



Recipes:

3. Czech Christmas Meal Feast 2025

Split Pea Soup

6 servings

Recipe author: **Tom Slepicka**

Ingredients:

1 LB of dried green split peas
8 cups of cold water
3 TBSP of frying oil - adjust if needed
1 onion - peeled and finely chopped
1 carrot - peeled and shredded
2 cups of chicken or vegetable broth
1 TBSP of dried marjoram
1 cup of heavy cream
2 cloves of garlic - peeled and grated
1 TSP of salt *
½ TSP of ground pepper
Optional: **½ LB** of bacon - diced

*This recipe assumes that you are working with a sodium-free broth (a broth with no added salt). 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
Medium Mixing Bowl (about 3 - 4 QT)
Large Sauce Pan or Medium Pot (about 6 QT)
Wooden Spoon or High-Temperature Silicone Spatula
Box Grater or Kitchen Mixer with Grater Attachment or Food Processor
Large Fry Pan or Large Sauté Pan (12" or more)
Immersion Blender or Food Processor or Blender
Small Hand Grater or Garlic Press (for garlic)



Directions:

Already prepared:

1. Soak peas:

1.1. Place into a medium mixing bowl:

1 LB of dried green split peas

8 cups of cold water

Thoroughly stir.

1.2. Cover with a plate and let sit in the water until partially softened (about 8 hours or preferably overnight).

Start here:

2. Sauté vegetables:

2.1. Preheat a pot on medium-high heat with **2 TBSP** of frying oil and add:

1 onion - finely chopped

1 carrot - shredded

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

2.2. Add:

Soaked peas from step 1 (including the water)

2 cups of chicken or vegetable broth

1 TBSP of dried marjoram

Briefly stir.

2.3. Bring to a simmer (about 195°F) with occasional stirring.

2.4. Lower the heat to medium and cook for 30 minutes with occasional stirring until the peas are fully softened.



3. **Optional step:** Bacon preparation

3.1. Dice:

½ LB of bacon

You can use a whole block of bacon or use sliced for dicing. The size of the dice doesn't matter, but try to have unified pieces.

3.2. Preheat a pan on medium-high heat with **1 TSP** of frying oil and add:

Diced bacon from the previous step.

Sauté with occasional stirring until you have reached the level of crispness you prefer (Czechs usually only partially sauté so the bacon is not super crispy and has a consistency closer to deli meat).

3.3. Place aside for later steps (leave in the pan and do not drain the grease – we are going to need it in later steps).

4. **Finishing phase:**

4.1. Process until smooth with an immersion blender (while still cooking in the pot).

4.2. Add:

Optional: Bacon prepared in step 3

1 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 for an additional 5 minutes.

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

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

5. Serve with croutons or bread of any kind.



Croutons (Optional item)

4 - 6 servings

Optional item: Please prepare it prior to the class according to the instructions. It will not be prepared in class.

Recipe author: **Tom Slepicka**

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

Directions:

1. Place all ingredients into a cold fry pan and thoroughly stir until combined.
2. Set aside for about 5 minutes.
3. Then place the cold pan with croutons on a medium-high heat burner and sauté with constant stirring until crispy (about 5 minutes).
4. Serve hot or cold, based on your preference.



Fried Fish

4 servings

Recipe author: **Tom Slepicka**

Ingredients:

4 fillets (about 1 ½ LB) of cod *

Pinch of salt

Pinch of ground pepper

½ cup of all-purpose flour - adjust if needed

2 eggs

¾ cup of milk

2 cups of breadcrumbs (preferably Panko breadcrumbs) – adjust if needed

* You can use any other kind of white fish fillet-- another great option is tilapia or Mahi-mahi. If you plan to use frozen fish, ensure the fish is fully defrosted before you begin.

Final touch:

1 Lemon

Salt and pepper - ideally freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

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) or Air Fryer

Tongs

Food Thermometer

Cooling Rack or Paper Towels

Optional: Lemon Squeezer



Directions:

1. Fish preparation:

- 1.1. Make sure that the fish fillets are properly rinsed under cold water.
- 1.2. Place fish fillets on a plate.
- 1.3. Salt and pepper on both sides.

2. Breading station:

- 2.1. Place **½ cup** of all-purpose flour on a plate.
- 2.2. Prepare the egg mixture-- place into a medium mixing bowl:

2 eggs

¾ cup of milk

Whisk together until combined (about 30 seconds).

- 2.3. Place **2 cups** of breadcrumbs into a second mixing bowl.

3. Bread the Fish:

- 3.1. One-by-one, bread each piece of fish from both sides in this order:

3.1.1. Flour

3.1.2. Egg-milk mixture

3.1.3. Breadcrumbs

Put aside on a plate for the following frying.

Tip:

Combine all the leftover breading ingredients, add about ¼ TSP of baking powder, and pan-fry on both sides until golden brown. This creates a perfect, crispy addition to many soups and helps prevent food waste. These fried breading pieces can also be frozen after cooking for later use.



4. **Deep fry or shallow fry or air fry:**

Note:

Work in batches based on the size of your equipment

A. Deep fry:

1. Preheat oil to 350°F.
2. Carefully place fish into the fryer one by one.
3. Fry the fish fillets in oil until a nice golden color is reached, and the fish fillets are fully cooked (about 2 - 3 minutes on each side). *
4. When done, remove to a cooling rack and let the excessive oil drip off (about one minute).

B. Shallow fry:

1. Preheat the fry pan on medium-high heat with a layer of frying oil (between ¼ to ½").
2. Shallow fry until a nice golden color is reached and the fish is fully cooked (about 3 - 4 minutes on each side). *
3. When done, remove to a cooling rack and let the excessive oil drip off (about one minute).

C. Air fryer:

1. Preheat your air fryer to 350°F.
2. Place the fish fillet in.
3. Drizzle the top of the fish with oil.
4. Air fry until a nice golden color is reached (usually about 5 - 6 minutes on each side).*
5. Optionally, drizzle with more oil during air frying if needed.



5. **Serving:**

- 5.1. Squeeze lemons on each fish fillet and sprinkle with salt and pepper.
- 5.2. Serve with potato salad, mashed potatoes, fries, or chips and tartar sauce, or as a sandwich!

* Check with the food thermometer to make sure that you have reached the minimum recommended safe serving temperature:

The USDA minimum safe internal temperature for fish is 145°F (medium).

Popular serving temperatures:

110 - 125°F - **Rare**

125 - 140°F - **Medium Rare**

145 - 155°F – **Medium**

Keep in mind that some kinds of fish may take a longer cooking time.



Schnitzel

4 servings

Recipe author: **Tom Slepicka**

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

½ cup of milk

2 cloves of garlic - peeled and grated

1 cup of breadcrumbs (preferably Panko breadcrumbs) – adjust if needed

*Each of the 2 chicken breasts will be cut into half, which will give us 4 regular portions. If you enjoy larger portions, 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:

1 Lemon

Salt and pepper - ideally freshly ground

Tools:

Measuring Spoons & Measuring Cups

Chef's Knife & Cutting Board

Meat Mallet

Plastic Wrap

2 Medium Mixing Bowl (about 3 - 4 QT)

Small Hand Grater or Garlic Press (for garlic)

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) or Air Fryer

Tongs

Food Thermometer

Cooling Rack or Paper Towels

Optionally: Lemon Squeezer



Directions:

1. Meat preparation:

- 1.1. Make sure that the chicken breasts are properly rinsed under cold water (to remove surface bacteria) and that the unwanted parts are removed.
- 1.2. Perform a butterfly cut and then cut each chicken breast in half to reach 4 portions.
- 1.3. Pound over plastic wrap to ¼" thickness using a meat mallet.
- 1.4. Salt and pepper from both sides.

2. Breading station:

- 2.1. Place ½ **cup** of all-purpose flour on a plate.
- 2.2. Prepare the egg mixture-- place into a medium mixing bowl:

2 eggs

½ cup of milk

2 cloves of garlic - grated

Whisk together until combined (about 1 minute).

- 2.3. Place **1 cup** of breadcrumbs into a second mixing bowl.

3. Bread the meat:

- 3.1. One-by-one, bread each chicken breast from both sides in this order:

3.1.1. Flour

3.1.2. Egg-milk mixture

3.1.3. Breadcrumbs

Put aside on a plate for the following frying.

Tip:

Combine all the leftover breading ingredients, add about ¼ TSP of baking powder, and pan-fry on both sides until golden brown. This creates a perfect, crispy addition to many



soups and helps prevent food waste. These fried breading pieces can also be frozen after cooking for later use.

4. **Deep fry or shallow fry or air fry:**

Note:

Work in batches based on the size of your equipment – make sure that schnitzels are not touching during preparation.

D. Deep fry:

1. Preheat oil to 350°F.
2. Carefully place schnitzels into the fryer one by one.
3. Fry immersed in oil until a nice golden color is reached, and the schnitzels are fully cooked (about 2 minutes on each side). *
4. When done, remove to a cooling rack and let the excessive oil drip off (about one minute).

E. Shallow fry:

1. Preheat the pan on medium-high heat with a layer of frying oil (between ¼ to ½”).
2. Shallow fry until a nice golden color is reached and the schnitzels are fully cooked (about 3 minutes on each side). *
3. When done, remove to a cooling rack and let the excessive oil drip off (about one minute).

F. Air fry:

1. Preheat your air fryer to 350°F.
2. Place the chicken in.
3. Drizzle the top of the chicken with oil.
4. Air fry until a nice golden color is reached (about 5 - 6 minutes from each side).*



5. Optionally, drizzle with more oil during air frying if needed.

5. **Plating & serving:**

5.1. Squeeze lemons on each schnitzel and sprinkle with salt and pepper.

5.2. Serve with potato salad, mashed potatoes, fries, chips, and tartar sauce, or as a sandwich!

* Check with the food thermometer to ensure you have reached the minimum recommended safe serving temperature for poultry of 165°F or 145°F for pork.

Potato Salad

5 - 6 servings

Recipe author: **Tom Slepicka**

Ingredients:

- 1 LB** of potatoes
- 2** medium carrots
- ½ cup** frozen peas (or fresh)
- ½ cup** of dill pickles - diced (save the liquid)
- ½** medium onion - peeled and finely chopped
- 2 TBSP** of juice from dill pickles
- ½ cup** of plain white yogurt (preferably regular whole yogurt or whole Greek yogurt)
- ¾ cup** of mayonnaise
- 1 TBSP** of Dijon mustard
- ½ TSP** of salt
- ¼ TSP** of ground pepper - ideally freshly ground

Tools:

- Chef's Knife & Cutting Board
- Measuring Spoons & Measuring Cups
- Peeler
- Medium Sauce Pan or Small Pot (about 4 QT)
- Fork
- Colander
- Medium Size Baking Sheet
- Large Mixing Bowl (about 8 QT or more)
- Silicone Spatula



Directions:

1. **Potato, carrots, & peas preparation and cooking:**

- 1.1. Rinse potatoes and carrots under cold water.
- 1.2. Then peel (or leave unpeeled as you wish).
- 1.3. Dice potatoes and carrots into uniform dices (about 3/8").
- 1.4. Place together into a medium pot and then fill the pot with water (about 1" above the level of the vegetables).
- 1.5. Cover the pot with a lid and place it on a high heat burner. Bring to a boil.
- 1.6. Lower the heat to medium and boil until fully cooked (about 12 – 15 minutes). Take one of the potatoes out and taste to make sure it is done.
- 1.7. Then add:

 ½ cup frozen peas

Cook for an additional 30 seconds (this is enough time to cook even frozen peas).
- 1.8. Drain the water by pouring it over a colander and place it on a baking sheet to cool completely.
- 1.9. When fully cooled, place into a large mixing bowl.

2. **Final phase:**

- 2.1. Add into a large mixing bowl:

 ½ cup of dill pickles - diced
 ½ medium onion - finely chopped
 2 TBSP of juice from dill pickles
 ½ cup of plain white yogurt
 ¾ cup of mayonnaise
 1 TBSP of Dijon Mustard
 ½ TSP of salt
 ¼ TSP of ground pepper

Thoroughly fold together with a spatula.

2.2. Taste and add salt and pepper if needed.

2.3. Refrigerate overnight for best results (ingredients will nicely combine).

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.