

## CZECH CUISINE

# Beef Sirloin With Cream Sauce / U Fleků / Recipe

### Ingredients

2 kg of beef – eye round steak  
250-350 g of bacon  
2.5 kg of carrots  
2.5 kg of celery root  
2.5 kg of parsley root (substitute with  
parsnip root)  
3 large onions  
1 liter of heavy cream  
lemon juice from 1-2 lemons,  
depending on the size  
mustard  
sugar

### Spices

4 bay leaves  
20 whole black peppercorns  
10-15 whole allspice berries  
lemon zest  
salt  
pepper

### White bread dumplings

1 kg of semi-coarse flour  
200 g of yeast  
200 g of bread roll  
700 ml of milk  
2 egg yolks  
pinch of salt

2 kg = 4.41 lbs  
250 g = 0.55 lbs  
350 g = 0.77 lbs  
2.5 kg = 5.51 lbs  
1 liter = 0.26 gal

1 kg = 2.20 lbs  
200 g = 0.44 lbs  
700 ml = 1.48 pts

