

2. Valašská Kyselica Soup 2025

Valašská Kyselica Soup

6 servings

Ingredients:

¼ cup of frying oil - adjust if needed

1 large onion - peeled and finely chopped

Optionally: **8 OZ** of mushrooms of your choice - sliced

Optionally: **8 OZ** of kielbasa - sliced

1 LB sauerkraut - drained (reserve the liquid for later steps)

About 1 LB (about 2 PCS) of potatoes - peeled and diced (the ideal size is about ½")

¼ cup of all-purpose flour

4 cups of water

Reserved liquid from sauerkraut

1 cup of milk

2 dried bay leaves (or fresh)

1 TSP of caraway seeds – whole

½ TSP of ground Allspice

1 cup of heavy cream

1 TSP of salt

½ TSP of ground pepper

Final touch:

Touch of whole sour cream

Parsley or other herbs

Best served with:

Fresh bread or Czech rolls

Tools:

Chef's Knife & Cutting Board

Measuring Spoons & Measuring Cups

Potato Peeler

Large Sauce Pan or Medium Pot (about 6 QT)

Wooden Spoon or High-Temperature Silicone Spatula

Directions:

1. Sauté the Base of the Soup:

1.1. Preheat a medium pot on medium-high heat with **¼ cup** of frying oil and add:

1 large onion - finely chopped

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

1.2. Optionally add:

8 OZ of mushrooms - sliced

Sauté, stirring occasionally, until the mushrooms are sautéed and reduced in volume (about 2-4 minutes).

1.3. Optionally add:

8 OZ of kielbasa - sliced

Sauté, stirring occasionally, for about 2 minutes.

1.4. Add:

1 LB sauerkraut - drained

1 LB of potatoes - diced

Sauté for an additional 2 minutes with constant stirring.

1.5. Then, dust with:

¼ cup of all-purpose flour

Thoroughly stir together until nicely combined (about 30 seconds).

2. Simmering:

2.1. Add into the pot:

4 cups of water

Reserved liquid from sauerkraut

1 cup of milk

2 dried bay leaves

1 TSP of caraway seeds – whole
½ TSP of ground Allspice

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

2.2. Lower the heat to medium and cook for 25 minutes with occasional stirring (or longer if potatoes are not fully cooked).

3. **Finishing Phase:**

3.1. Remove the bay leaves.

3.2. Add:

1 cup of heavy cream
1 TSP of salt
½ TSP of ground pepper

Briefly stir and cook, now without a lid, for 5 minutes.

Tips:

- Add water if the liquid evaporates more than it should, and then cook for an additional 3 minutes.
- Keep in mind that European soups are usually less thick compared to American ones. However, if you prefer a thicker soup, increase the heat and cook while stirring until you reach the desired consistency. Alternatively, in a separate small bowl, stir together flour and cold water in a 5:1 ratio. Then, gradually pour this mixture into the soup while stirring constantly, and cook for a couple of minutes until it thickens.

3.3. Taste and add salt and/or pepper if needed.

4. **Serve Valašská Kyselica Soup:**

4.1. For the best experience, let the soup cool gradually to a temperature between 145–155°F with occasional stirring before plating.

4.2. Serve with a touch of sour cream and decorate with parsley. Pairs great with fresh bread of any kind.

Bonus Recipe:

Frankfurt Soup

6 servings

Ingredients:

3 TBSP of frying oil - adjust if needed

1 large onion - peeled and finely chopped

1 LB (about 2 - 3 PCS) of Polish kielbasa - sliced *

2 medium potatoes – peeled and diced **

1 TBSP of paprika (optionally substitute with chili powder if you prefer a spicier flavor)

3 TBSP of all-purpose flour

4 cups of chicken or vegetable broth (store-bought or recipe here)

½ cup of whole milk

½ cup of heavy cream

2 cloves of garlic - peeled and grated

1 TSP of salt ***

½ TSP of ground pepper

* Optionally, you can substitute kielbasa for a hotdog. But high-quality kielbasas will always be the best choice.

** The ideal size of diced potatoes is anywhere from 3/8" to ½." Different sizes of diced potatoes can result in different cooking times (in comparison to what shows in the recipe). Additionally, usage of larger diced potatoes may also require more liquid to be added during cooking (it can be just water), which will have to be additionally reduced to the desired thickness of the soup.

*** 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.

Final Touch:

A scoop of sour cream

Chives – finely chopped

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

Small Hand Grater or Garlic Press (for garlic)

Directions:

1. **Sauté vegetables:**

1.1. Preheat a medium pot on medium-high heat with **3 TBSP** of frying oil and add:

1 large onion - finely chopped

Sauté with occasional stirring until glossy (about 2 - 3 minutes).

1.2. Add:

1 LB of Polish kielbasa - sliced

Sauté with constant stirring until the kielbasa gets partially seared and releases part of the fat (about 1 - 2 minutes).

1.3. Add:

2 medium potatoes – diced

Sauté for an additional 1 minute with constant stirring.

1.4. Then, dust with:

1 TBSP of paprika

Thoroughly stir together until nicely combined (about 20 – 30 seconds).

1.5. Then, dust with:

3 TBSP of All-Purpose flour

Thoroughly stir together until nicely combined (about 30 seconds).

2. **Simmering:**

2.1. Add into the pot:

4 cups of chicken broth

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

2.2. Lower the heat to medium and cook with occasional stirring until potatoes get fully cooked (about 15 – 25 minutes based on the size and kind of potatoes).

3. **Finishing phase:**

3.1. When your potatoes in the soup are fully cooked (take one potato out and taste to make sure it is done), add:

½ cup of whole milk

½ cup of heavy cream

2 cloves of garlic - grated

1 TSP of salt

½ TSP of ground pepper

Briefly stir together and cook with occasional stirring and without the lid until incorporated (about 2 – 5 minutes).

3.2. Optionally, add water if the liquid evaporates more than it should and then cook for an additional 3 minutes.

3.3. Taste and add salt and/or pepper if needed.

4. **Serving:**

4.1. Before serving, let the soup cool down with occasional stirring to 150 – 160°F (optional).

4.2. Serve each portion with a scoop of thick sour cream, and sprinkle with finely chopped chives.

4.3. The best is to have fresh bread as a side.

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
- any health risk related to the incorrect handling of food and/or not following USDA recommendations, such as but not limited to, following the minimum safe serving temperatures
- provide health and dietary advice to readers
- safety during preparation, including incorrect handling of equipment and the equipment's suitability for food preparation, improper cooking techniques, sourcing of ingredients, and anything related to the preparation and consumption of the products of this recipe

All readers are responsible for evaluating if the recipe and its' ingredients and steps fit with their dietary restrictions and can adjust accordingly.