

# THE RECIPES FROM THE HEART OF EUROPE

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The book describes a so called golden era of Czech cuisine, corresponding with the historic period between the 1st and 2nd world wars and the establishing of the first free and modern Czechoslovak state, born from the Austro-Hungarian Empire in 1918.

It brings the best from the rich gastronomic heritage of the country which, in turn, absorbed the best and most interesting influences from Central European cooking.

The cookbook is divided into several parts, describing the classic bourgeoisie cuisine, as captured in the celebrated cookbooks of the era by authors such as Marie Janku-Sandtnerova and other household names. Another section is dedicated to the famous film stars' cuisine - many of the contemporary silver screen idols were renown gourmets, Prague's delicatessen were among the finest in Europe and

the celebrities of this bygone era knew how to celebrate... On the other hand, the dishes of the poor and working class, stemming from rural areas and often unique in their clever use of simple and leftover ingredients, rank among the most beloved and are firm favourites till today and another chapter of the book is dedicated to them. Several recipes belonging to the long and sadly lost Czech Jewish cuisine are included in yet another section. Two more are dedicated to desserts, cakes and pies.

Since its publication it has enjoyed a remarkable success on the Czech market, without doubt due not just to the authentic recipes, but also to the captivating pictures by Alena Hrbková, a renown Czech food photographer.

Hardcover, 224 pages, size: 170 x 240 mm, RRP 18 EUR (CZ)

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