

LA BUCHTA ...LIKE A SPONGE

Threesome of Czech authors along with food writer and translator Jitka Rákosníková are behind the cookbook *La Buchta... like a sponge*, published on October 17, 2016. A modern cookbook with a definitive design edge contains a large know-how part plus more than 80 recipes.

The publication, subtitled in Czech approximately as *One battered road shows how only one batter*, so simple that it can be put together by a child, can serve – with the help of a few variations and tricks – as a base for countless fabulous desserts. The playful idea of the three equally playful soulmates working under the nom de guerre *La buchta* (a term used in Czech both for a typical home-baked dessert and, colloquially, for a pretty girl), culminated in the eponymous cookbook. In the extensive know-how part Jitka Rákosníková describes the basics and quality requirements of the ingredients, accompanied by unusual and helpful baking tips and hints. The book contains more than 80 recipes including creams, spreads and fillings. Apart from sweet desserts, cakes and tarts you will find an unexpected chapter named *With a Grain of Salt* with savoury variations on the theme.

The inspiration for this books comes from early 20th century when the quality of ingredients was especially emphasized. The authors were also inspired by the pure and austere design of the books of this period.

Under the *La Buchta* concept you will find a team of gastronomes, journalists and designers. However, the leading authors are three. Petra Frýdlová, Venny Hladik a Johana Pošová. The trio met somewhere during their travels towards their professional goals and together they have created countless features for food magazines and books in different parts of the world. During those cooperations they have realized that working together means more to them than just fulfilling the given task, and the above mentioned group was formed. The publication of the cookbook *La Buchta... like a sponge* opens the whole project, followed by a foodblog to be found at www.labuchta.cz. The web starts on the same day, October 17th 2016 and will offer interviews, articles about food, quality and provenance of ingredients.

Petra Frýdlová works for many years as a food stylist for advertisement agencies, TVs, food magazines and books from all of Europe.

Venny Hladik has studied design. He dedicates himself to product and graphic design and art projects.

Johana Pošová studied art photography. Her works can be seen in many art galleries throughout Europe.

La Buchta

... LIKE A SPONGE

cakes • sponges • tarts • with a grain of salt



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La Buchta

... LIKE A SPONGE



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LIME CAKE

SPONGE

(double amount of La Buchta batter)

6 eggs

300g fine caster sugar

400g butter

400ml (semi-skimmed) milk

600g plain flour

4 teaspoons baking powder, ideally organic (non-phosphate)

2 pinches of salt

+

scraped seeds of 2 vanilla beans or a few drops of vanilla extract

zest and juice of 5 limes

CREAM

500ml double cream

500g half-fat cream cheese

zest and juice of 2 limes

confectioner's sugar to taste

Preheat the oven to 180°C. Beat the eggs and sugar in a bowl by hand, with a hand-held electric whisk or the whisk attachment of the food processor until pale and foamy. Mix the cold milk with the still-hot melted butter, add it to the egg mixture, add all the remaining ingredients and mix everything into a smooth batter.

Divide the batter between four 15cm diameter springform pans lined with baking paper. Bake for about 30 minutes. Let the sponges cool and then slice the tops off so that the sponges are even.

Whip the cream, mix it with the rest of the ingredients and sweeten to taste with confectioner's sugar. Layer the sponges with the cream and spread the rest all over the cake.

