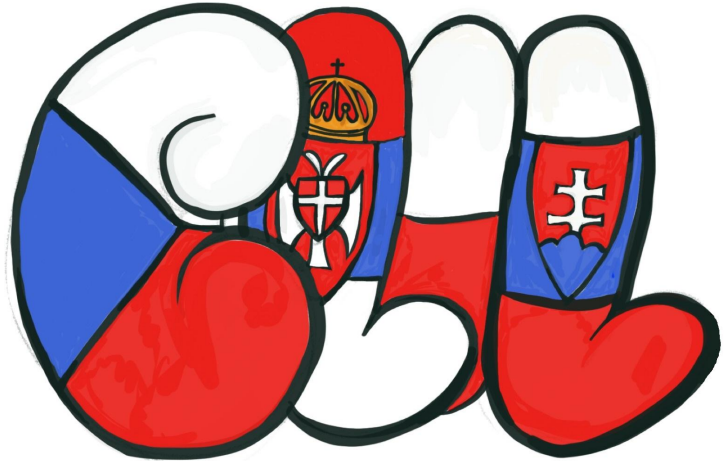




Erasmus+

# FOOD FROM DIFFERENT PARTS OF POLAND



# Cabbage stew

Cabbage stew is a popular dish in Poland. The main ingredient of this dish is cabbage.



# Cabbage rolls

It's a half-meat dish with a stuffing wrapped in rolls of white head cabbage leaves. The traditional ingredients of the stuffing are ground pork and rice or groats and other additives such as onion, mushrooms and spices. There are also other variants of the filling, e.g. with poultry, lamb or without meat.



# Dumplings

Dumplings is a traditional Polish dish. Often eaten during the holidays. Inside are mushrooms, cabbage or cheese. Easy to do. It can be sweet or salty, it depends on the filling.



# Sour rye soup

This soup is served with white sausage or hard-boiled egg. It is served at Easter. It is cooked on smoked pork bones. It comes from Silesia.



## Pork chop

Breaded pork chop (with or without bone) resembling a Wiener schintzel.

It 's one of the most traditional and most popular dishes in Polish cuisine.

The history of Polish pork chops goes back to the 19th century.



## Potatoes with gzik

This dish comes from Poznań. It is easy to make. To make this dish, we need potatoes, cheese, onion and cream. Boil the potatoes. Mix the cheese and finely chopped onion with the cream. Gzik may be spicy or it may have a mild flavor. Potatoes are served with gzik. This dish is tasty.



Made by Year 6 pupils under the supervision of English teacher Elwira Wasiewicz

Source of information: the internet, mainly wikipedia



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