



# TRADITIONAL COOKBOOK OF CROATIA, POLAND, SLOVAKIA, ROMANIA AND THE CZECH REPUBLIC



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# TRADITIONAL TUROPOLJE COOKBOOK



Collected by Mrs. Marija Dianežević, teacher

## Roast squash, pumpkin, gourd

1 squash, pumpkin, gourd

Sugar, salt

Wash the pumpkin and cut it into smaller pieces.

Clean each piece from the seeds.

Bake the pieces of the pumpkin in a preheated oven on 180°C for about 30-45 minutes.

The squash is roasted when it becomes golden.

Before baking, the squash can be sprinkled with some sugar, salt or nutmeg.

(Recipe translated by Vinko Đurić, 8.b)



## Polenta

1 kg of corn grits

2 dag of lard

salt, water

Dissolve the lard in saltwater.

Boil the grits and then reduce to a simmer.

Cook for 20 minutes before removing it from the stove.

Let it cool down a little before serving it.

Fry the onions on a frying pan to reduce the spiciness, add chopped bacon and cream.

Briefly stir and pour the mixture over the polenta.

Polenta can be served with milk or cream as a single breakfast meal.

(Recipe translated by Ivana Bunoza, 8.b)





## Greaves bannocks

Mash 2 dag of yeast and pour it with cold milk. Add half a spoon of sugar and a bit of flour. Leave it to rise.

While it's rising, mix 30 dag of flour, 30 dag of greaves cut into small pieces, 2 yolks, 3 spoons of sour cream, 2 spoons of wine or rum, a bit of salt and pepper and the risen yeast.

Knead it well, let it rise and then roll it out. Cut the dough into round shapes, put them on a roasting sheet to bake them over medium heat. You can spread some yolk over them before baking.

(Recipe translated by Lucija Pischiutta, 7.b)



## Cheese and cream

Mix homemade cottage cheese with sour cream.

Add salt, pepper and ground red pepper.

You can also add onion or chives.

(Recipe translated by Lucija Pischiutta, 7.b)





## Squash strudel

10 sheets of strudel pastry

3 squashes

30 dag of cottage cheese

2 eggs

2 dcl of sour cream

Salt, pepper

Oil

Wash the squashes and grate them. Set them aside so that drain a bit.

Mix the eggs with the sour cream, add the cheese and some salt and pepper.

Add the drained squashes.

Put 1 sheet of strudel pastry on a well greased baking sheet, put some oil on it and then another sheet of pastry. Roll and dip the rest of the pastry into the previously made mixture and put them on the baking sheet. The rest of the mixture should be put all over the pastry. Bake for 30-40 minutes in the oven on 180°C.

(Recipe translated by Lucija Pischiutta, 7.b)



## Beef soup

For this soup, we take 1 – 1 ¼ of aitchbone, brisket or blade meat, wash it and put it into cold water to cook (1 l of water is enough for 3 persons).

When the water boils, add some vegetables (carrot, parsley, cabbage, small pieces of celery, 2 small potatoes, some garlic...).

Let the soup simmer for 2-3 hours. To give it some color, fry some sliced onions on the stove.

You can put some noodles, dumplings or rice (1 spoon of rice is enough for 2 persons).

(Recipe translated by Lucija Pischiutta, 7.b)



## Tomato soup (paradajz juha)

Wash, slice up and boil 1 kg of tomatoes till they become soft and then strain them through a sieve.

Using one tablespoon of oil and 1-2 ladle/s of flour make roux, add half a chopped onion, pour in strained tomatoes and add separately prepared greens. Add a little bit of salt and sugar, and cook the soup for half an hour.

You can also add some dumplings, rice, or fried bread if you like.

Add 1 dcl of cream in the end.

(Recipe translated by Ivana Bunoza, 8.b)



**Croatian roux soup (*ajnpren juha*)**

Out of one tablespoon of fat and two ladles of flour, make roux.

Add one teaspoon of cumin and then add water (1 ½ l).

Salt the soup and let it boil and then strain it through a strainer.

Bring the soup to a boil again and add noodles, rice or serve it with a side of cut up bread.

(Recipe translated by Sara Bačurin, 8.b)



## Bean and barley stew

Separate 3/4 l of good beans from bad, wash them and cook them like a bean stew.

Select 1/4 l of barley, wash it and put it into cold water. Using a tablespoon of lard and two ladles of flour, make roux. Add one half of chopped onion and a little bit of garlic, then dilute it with cold water.

Add barley stew and beans to the roux, add pepper and (if needed) a little bit of salt. Boil it for half an hour.

In the stew with beans, cook cured meat of your choice (sausages, bacon).

(Recipe translated by Sara Bačurin, 8.b)





## Sour veal lights

Clean the greens (1-2 carrots, 1 parsley, 1 onion) and add them to salt water to boil.

When the water comes to a boil, add lights and cook them for 1-2 hours. Then take the lungs out of the water, let them cool down and cut them into small strips. Brown 1 tablespoon of sugar using 1 tablespoon of fat, add 2 ladles of flour, 1 finely chopped onion and a little bit of garlic.

Dilute the roux with cool water or soup, add the cut up lungs, a little bit of ground pepper, vinegar, lemon zest and if needed a little bit more salt and then leave it to boil for another half hour. This dish mustn't be too thin.

(Recipe translated by Sara Bačurin, 8.b)





## Stewed cabbage

Clean 1 kg (2.20 lb) of fresh cabbage and slice it into small strips. Pour hot water over and drain it.

Make roux from 1 spoon of lard,  $\frac{1}{2}$  spoon of sugar and 1-2 ladles of flour, and when it turns yellow, add chopped onion.

In the end, add the drained cabbage and simmer it for a while and then add cooked tomato puree and let it boil.

(Recipe translated by Ana Strujić, 8.b)



**Buhtlini (traditional pastries)**

1/2 kg of flour

2,5 dcl of milk

2-3 eggs

10 dag of sugar

1 yeast cube

15 dag of butter

a little bit of salt

lemon zest

1 vanilla sugar

rum

jelly (marmalade) or jam

Put the flour into a warm bowl.

Separately mix the eggs, sugar, vanilla sugar, butter, lemon zest and rum.

Dilute the yeast in a warm cup of milk with 1 tablespoon of sugar and leave it to rise.

Add the following ingredients to the egg mixture: flour, then yeast, and the remaining warm milk. Mix the mixture thoroughly, until the dough separates from the bowl.

Leave it in a warm place to rise.

Roll the dough until it's as thick as a finger, slice it into squares and spread the jam or jelly on each square.

Fold the squares and put them on a greased and floured baking sheet.

Spread the butter on the pastries and bake them for an hour on medium temperature. While they are still warm, sprinkle them with powdered sugar.

(Recipe translated by Ivana Bunoza, 8.b)



## ***Zlevanka***

1 egg

60 dg of wheat flour (hard or smooth)

2-3 dl of milk

3 spoons of sugar

1 spoon of salt

1 yogurt

vanilla sugar

25 dag of cottage cheese or a few spoons of sour cream

Mix the egg and add these ingredients, one by one: flour, milk, yogurt, sugar and salt. The mixture should be thicker than the one for pancakes.

Pour the mixture into a greased and floured baking sheet, even it out, and use a spoon to spread small cheese lumps or sour cream drops.

Sprinkle with oil and bake in the oven at 200 °C for about 20 min till it becomes golden yellow.

Sprinkle baked *zlevanka* with sugar, slice into pieces and serve.

(Recipe translated by Vinko Đurić, 8.b)



## ***Trena kaša (Mash)***

Ingredients:

1 egg

20-30 dag of flour (half hard, half smooth)

salt (optional)

5 dcl of water and milk (ratio as desired)

30-50 g of butter and 1-2 tablespoons of sour cream

Final dressing:

half an onion, chopped

a bit of a finely chopped bacon

a little lard

(Recipe translated by Vinko Đurić, 8.b)



## Nut roll

### Ingredients:

For the yeast: 10 g of sugar (1 spoon), 30 g of smooth wheat flour, 50 ml of milk, 20 g of fresh yeast

### For the dough:

500 g of smooth wheat flour, 1/2 spoon of salt, 2 egg yolks, 1 egg, 180-200 ml of milk, 30 g of sugar, 50 g of butter, 1 spoon of lemon zest, 1 spoon of sour cream, 1 spoon of rum

### For the filling:

500 g of walnuts, 200 ml of milk, 150 g of sugar, 100 g of raisins, 1-2 spoons of rum, lemon zest, 1 vanilla sugar

### For the coating:

1 egg

(Recipe translated by Antonio Brnjas, 8.b)





# TRADITIONAL

## CZECH

## RECIPES



### **“Placky”-potato pancakes**

1 egg  
100g coarse flour  
1 tea spoon salt  
500g potatoes  
30g butter  
fat for frying

Wash the potatoes and boil them. Then cool them down. Then the Grate, sprinkle with flour, salt and prop with egg and melted butter. From the materials we prepare dough for potato pancakes.

Developed the dough and roll it cut small pancakes. Fry potato pancakes on a hot pan with oil on both sides until golden brown. Or bake in the oven on a greased baking sheet.

Baked potato pancakes can fight stewed apples, jam or spinach. Good is also junket. Badges also serve as an accompaniment to steamed vegetables or meat.



## **“Halušky”- Gnocchi**

300g bacon

pinch of salt

1.5 cups flour

7 potato

200g brynza

200g cream

Scraped and potatoes on a fine grater grate. We prop salt and flour into the dough. Much depends on the water potatoes, add the flour carefully. The batter should be light and slightly sticky.

In boiling salted water, either from a knife chopping shears or trowel through a special strainer pushing small gnocchi are cooked when the float to the surface. (Cook on stage.) After taking a short rinse in cold water, put into a bowl and cover.

In a bowl until smooth stir sheep cheese with cream.

A pan creating diced bacon.

Serve on a plate of cooked noodles, pour sheep cheese dressing and sprinkle with rendered bacon. We gently omastit crisp fat.



## **“Česnekačka”-garlic soup**

2pcs eggs

1 pinch black pepper

250g potatoes

6 cloves garlic

1 pinch salt

Peeled garlic spread with salt, put into a 1 liter salted water, add the cumin crushed, peeled and diced potatoes, marjoram and lard. Add the broth, vegetable veggies chooses.

Garlic soup with potatoes and cook until potatoes are soft. We can add beaten To eggs. Finally soup season with ground black pepper.

We cut down a slice of bread into cubes and fry in lard and add each boarder plate. Finally garlic soup with potatoes and garnish with fresh chives.



## “Bigos”

10 ounces of dried mushrooms 40 ounces of sauerkraut 2 pc onion 40 ounces cabbage, bacon dkguzená 10 20 dkgvepřová shoulder 1 sausage paste 15 dkgtočený 2-3 tablespoons lard

Drain the sauerkraut, the infusion aside, and slice it into smaller pieces. Sausage cut into slices and smoked bacon cut into small cubes. Cut the meat into small cubes. Depending on your taste, you can add virtually any meat - chicken, turkey, rabbit, beef. It's up to you.

In a large saucepan in a little hot fat a few minutes heat through the prepared cabbage. Then add the meat, pour water and simmer 30 minutes. Then add the chopped sausage and smoked bacon and cook for another 30 minutes.

Pour water carefully - consistency in the end should remain dense without water. Mix tomato paste and season with pickle cabbage. Cook the final 15 minutes.

Right Polish Bigos served as a hearty soup that tastes great and fills up a lot.



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## **“Jelito”- Blood Sausage**

4 pieces larger black pudding

1 tablespoon lard

On braised cabbage:

1 glass of white sauerkraut and a pickle

2 tablespoons flour

1 large onion pieces

sugar, salt

oil

Potato:

500 g potato

1.5 liters of water

1 teaspoon cumin

1 teaspoon salt

Preparation of black pudding:

Puddings either reheat in a pan on a tablespoon of lard, or we can put in a baking dish in the oven and heated to 160-170 ° C bake.



## **Preparing sweet and sour cabbage stew:**

The first well in hot oil abruptly fry the finely chopped onion

2nd Reduce heat sources, vitrified onions with flour and stir

3. After a while, add the cabbage and with brine, simmer with occasional stirring 10-15 minutes, the salt

4. Finally, add sugar to taste (cabbage should have a sweet and sour taste), stir, simmer for a while and serve.

## **Preparation of potatoes:**

1. Potatoes Wash, peel and cut into large cubes, again thoroughly, then let it drain thoroughly

2nd drained potatoes in a pan and cover with cold water

Third water with salt, spices cumin and cook for about 15 minutes until we soften. Finally drain the potatoes and serve.



## **“Svíčková”- Roast sirloin in sour cream sauce with dumplings.**

### **Ingredients**

800 g rear beef  
 300 g root vegetables (carrots, celery, parsley at the same rate)  
 1 onion  
 50 g mustard  
 2 tablespoons sugar  
 2 tablespoons vinegar  
 100 g of oil a knob of butter  
 100 g smoked bacon around tablespoons  
 flour (by gluten)  
 250 ml cream bay sheet  
 3 pieces of allspice  
 5 pcs pepper lemon juice  
 to taste salt  
 broth



Put bacon into meat (it's great if we put it at 0.5 hours in the freezer) and fry in oil or oil with butter (it will not to burn). Remove and roasts cook the vegetables coarsely grated onion and once carrots releases color add the sugar and let it caramelize.

Add mustard, spices, pour the vinegar, put the meat and pour the boiling broth. Put the pot or pan with a lid and into the oven and bake until soft flesh (ie. For about 1.5-2 hours in a medium oven). Then remove the meat and spices, chop the meat and the sauce Blend.

If it is necessary to thicken with flour mix milk and boil (flour must provařit least 20 minutes), as needed season with salt.

Zjemníme cream, season with lemon leaf and butter has not cook. Serve with bread dumplings and a target of lemon and cranberries.

## **“Vepřo knedlo zelo” - *roast pork with dumplings and sauerkraut***

1.25 kg pork, whole  
 salt and pepper  
 1-2 teaspoons of freshly crushed cumin  
 5 cloves garlic, prolisovaných  
 2 onions, finely chopped  
 100 g of lard  
 1 tablespoon plain flour for dusting  
 cabbage  
 2 tablespoons lard  
 100 g bacon on sticks  
 2 onions, finely chopped  
 1 bag of sauerkraut  
 ground cumin, caster sugar, salt, vinegar  
 2 tablespoons flour for dusting  
 dumplings  
 1 kg flour  
 pinch of salt  
 1 egg  
 20 g of fresh yeast  
 grit pinch of sugar  
 1 roll, diced  
 500 ml lukewarm milk

1. meat with salt and pepper, sprinkle with caraway seeds and from all sides, rub with garlic. Chop the onion finely and spread it into the pan, top sit pork, add the bacon, pour 100-150 ml of hot water and bake in a preheated oven at 160 ° C until soft, about two and a half hours. 2. Make the cabbage. Decant it (retain pickle) and chop with a sharp knife. Melt the lard in a saucepan, add the bacon and when it starts to sizzle, pour the onions. Cook and after a few minutes, stir in the cabbage and caraway seeds, pour the paint and bring to a

boil. Depending on your taste, add sugar and salt - cabbage should have a rather sweet taste. Cook for fifteen minutes. Then sprinkle with flour and then cook for about fifteen minutes on a low flame.

3. Release the dumplings. Crumble the yeast into the flour, add the eggs, egg yolks, salt and milk knead not very stiff dough. Leave in a warm place to rise for forty-five minutes. Roll dice, sprinkle it with melted butter and stir in the leavened dough. Of dough make two cones, put them into boiling salted water and twenty to twenty-five minutes Cook (halfway through the cooking dumplings contact). Remove the dumplings and pierce with a fork so steam went out of them. Finally, cut them into threads.

4th Remove the baked pork from the pan and before it cut into slices, let the meat rest fifteen minutes to make it evenly parted juice. Place the roasting pan on the stove and heat, then pour the flour and fry it gently. Pour about 180-200 ml of cold water and boil for about twenty minutes. Serve everything together: dumplings, cabbage, slice meat and topped with sauce from the pan.





# TRADITIONAL ROMANIAN RECIPES







# Stuffed cabbage rolls

## Sărmăluțe în foi de varză

### Ingredients

- 1 large soured cabbage
- 750 g ground meat (mixture of pork and beef is recommended)
- 4 large onions
- 2 tablespoons rice
- 3 tablespoons lard
- 5-6 tomatoes or 1 tablespoon tomato sauce
- Salt
- Pepper
- 1 l sour cream

### HOW TO MAKE IT

- Grind the meat with a raw onion. Place in a bowl and mix with rice, pepper, salt and finely chopped onion slightly fried in two tablespoons of lard. Mix everything well.
- Core the cabbage with a sharp thin knife. Carefully remove the cabbage leaves, one by one, so that they do not tear.
- Cut larger leaves in 2 or 3 and then place a little meat in each cabbage piece and roll in.
- Place a layer of rolls in the pan (take a deep one), then cover with a layer of chopped cabbage, then a layer of thinly sliced tomatoes. Do this layering until all the rolls are made. The last layer must be tomato slices or add tomato sauce.
- Add a heaping tablespoon of lard, pour the borsch and let simmer on top of the range for 30 minutes.
- Then place in the oven so that the liquid is reduced. Serve with sour cream.



## **Beef salad** **Salată de Boeuf**

### Ingredients

- 600 g pork meat
- 600 g potatoes
- 200 g pickled (in vinegar not salty water) cucumbers
- 400 g carrots (or peas)
- 1 parsley root
- 400 ml mayonnaise
- salt, mustard, oil
- 3 pickled red peppers



### HOW TO MAKE IT

- Boil the meat, carrots, potatoes, peas (if not canned) separately until soften. Peel and let them cool down.
- Cut the meat, cucumbers, peppers, potatoes, carrots in very small cubes of the size of a dice.
- Mix all the ingredients with 3/4 of mayonnaise, a spoon of oil, 1 of mustard, a bit of lemon juice, salt, pepper. Place the mixture on a large plate, spread the remaining mayonnaise and use your imagination to decorate it. You can use as decoration olives, pickled red peppers etc.
- You can use other type of meat: chicken, turkey or white fish.





# Walnut sweet bread

## Cozonac cu nucă

### Ingredients

#### **Sweet bread dough:**

- 1 kg flour
- 300 g sugar
- 1 1/2 cups milk
- 6 eggs
- 50 g yeast
- 200 g butter
- 2 tablespoons oil
- vanilla stick
- salt
- egg for washing the dough
- grease for the pans.

#### **Filling:**

300 g ground walnuts,  
1 cup milk,  
3/4 cup Sugar,  
1/4 cup rum,  
vanilla

**HOW TO MAKE IT**

- Melt the sugar in the warm milk with vanilla in a pot on the range.
- When the sugar is melted, add the walnuts and keep stirring.
- After a few minutes of boiling, and after the filling has thickened, remove from heat and add rum. When the filling is cold, roll a sheet of dough about one finger thick, uniformly spread the walnut filling on top and roll like a jelly roll.
- Grease a bread pan, place the roll inside, let rise for a while and then set in the oven to bake at medium heat.





## Jellied pork Piftie de porc

### Ingredients

- 1,5 kg pork feet
- 3-4 garlic cloves
- salt

### HOW TO MAKE IT

- Wash and clean the feet. Place in a large pot and cover with water so that there are 3-4 inches of water above the pork pieces.
- Boil over slow to medium heat. Remove the foam as it forms. Then add salt. Cover the pot almost completely.
- Boil until the meat falls off the bones. Remove the bones and place the meat on the bottom of one or several deep plates.
- Strain and then pour on top of the meat in plates.
- Refrigerate so that it gels.





# Sour meatball soup

## Ciorba de perisoare

### Ingredients

#### Meatballs:

- 1 pound ground lean beef or pork (or a combination)
- 2 slices bread
- 1 small finely chopped onion
- 2 tablespoons uncooked rice
- 2 tablespoons water
- Salt and pepper to taste

#### Soup:

- 1 small finely sliced onion
- 1 bunch lovage leaves or celery leaves or parsley leaves, finely chopped
- 1 peeled parsley root
- 1 peeled parsnip
- 4 peeled carrots
- 1 pound beef or veal with bones
- 4 tablespoons tomato paste
- Salt as needed
- 2 to 3 tablespoons vinegar, or to taste
- Sour cream for garnish (optional)
- Hot pepper (optional)

**HOW TO MAKE IT**

- In a large saucepan or Dutch oven, bring 6 cups of water to a boil. Add sliced onion, lovage, parsley root, parsnip and carrots. Add beef or veal with bone. Bring back to a boil, skimming off any foam that rises to the surface, reduce heat and simmer partially covered.
- Meanwhile, make the meatballs by first soaking the bread in water or milk and then squeezing it dry. Mash the soaked bread in a large bowl. Add the ground meat, finely chopped onion, rice, water and salt and pepper. Wet hands slightly and make small meatballs. Set aside.
- When the vegetables in the saucepan become tender, return it to a boil and carefully drop in the meatballs. Reduce heat and simmer for 30-40 minutes. When the soup is almost done and the meatballs come to the surface, add the tomato paste and stir well.
- Add the tomato paste and stir. Add the lovage and season with salt and vinegar. If desired, serve with a dollop of sour cream and a hot pepper on the side.



# TRADITIONAL SLOVAK (ZEMPLIN) COOKBOOK



Collected by Mrs. Jana Vajsová

recipes translated by Diana Dančíková (8b), Filip Barabaš (9c) and Natália Zelenáková (9a)

## Bryndzové halušky

### Ingredients

2 medium potatoes

1 cup of flour

1 tea spoon of salt

150 g smoked bacon

125 g bryndza

### Instruction

Grate the potatoes and place in a bowl. Mix flour and salt with potatoes until you get a thick, sticky dough. Add salt to taste.

Boil enough water in a large saucepan with 2 tbsp of salt.

Then form the dumplings with a knife or teaspoon on wooden platter and thrown them into the bubbling salted water– boil the dumplings a little.

When the dumplings are done they will float on the surface of the water. Pick them out with a strainer, rinse with cold water and mix with bryndza.

Cut up little pieces of smoked bacon and fry them. Then put the fried bacon pieces on top of the meal.



## **Bobalky with poppy seeds**

### **Ingredients**

500 g flour, plus more for dusting, 1 sachet (7 g) of dried yeast 1/2 teaspoon salt

1 1/2 tablespoons granulated sugar about 250 ml milk, 1 egg

### **For poppy seeds:**

200 g greated poppy seeds, 100 g sugar, water, oil for greasing baking trays

### **Instructions**

Put all the ingredients for the dough (with a half of milk) into a large bowl and knead the dough (about 10 minutes).

Cover the bowl with a clean table cloth and let it rise for 1 hour in a warm place. Divide the dough into small parts and let them rise sitting on the worktop for about 1/2 an hour.

Pre-grease 2 baking trays.

Preheat oven to 220°C. Cut off a piece of a doug, roll out or pull it out to about thick log, then cut it into 1 - 2 cm long pieces. Throw the pieces directly onto the baking sheets. Don't let them to touch one another. Let bobalky rise for another 15 minutes.

Bake in the oven for 10 minutes or until golden brown.

Put bobalky into a bowl. Sprinkle with poppy seeds and sugar, then pour over some water. Bobalky are done when all the water is absorbed, sugar is dissolved and bobalky are completely soft and evenly coated in poppy seeds.



## Kapustnica

### Ingredients

sauerkraut, garlic, black pepper, caraway seeds, bay leaves, dried mushrooms, onion, pork, sausage, red pepper,

### Instructions

Put water and **sauerkraut** to a large pot. Add a garlic, an onion, **black pepper** and **caraway seeds**, two **bay leaves** and **dried mushrooms**. Also add smoked **pork** cut into small pieces. Cook for about 40 minutes. Just before cooking add some spicy smoked sausage. Also add some crushed **red pepper** and boil 2 minutes.





## Lokše

### Ingredients

6 potatoes, cup of flour, butter, salt

### Instructions

Cook the potatoes with their skin, grate them and put into a bowl. Then add about a cup of flour and salt and prepare a smooth non-sticky dough. Put it onto a floured board, and form into a roller. Cut into the same pieces slices. Then roll each one into the pancakes 2 mm thick. Roast on a dry pan on each side. Grease one side with some butter. It is great with roasted duck or goose.



## **Bryndzové pirohy**

### **Ingredients**

about 2 potatoes, some 2 cups flour, one egg, salt, bacon, bryndza

### **Instructions**

Start by cooking few potatoes. Add about a cup of flour, one egg and about a tablespoon of salt. Mix everything together by hand. Form the dough into a loaf and place it onto a dusted board. Dust top with flour to prevent the pin from sticking. Roll out to an about 3 millimeters thick pancake. Then take a drinking glass and cut out circles. Top each circle with a teaspoon of stuffing (bryndza, cottage cheese, jam, boiled potatoes, sour cabbage...) Fold the circle over and pinch the seal closed with the tip of your fingers. Place pirohy into the pot of boiling water. Pirohy are ready when they float to the top. Scoop them out using a large strainer. Put fried bacon bits on the top of pirohy. Finally top pirohy with sour cream.





# **TRADITIONAL POLISH RECIPES**



Collected by Izabela Kulpa, Boleslawiec

## PIERNIKI

1 cup honey  
4 cups flour  
4 eggs  
1 cup sugar  
pinch of ground black pepper  
1/2 tablespoon ground cinnamon  
1/2 tablespoon ground nutmeg  
1/2 tablespoon ground cloves  
1/2 tablespoon ground allspice  
1 tablespoon baking soda



Heat the honey in a small saucepan until it just begins to boil. Take off heat and allow to cool slightly. Combine eggs and sugar in a bowl and beat together until slightly thickened. In another bowl, mix the flour, spices, and baking soda together and add slowly to the egg and sugar mixture while beating rapidly. The dough should not have any lumps. Pour in the lukewarm honey and mix everything until smooth. You can cover the dough with plastic and refrigerate until ready to make the cookies.



## KOMPOT Z SUSZU

1 1/2 pounds mixed dried fruit  
6 cups of water  
1 lemon  
6 whole cloves, 1 cinnamon stick  
1 cup of sugar

Rinse and soak fruit in 4 cups of water overnight in a ceramic or glass bowl. Transfer fruit and the water into to a stainless steel or enameled pot, add 2 more cups water, sugar, cloves, and cinnamon. Peel the lemon, leaving the peel in one piece, if possible, and add the peel to the pot. Then cut the peeled lemon in half and squeeze the juice into the pot. Cook for 30 minutes, adding more water, lemon juice, or water to taste. Refrigerate for a few hours. Serve cold in glass bowls, along with Christmas cookies, for dessert.



## PIEROGI DOUGH

2 cups all purpose flour  
2 eggs  
2 tablespoons sour cream  
1/2 teaspoon salt  
1/2 cup lukewarm water



Mound flour on a large cutting board and make a well in the center. Drop eggs, sour cream, and salt into well. Add water a few drops at a time and work it into the flour with a knife, moving slowly from the center to the outside of the flour mound. While mixing the liquid into the flour with one hand, keep the flour mounded with other hand. Try not to let any liquid break through the walls of the mound.

When all the water and egg is mixed into the flour, knead until the dough is firm and well mixed and no longer sticks to your hands (about 10-15 minutes). Add flour if it seems too sticky; a few drops of water if it seems too dry. Then cover the dough with a bowl or clean dishtowel and let rest for 30 minutes.

Divide the dough into halves. On a well-floured surface, using half of the dough at a time, roll it out as thinly as possible. Cut out 3-inch rounds with a biscuit cutter or a drinking glass. Then place a tablespoon of filling in the middle of each round of dough, fold over carefully and press edges together. Be sure to press firmly as filling will spill out during cooking if the dough rounds are not well sealed.

Pierogi can be frozen at this point. Layer carefully in freezer container, be sure to separate layers with wax paper. If you are going to eat right away, drop 12-20 pierogi into a large pot of boiling, lightly salted water. Cook gently 3 to 5 minutes, or until pierogi float. Lift out of water with perforated spoon. Toss in butter and place in heatproof serving dish. Pierogi can be reheated in the microwave or in the oven, just before serving. They can also be reheated by frying in butter. Serve pierogi with sour cream and chopped chives.



**SAUERKRAUT AND MUSHROOM FILLING**

2 cups sauerkraut  
2 tablespoons butter  
1/2 cup chopped onion  
4 ounces mushrooms  
1/4 teaspoon pepper  
1 hardboiled egg, finely chopped  
1 tablespoon breadcrumbs  
2 tablespoons sour cream

Rinse sauerkraut in cold water and drain well. Sauté for 10 minutes in medium saucepan until dry. Set aside. In frying pan, sauté onion and mushrooms in the remaining butter. Add sauerkraut and pepper. Fry until sauerkraut is golden. Add chopped egg, breadcrumbs, and sour cream. Mix. Cool thoroughly before stuffing pierogi.

**POTATO AND CHEESE FILLING**

4 Russet potatoes  
8 ounces farmer's cheese or dry cottage cheese  
1 onion, finely chopped  
2 tablespoons butter  
Salt and pepper to taste

Peel and boil the potatoes until tender. Mash until smooth and let cool. Sauté chopped onion in the butter. Let cool. When mashed potatoes are cool, add onions and cheese. Mix well. Add salt and pepper to taste before filling pierogi. Serve with sour cream.

## **BARSZCZ**

3 or 4 cans of whole beets  
2 cans of vegetable, mushroom, or beef broth  
2 cups of water  
4 cups of tomato or vegetable juice  
juice of 1/2 lemon  
1/2 teaspoon sugar  
1/2 teaspoon pepper  
1 teaspoon salt

Strain the beets and set aside. Combine beet juice, broth, water and tomato or vegetable juice in an enameled or stainless steel soup pot. Bring to a gentle boil -- do not let the soup boil for more than a minute or it will lose its clear red color. Grate the beets from one or two cans into the soup. (Reserve the remaining beets for a salad). Add lemon juice and seasonings to taste. Reheat before serving, making sure not to bring to a boil. Place 5 or 6 uszka dumplings in each bowl before serving and pour barszcz over them (uszka recipe follows).





## USZKA

For the stuffing:

16 ounces fresh mushrooms, finely chopped  
 1 stick butter  
 1 medium-sized onion, finely chopped  
 white of one hard-boiled egg, finely chopped  
 2 tablespoons breadcrumbs  
 1 tablespoon parsley, chopped  
 Salt and pepper to taste



Sauté the mushrooms and onions in the butter for 10-15 minutes. Add bread crumbs, finely chopped egg white, and parsley. Mix well and add salt and pepper to taste.

For the dough:

1 egg yolk  
 2 cups of white flour, sifted  
 1/2 cup lukewarm water

Mix the flour with the egg yolk, adding water slowly and working it into the dough until a soft mass is formed. Keep kneading until the dough no longer sticks to your fingers. Roll dough into a ball and cover with flour. Place in a bowl covered with plastic and refrigerate for an hour.

Roll out a third of the dough into a thin layer on a floured surface and cut into 1 1/2 inch squares. Place a spoonful of the mushroom filling in the center of the square of dough, fold in half to form a triangle, and press the edges tightly to close. Then bring two corners of the triangle together and press tightly. Place dumplings on a floured dishcloth and cover with another cloth until ready to cook. Repeat with rest of dough. Cook dumplings in batches in boiling, salted water for 5 minutes, until they float to the top. Take out with slotted spoon and toss in melted butter. Serve immediately with barszcz or refrigerate and reheat gently before serving.

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## Kanapki

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bread or roll  
butter  
cold cuts  
cheese  
tomatoe / cucumber  
lettuce

Cut the bread / cut the roll in half, spread some butter on every piece. Put a leave of lettuce on your bread, then put some cheese and cold cuts on. Slice and add the cucumber or tomatoe, sprinkle the chive on the top add salt and pepper to taste.

Kanapki are commonly used for breakfast, lunch, and supper in Poland, and they may be composed of different kinds of cheese, meat, and vegetables depending from individual tastes.

Kanapki derive from the Middle Ages, when people used a thick slice of bread as a plate.



## Naleśniki / Pancakes

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150 ml cold water  
280 ml milk  
4 eggs  
½ teaspoon salt  
226 flour  
4 tablespoons butter

Milk and eggs put in liquedizer. Add butter and blend one minute. Refrigerate 2 hours. The batter should be a light cream, just thick enough to coat a wooden spoon. If your first pancake seems too heavy, beat in water, a spoonfull at a time. A pancake should be 1.5mm thick. Lightly brush a frying pan with oil. Place over moderately high heat until beginning to smoke. Immediately remove from heat and pour in 3-4 tablespoons batter in the middle. Tilt pan in all directions to run batter in a thin film all over base. Pour any excess back in bowl. Heat 60-80 seconds, then jerk and toss sharply back and forth and up and down to loosen pancake. Lift up with a spatula, and if underside is light brown then turn over with fingers. Brown other side lightly 30 seconds or until spotty brown. Slide onto plate. The pan should only need occasional re-oiling.



## **Płatki brzoskwiniowe / Peach crisp**

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29 oz can sliced peaches  
1/3 cup butter  
2/3 cup brown sugar  
½ cup flour  
½ cups oats  
¾ teaspoon ground cinnamon  
¾ teaspoon ground nutmeg

Drain peaches. Soften Butter. Mix sugar, flour, oats, cinnamon and nutmeg. Bake in moderately hot oven 30 minutes or until top is golden brown.





## Sorbet miętowo-cytrynowy / Lemon and mint sorbet

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400 ml water  
20g mint  
1 lemon's rind  
130g sugar  
110ml lemon juice  
3 tablespoons mint

3 Tablespoons of mint chop finely. Pour boiling water over other ingredients and steep for 10 minutes. Mix everything. Put your sorbet into a freezer and wait one hour. Then decorate in with a piece of lemon and mint leave. Enjoy.





## Lemoniada / Lemonade slush

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.  
 $\frac{3}{4}$  cup water  
1 lemon  
1 teaspoon lemon's peel  
50g sugar  
2 cups ice

Lemon peel, quarter and remove seeds. Place in vita-mix. Blend on high 30–60 seconds, or until four mounds form. Do not overmix, or the slush will melt.



**ENJOY  
YOUR MEAL!**

**DOBRŮ CHUŤ!**

**SMACZNEGO!**

**DOBROU CHUŤ!**

**POFTĂ BUNĂ!**

**DOBAR TEK!**



All the recipes in this cookbook were collected, written and edited by the students and teachers of the following partnership schools of Erasmus + project:

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