

Potato Dumplings

2 large potatoes
about 2 cups flour
bryndza (creamy Feta)
salt, bacon



Love 'em or hate 'em, Slovakia's national dish is *bryndzové halušky*, little potato dumplings mixed with special cheese called

bryndza. You won't find **bryndza** in your regular grocery store, but the "Israeli-style Feta" from Trader Joe's tastes very much like the real thing.



Peel the potatoes and grate them finely using a box grater. Add the flour and a pinch of salt. Move the dough onto a wooden cutting board and hold it over a pot of boiling salted water. Using a butter knife, toss little pieces of dough into the water. Scoop the dumplings out with a slotted spatula once they float up. Mix in the cheese and top with bacon bits and several spoonfuls of bacon fat. Stir together before eating. *Dobrá chuť!* (Bon appetit!)

Bryndza Pirohy



2 large potatoes
about 2 cups flour
1 egg
bacon bits
sour cream
bryndza

Another popular bryndza dish is **pirogi** (*pirohy*). Cook the potatoes in their skin. Peel them once they get soft and mash them. Add the egg, salt, and enough flour to make a stiff dough. Dust a wooden board with flour, and roll the dough to $\frac{1}{8}$ " thick. Use a small drinking glass to cut out circles. Place one teaspoon of bryndza in the middle. Fold over, pinch shut, and cook until they float to the surface. Sprinkle with bacon bits made by slowly melting the bacon fat away. Pour two spoons of bacon grease over and top with sour cream.

Rum Balls



2 cups powder sugar
2 cups ground walnuts
1 yolk
shot of rum
chocolate shavings
flaked coconut
granulated sugar

Rum balls (*rumové guľky*) are a popular holiday treat. They are easy to make: no baking required! Start by combining the powdered sugar and ground walnuts. Add the yolk and the rum. Mix together with a wooden spoon - the mixture will be really sticky! Roll the dough between your palms into balls about 1" across. In a separate bowl, mix chocolate with granulated sugar and roll each ball in this mix. Or, if you like coconut, top the balls with the flaked coconut found in the baking section of your supermarket.

Farmer's Cheese Cake

1 packed dry yeast
8 cups flour
6 tbsp sugar
1 tsp baking powder
bit of oil

Topping: cinnamon,
vanilla, farmer's cheese
powdered sugar



A cake popular at Slovak festivals is *tvarožník* or **farmer's cheese cake**. If made in a round shape, then it's called *tvarohový koláč*. Prepare a leavened dough by combining the first 5 ingredients with water to obtain stretchy dough. Let rise, covered, in a warm place for several hours, then flatten to about 1" thick. Lightly brush on oil and fold over. Flatten again and repeat. Form the dough into a loaf shape and cut into three pieces. Roll out each to the size of your baking pan and top with flavored farmer's cheese (dry cottage cheese). Bake at 350°F until golden.

Questions? Comments?

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Slovakia...

... or **Slovensko**, is a small landlocked nation located in the heart of Europe. Despite its size, Slovakia is home to many medieval castles, clear mountain lakes, healing hot springs, underground caves, and friendly people. Many Americans also trace their heritage back to Slovakia. Paul Newman, Jesse Ventura, and Tom Ridge are among those whose ancestors came from Slovakia. The immigrants arrived mainly at the turn of the 19th and 20th centuries to work as miners and laborers. They settled in Wisconsin, Pennsylvania and Illinois and brought with them their rich cultural heritage.



Yet Slovak Cuisine...

... is almost unknown outside the country's borders. This is too bad! Not only is the food delicious, it is also really simple to make. It relies on staples grown in Slovak gardens - items easily found in your local supermarket.

SlovakCooking.com started with one simple goal: to let folks like you know about Slovak food. Here are ten recipes to get you started. Try them - they all taste great!

Holubky

A dish popular at the time the first Slovaks came to America was **stuffed cabbage** or *holúbky*. You won't find it readily in Slovakia anymore, but you can make it easily at home. Pour boiling water over 1½ cups of rice. Add ½ pound of ground beef, 2 finely chopped onions, 2 eggs, salt, and black pepper. Mix well. Pull apart head of cabbage and pour hot water over the leaves. Top with the filling, roll and tie shut with a thread. Put layer of sauerkraut into a greased baking pan and place the cabbage leaves on top. Cover with more sauerkraut. Pour sour cream over this and bake at 325°F until soft. Serve with potatoes.

Sauerkraut Soup



2 lbs sauerkraut
1 quart water
12 ozs pork neck
4 peppercorns
1 tsp caraway
2 whole cloves
crushed nutmeg
2 cloves garlic
2 onions, 2 apples

small hand full dried mushrooms, 1 tbsp paprika
1 tbsp red pepper, 0.8 lbs sausage and bacon
small container of sour cream, 1 tbsp flour

Sauerkraut soup (*kapustnica*) is a traditional Slovak Christmas soup, but it's good all year long! Start by rinsing and draining sauerkraut. Put it in a pot with water, and bring to a boil. Then add pork neck, spices, garlic, mushrooms, onions and whole apples. Add smoked sausage, bacon and paprika once the pork and sauerkraut are tender. Simmer for an additional 30 minutes. Finally, add sour cream mixed with flour and let it come to a boil. Sweeten with sugar if needed.

Lettuce Soup

4 tbsp flour
2 tbsp of butter
2½ cups of water
2½ cups of milk
1 tsp flour
1 head iceberg lettuce
2 tbsp sugar
5 tbsp vinegar, dill



One uniquely flavored dish in the repertoire of Slovak cooking is soup made with not much more than a single head of **green lettuce**. It may be bit of an acquired taste, but for many Slovaks, *šalátová polievka* is the soup of choice. Start by preparing *zápražka* (roux) by browning flour in melted butter. Stir in water and bring to a boil. Whisk the remaining flour in milk and add to the pot. Cook for a few minutes. Add finely chopped head of lettuce, plus vinegar and sugar to taste. Let go through boil. Top finished soup with some chopped dill. Serve with hearty rye bread.

Hungarian Goulash



2 lb cubed beef chuck
2 bell peppers
3 tomatoes
scallions (or leeks)
4 cloves of garlic
1 tbsp tomato paste
paprika, salt
red and black pepper
caraway, marjoram

Brown the meat in hot oil. Add chopped up peppers, diced tomatoes, leeks and crushed garlic. Add the seasonings. Cover with water and let simmer, covered, until the meat softens (about 3 hours). Add more water as needed, but just enough to keep the sauce thick. Serve with a few slices of *knedľa* (bread dumpling).

To make knedľa: Combine 4 cups flour with 1 cup milk, 1 egg, 1 packet of yeast, 1 teaspoon of sugar and a few teaspoons of salt. Mix, knead together, and let rise in a warm place. Divide and form the dough into two loaves. Steam for 18 minutes over a pot of boiling water, or by placing each dumpling in a pot of boiling water, covered with a lid. Slice with sewing thread.

Chicken on Salt

1 whole chicken
2 lbs salt
rice
lettuce
tomatoes
green peppers



A simple way to get a perfectly **juicy chicken** is to bake it on a bed of salt. The salt will turn the skin crispy, sealing in the juices. The meat won't get salty, and the salt that sticks to the skin can be brushed off easily. Wash and dry the bird and place it breast side up in a baking pan into which you have first poured about 2lbs of salt. Bake for one hour for every 2lbs of chicken. Serve with rice and vegetables.

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