not supposed to be completely cooked. It's hard to tell how long it takes because it depends on how fresh cabbage is. So it may take 10 minutes but also half an hour. So watch it. Then pour off half of the water of

the pot but keep it aside.

3. In pan, add fat. When it's hot add onion and sauté until turned slightly brown and add flour.
4. Now stir with wooden spoon. It's something like the starter for béchamel.
5. Add the mix to the pot with cabbage. If the cabbage is too thick pour in some of cabbage broth. It depends just on you how thick you want to have it.
6. Stirring boil the cabbage for the last ten minutes so it doesn't burn. Finally add sugar and vinegar and fresh ground pepper.

## Ingredients

- about 2 and half pound savory red cabbage, the best you can buy (when you buy already made it saves time)
- about a cup of goose juice from the goose roasting in your oven or goose that finished roasting in your oven – juice and fat, but it doesn't have to be a full cup
- 1 medium onion, finely diced
- fresh ground pepper

## Directions

1. Add the juice into the pot and heat.
2. When it's hot add onion and sauté until golden brown.
3. Next add the cabbage and let it boil until almost all liquid is gone.
4. Finally add pepper.



# Dumplings

And finally... the best dumplings I've ever ate. For now, of course. They are moist, with taste of butter and supper easy to make.



## Ingredients

- about 14 oz white toast bread, cubed
- 3 and half oz warm butter
- 2 and half cups milk
- 4 eggs
- 5 and half oz plain whole-wheat flour
- bunch of chopped parsley
- 1 tsp baking powder
- 8 cups greased with butter
- bit pot with a lid for

## Directions

1. Add the water into the pot and boil.
2. When you put all the cups to the pot water should reach an inch under the top of the cups.
3. Mix the cubed bread with all ingredients and let it

absorb the liquid.

4. Then divide it into the greased cups.
5. Put cups into the pot, cover with a lid and cook for about 45 minutes.

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# Grilled Potatoes with Garlic Dip

Potatoes are most used vegetable and side in Czech cuisine. If you were to prepare something on a grill, e.g. our recipe for [skewers](#), you may try to make grilled potatoes in tin foil with garlic dip. It goes very well with meat and you can please your vegetarian friends as well. Of course, you don't have to necessarily grill them, but bake them in oven.

## Ingredients

- potatoes
- fresh thyme, rosemary
- 250 ml of sour cream
- 4 cloves of garlic
- salt and pepper
- chives
- butter

## Directions

1. Clean potatoes thoroughly, don't peel them. Cut in the middle, but not all the way through. You can pierce large potatoes with fork.
  2. Fill with piece of butter and thyme and rosemary.
  3. Wrap potatoes in tin foil and put on grill for 30-40 minutes and turn sometimes. (You can brush tin foil with a bit of oil.)
  4. Meanwhile mince garlic and mix it with sour cream and season with salt and pepper.
  5. Serve in grilled potato skin with chopped chives.
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## Grilled Pork Skewers

Time of weekend family barbecues is not just pleasure time in US or UK but also in Czech Republic. Although it's pretty obvious that meals on the menu are quite different. Czech grill parties or bonfires include mainly sausages and selection of meat. Fairly popular among Czechs are "špízy" (meat on a skewers), which can be made in many different ways. Let's try one of the classic grilled pork skewers today. You can serve them with [grilled potatoes](#) and vegetables. And of course don't forget a cold beer to wash it down.

## Ingredients

- 500g of pork leg
- 3 cloves of garlic
- 2 bratwursts

- 2 onions
- 2 bell peppers
- 4 potatoes
- salt and pepper
- olive oil

## Directions

1. Cube the pork, pour with oil and mix with minced garlic, salt and pepper. Let in fridge for several hours.
2. Slice bratwursts, onions, peppers and potatoes. You can oil the potatoes.
3. Thread ingredients on a skewer.
4. Grill for about 20 minutes. Or put in oven.



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# Apricot Filled Curd Cheese Dumplings

Sweet fruit dumplings (ovocné knedlíky) are unreservedly linked to summer days. But as always there are many ways how to cook this sweet recipe. You can prepare fruit dumplings from leavened dough, curd cheese or potato dough. In this recipe we use curd cheese dough. Dumplings are filled with various fruits e.g. apricots, blueberries, strawberries, plums, whatever you like. After that dumplings are cooked in boiling water and served in several ways. For example

sprinkled with grated curd cheese, melted butter and sugared or with sugar, cocoa, melted butter and whipped cream. This recipe for curd cheese apricot dumplings is really quick and delicious.

## Ingredients

- 200g of fine wheat flour (or 100g of semolina and 100g of fine wheat flour)
- 250g of curd cheese
- 100g of butter
- egg
- 40g of sugar
- icing sugar
- apricots (or any other fruit you like)
- blueberries
- sour cream
- pinch of salt

## Directions

1. Put egg, sugar, melted butter and curd cheese to the bowl. Whisk it all together, so long until the mixture is smooth.
2. Then you can add flour and stir it again so long until the smooth dough.
3. Roll the dough and divide it into smaller parts. Every part spread by your fingers, put pitted apricot into the middle (you can put sugar into the apricot) and wrap it into the dumpling.
4. Cook it in boiling salted water for 6-8 minutes.
5. Serve dusted with icing sugar, melted butter, sour cream and fruit e.g. blueberries.

