

What to prepare before class:

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

Additional preparation steps:

No additional preparation steps are needed.

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)

Additional preparation steps:

No additional preparation steps are needed.

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