



TASTES OF FOUR SEASONS

south moravia

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Slow Food® Brno

The cookbook “Tastes of Four Seasons” contains recipes typical of Brno and the South Moravia Region adapted for professional use in gastronomy and school canteens.

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SOUPS



LENTIL SOUP WITH SAUERKRAUT 10 servings

Ingredients:

Lentils _____	0,250 kg	Egg yolk _____	1 pcs
Sauerkraut _____	0,250 kg	Caraway, salt, and pepper _____	as needed
Sweet cooking cream _____	0,200 l		

Preparation:

Boil the soaked lentils until tender. Cook the sauerkraut with the caraway in a separate pot. Blend together and season as needed. Soften the soup with the egg yolk before serving.

CELERY SOUP WITH CHEESE 10 servings

Ingredients:

Onions _____	0,090 kg	Celery stalks _____	0,066 kg
Blue cheese _____	0,096 kg	Ground white pepper _____	0,001 kg
Sunflower oil _____	0,030 kg	Cream 12% _____	0,120 l
Salt _____	0,006 kg	Celery root _____	0,241 kg

Preparation:

Fry the celery, then add the onions and stir. Then pour the broth or water over the soup and cook until tender. When the celery is tender, soften the soup with the cream and mix. Finally add the grated cheese and season to taste.

SOUP FROM OYSTER MUSHROOMS 10 servings

Ingredients:

Oyster mushrooms _____	0,370 kg	Onions _____	0,130 kg
Water _____	2,000 l	Sea salt _____	0,035 kg
Caraway _____	0,005 kg	Plain white flour _____	0,050 kg
Pepper _____	0,002 kg	Garlic _____	0,010 kg
Carrots _____	0,280 kg	Ground paprika _____	0,005 kg
Celery root _____	0,310 kg	Marjoram _____	0,005 kg
Sunflower oil _____	0,020 kg		

Preparation:

Clean the oyster mushrooms, cut into pieces and cook in water with caraway and pepper for 60 minutes, or according to the hardness of the mushrooms. Separately, heat the oil, stir in the onions and finely grated carrots and celery, season with salt. Mix the prepared mushrooms with roasted vegetables, add the spices, season, and thicken in water mixed with plain flour and leave to boil briefly. Garnish with chives or parsley.

BEEF WITH CHICKPEAS 10 servings

Ingredients:

Beef rear boneless _____	1,000 kg	Tomato paste _____	0,143 kg
Onions _____	0,429 kg	Sweet paprika _____	0,001 kg
Garlic _____	0,020 kg	Salt _____	0,001 kg
Chickpeas _____	0,357 kg	Ground pepper _____	0,001 kg
Bell peppers _____	0,286 kg		

Preparation:

Wash the meat and cut into cubes. Roast the onion and garlic in oil, add meat and fry from all sides until browned. Add tomato paste and paprika and mix, immediately pour in water, add salt, pepper and stew under the lid. When the meat is tender, add chopped pepper, chickpeas and simmer. Season and serve.

FESTIVE KYSELICA 10 servings

Ingredients:

Sauerkraut _____	0,600 kg	Dried plums _____	10 pcs
Carrot and parsley _____	0,250 kg	Cake flour, salt, pepper, and butter _____	_____ as needed
Sweet cream _____	0,250 l		
Boiled dried mushrooms _____	0,100 kg		

Preparation:

Chop the sauerkraut and put it into a pot, add the grated root vegetables, and cook together until tender. Simmer the dried plums shortly in little water. Add the boiled dried mushrooms into the soup and thicken with the cream with the cake flour (can also be spelt) and cook together. Remove the soup from the heat, add the dried plums and season until sweet and sour. Soften with melted butter if needed.

BEAN SOUP FROM MORAVIAN WALLACHIA 10 servings

Ingredients:

Beans (white and coloured) _____	0,300 kg	Plain flour (can also be spelt) _____	0,050 kg
Buckwheat _____	0,050 kg	Salt, pepper, marjoram, and garlic _____	_____ as needed
Dried mushrooms _____	0,050 kg		
Butter (best clarified) _____	0,050 kg		

Preparation:

Cook pre-soaked beans (preferably overnight, at least three hours) until tender and season with salt. Simmer pre-soaked mushrooms separately. Blanch the buckwheat and let it finish under the lid. Meanwhile, prepare a darker roux from butter and plain flour. Add the marjoram, garlic, and mushrooms into the pot with the cooked beans, let the mixture cook (slightly boiling), and season with salt, pepper, marjoram, and garlic.

TOMATO SOUP WITH MILLET

10 servings

Ingredients:

Tomatoes _____	0,400 kg	Bay leaves _____	(3 pcs) 0,002 kg
Carrots _____	0,140 kg	Allspice _____	(4 pcs) 0,002 kg
Water _____	1,900 l	Pepper _____	(4 pcs) 0,002 kg
Plain white flour _____	0,040 kg	Millet _____	0,070 kg
Onions _____	0,120 kg	Parsley _____	0,015 kg
Sea salt _____	0,005 kg		

Preparation:

Grate the cleaned carrots finely, fry with the onion, season with salt. Leave for an hour to let the carrot sweeten. Boil and peel the tomatoes. Add them to the fried onion with carrots and pour in the water. Bring to a boil. Rinse the millet with cold water, then three times with hot water. Pour them into the tomato soup and cook together for 20 minutes. Meanwhile, in a small pan in water, blend the spices (bay leaves, allspice, pepper). Pour the broth of spices into the soup. Thicken the soup with flour mixed in cold water, add salt or season with rice malt or sugar.

VEGETABLE SOUP WITH YEAST DUMPLINGS

10 servings

Ingredients:

Carrots _____	0,170 kg	Onions _____	0,065 kg
Kohlrabi _____	0,120 kg	Garlic _____	0,012 kg
Frozen sweetcorn _____	0,060 kg	Breadcrumbs _____	0,080 kg
Celery root _____	0,100 kg	Eggs _____	2 pcs
Cabbage _____	0,180 kg	Parsley _____	0,050 kg
Water _____	2,300 l	Sea salt _____	0,027 kg
Choice yeast _____	0,060 kg		

Preparation:

Cook the cleaned and finely chopped vegetables in salted water. For the dumplings mix the eggs, dried yeast, finely chopped onion, parsley, crushed garlic, salt and breadcrumbs. Push the dumplings through the halusky maker and cook for 15 minutes with the vegetables. (Yeast dumplings are an interesting variant of ordinary liver dumplings).

CARROT SOUP

10 servings

Ingredients:

Carrots _____	1,167 kg	Ginger _____	0,040 kg
Onions _____	0,200 kg	Salt _____	0,028 kg
Garlic _____	0,030 kg	Sunflower oil _____	0,067 kg

Preparation:

Stew the onion together with the garlic and peeled ginger in hot oil. Add the carrots and stir for a few minutes. Pour in water and cook on a low heat for one hour. Mix the soup smoothly and add salt.

MEAT DISHES



GREEN ROLLS WITH BEEF AND BAKED POTATOES

10 servings

Ingredients:

Minced beef	1,000 kg	Olive oil	0,100 kg
White cabbage	2,200 kg	Sunflower seeds	0,200 kg
Sea salt	0,010 kg	Potatoes	2,200 kg

Preparation:

Cook the cabbage leaves in salt water or steam, and fill them with flavoured minced meat with the sunflower seeds. Wrap them and bake in the oven in oil. Slowly add water or broth. Wash the potatoes in the skin thoroughly with a brush and cook until tender. Cut them cold into slices, add oil and bake in the oven until golden brown. Serve the rolls with a little juice from the cabbage. TIP: You can add rice, bulgur or cereal flakes to the minced meat. Cabbage leaf can also be used fermented.

MEATLOAF WITH KALE AND BUCKWHEAT

10 servings

Ingredients:

Minced mixed meat	0,800 kg	Onion	0,100 kg
Fresh kale (can also be frozen)	0,250 kg	Eggs	3 pcs
Buckwheat	0,100 kg	Garlic, breadcrumbs, and oil	as needed

Preparation:

Stir the blanched and minced kale and the minced buckwheat boiled in salt water (for about five minutes) into the minced meat. Add the garlic, onion, eggs, and salt as needed. You can also thicken the mixture with the breadcrumbs. Form larger loafs and bake in a greased roasting pan. Bake in a combi steamer for 15 minutes in steam mode and then switch to baking mode at 145 °C for 45 minutes. The meatloaf should be very tender, tasty, and juicy.

CMUNDA

10 servings

Ingredients:

Potatoes (cooked in the skin)	0,500 kg	Milk	0,500 l
Cooked smoked lean meat or ham	0,500 kg	Semolina	0,250 kg
Eggs	4 pcs	Coarse flour (can also be spelt)	0,350 kg
Pack of yeast	1x	Salt, pepper, marjoram, caraway + lard and breadcrumbs	as needed
Garlic cloves	4x		

Preparation:

Boil the potatoes in the skin and let them cool down. Prepare the sourdough and let it rise. Press or grate the potatoes, add the diced meat, sourdough, and other ingredients and prepare the final dough. Let it rise in a warm place for about 30 minutes. Grease a roasting pan with the lard, sprinkle with the breadcrumbs, and pour in the risen dough. Bake in an oven pre-heated to 190 °C for about 40 minutes until the surface is golden and then spread with melted lard while still warm.

CELERY PATTIES WITH CHICKEN

10 servings

Ingredients:

Salt	0,020 kg	Oil	0,050 l
Breadcrumbs	0,100 kg	Marjoram	0,002 kg
Celery root	0,250 kg	Chicken cutlets	0,900 kg
Eggs	3 pcs		

Preparation:

Grind the chicken together with the celery. Add the bun dipped in milk, salt, eggs and mix. Make ball from the dough and place into the cooking dish. Spread the meatballs with a mixture of oil and sweet peppers and bake in a combi steamer.

CHICKEN IN CREAM AND PAPRIKA SAUCE

10 servings

Ingredients:

Sweet paprika	0,010 kg	Bay leaves	0,003 kg
Chicken thighs	2,000 kg	Cream	0,200 l
Salt	0,015 kg	Milk	0,400 l
Oil	0,080 l	Sour cream	0,200 l
Onions	0,150 kg	Plain flour	0,080 kg
Allspice	0,003 kg		

Preparation:

Season the meat. Put portions on the base of onion and pepper, add the bay leaf and allspice and simmer until tender. Remove the soft portions, pour water into the juice, thicken with flour mixed in milk and cream, simmer for 1/2 hour and cook.

BAKED CHICKEN AND VEGETABLES

10 servings

Ingredients:

Plain flour	0,030 kg	Root vegetables	0,400 kg
Salt	0,020 kg	(carrots, celery root, parsnip)	
Butter	0,090 kg	Ham	0,150 kg
Chicken thighs	1,800 kg	Parsley	0,001 kg
Onions	0,150 kg	BBQ spices	0,009 kg

Preparation:

Season the chicken with salt, put in a baking pan, pour in water, add 1/2 portion of butter and bake in the oven. After half an hour, add the ham sliced into thin larger slices, celery and carrot in cubes, and place the parsley on the chicken. Bake covered for 60 minutes. Remove the chicken thighs and after partial cooling cut them into portions. To the juice, add the golden roux prepared from flour and butter and diluted with broth. Cook, put back the chicken, heat and serve with stewed vegetables. Suitable side dishes: potatoes and salads.

PASTA WITH TURKEY AND PARSLEY 10 servings

Ingredients:

Pasta Fettuccine _____	0,500 kg	Rosemary _____	0,003 kg
Turkey cutlets _____	1,000 kg	Parsley _____	0,003 kg
Oil _____	0,025 l	Salt _____	0,003 kg
Sesame seeds _____	0,003 kg	Ground pepper _____	0,003 kg

Preparation:

Cut the turkey breast into pieces. Heat the oil in a pan, add the sliced meat and fry it quickly on a high heat. Reduce the flame and add sesame seeds, sauté and mix with the meat.

Season with salt, pepper and rosemary, mix and simmer until the meat is baked. Remove from the heat, add the strained pasta, mix with a little oil and chopped parsley, and mix well. Season with salt and pepper, and serve.

RABBIT WITH HERBS IN VEGETABLES

10 servings

Ingredients:

Rabbit _____	1,000 kg	Thyme _____	0,005 kg
Butter _____	0,050 kg	Mustard _____	0,080 kg
Onions _____	0,150 kg	Cured bacon _____	0,020 kg
Frozen mixed vegetables _____	0,400 kg	Salt _____	0,015 kg
Bay leaves _____	0,005 kg	Wine _____	0,020 l
Rosemary _____	0,005 kg	Cream 12% _____	0,200 l

Preparation:

Wash the meat, season with salt, put in a baking pan, add water, add 1/2 portion of butter and bake in the oven. After half an hour, spread the mustard over the meat, cover with the cleaned and chopped vegetables, herbs and spices. Reduce the temperature in the oven and bake for 25 minutes. Remove the soft meat and cut after allowing to partially cool. Add some wine and cream to the juice and simmer. Put the meat back, heat it up and then serve with the stewed vegetables.

MORAVIAN RABBIT

10 servings

Ingredients:

Deboned rabbit _____	1,000 kg	Salt, ground red pepper, cloves, sage _____	_____ as needed
Cooking fat _____	0,100 kg		
Onion _____	1 pcs		
Plain flour _____	for thickening		
(can also be spelt)			

Preparation:

Season the cleaned rabbit with salt and put it on a greased roasting pan. Add finely chopped onion, cloves, and sage. Bake in a combi steamer for 30 minutes in steam mode, then switch to baking mode at 180 °C for about 45 minutes until the meat is tender and reddish. Baste with water or broth in the meantime. Remove the meat from the pan, dust the gravy with the flour, add a little ground pepper for colour, and blend everything together (including the spices). Serve with potatoes or mash (goes well with potato-pea purée).

VEGETARIAN DISHES



BAKED POTATOES WITH AUBERGINE AND COURGETTE

10 servings

Ingredients:

Potatoes	5,000 kg	Cheese	0,300 kg
Courgette	1,000 kg	Salt	0,020 kg
Butter	0,150 kg	Eggs	6,000 kg
Oil	0,100 l	Aubergine	1,000 kg
Onions	0,200 kg	Garlic	0,009 kg

Preparation:

Peel the potatoes, add salt and caraway, then boil and cut into slices. Chop the onions and garlic and fry in oil until golden. Cut the aubergine and peeled courgette into pieces. Roast the onion and garlic. Mix all ingredients and top it up into baking dishes. Pour in salted eggs, place the butter and bake slowly in the combi steamer. Sprinkle with grated cheese and bake until ready. Garnish with parsley leaves.

COURGETTE RISOTTO

10 servings

Ingredients:

Courgette	1,000 kg	Rice	0,267 kg
Mushrooms	0,500 kg	Basil	0,003 kg
Spring onions	0,333 kg	Salt	0,003 kg
Oil	0,030 l	Ground pepper	0,003 kg

Preparation:

Clean and slice the mushrooms, add to the oil along with sliced courgette and spring onions. Season with salt and pepper, and stew. Mix with boiled rice and sprinkle with grated cheese before serving.

BUCKWHEAT PORRIDGE

10 servings

Ingredients:

Buckwheat	1,000 kg	Cinnamon	for sprinkling
Milk	2,000 l	Honey or plum jam	
Caster sugar	0,120 kg		

Preparation:

Blanch the buckwheat well on a sieve with hot water (possibly twice), put the buckwheat into a pot, pour in the milk, add the sugar, and cook for about 10 minutes. Remove from the heat and let it rest for about 30 minutes until the milk absorbs. Sprinkle with the cinnamon and honey after served on a plate. Goes well with plum jam.

BAKED GNOCCHI WITH SPINACH AND CHEESE

10 servings

Ingredients:

Plain spelt flour	0,400 kg	Frozen spinach	1,200 kg
Wholemeal spelt flour	0,400 kg	Frozen garlic	0,015 kg
Raw potatoes	0,250 kg	Ground pepper	0,005 kg
Oil	0,050 l	Cheese	0,200 kg
Onions	0,200 kg	Whipped cream 33%	0,250 l
Salt	0,020 kg		

Preparation:

Peel the potatoes, finely grate them, squeeze out the water and work in the flour, then push the dough through the sieve into the boiling salted water and boil the gnocchi. Drain and grease it. Fry the onion in oil, add spinach, salt, pepper, garlic and sauté. Mix gnocchi with the flavoured spinach, put in a greased baking pan and bake. Stir the grated cheese in the whipped cream and pour over the gnocchi. Bake until golden.

COUSCOUS WITH VEGETABLES

10 servings

Ingredients:

Oil	0,040 l	Salt	0,015 kg
Onions	0,100 kg	Couscous	0,650 kg
Frozen mixed vegetables (Mexican-style)	0,800 kg	Seasoning (Vegeta)	0,010 kg
		Cheese	0,200 kg

Preparation:

Cook the couscous according to the manufacturer's instructions. In oil fry the chopped onion, add the mixed salad, salt, seasoning (BIO) and simmer for a while. Mix couscous with vegetables and served topped with grated cheese.

BAKED NEW POTATOES WITH HERB DIP

10 servings

Ingredients:

Potatoes	2,500 kg	Parsley	0,001 kg
White yoghurt	0,400 kg	Basil	0,001 kg
Oil	0,001 l	Lovage	0,001 kg
Crushed caraway	0,001 kg	Garlic	0,010 kg
Sweet paprika	0,001 kg	Coarse-ground mustard	0,050 kg
Sea salt	0,001 kg	Olive oil	0,020 kg

Preparation:

Dip: Mix white yoghurt with olive oil, mustard, crushed garlic, herbs and season with sea salt. Cut the washed new potatoes with the peel into slices, place on a greased baking sheet, season with salt and sprinkle with spices. Bake at 200 degrees Celsius for 18-20 minutes. Serve the baked potatoes with a chilled dip.

CELERY SCONES WITH ROLLED OATS

10 servings

Ingredients:

Celery root _____	1,750 kg	Rolled oats _____	0,325 kg
Salt _____	0,003 kg	Sesame seeds _____	0,003 kg
Nori _____	0,003 kg	Semolina buckwheat _____	0,003 kg
Eggs _____	5 pcs	Rice flour _____	0,125 kg
Satureja _____	0,003 kg	Sesame oil _____	0,003 l

Preparation:

Boil the oat flakes with rice flour in salted water for thick porridge. Pour water to the coarsely grated celery and simmer until the juice is dry. Mix the cold flakes with the dried celery, add the egg yolks, chopped parsley, satureja, add salt and mix well. Add some semolina as needed. Create small patties, coat in whipped egg whites, sesame seeds and fry in oil. Serve with polenta.

PASTA WITH TOMATOES AND COURGETTE

10 servings

Ingredients:

Pasta _____	0,833 kg	Garlic _____	0,002 kg
Tomatoes _____	0,500 kg	Salt _____	0,002 kg
Courgettes _____	0,500 kg	Oil _____	0,002 l
Onions _____	0,167 kg	Basil _____	0,002 kg

Preparation:

Cook the pasta. Best corn – gluten-free. Sauté the finely chopped onions. Cut the tomatoes and courgette into small pieces, chop the basil and add everything to the onion. Simmer together for about 5 minutes so that the tomatoes are not too soft. Mix vegetables with pasta and drizzle with linseed oil and serve.

PUMPKIN RISOTTO

10 servings

Ingredients:

Hokkaido pumpkin _____	1,200 kg	Cheese _____	0,500 kg
Olive oil _____	0,060 kg	Rice _____	0,800 kg
Butter _____	0,080 kg	Cheese _____	0,200 kg
Onions _____	0,160 l	Salt _____	0,010 kg
Garlic _____	0,040 kg		

Preparation:

Peel the pumpkin and cut the flesh into 1.5 x 1.5 cm cubes. Spread on a baking tray, sprinkle with half the olive oil and bake in a heated oven for about 30 minutes at 200 ° C. Put the baking paper in the baking tray. Baked pumpkin will gain a lot of flavour. Roast the onion and garlic slices in a frying pan in the remaining oil with half the butter. Boil the rice in the vegetable broth, mix the rest of the butter into the finished rice, add the garlic with the onion, the baked pumpkin, season with salt, season it and mix gently. Serve with grated cheese.

PUMPKIN POTATO PANCAKES

10 servings

Ingredients:

Marjoram _____	0,005 kg	Fine wheat flour _____	0,400 kg
Garlic _____	0,020 kg	Potatoes _____	0,200 kg
Salt _____	0,010 kg	Hokkaido pumpkin _____	0,028 kg
Frying oil _____	0,200 l	Corn starch _____	0,020 kg
Onions _____	0,150 kg		

Preparation:

Wash the pumpkin and together with the skin finely grate it. Clean the peeled potatoes, wash, grate, add flour, milk, eggs, salt, marjoram, crushed garlic and mix together. Let the mixture rest for a while. Pour the dough into a pan with heated fat and bake on both sides until golden.

MILLETS WITH MASHED POTATO AND SPINACH

10 servings

Ingredients:

Potatoes _____	1,500 kg	Soy sauce _____	0,010 l
Millets _____	0,400 kg	(the best is Tamari from Johnson S.)	
Oil _____	0,050 l	Frozen spinach _____	0,300 kg
(sunflower, rapeseed, sesame)		Herbs _____	0,003 kg
Onions _____	0,100 kg	Spring onion _____	0,305 kg
Salt _____	0,010 kg		

Preparation:

Properly wash the millet and cook several times with boiling water. Then cook in salted water for about 15 minutes and let stand for 10 minutes. Meanwhile, peel and cook potatoes. Sauté the onion in the pan until golden brown, add the cooked millet and potatoes. Mix and fry a little, then mix together and mix again. Season with salt and soy sauce. Serve with steamed spinach, sprinkle with fresh herbs and chopped spring onions.

BEETROOT TOLARKY

10 servings

Ingredients:

Beetroot _____	1,000 kg
Butter _____	0,100 kg

Preparation:

Clean the beetroot, cut it into round slices, and bake on a baking sheet greased with the butter until tender. Season with thyme if needed. Served as a side dish to meat.

BEANS IN TOMATO SAUCE WITH CHICKPEA BREAD

10 servings

Ingredients:

Kidney beans	0,400 kg	Garlic	0,005 kg
Kombu seaweed	0,003 kg	Mustard	0,012 l
Sea salt	0,012 kg	Tomato paste	0,100 kg
Onions	0,220 kg	Basil	0,003 kg
Leek	0,240 kg	Corn starch	0,035 l
Frozen sweetcorn	0,200 kg	Water	0,120 kg
Sunflower oil	0,040 l	Red pepper	0,070 kg
Smoked tofu	0,120 kg	Chickpea bread	0,700 kg

Preparation:

Soak the beans for 10-15 hours, then pour out the water and cook for about an hour. For better digestibility, put a piece of seaweed in the pot. Add salt at the end of boiling. Briefly fry the sliced vegetables in some of the oil. Finally add and fry the tomato paste. Mix cooked beans with fried vegetables and diced smoked tofu, thicken in water mixed with corn starch. Cook shortly, season. Finally, mix the chopped fresh pepper into cubes and take off the heat. TIP: Tofu can be replaced with sausage.

BAKED POTATOES WITH MILLETS AND VEGETABLES

10 servings

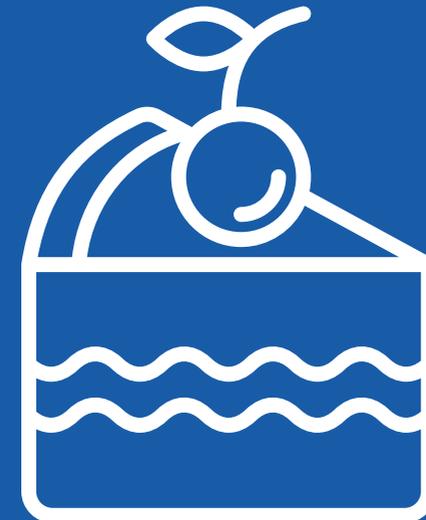
Ingredients:

Potatoes	1,500 kg	Sunflower oil	0,050 l
Water	2,500 l	Onions	0,280 kg
Sea salt	0,040 kg	Tomatoes	0,250 kg
Caraway	0,010 kg	Herbes de Provence	0,010 kg
Millets	0,180 kg	Vegetable stock	0,010 kg
Cabbage	0,650 kg	Cheese	0,150 kg
Broccoli	0,300 kg		

Preparation:

Rinse the millets with cold water and boil three times with boiling water. Cook in a ratio of 1 part millets to 2.5 parts water for 15 – 20 minutes. Cook the potatoes separately. Fry the onions with the cabbage and broccoli and grate the cheese. Mix the boiled potatoes with the millets. Separate one third of the mixture and stir the stewed vegetables into the remaining part. Spread the mixture with vegetables on a greased baking tray. Stir the grated cheese into the smaller part of the mixture and spread everything on the first layer. Put thinly sliced tomatoes on top. Season with Provencal spices. Bake in a heated oven or in a convection oven at 180 ° C for about 20 minutes. TIP: You can replace the millets in the recipe with couscous.

SWEET DISHES



PANCAKES WITH OAT FLAKE

10 servings

Ingredients:

Milk	0,625 l	Butter	0,025 kg
Oat flakes	0,625 kg	Eggs	5 pcs
Curd	0,625 kg	Salt	0,003 kg
Plain flour	0,625 kg	Oil	0,003 l
Baking powder	0,003 kg	Icing sugar	0,003 kg

Preparation:

Heat the milk, pour in the flakes and leave to stand for half an hour. To oatmeal mix milk with curd, flour, baking powder, butter, eggs and a pinch of salt. Stir well and fry the pancakes. Can be served with strawberry yogurt.

RICE PUDDING WITH PLUMS

10 servings

Ingredients:

Half-husked rice	0,520 kg	Ground cinnamon	0,005 kg
Water	1,500 kg	Plums	1,500 l
Sea salt	0,020 kg	Sour cream	0,250 l
Apples	0,660 kg	Peel	0,010 kg
Raisins	0,100 kg		

Preparation:

Cook the rinsed rice in lightly salted water. Meanwhile, stew apples with a pinch of salt and cinnamon. Cook the raisins and mix them, and remove the stones from the plums. Mix the cooked rice with stewed apples and raisins. Lay the rice in the baking pan, put the plums on it, repeat twice. The last layer should be the rice. Smooth the rice and sprinkle with cream, then bake for 20 minutes at 160–180 ° C.

JAHELNÍK

10 servings

Ingredients:

Millet	1,000 kg	Honey	3 tbsp.
Milk	2,000 l	Apples	0,500 kg
(or 1 l of milk and 1 l of water)		Nuts (walnuts, hazelnuts)	0,250 kg
Eggs	6 pcs	Cinnamon, salt	as needed
Packs of vanilla sugar	2x		

Preparation:

Blanch the millet in hot water and rinse with cold water (to remove bitterness). Heat up the milk with a pinch of salt and add the millet. Cook with occasional stirring for about 20 minutes until mushy. Let the mixture cool down and add the whipped egg yolks with the sugar and honey and then slowly add whipped egg whites. Put half of the millet mixture on a baking sheet lined with baking paper, decorate with the grated apples, and sprinkle with the cinnamon and chopped nuts. Pour over with the remainder of the mixture and bake in a pre-heated oven at 180 °C for about 35 minutes until golden.

CARROT CAKE WITH APPLES AND LEMON GLAZE

10 servings

Ingredients:

Apples	0,175 kg	Eggs	1,875 pcs
Granulated sugar	0,125 kg	Oil	0,125 l
Baking powder	0,008 kg	Carrots	0,075 kg
Long-life milk	0,063 l	Lemons	0,063 kg
Fine wheat flour	0,188 kg	Icing sugar	0,125 kg
Vanilla sugar	0,013 kg		

Preparation:

Whisk the whole eggs with sugars into a foam, add the mixed baking powder, oil, milk and grated carrot with apples to the flour. Bake in a greased baking dish in a pre-heated oven for about 20 minutes. Lemon topping: Pour water and lemon juice into a bowl and gradually add sugar and whisk. Sieve the sugar before mixing. Whisk until the topping reaches a smooth, dense consistency

BUCKWHEAT PANCAKES

10 servings

Ingredients:

Milk	1,250 l	Granulated sugar	0,050 kg
Buckwheat flour	0,500 kg	Oil for frying	0,400 l
Eggs	2,5 pcs	Quality jam	0,200 kg
Salt	0,005 kg		

Preparation:

In the dish pour milk, add eggs, stir in buckwheat flour, salt and sweeten. Let the dough rest for a while. If the dough is still thin, add flour. Heat the pan, cover it lightly with oil and fry thin pancakes. Brush pancakes with jam and serve. TIP! If you do not have much time, we recommend the product BIOLINIE buckwheat pancakes for faster preparation. Add only water and some oil.

PUDDING CAKE

10 servings

Ingredients:

<u>Dough</u>		<u>Cream</u>	
Pudding packs (cocoa, chocolate)	4x	Packets of curd cheese	2x
Eggs	4 pcs	Packet of butter	1x
Baking powder	1x	Icing sugar	0,200 kg
Rum	1 tbsp.	Pack of vanilla sugar	1x
Oil	0,200 l		
Icing sugar	0,200 kg		

Preparation:

Whisk all the dough ingredients into a thin dough. Line a deeper baking sheet with baking paper and pour in the dough. Bake at 200 °C during the first five minutes, then lower the heat to 180 °C for another 15–20 minutes. Whisk all sugar with the curd cheese and spread onto the cooled dough layer. Decorate with grated chocolate.

