

delicious

by Andreas Klemm



Restaurants in Central and Eastern Europe

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La Degustation

Bohême Bourgeoise

PRAGUE

Bohemian Cuisine with a Modern Twist

The Restaurant La Degustation in Prague

La Degustation Bohême Bourgeoise is one of two restaurants in Prague that have been awarded a star by the Michelin Guide. The restaurant opened in 2006, and the coveted Michelin star was awarded in 2012.

La Degustation is located at Haštalská 18 in Prague's Old Town, near the Church of St. Castulus. It is in a central but quiet location, away from the busy tourist trails of the Old Town.

The restaurant is situated on the ground floor, offering diners an immersive experience in the unique atmosphere of Prague's Old Town. However, it does not offer a view of the city or the Vltava; there are other restaurants in Prague that do, but the food may not be quite as good.

LA DEGUSTATION

BOHÊME BOURGEOISE



Oldřich Sahajdák

A FUSION OF TRADITION AND INNOVATION

Head chef at La Degustation is **Oldřich Sahajdák**. He stands for a creative, modern interpretation of traditional Bohemian cuisine. It is said that Sahajdák browses through historical cookbooks from the 19th century to find inspiration for new dishes.

This approach is also reflected in the name of the restaurant.

La Degustation Bohême Bourgeoise means loosely translated: "The tasting of bourgeois Bohemian cuisine".

The French name does not reflect the cuisine's style but was likely chosen for its phonetic elegance.

Sahajdák attaches great importance to using local and seasonal ingredients in the restaurant's kitchen, which often come directly from the region. The fish served, for example, is often said to come from the rivers of the Šumava region. With the focus on local catches, fishermen from the North and Baltic Seas are out of luck here.

PRICES AND RESERVATIONS

According to the **menu** | www.ladegustation.cz, the restaurant offers a five-course menu for 2,850 CZK. The wine pairing costs 1,850 CZK, and it can be assumed that the wines served also include those from the local wine-growing regions of Bohemia and Moravia. The restaurant remains committed to its principle of using regional prod-

ucts. The pairing with non-alcoholic beverages is priced at 1,150 CZK. A visit to La Degustation with a five-course menu and wine pairing costs approximately 186 Euros per person; the obligatory bottle of mineral water and the tip are not included.

The **opening hours** are generous. The restaurant is open Monday to Sunday from 11:30 a.m. to 1:30 p.m. and from 6:00 p.m. to midnight, and reservations are accepted until 9:30 p.m.

CONCLUSION: A JEWEL IN PRAGUE

La Degustation is especially recommended for those who want to experience traditional Bohemian cuisine in an innovative, modern interpretation and are prepared to dig a little deeper into their pockets. Its central but quiet location makes it the perfect setting for a relaxed weekend in Prague.



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