

MUSEUMS

Menu for Sunday June 14, 2020

Breakfast: banana crêpes

Ingredients: 1 banana, 2 eggs, coconut oil, Nutella or jam

note – 1 banana approx. serving for one, 2 bananas serving for one to two people. Procedure – mix the banana and eggs and create a liquid dough, heat the coconut oil in a pan and then pour the mixture to form a thin layer, fry on both sides. Preparation time approx. 15-20 minutes

Drinks: tea, water with lemon, coffee

Lunch: main course, dessert

Main course – Potato dumplings filled with smoked meat / smoked tofu and spinach

Dessert – no-bake cake (childhood memory)

Recommended drink – a glass of beer or water

★ **Potato dumplings filled with smoked meat / smoked tofu and spinach**

Ingredients (1-2 portions): 2 onions, lard / oil / fat, butter 2 tbsp, 150g fresh spinach, 1 clove garlic, 3 larger potatoes, half a cup coarse flour, 2 eggs, salt, pepper, nutmeg, 100g smoked pork roast

Procedure:

Cut 1 onion into pieces as desired and fry ideally on lard or other oil or fat.

Also fry the second onion and then add the washed spinach, simmer briefly, season gently with salt and pepper, then add finely chopped garlic.

Transfer the mixture to a bowl and let cool.

Boil the potatoes in their skins until soft, peel them while still hot and press through a sieve or grate them.

Gradually add the flour, letting it moisten in the steam coming out of potatoes pancake.

Then mix the eggs, season with salt and pepper and grate the nutmeg and make a dough.

Roll out the dough using a floured rolling pin into a half-a-centimetre-thick sheet and cut out circles with a cup.

Put the prepared spinach and diced meat or tofu in the middle.

Wrap and roll round dumplings in your hands.

Cook the dumplings in boiling salted water for about 15-20 minutes.

Then just transfer to a plate, cut in half and sprinkle with fried onions.

★ **Dessert – no-bake cake (childhood memory)**

Ingredients: 1x sour cream, pastry biscuits, white yogurt, a little sugar to flavour, fruit - strawberries or blueberries, or apricots, as preferred

Procedure: beat white yogurt, cream and a little sugar together, in a bowl or cake tin, stack the ingredients in this order – sponge cake, fruit, yogurt mixture, repeat several times until the last layer should be sponge cakes, I recommend putting in the refrigerator for at least 2 hours before eating.

★ **Dinner: fresh bread with spread and chives**

Ingredients: bread of choice, a piece of celery, 1 carrot, 1 apple, 250g cottage cheese, juice of half a lemon, salt, pepper, chives

Procedure: finely grate celery, carrot and apple into a bowl, add cottage cheese, lemon juice, salt and pepper and finally chives

Recommended drink – glass of beer or water with lemon

Shopping list

Breakfast

1 banana
2 eggs
Coconut oil
nutella or jam

Lunch

2 onions
lard/oil/fat
butter
150g fresh spinach
1 clove garlic
3 larger potatoes
half a cup coarse flour
2 eggs
salt
pepper
nutmeg
100g smoked pork roast or smoked tofu

Lunch desert

1 sour cream
pastry biscuits
white yogurt
a little sugar to flavour
fruit – strawberries or blueberries, or apricots, as preferred

Dinner

bread of choice
a piece of celery
1 carrot
1 apple
250g cottage cheese
juice of half a lemon
salt
pepper
chives

Drinks

beer
water with lemon
coffe
tea

DOBROU CHUŤ! / ENJOY YOUR MEAL!