

3. Pork-Sauerkraut-Dumplings 2024

Czech Pork Roast

4 - 5 servings

Ingredients:

¼ cup + 2 TBSP of frying oil - adjust if needed

½ stick (2 OZ) of butter - melted *

4 cloves of garlic - peeled and grated

1 TSP of paprika

2 TSP of whole caraway seeds

1 TSP of salt - ideally freshly ground

½ TSP of ground pepper - ideally freshly ground

1 ½ LB + of pork loin - whole (or, any other kind of pork meat for roast)

1 cup of water - adjust if needed

½ stick (2 OZ) of butter - sliced to about 8 slices

*Cut butter into small pieces before melting. Then microwave for a short time (a few seconds each) with a few seconds break between -- to prevent a little "explosion" of butter. Optionally, melt butter over medium heat with vigorous whisking.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Whisk

Small Hand Grater or Garlic Press (for garlic)

Plastic Wrap

Large Fry Pan or Large Sauté Pan (12" or more and ovenproof) or Rotisserie

Food Thermometer

Directions:

1. Marinade:

1.1. Place into a medium mixing bowl:

¼ cup of frying oil (part of the total amount)

½ stick of butter - melted

4 cloves of garlic - grated

1 TSP of paprika

2 TSP of whole caraway seeds

1 TSP of salt

½ TSP of ground pepper

Stir together with a whisk until fully incorporated (about 1 - 2 minutes).

2. Meat preparation:

2.1. Make sure that the meat is properly rinsed under cold water and the unwanted parts are removed.

2.2. Prepare the meat in one piece (do not cut meat to individual pieces). Place the meat into the marinade and with your hands, massage the marinade into the meat.

2.3. Cover with plastic wrap and marinate for 30 - 60 minutes at room temperature (or overnight in the refrigerator while keeping at room temperature for at least 30 minutes right before cooking – the meat needs to reach room temperature before cooking in order to cook properly).

3. Pan sear with finishing in the oven:

3.1. Set oven to preheat at 350°F.

3.2. Preheat a fry pan on medium-high heat with **2 TBSP** of frying oil and briefly sear from all sides to reach a nice sear (about 3 - 5 minutes).

3.3. Pour **1 cup** of water under the meat and pour the remaining marinade over the meat.

3.4. Add 8 slices of butter on the top of the meat.

3.5. Finish in a preheated oven until the meat is fully cooked (about 20 - 45 minutes depends on the thickness of the meat). *

- 3.6. Turn the meat once during baking (in the middle of the baking time).
- 3.7. Pour the pan's juices over the meat during baking, preferably about every 10 minutes.
4. Let the meat rest on a cutting board for about 2 minutes before cutting.
5. Then cut into $\frac{1}{4}$ - $\frac{1}{2}$ " thick slices and serve it as part of "Vepřo-knedlo-zelo" (Pork-dumplings-sauerkraut). If you are waiting for other parts of meal to be completed, place the sliced meat into the pan with juices to wait to be served a little later.

* Check with a food thermometer to make sure that you reached the minimum recommended safe serving temperature for pork of 145°F.

Sauerkraut

4 servings

Ingredients:

2 TBSP of frying oil - adjust if needed

1 large onion - peeled and finely chopped

Optional: **¼ LB** (about 3 slices) of bacon - chopped into small pieces

2 LB sauerkraut (reserve the liquid)

1 cup of water - adjust if needed

½ Stick (4 TBSP) of butter – sliced to thick slices

2 TSP of caraway - whole

1 TSP of salt

½ TSP of ground pepper

2 TBSP of all-purpose flour

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Sauce Pan or Medium Pot (about 6 QT)

Wooden Spoon or High-Temperature Silicone Spatula

Colander or Strainer or Sieve

Medium Mixing Bowl (about 3 - 4 QT)

Directions:

1. Sauté:

1.1. Preheat a sauce pan on medium-high heat with **2 TBSP** of frying oil and add:

1 large onion – finely chopped

Sauté with occasional stirring until glossy (about 3 - 4 minutes).

1.2. Optionally add:

¼ LB of bacon - diced

Sauté with constant stirring for an additional 2 minutes (until partially cooked but not crispy).

2. Sauerkraut:

- 2.1. Meanwhile, drain the liquid from the sauerkraut into a medium mixing bowl using a strainer (liquid will be used for the next step).
- 2.2. After the bacon is sautéed, add the sauerkraut into the sauce pan and sauté with constant stirring for about 2 – 3 minutes.

3. Stew:

- 3.1. Add:

1 cup of water
Liquid from sauerkraut
½ stick of butter
2 TSP of caraway
1 TSP of salt
½ TSP of ground pepper

Thoroughly stir and cover with a lid. Bring to a simmer (about 195°F) with occasional stirring.

- 3.2. Lower the heat to medium and cook for about 20 minutes with occasional stirring. Optionally, add water during stewing to dilute the sauerkraut (if thickening too much).
- 3.3. After about 20 minutes most of the liquid should be absorbed (some can still be present). If not, slightly extend cooking time.

4. Finishing phase:

- 4.1. Dust the stewed sauerkraut with:

2 TBSP of flour

Thoroughly stir.

- 4.2. Cook with occasional stirring until thickened (for another 2 - 5 minutes).

Tip:

If you are in a rush and don't want to wait any longer, just simply add an extra 1 TBSP of flour directly into the sauerkraut, stir, and cook for 1 additional minute.

- 4.3. Taste and add salt and/or pepper if needed.

Czech Side Bread Dumpling

2 regular dumplings or more shorter ones - about 15 - 20 slices (4 servings)

Ingredients:

2 cups of white bread *

¼ cup of milk

2 cups of bread flour (or all-purpose flour)

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

1 large egg

¾ cup of lukewarm milk - about 90 to 100°F

1 TSP of oil (any kind) - adjust if needed

* Best is to use old bread (even a hard one). It will help you to prevent food waste hand in hand with reaching better results.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Medium Mixing Bowl (about 3 - 4 QT)

Silicone Spatula

Kitchen Mixer with Hook Attachment or Large Mixing Bowl

Whisk

Plastic Wrap

Bowl Scraper or Silicone Spatula

Kitchen Towel

Large Brazier Pot or Large Sauce Pot (at least 8 QT or preferably 12 QT)

Skimmer or 2 Regular Turners

Food Thermometer

Fork

Silicone Brush

Directions:

Already prepared:

1. Bread:

1.1. Cut bread into dices (about ½ - 1" big) and place into a medium mixing bowl (measure about 2 cups of diced bread or use even more -- up to 3 cups).

1.2. Add:

¼ cup of milk

Fold them together using a spatula.

1.3. Place aside for a later step.

2. Dumpling dough:

2.1. Place into the kitchen mixer with hook attachment:

2 cups of bread flour

1 TSP of confectioners' sugar

2 TSP of active dry yeasts

1 TSP of salt

Briefly stir with a whisk just enough to combine all ingredients (about 1 minute).

2.2. Add:

1 large egg

¼ cup of lukewarm milk

Knead on low speed until all ingredients are partially incorporated (about 1 - 2 minutes).

2.3. Increase the speed to medium-high and knead until the dough is formed (about 1 - 2 minutes).

2.4. Then add:

Bread soaked in milk (from step 1, including excess liquid)

Knead at a slow speed until nicely combined (about 1 minute).

3. **Rising the dough:**

- 3.1. Remove the bowl from the mixer and cover it with plastic wrap (make some holes to let the dough breathe).
- 3.2. Let it rise in a warm place until it has doubled in size (about 2 - 3 hours).

Start here:

4. **Shaping:**

- 4.1. Split the dough into 2 or more parts based on your preference and also the diameter of your pot (future dumplings). Shorter dumplings will be easier to cook and manipulate.
- 4.2. On a lightly floured surface, form each piece into each dumpling by rolling with your hands. The thickness of the dumpling is up to you. However, I would recommend a diameter of about 2 ½" (the dumpling will significantly expand during cooking).
- 4.3. Place the shaped dumpling on a lightly floured cutting board, lightly flour the top of the dumpling, and let rest for about 15 -30 minutes while covered with a dish towel. Note: Extending the rising time may result in over-proofed dumplings that can complicate the cooking process (dumplings may not hold together well).

5. **Cooking:**

- 5.1. Meanwhile, fill a large pot with water to ½ capacity, cover it with a lid, and bring to a boil on high heat.
- 5.2. Carefully slip the dumplings down into the boiling water, cover with a lid, and cook until fully cooked. The internal temperature should be at least 165°F (about 6 - 9 minutes from each side – depending on the thickness and density of the dumplings). Turn the dumpling carefully using two forks, with a large turner or any other method.
- 5.3. Carefully remove the cooked dumplings from the water using a skimmer or two large turners.
- 5.4. Then, penetrate each dumpling in several places with a fork and brush with **1 TSP** of oil to prevent it from drying out.
- 5.5. Let them rest for about 5 minutes (or until fully cooled). Serve sliced with the sauce of your choice.

Tips:

- Do you want to make the dumpling process a little easier? Make 2 or 3 short dumplings instead of one long dumpling. It will be easier to manipulate them in the pot.
- If you have already prepared your dumpling ahead of time, it is easiest to reheat individual slices in the microwave at the time of serving; or you can use any steam pot. Either way they will quickly become warm and steamy.
- You can also freeze your dumplings (whole or sliced) for later use (they stay great in the freezer for up to a half year. It is best to slice the dumpling before freezing for faster defrosting).

Disclaimer:

All steps in this recipe are just suggestions, and the author and/or publisher of this recipe is not responsible for the following:

- outcome of preparation
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