

## Halušky

By Emily Zapata



*Photo Credit: House of Czech & Slovak Republics*

On a Sunday afternoon, as I was wondering and admiring the city of Prague, Czech Republic, I came across a buzzing plaza with various food street vendors. The rich food aromas and attractive presentations of food dishes made me want to try all of them. But since I could only realistically try one or two dishes at that time, I decided to give a dumpling dish a try. And to my delight, I was introduced to halušky for the first time in my life and I have totally loved it since. The introduction to this local dish with its delicious flavor made me want to learn more about it, in particular, what it consisted of, its origin, and where to find this dish back in the States?

Halušky is a potato-based dumpling dish found in many Central and Eastern European cuisines in countries like Slovakia, Poland, Czech Republic, Hungary and Ukraine. Although, there are some variations depending on the region, generally, the dish consists of dumplings made of grated potatoes and flour, caramelized cabbage and onions, and butter. The cooking method of the dumplings involves a haluškar strainer, a special strainer with perforated holes similar to

steamer basket, which allows for the dumpling batter to be poured into boiling water for the formation and cooking of the small potato dumplings.



*Photo Credit: Travel to Slovakia (<https://slovakia.travel>)*

In certain regions, halušky has a prominent role in everyday life. For example, bryndzové halušky is a national dish in Slovakia, and different from other regional variations of halušky, their version contains bryndza (a type of soft sheep's milk cheese) instead of cabbage, as well as bacon. Halušky is also celebrated as part of the Slovak culture with an annual cooking and eating festival called the [Halušky FEST Turecká](#), held in the region of Turecká, Slovakia. In other regions like Prague, you will often find the cabbage and onion version of the dish. While in Moravia, an Eastern region of the Czech Republic, you can also find the Slovak version of the dish.

Philadelphia has a rich Polish heritage, which dates back to the early 20<sup>th</sup> century when Polish immigrants settled in Port Richmond. As a result, it's not hard to find Polish restaurants in the Philadelphia region that feature Halušky in their menu. Two popular spots in Philadelphia where you can find halušky are [The Pierogie Kitchen](#), and [Mom-Mom's Kitchen](#).

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