



Patisserie: Čistá duše Grandma's Recipe

Patisserie Čistá duše (Clean Soul) was opened in Hlinsko in the autumn of 2015. This facility along with the shop and bistro in Havlíčkův Brod belongs to the gastrofacility called The Clean Souls managed by the Protected Workshops Fokus Vysočina Ltd. In this patisserie people with health disabilities or those disadvantaged on the labor market can find their jobs. The shop offers not only various desserts and cakes, but also cold dishes.

Besides traditional desserts the patisserie has also created something special for its customers. Something that smells of our grandmas' recipes, something that used to be found in local homes decades ago. This nearly 150-year-old recipe for the Hlinsko "MRKVANEC" (carrot cake) was discovered randomly in a handwritten cookbook in the nearby village of Vortová. Now you can find it in our shop. It is made of simple ingredients (carrots, flour, butter, plums) that any housewife can find at home.

The following item has been certified The Quality of Hlinecko:

- The Hlinsko "Mrkvaneč" cake



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Preparation process:

Flour is mixed with soda. Butter and egg yolks and finally finely-grated carrot are added. Dough is made and rolled out into a thin flat layer. Regular squares are cut out of this dough and appropriate amount of plum jam is added on each of them. Triangle cakes are formed, which must be softly pressed on edges so that the plum jam doesn't run out when baking. The triangles are then baked and wrapped in sugar. The taste of sweet carrots splits with light cruelty of plums and in your mouth this amazing combination will be underlined by delicate and crispy dough.

This recipe is traditional in Hlinsko, many families bake it at home even today. It's rarely offered by a patisserie, though. Ingredients for this cake come from local suppliers and only homemade plum jam is always used.

You can buy these carrot cakes in our patisserie several times a week or order them in bigger quantities at any time. Two sizes can be ordered on request. Small carrot triangles as the finest desserts or larger size carrot triangles. Every piece of cake is original. At the facility you will enjoy a pleasant atmosphere while having your coffee but also a glass wall to look directly into the sweet factory.