

**The very Czech traditional and popular dish: Knedlo, zelo, vepřo  
Roast Pork, Czech Yeast Dumplings, “ Hairy Dumplings“ (raw potato dumplings – the  
Eastern Bohemia dish), Boiled Potato Dumplings and Cabbage or Sauerkraut –**



**Ingredients:**

**1) Czech dumplings:**

wholemeal flour

an egg

yeast

salt

a stale bun or a roll

**4) Half a kg pork meat (neck or leg)**

salt,

cumin,

lard

**2) Raw potato dumplings**

4 bigger potatoes (1boiled)

very fine flour

an egg

salt

**5) Cabbage (a small head)**

onion

lard or oil

**3) Boiled potato dumplings**

3 boiled potatoes

wholemeal flour

an egg

salt

**6) Sauerkraut (200g)**

lard or oil for frying

salt (sugar)

**Directions:**

**ad 1. Czech dumpling**

First make a leaven, put half a packet of yeast into a mug, add a glass of warm water, a tiny bit of sugar and wait till it swells a bit. Then put the flour into a not small bowl and add some more water, salt and an egg and knead until the dough makes “blisters“. Then leave it at a warm place till it swells (around 30 minutes). In between dice a roll or a bun and mix the bits with the dough. Make 2 loaves and leave them again at a warm place. When it swells, insert the loaves to the boiling water and boil for 6 – 8 minutes on both sides. Then take the loaves out of water with a strainer. Slice the loaf with a thread so that it doesn't squeeze.

ad 2. Grate the potatoes fine and smooth and mix with fine ground flour, an egg and salt. Then cut out little cones with a spoon and insert into the boiling salty water in a big pot. While boiling it makes sort of hairs around each cone. After 5-6 minutes take the cones out of water with a strainer and put on the simmer.

ad 3. Grate the boiled potatoes into a bowl or on a board, add the flour, an egg and salt. Mix together to make a thick mixture and make a few cylinder -shape - rollers to put them into a salty boiling water. After taking them out of the water slice them.

ad 4. Roast the pork on a dish in the oven with salt cumin and lard and a bit of water. Pour occasionally with the gravy while roasting.

ad 1. Cut the cabbage into thin noodles and boil in the water with a bit of salt. Chop the onion into tiny pieces and fry them on the oil on the frying pan. Then strain the cabbage and mix with the onion add some salt and a bit of sugar or vinegar.

2. Strain sauerkraut and put in a pot with a liter of water. Boil till it is soft. Then strain and mix with fried chopped onion and a bit of salt.

Lay the dumplings one beside the other and pour with the gravy from the roast pork.

Bon appetite!

(Made and videoed by the whole team of project students as the “learning through doing“ lesson  
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