

What to prepare before class:

3. Czech Christmas Meal 2024

Christmas Fish Soup

6 servings

Ingredients:

Fish:

2 PIECES (about $\frac{3}{4}$ LB) of tilapia fillets - skinless *

2 TBSP of Extra Virgin Olive Oil - adjust if needed

Juice from $\frac{1}{2}$ lemon

Pinch of salt - ideally freshly ground

Pinch of pepper - ideally freshly ground

Soup base:

2 TBSP of frying oil - adjust if needed

1 onion - peeled and chopped

2 medium potatoes – peeled and chopped

2 medium carrots – peeled and chopped

2 celery ribs – chopped

6 cups of fish broth/stock (or chicken or vegetable broth/stock) **

1 TBSP of dried parsley (or $\frac{1}{4}$ cup of fresh, chopped)

2 bay leaves

$\frac{1}{2}$ **TSP** of ground allspice

1 cup of heavy cream

1 clove of garlic - peeled and grated

$\frac{1}{4}$ **TSP** of ground nutmeg

$\frac{3}{4}$ **TSP** of salt **

$\frac{1}{2}$ **TSP** of ground pepper

$\frac{1}{2}$ **cup** of peas – fresh or frozen (no prior defrosting necessary)

Best served with:

Croutons

Bread of any kind

*Czechs and Slovaks would usually use carp, which is hard to get in the USA. For that reason, I'm using tilapia, which is not the same, but it is fairly close. Feel free to use other kinds of white fish as well. You can use fresh, defrosted, or even fully frozen fish—in the latter case, preparation in the oven may take 2–3 minutes longer.

**This recipe assumes that you are working with a sodium-free broth (a broth with no salt added). If you are working with a broth that includes sodium, adjust the amount of salt based on your preference.

Tools:

Measuring Spoons & Measuring Cups
Chef's Knife & Cutting Board
Baking sheet with parchment paper
Optionally: Lemon Squeezer
Large Saucepan or Medium Pot (about 6 QT)
Tongs
Wooden Spoon or High-Temperature Silicone Spatula
Immersion Blender or Food Processor or Blender
Small Hand Grater or Garlic Press (for garlic)

Additional preparation steps:

No additional preparation steps are needed.

Almond Chicken Schnitzels

4 servings

Ingredients:

2 pieces of larger chicken breasts - skinless and boneless *
Pinch of salt
Pinch of ground pepper
½ cup of all-purpose flour - adjust if needed
2 eggs
2 TBSP of milk - adjust if needed
½ cup of sliced almonds

*Each of the 2 chicken breasts will be cut into half, which will give us 4 regular portions. If you enjoy larger portions, you may want to consider using up to 1 chicken breast per person. All other ingredients can stay the same. You can also substitute chicken breasts for pork loins or chops without the bone, or a boneless veal loin.

Final touch:

Salt and pepper - ideally freshly ground

Tools:

Measuring Spoons & Measuring Cups
Chef's Knife & Cutting Board
Meat Mallet
Plastic Wrap
Medium Mixing Bowl (about 3 - 4 QT)

Whisk

2 Plates

Deep Fryer with Frying Oil or 6 QT (or larger) Pot with 2 - 3 QT of Frying Oil and Thermometer for Deep Frying or Large Sauté Pan or Large Fry Pan with ¼ to ½" Layer of Frying Oil (for shallow frying)

Food Thermometer

Cooling Rack or Paper Towels

Optionally: Lemon Squeezer

Additional preparation steps:

No additional preparation steps are needed.

Creamy Mashed Potatoes

4 - 5 servings

Ingredients:

2 LB of potatoes - peeled and diced or sliced *

¾ cup of heavy cream - warm (can be reheated in microwave)

Optionally: **1 clove** of garlic - peeled and grated

½ TSP of salt

¼ TSP of ground pepper - ideally freshly ground

*It really doesn't matter what size you dice potatoes for this recipe, but smaller pieces will cook faster.

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Peeler

Medium Sauce Pan or Small Pot (about 4 QT)

Colander

Small Mixing Bowl (about 1 QT)

Kitchen Mixer with Whisk Attachment or Hand Mixer

Silicone Spatula

Small Hand Grater or Garlic Press (for garlic)

Optionally: Pastry Tips and Pastry Bags

Additional preparation steps:

No additional preparation steps are needed.

Bonus Recipe

It will not be prepared in class; please prepare it before class if you wish.

Croutons

4 - 6 servings

Ingredients:

5 slices of bread - diced *

1 TBSP of frying oil

1 TBSP of Extra Virgin Olive Oil

¼ TSP of ground pepper - ideally freshly ground

¼ TSP of salt - ideally freshly ground

*Any kind of bread can be used, although croutons work best when made from white bread or baguettes.

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Large Fry Pan or Large Stir Fry Pan - Wok or Large Sauté Pan (12" or more)

Wooden Spoon or High-Temperature Silicone Spatula

Additional preparation steps:

No additional preparation steps are needed.

Please let me know if you have any questions: tom@cookinghub.com