

What to prepare before class:

## 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

Additional preparation steps:

No additional preparation steps are needed.

## 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)

Additional preparation steps:

No additional preparation steps are 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

#### Additional Preparation steps:

Please prepare about 3 hours before class:

#### 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  
 $\frac{3}{4}$  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).

---

Please let me know if you have any questions: [tom@cookinghub.com](mailto:tom@cookinghub.com)