

OLD CZECH RECIPES
For Today's Kitchens



Of Foods

Compiled by Clarkson Woman's Club

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We Nebraskans are proud of the heritage given to us by those sturdy pioneers who first sought a better life for themselves and for those of us to follow by venturing into a new and unknown land, where they visioned a land of prosperity and freedom. They broke the sod, built schools and churches, and took great pride in being "American."

Many Nebraska communities were settled by the oppressed peoples of Europe. Some of the first people to settle in Colfax County and Clarkson were from Czechoslovakia. They wrote their families in the old country of the many opportunities here. So it was, that the first settlers were followed by more Czechoslovakians. Although other nationalities were found among our pioneers, the community of Clarkson has remained predominantly Czech.

The Czech language is still used extensively; Czech music is enjoyed by everyone; Czech dishes are served regularly.

So that you might be able to make these Czech dishes which have been enjoyed for generations by the people of this community, we have compiled this book of typical Czech cooking according to our standard measurements and the conveniences of today's kitchens.

To our mothers and grandmothers, who first came to this country, bringing with them their knowledge of old world cooking, we dedicate this book.

KDE DOMOV MUJ?
WHERE IS MY HOME?

Kde domov muj, kde domov muj?

Voda huci po lucinach
bory sumi po skalinach,
v sade stkvi se jara kvet,
zemsky raj to na pohled!
A to jest ta krasna zeme,
zeme ceska domov muj!
Zeme ceska domov muj!

Kde domov muj, kde domov muj?

V kraji znas-li bohumilem
duse utle v tele cilem,
mysl jasnou vznik a zdar,
a tu silu vzdoru smar?
To je Cechuv slane pleme
mezi Cechy domov muj!
Mezi Cechy domov muj!

Czech National Anthem

Chleb Pseniczny WHITE BREAD

2 pkgs. active dry yeast or 1 tbsp. fresh yeast
1/2 cup warm water
2 cups milk or potato water
3 tbsp. sugar
1 tbsp. salt
2 tbsp. soft shortening
6 to 6 1/2 cups sifted flour

Soften yeast in warm water. Scald milk and cool. Combine yeast mixture, milk, sugar, salt, shortening, and half the flour. Mix with spoon until smooth. Let set for 1/2 hour. Then add remaining flour and knead until smooth and elastic. Let rise in warm place until doubled in bulk (about 1 1/2 hours.) Punch down. Let rise again until almost doubled in bulk (about 30 minutes.) Shape into 2 loaves. Place in greased bread pans. Let rise about 1 hour. Bake at 375 degrees for 25 minutes. Reduce to 350 degrees for 45 minutes or until done. The loaves are done when they shrink from the side of the pan and give a hollow sound when tapped on the bottom or side. Remove from pans and let cool on wire rack. Brush the crust with grease.

SHAPING LOAVES

There are several ways to shape loaves. Use whichever one is easier for you.

Rolled Method:

1. Divide dough into two portions.
2. Pat and pull dough into oblong shape. Roll a long narrow strip (about 5 to 6 inches wide, 20 inches long and 1/2 inch thick) with rolling pin.
3. Beginning at one narrow end, roll dough tightly as for jelly roll. Seal final seam by carefully pushing it into the loaf with your fingertips. Avoid pinching.
4. Shape or square ends by pressing with your hand. Press out air each time, slapping bubbles out.
5. Roll loaf back and forth, to round and shape. Place in greased loaf pan with seam side down.

Hand Method:

Flatten each part by pressing and slapping with hands. Stretch dough to an 18 by 10 inch rectangle. Fold one side to center pressing out air pockets. Fold other side to overlap. Then, fold over both ends of dough about one-third of the length and overlap in the center. Press out air each time. Roll into a loaf, sealing edge by pressing with heels of hands while tucking edge under. Place in pan, seam side down.

Zitny Chleb RYE BREAD

In the evening make a thin sponge using :

- 1½ cups water
- 1 tbsp. fresh yeast or 2 pkgs. of the dry yeast softened in ½ cup warm water
- 1 cup rye flour
- 1 cup white flour
- 2 tsp. caraway seed

Let rise overnight or for at least 4 to 5 hours

Then add :

- ¼ cup brown sugar
- 2 tbsp. lard
- 1½ tbsp. salt
- 1 cup lukewarm water
- 2 cups rye flour and about 2½ cups white flour

Mix and knead well for 15 minutes or more. Grease crock and let rise until double in bulk, punch down and let rise again, cut into 2 portions and form into loaves. Let set 10 minutes and reform loaves slightly to give a smooth appearance. Place in greased loaf pans with seams down. Grease bread. Let rise until doubled in bulk. Then bake in 375 degree oven for 20 minutes and then reduce to 360 degrees for 40 minutes or until done.

Zitny Rohlicky RYE ROLLS

- 2 cups milk
- 2 eggs
- ½ cup lard
- ¼ cup brown sugar
- 2 tbsp. molasses or syrup
- ½ tsp. baking soda
- 2 cups rye flour
- 3 cups white flour
- 1½ tbsp. fresh yeast or 2 pkgs. dry yeast
- 1 tsp. caraway seed
- 2 tsp. salt

Dissolve yeast in lukewarm milk. Add lard and salt. Add beaten eggs, molasses, soda, caraway seed and half of flour. Beat well. Add remaining flour and mix dough until smooth. Let rise until doubled. Turn dough onto board. Shape into balls. When raised, form into crescents. Brush with melted butter. Let rise. Bake in hot oven 400-425 degrees for about 15 minutes or until done.

Ceske Kolace KOLACHE

3 cups milk, scalded
2 pkgs. active dry yeast or 1½ tbsp. fresh yeast
¼ cup sugar
2 tbsp. salt
2 eggs yolks beaten
½ cup melted lard
about 6 cups of flour

Dissolve yeast with half the sugar in 1½ cups scalded milk which has been cooled to lukewarm. Add 1½ cups of the flour. Mix all together and put in warm place and let rise until bubbles appear. (1½ hours.) Add the beaten egg yolks, salt, rest of the sugar, melted and cooled lard, and the rest of the milk (lukewarm.) Beat well. Gradually add the rest of the flour, a small amount at a time, mixing well after each addition until smooth and elastic. Cover and place in a warm place. Let rise until doubled in bulk. When dough is light, stir with spoon, let rise again. Then shape into small balls about the size of a large walnut. Put into well greased baking pans, well spaced, about 15 in a 10x15 in. pan. Brush top with melted fat and let rise in warm place until light. Then in the center of each bun make a small indentation with your fingers and fill each with at least 1 tbsp. of prepared filling. Return to warm place to finish rising. Bake in a very hot oven until brown, 400 - 425 degrees for 12 to 15 minutes. Remove from oven, brush with melted fat and remove from pans.

Povidly do kolacu

Fillings for kolaches — Prune, Peach, Apricot

2 lbs. of fruit

Cook in water until they come off the pit easily. Drain them and pit. Mash well. Add 1 cup sugar, 1 tsp. vanilla, and a little cinnamon (if desired.) Prepared fillings may also be used.

Nadivka z Maku Poppy Seed Filling

1 lb. seedless raisins

Cover with water and simmer until almost dry. Drain. Combine raisins, 3 12-oz. cans of Poppy Seed, and ¼ lb. butter.

Tvaroh Cottage Cheese Filling

Cream 1 tbsp. butter

Add: 1 lb. dried sweet cottage cheese

2 egg yolks

½ cup sugar

¼ cup raisins

¼ tsp. salt

¼ tsp. vanilla (Lemon flavoring may be substituted)

Dust with cinnamon, mix well.

Zelniky
Cabbage Filling

Clean one head of cabbage (4 lb.) and wash well. Chop finely. Add 1 tbsp. salt and let stand for at least $\frac{1}{2}$ hour. Press out the excess juice. Then, steam until soft. Lightly brown 1 tbsp. flour in butter about the size of a hens egg. Add $\frac{1}{2}$ cup water, the cabbage, 1 tbsp. sugar, and 1 tsp. pepper. Flatten Kolache buns. Fill with cabbage filling and punch edges together at the top. Bake as you would kolaches, with pinched side down.

Rohliky
CRESCENT ROLLS

You can use the same dough as for kolaches. Form into balls the size of a walnut. Let rise until about double in size. Then form into crescents. Place into a well greased pan, well spaced. Let rise and when double in size brush with egg, beaten with a little salt. Sprinkle with poppy seed. Bake in a hot oven. 400 degrees 12 to 15 minutes.

Koblihy Nadvane
FILLED DOUGHNUTS

Scald 1 quart milk (cool to lukewarm)

Put into bowl:

1 $\frac{1}{2}$ tbsp. fresh yeast (crumbled)

$\frac{1}{2}$ cup sugar

1 cup of the warm milk

Let stand 5 minutes or more.

Add:

8 beaten egg yolks

1 scant cup lard, melted

1 tbsp. salt

The remainder of the warm milk.

Beat with electric mixer.

Add 11 cups flour, gradually. The dough will be too stiff for the mixer as the last cups of flour are added. Mix well with spoon.

Cover and set in warm place. Let rise until double in size. Shape dough into balls about the size of a walnut. Let rise.

Press edges of one ball of dough so that it will be about 2 $\frac{1}{2}$ inches in diameter. Moisten the edges with a small amount of water. Place 1 tsp. filling in center. Stretch a second ball of dough so that it will be of equal size. Cover the first piece of dough and filling. Press edges together. Cut with a round cookie cutter, trimming away the excess. This seals the two layers together. Fry in hot fat at 375 degrees. Makes about 6 dozen doughnuts. Roll in granulated sugar when cool if desired. Fillings for raised doughnuts are the same as those for kolaches.

Vanocka
CHRISTMAS BRAID

1 cake compressed yeast
1/4 cup warm water
2 cups scalded milk
1/2 cup sugar
1/3 cup butter
1 egg beaten
2 1/2 tsp. salt
1/2 cup almonds
1/2 cup white or dark raisins
1/2 cup mixed candied fruit
about 5 1/2 cups flour

Dissolve yeast in warm water. Cream sugar and butter. Add beaten egg and salt. Stir in cooled milk and yeast. Add 2 cups flour. Beat until smooth. Let rise about 1/2 hour. Add nuts, and fruit, and mix well. Add rest of flour to make a soft dough. Knead until smooth. Place in bowl and let rise until double in bulk. Divide dough into 5 elongated strips. Braid 3 strips and place on greased pan. Twist the remaining 2 strips and place on the top of the braid. Pinch the ends together. Brush with beaten egg (1 egg beaten with 1 tbsp. water). Let rise 45 minutes. Bake 45 minutes in 350 degree oven. May be iced with confectioners' sugar icing.

**Listy
CRISPIES**

2 eggs
1/2 cup cream
1/2 cup milk
1/4 cup sugar
Pinch of salt
Flour

Mix together with a fork, adding enough flour to make a stiff dough. Pour onto a floured board and knead for about 7 to 10 minutes. Roll out 1/2 of the dough at a time until very thin. Cut rolled dough into squares. Cut a slit in the center of each square. Fry in hot shortening until they are a light brown. They fry very quickly. Sprinkle with powdered sugar.

**Biskety
BAKING POWDER BISCUITS**

2 1/2 cups sifted flour
3 tsp. baking powder
1 tsp. salt

Sift together. Blend in 2 tbsp. shortening. Add 3/4 cup milk. Handle as little as possible. Roll out on floured board about 3/4 inch thick. Cut out biscuits. Bake in hot oven about 425 degrees for 20 minutes. Brush the tops with melted butter.

Livance z Podmasli
BUTTERMILK PANCAKES

2 eggs
1 quart buttermilk
1 tsp. baking soda (mixed in 1 tbsp. hot water)
 $\frac{1}{2}$ tsp. salt
1 tbsp. sugar
About 2 cups flour

Beat the eggs and add the other ingredients. Then add enough flour to make a thin batter. Fry on a greased griddle or frying pan.

Kukuricny Chleb
CORN BREAD

1 egg
2 tbsp. sugar
 $\frac{1}{2}$ tsp. salt
2 tbsp. melted butter or lard
 $\frac{3}{4}$ cup white flour
 $1\frac{3}{4}$ cup corn meal (white or yellow)
1 cup sour milk
1 tsp. baking soda

Sift all dry ingredients together. Add the beaten egg and the sour milk into which the soda has been whipped. Beat well. Pour into a well greased 9 by 13 inch pan. Bake at 400 degrees for 20 to 25 minutes. Cut into squares and serve hot.

An old Czech variation was to substitute about 4 tbsp. chopped cracklings instead of the shortening.

Svitek
FARINA BREAD

Beat 6 eggs. Add a little salt and 1 cup farina. Pour into buttered pan. Bake in hot oven until brown. Remove from oven. Pour 1 cup hot milk or water over it and put back into the oven until puffy.

Bramborove Knedliky
POTATO DUMPLINGS

3 cups cooked riced potatoes
When cold add:
2 whole eggs
 $\frac{1}{3}$ cup farina
1 tbsp. salt
2 cups flour

Mix in order given above. Shape into small balls. Have a large kettle of boiling water with 1 tsp. of salt. Put the dumplings into the boiling water. Cover. When they come to a boil, stir loose from bottom. Replace cover. Boil 10 to 15 minutes. Test by taking one out of water and cutting it in half. If the center is raw, cook a few minutes longer.

Kysane Zeli
SAUERKRAUT

2 quarts sauerkraut

½ tsp. caraway seed (if desired)

Boil in an equal amount of water for 10 minutes. Drain water off.

Lightly brown a medium sized onion (chopped) in 3 tbsp. shortening. Add about 1 tbsp. flour. Mix well and pour over kraut immediately. Stir and add ¾ cup drippings from roasted duck or pork.

Praskovy Knedliky
BAKING POWDER DUMPLINGS

2 cups flour

3½ level tsp. baking powder

½ tsp. salt

1 tbsp. melted butter

1 beaten egg

½ cup milk

Sift dry ingredients together. Add beaten egg and milk. Add the butter to batter. Form into balls, about the size of a large egg. Drop into slightly salted boiling water. Boil about 5 to 8 minutes or until cooked through. Test by taking one out and open to see if done. If you wish to fill the dumplings, use the following procedure. Wash Italian prunes and partially slice each open and remove pit. Mix together ¼ cup sugar with ¼ tsp. cinnamon and 1 tsp. flour. Put 1 level tsp. of this mixture into each plum and close. Put prepared plum into the center of each patty and wrap dough well around plum and seal. Boil water with 1 tbsp. salt in large kettle. Drop dumplings into fast boiling water and boil 12 to 15 minutes. Drain. When dumplings have been drained and dried slightly, pour melted butter over them.

Chlebove Knedliky
CUBED BREAD DUMPLINGS

2 eggs

1½ cups milk

1 tsp. butter

2 tsp. salt

4 slices stale white bread

Beat eggs. Add the milk, salt, and enough flour to make a thick dough. Beat with a large wooden spoon until smooth. Let stand a few minutes. Cut bread into cubes and fry until golden brown in a little butter. Cool and add to the dough. Wet hands and form the dough into an oval shape (somewhat like a football.) Put into a large kettle of boiling water. Cover and continue boiling. After ten minutes, remove the lid and carefully pry the dough loose from the bottom of the kettle. Cover and continue boiling for about 20 to 30 minutes. Remove from water. Using a thread, cut into ¾ inch slices. If the center appears raw, it may be returned to the boiling water for another few minutes. If desired, (especially with pork roast, sauerkraut, or sweet sour cabbage) pour melted butter on each slice.

This dish is a good companion to Veal Paprika.

Nudle NOODLES

Beat 6 egg yolks.

Add $\frac{1}{4}$ cup milk and beat.

Add $1\frac{1}{2}$ cups flour and $\frac{1}{2}$ tsp. salt.

Stir lightly with a fork and turn onto a floured board.

Knead dough, working in additional flour. This requires about $\frac{1}{2}$ cup flour. Do not overknead as the noodles will become tough. Roll the dough thin, as for pie crust. Cut into strips. Stack the strips and slice off narrow slices. Toss with a small amount of flour so that the noodles will not stick together. Drop noodles into a large kettle of boiling water or broth, slowly, and stir after each addition so that the noodles will not lump together. Cook for about 15 to 20 minutes.

This is enough for a large casserole or is good added to stewed chicken or boiled beef.

Bramborove Skubanky POTATO FLUFF

1 quart quartered potatoes

$\frac{1}{2}$ tbsp. salt (or more, according to taste)

1 cup white flour

Melted butter (about $\frac{1}{3}$ cup)

1 cup ground poppy seed mixed with 1 tbsp. sugar

Boil the potatoes with water to cover. When almost done, pour off half the water. Make wells in the softened potatoes. Put the salt and flour into the wells. Put over low heat and boil about 10 minutes more being careful to stir frequently as the mixture scorches easily.

Remove from fire and whip thoroughly. Drop by tablespoons into a bowl. Dip the spoon in the melted butter to keep the potato mixture from sticking to it. Sprinkle with the ground poppy seed mixed with the sugar. Add the rest of the melted butter if desired.

Bramborova Polevka POTATO SOUP

2 tbsp. butter

2 tbsp. flour

1 medium onion (cut fine)

3 stalks celery (finely diced)

1 tsp. salt

$\frac{1}{4}$ tsp. white pepper

4 medium potatoes, diced

4 cups water

6 cups milk

Place onion, celery, salt pepper, diced potatoes and water in kettle. Cook until soft. Make a white sauce of the butter, flour, and milk. Add to soup and boil a few minutes. Serve.

Polevka Krupkova s Šusenými Houbami
BARLEY SOUP WITH MUSHROOMS

1 cup barley
1 tbsp. butter
1 tsp. salt
1 soup bone, cooked with 2 carrots, 2 stalks celery, 1 onion and 2 sprigs parsley in 2 quarts water for one hour. (Add water, if necessary.)

Rinse barley twice in hot water. Add butter, salt and 1 quart water to barley and cook until soft.

In another kettle, cook 1 cup dried mushrooms for 15 minutes. Drain and chop them with 2 sprigs parsley. Add at least 1 quart of the vegetable beef stock, drained cooked barley, and 2 tbsp. flour which has been browned in 2 tbsp. butter. Continue cooking for at least 10 minutes.

Couracka
SAUERKRAUT SOUP

Make a thickening of: 1 cup thick cream, about 1½ tbsp. flour (the amount of flour depends on the thickness of the cream.)

Bring to a boil: 1 No. 2 can (2½ cups) sauerkraut (including juice;) 1 quart water.

Slowly add the cream mixture to the kraut, stirring constantly. This should make a thin gravy, like soup. Salt to taste. Add ¼ tsp. pepper. Set aside on a very low fire. Drop about 6 eggs (more or less, according to the number of servings desired) into the soup mixture and poach. Keep on a low fire until the eggs are done.

Serve this with potatoes that have been boiled in the jackets.

Polevka z Zitným Chlebem
SOUP WITH RYE BREAD

3 cups cubed rye bread
2 quarts beef stock

Place the cubed bread in a shallow pan and brown in a hot oven. Put the bread in a kettle and pour the beef soup over it.

Add:

¼ tsp. pepper
½ small onion (chopped) which has been lightly browned in 1
tbsp. butter
1 clove garlic rubbed to a paste (if desired)
½ tsp. caraway seed

Bring the soup to a boil. Add 2 sprigs chopped parsley leaves. Drop 3 eggs into the boiling soup, mixing them into the soup with a fork. When the eggs are boiled, serve.

Mlečna Polevka s Nudlemi aneb Kapani
MILK SOUP WITH NOODLES OR NOODLE BATTER

- 2 quarts milk
- 1 tbsp. butter
- Egg noodles (made from one egg)
- 1 tsp. salt

Bring the milk to a boil. Add the noodles, salt, and butter. Cook slowly until the noodles are cooked.

Variation:

Beat 2 eggs until frothy. Add 5 tbsp. milk, $\frac{1}{2}$ tsp. salt, and $\frac{3}{4}$ cup flour to make a medium thin batter. Set a colander over the boiling milk. Pour the batter into the colander and press it through quickly. The batter will drop through the colander in long strings and make little curls in the boiling milk. Cook five minutes longer and serve.

Gulas
GOULASH

- $\frac{1}{4}$ lb. lean pork
- $1\frac{1}{4}$ lb. stewing beef
- Cut meat into bite size pieces
- Place the meat in pressure cooker with 7 cups water or boil in kettle.

Add:

- 1 tsp. celery salt
- 1 tsp. chili powder
- 1 tbsp. finely chopped celery (optional)
- 1 tsp. flaked parsley
- $\frac{1}{4}$ cup coarsely chopped onion
- $1\frac{1}{2}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{4}$ tsp. paprika

Boil 50 minutes under 10 lbs. pressure or boil until tender.

While the above is cooking place 2 tbsp. grease in a medium sized skillet on medium heat. Blend in 6 tbsp. flour. Brown, stirring frequently. Cool. Add $1\frac{1}{2}$ cups water gradually. Stir until smooth. Set aside.

Place 8 large gingersnaps in a bowl. Pour $\frac{1}{2}$ cup water over the ginger snaps. Set aside until the meat is done.

When the meat is tender, add the ginger snaps and the browned flour mixture.

Add:

- 2 cups Heinz catsup
- 1 tbsp. brown sugar
- 2 tbsp. vinegar
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ can No. 303 red kidney beans (or more if desired)

This makes 6 servings. Goulash is best when allowed to set 3 or 4 hours after being prepared. If goulash becomes quite thick $\frac{1}{2}$ cup water may be added.

Koprova
DILL CREAM SOUP

Boil: 3 medium sized potatoes, cubed
3 cups water
1 tsp. salt

When the potatoes are almost done, add 1 cup sour cream (can be thinned with some milk) mixed with 2½ tbsp. flour. When the soup comes to a boil add 1 tbsp. chopped dill (fresh.) Raw eggs may be dropped into the soup after it is thickened and cooked over a slow fire, or it may be served with hard boiled eggs.

For added zest 1 or 2 tsp. vinegar may be mixed into the soup.

Jaterni Knedliky s Polevkou
LIVER DUMPLING SOUP

Cook a beef shank or ribs as for soup with 1 tsp. salt for one hour. Add 1 carrot, ½ medium onion, and 1 or 2 stalks celery and continue cooking. When meat is cooked, remove meat and vegetables and strain the soup. Then drop the dumpling batter into the boiling broth, a teaspoon at a time. Cook until dumplings are cooked through.

DUMPLING BATTER

4 slices beef liver, ground
½ or ¾ cup bread crumbs
1 egg
1 small minced onion
1 clove garlic (rubbed to a paste)
1 tsp. marjoram
1 tsp. minced parsley

Season with salt and pepper. Mix well.

(If desired, ¼ cup rice may be cooked in the broth before the dumplings are added.)

Teleci s Paprikou
VEAL WITH PAPRIKA

2 lbs. veal
3 tbsp. butter
2 finely minced onions (medium)
Beef broth
1 tbsp. flour
¼ tsp. paprika
1 cup sour cream

Cut veal into medium sized pieces. Place butter and onion in saucepan (preferably iron or heavy aluminum.) When it bubbles, add meat, salt to taste, cover, and stew until tender. Then add several tbsp. of the broth. Dust with the flour. Add paprika and stew a while longer. Add sour cream. (When it bubbles, remove the meat from the gravy, strain the gravy to remove any lumps and pour the gravy over the meat. For added zest, add a small amount of vinegar. More flour may be needed to thicken the gravy.

This is good served with cubed bread dumplings.

Rabbit may also be cooked in this way.

Jazyk, Ledviny, Srdce na Kyselo
FRESH TONGUE, KIDNEY, HEART WITH
SOUR CREAM GRAVY

4 cups water	¼ tsp. pepper
1 tbsp. salt	6 cloves
2 bay leaves	1 quartered onion

Pour boiling water over the tongue and peel. Wash and prepare heart and kidneys. Place into a kettle of cold water with other ingredients. Boil slowly until it seems tender when pierced with a fork. Remove meat and cut into small pieces. Strain broth and put meat back into it. Mix well.

1 cup sour cream

3 tbsp. flour

1 tbsp. vinegar

¼ tsp. pepper

Thicken the mixture as for thin gravy. Serve. This may be made with any one of the above meats.

Jatern'ce
LIVER SAUSAGE

The head, tongue, and heart from a pork.

1 lb. pork liver

Salt to taste

2 tsp. pepper

¼ tsp. ground cloves

2 tsp. marjoram

About 1 head of garlic, mashed to a smooth paste. (Less garlic if desired.)

Boil the meat until soft. Grind all coarsely after it is cooked and cooled. Soak the bread and then squeeze out until quite dry. Blanch the liver with hot water. Grind raw. Add the meat and the spices. Add enough of the soup to the meat to make a mixture which would almost pour. Stuff cleaned casings and tie. Boil in the rest of the strained soup which has first been cooled and the fat skimmed off. Boil till they rise to the top, stirring occasionally with ladle. Take out and put into cold water. Then place on paper to dry. Roast before serving them. May be frozen.

Jelita
BLOOD SAUSAGE

When butchering a hog, save the blood, which could be about 1 quart, or use according to how dark you want the sausage to be. Beat the blood well to keep it from curdling. Cook about 2 lbs. of the fat jowl of the hog. Salt to taste. When done cut the meat and fat into small cubes. Cook barley so that proportions will be about 2 parts barley to 1 part prepared meat. Mix the meat, barley, the beaten blood, ½ tsp. ground pepper, ¼ tsp. ginger, ¼ tsp. cloves and 1 medium onion which has been lightly fried in 2 tbsp. fat. If the mixture is too thick you may add some of the meat stock. Stuff into the casings and cook as you do liver sausage. These may be frozen. Heat in the oven and serve with fried potatoes, onions and sauerkraut.

Smazeny Ryby
FRIED FISH

Cut fish into serving pieces. Wash quickly in cold water. Dry with a cloth. Salt and pepper each piece, cover with cloth and let stand one half hour.

Dip into flour, beaten egg, and then in bread crumbs, and fry in one half lard and one half butter. Fry uncovered slowly until golden brown on both sides. A suitable sauce to serve with fish is equal portions of chili sauce and horse radish.

Michana Vejce s Mozkem
SCRAMBLED EGGS WITH BRAINS

1 lb. brains
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. pepper
5 eggs
3 tbsp. butter

Clean brains. Put them into warm water for one half hour. Then peel them. Wash in cold water - drain well. Place the butter into the skillet to melt, add brains and salt, cook slowly stirring occasionally. Cook uncovered for about 20 minutes. Mix in the eggs and cook until eggs are done. Pepper.

Sulc
PORK LOAF

2 lbs. pork hocks
2 lbs. pork head (preferably jowl meat)
1 lb. lean pork
Tongue or heart may also be added.

Wash all meat well. Cover with water. Add 1 tsp. salt. Boil all together until done but not too soft. If liquid boils down too much, add more water. You should have at least 3 cups liquid when cooked. Remove meat and remove bones, peel tongue, and cut all into about 1 inch pieces. Strain the liquid and skim off fat. Taste and add salt if needed. Add $\frac{1}{2}$ tsp. pepper, 1 large onion (finely chopped,) and $\frac{1}{2}$ cup vinegar. Place the chopped meat into the liquid and again bring to a boil. Pour into a deep bowl and place in the refrigerator to set. Serve cold, sliced, with vinegar. This may also be placed into fruit jars and sealed. It may be kept in a cold place indefinitely.

Nalozene Veprove Nozicky
PICKLED PIGS FEET

Wash and clean 6 or more pig's feet and place in kettle to boil. Cover with water. Boil 1 hour. Salt to taste. Continue to boil until soft. When cooked place the meat in a stone jar. Pour over this about 3 cups hot vinegar which has been boiled with a sliced onion and 1 tsp. whole mixed spice. Let stand at least two days before using.

Nadivka
DRESSING FOR STUFFING POULTRY

Simmer the giblets about 1 hour in seasoned water.

Soak:

1/2 loaf bread (cubed) in 1 1/2 cups broth from giblets or milk or part of each.

Saute:

1/2 large onion

1/4 cup chopped celery in 1/8 lb. margarine

Combine with:

1/2 tsp. poultry seasoning

1/4 tsp. marjoram

2 eggs

1/2 tsp. salt

diced giblets

Nakladani Okurky
DILL PICKLES — OPEN JAR METHOD

Boil:

4 tbsp. sugar

4 tbsp. pickling salt

1/2 cup vinegar

6 cups water

Cool.

Wash cucumbers (about 4 to 5 inches) and place in layers in a 1 gallon stone jar with dill (about 6 heads) and grape leaves (about 8).

Pour the cooled brine over the cucumbers. Cover with a weighted plate so that the cucumbers remain immersed in the brine. Store in a warm place. It requires at least 5 days before they are ready to eat.

Zavareny Okurky s Koprem
DILL PICKLES

In each quart jar place:

2 heads of dill

1 clove garlic

2 grape leaves

alum (the size of a pea)

cucumbers which have been washed and trimmed (if they are large they may be quartered.)

Bring to a boil and pour over the cucumbers, filling each jar:

10 cups water

1 cup vinegar

1/2 cup pickling salt

(This will make about 4 quarts.)

Seal and allow to set for several weeks before using.

Kren
HORSERADISH

1 cup grated horse radish
1/4 cup sugar
1/2 cup vinegar
1/4 tsp. salt

Mix all together. This will keep indefinitely in refrigerator. When ready to use, you can add 1 part grated apple to 2 parts grated horseradish mixture.

Cau-Cau
CHOW CHOW

1/2 peck green tomatoes
1 large head cabbage
1 dozen green peppers
1 dozen red peppers
12 medium onions

Chop coarsely. Mix well and salt with 2 tbsp. salt. Place in a cheesecloth bag and hang up over night to drip. Then press out all the liquid possible.

Place in a deep bowl, pour over it cold vinegar to cover. Let stand 6 hours and again press out the liquid. Now add 3 tbsp. celery seed, 1 tsp. ground allspice and 1 quart grated horseradish, (horseradish and allspice may be omitted.) Bring to a boil equal parts of vinegar and sugar (enough to cover the vegetables.) Add vegetables. Bring to a boil and seal in jars.

Skladany Dort s Ovocnymi Rosoly
LAYER JELLY CAKE

1/2 cup butter
1 cup sugar
3 egg yolks
2 cups sifted flour with 2 tsp. baking powder
1 cup sweet milk
1 tsp. vanilla
3 beaten egg whites

Soften the butter in a deep mixing bowl. Add the sugar, a tablespoon at a time, until all is creamed well. Add the 3 beaten egg yolks, one at a time, beating well after each addition.

Now add 1/2 cup milk and 1/2 of the sifted flour and baking powder. Beat well. Then add 1/2 cup milk and the rest of the flour. Add vanilla, and last, fold in the beaten egg whites. Bake in four greased and floured cake pans (round) in a 350 degree oven for 20 minutes. Cool on rack. When cool, use any jam or jelly between layers. Sift powdered sugar on top.

Bublanina
CHERRY CAKE

Cream :

1/4 lb. butter
1/2 cup sugar

Add :

3 egg yolks

Beat.

Add alternately, beating after each addition :

1/2 cup milk
1 1/2 cups flour

Fold in :

3 beaten egg whites
1 tsp. lemon extract
1 tsp. salt

Pour into greased pan (9 by 13 inches.) Sprinkle about 1 or 1 1/2 cups pitted cherries over the batter. Bake at 375 degrees until brown. Sprinkle powdered sugar over the top and cut into squares to serve.

Makovy Dort
POPPY SEED CAKE

1/2 cup poppy seed (ground)
1 cup milk
3/4 cup butter
1 1/2 cups sugar
2 cups sifted flour
1 1/2 tsp. baking powder
4 egg whites (well beaten)
1 tsp. vanilla

Soak poppy seed in milk for 2 hours. Cream butter and add sugar. Add poppy seed and milk. Add dry ingredients slowly. Fold in beaten egg whites. Bake in layers or loaf pan. Bake at 350 degrees.

FILLING FOR LAYERS OR FROSTING FOR LOAF

1 tbsp. corn starch
1 1/2 cups milk
3/4 cup sugar
4 egg yolks
1/2 cup chopped nuts
1 tsp. vanilla

Dissolve corn starch in a little of the milk and cook over double boiler with milk until mixture thickens. Add sugar, beaten egg yolks and chopped nuts. (1/2 recipe is sufficient to ice loaf cake.)

Cukrove Kukesy
SUGAR COOKIES

- 1/2 cup soft shortening (half butter)
- 3/4 cup sugar
- 1 egg
- 1 tbsp. milk or cream
- 1 tsp. flavoring (vanilla or lemon or both)
- 1 1/4 cups sifted flour
- 1/4 tsp. baking powder
- 1/4 tsp. salt

Mix shortening, sugar, and egg together thoroughly. Stir in milk and flavoring. For additional flavor add 3 or 4 drops butter flavornig. Sift the flour, baking powder and salt together and stir into creamed mixture. Chill the dough. Roll very thin and cut into desired shapes. Place on lightly greased cooky sheet and sprinkle with sugar. Bake at 425 degrees for 5 to 7 minutes until delicately browned. Makes about 5 dozen 2 1/2 inch cookies.

Medovi Kukesy
HONEY COOKIES

- 2 cups sugar
- 1 cup shortening
- 2 eggs
- 1 cup honey
- 1 level tsp. baking powder
- 1 cut hot coffee
- 1 cup raisins
- 2 tsps. vanilla
- 3 tsps. soda
- 6 to 7 cups flour

Cream sugar and shortening. Add eggs, honey, hot coffee, raisins, and vanilla. Add the flour with baking powder, and soda last. Drop with teaspoon on greased pan and bake, or form into balls and bake in moderate oven 350 degrees for 10 to 15 minutes.

Smetanove Mechurinky
CREAM PUFFS

- 1/2 cup butter
- 1 cup hot water
- 1 cup flour**
- 4 eggs
- 1/4 tsp. salt

Add the butter to the hot water and bring to boiling point. Add flour and salt all at one time. Stir rapidly and constantly until the paste leaves the sides of the pan. Remove from the fire and when cool add the eggs one at a time, beating until thoroughly blended with the paste mixture. Drop by spoonfuls on a greased baking sheet about two inches apart or bake in muffin pans. During baking, the dough expands to twice or more its original size. Bake in a hot oven 425 degrees until puffed and golden brown for 25 minutes. This makes about 12 medium sized puffs. When cool slit the side, fill with whipped cream, crushed fruit, or custard. If desired, sprinkle the top with powdered sugar.

CUSTARD FILLING

1 cup rich milk
3/4 cup sugar
2 tbsp. cornstarch
2 egg yolks
1/8 tsp. salt
1/2 tsp. vanilla
1 tbsp. butter

Heat milk in double boiler. Mix cornstarch, salt, and sugar with a little milk. Cook until it thickens. Add egg yolks and cook a minute longer. Beat well. Add vanilla and butter. When cool place the custard mixture in the puffs.

Strudl s Jablky APPLE STRUDL

Dough:

Warm 1 cup sweet cream and 1/4 lb. butter until butter melts.
Add: 1/2 tsp. salt
1 tsp. vanilla
3 egg yolks
1/3 cup sugar
3 cups flour

Knead dough and place in bowl which has been set in a pan of hot water so that the dough will remain warm. Prepare filling.

Filling:

2 quarts sliced apples
1 cup (or more) sugar
2 tsp. cinnamon
1 1/2 cups bread crumbs (lightly browned in 2 tbsp. butter)
1 cup chopped nuts
1 cup raisins
1/4 cup melted butter

While dough is warm, stretch it over a floured cloth on the table until paper thin. Trim hard edges. Sprinkle with part of melted butter. Arrange apple slices over dough. Sprinkle with the remaining ingredients. Sprinkle with the remaining butter. Roll as for jelly roll. Arrange in a grease pan (15 x 18 inches.) Bake about 1 hour at 350 degrees. While baking brush often with 1 cup rich milk.

Marcipan MARZIPAN

Knead:

1 cup almond paste

Add: 2 egg whites

Mix well

Add:

3 cups powdered sugar
(1 cup at a time)

Add:

$\frac{1}{2}$ tsp. vanilla or rum flavoring

Knead. (Total mixing time - 15 minutes.) Dust working surface with powdered sugar. It may be necessary to work in additional powdered sugar to acquire the right consistency. Divide the dough into small pieces, (being sure to keep remaining dough covered,) and with the hands mold into the shapes of fruits and vegetables. Lay finished pieces on a mound of flour so that the bottom surfaces will not flatten while drying. Food coloring may be used to obtain the desired colors of dough or the color may be brushed on after the molded pieces have dried. Allow to dry overnight or longer before glazing with warmed corn syrup or a commercial glaze. Artificial marzipan leaves may be inserted or leaves and stem may be piped on with decorators icing.

Testo k Pajum FLAKY PIE CRUST

3 cups sifted flour

1 cup lard

1 tbsp. vinegar

1 tsp. salt

1 beaten egg

water

Sift flour and salt. Cut shortening into flour mixture and work until mixture is like corn meal. Break egg into a cup and beat lightly. Add vinegar and enough water to make a $\frac{1}{2}$ cup liquid. Sprinkle over flour mixture. Stir together and form into a ball. Chill for a while. Roll out and bake as usual. Bake at 425 degrees for 15 minutes. This recipe is enough for 2 double crust pies.

Tykvovy Paj PUMPKIN PIE

$1\frac{1}{2}$ cup pumpkin

$\frac{2}{3}$ cups brown sugar

1 tsp. pumpkin pie spice

$\frac{1}{2}$ tsp. salt

2 eggs

1 cup rich milk

3 tbsp. syrup

Beat the eggs. Add pumpkin, sugar, salt, spice, and milk. Pour into unbaked pie shell. Bake at 450 degrees for 10 minutes. Reduce to 325 degrees for 30 minutes or until done. Serve with whipped cream.

Tvarohovy Paj
COTTAGE CHEESE PIE

Line a pie pan with pie crust.

Fill with:

- 2 cups dry cottage cheese
- dot with bits of butter
- $\frac{3}{4}$ cup raisins (sprinkle over cheese)

Mix together:

- 2 beaten eggs
- 1 cup sweet milk
- $\frac{1}{2}$ cup sugar
- 1 tsp. lemon extract

Pour the custard over the cottage cheese. Bake at 275 degrees until custard is set (about 30 minutes).

Vejcovy Paj
CUSTARD PIE

- 4 eggs
- $\frac{1}{2}$ cup sugar
- $\frac{1}{4}$ tsp. salt
- 2 cups milk
- $\frac{1}{2}$ tsp. vanilla

Beat eggs slightly. Add sugar, salt, vanilla, and milk. Pour into unbaked pie shell. Bake at 425 degrees for 10 minutes. Reduce to 325 degrees for 30 minutes. Test for doneness with a knife blade. When it comes out clean, the custard is done.

Hrozinkovy Paj
RAISIN PIE

- 1 cup seeded raisins
- 1 cup water
- $\frac{1}{2}$ cup sugar
- 2 tbs. flour
- vanilla or lemon flavoring

Cook raisins in water until tender. Remove from fire. Add sugar mixed with flour. Add flavoring. Fill two unbaked pie shells. Bake at 350 degrees for 30 to 40 minutes.

Vino Pampeliskove
DANDELION WINE

- $\frac{1}{2}$ dozen lemons (cut into pieces)
- 1 dozen oranges (cut into pieces)
- 2 lbs. raisins
- 5 qts. dandelion blossoms
- 20 lbs. sugar

Boil 5 gal. water, allow to cool, pour over the above ingredients. Add 2 cakes of fresh yeast. Let stand 10 days, then strain. Let stand again 4 weeks. Then put in jugs.

Ceske Pokrmy

MENUS

Roast duck or goose with dressing

Dumplings and sauerkraut

Cranberries Crescent rolls

Pumpkin pie

Veal Paprika

Cubed bread dumplings

Buttered cauliflower

(Sprinkle with bread crumbs browned in butter)

Cream Puffs

Fried Fish

With sauce or Chow Chow

Baked potato with butter

Creamed asparagus

Strudl

Blood sausage or Jiternice

Fried potatoes and onions

Sauerkraut

Rye bread and butter

Sauerkraut Soup

Potatoes with jackets

Layer jelly cake

Tongue, kidneys and heart in cream gravy

Boiled potatoes

Kolaches Coffee

Fried Brains with Eggs

Green beans with mushrooms

Dill pickles White bread

Bublanina

(cherry cake)

Fried Pork Chops

Baking powder dumplings

Sauerkraut

Custard Pie

* * * * *

ONE DISH MEALS

Dill Soup

Milk Soup with Noodles

Prune Dumplings

Liver Dumpling Soup

Sauerkraut Soup

Barley and Mushroom Soup

Corn Bread

Potato Soup

Buttermilk Pancakes

Soup with Rye Bread

Goulash

My Favorite Recipe

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