

COUNTRY: POLAND

MENU: SPRING









stuffed eggs with ham and parsley

INGREDIENTS :

- 6 eggs
- 10 slices of ham
- 3 spoonful of mayonnaise
- a handful of chopped parsley
- salt
- pepper

DIRECTIONS :

- ✓ Chop the ham into little cubes. 
- ✓ Prepare hard boiled eggs. 
- ✓ Peel the eggs and cut each one in half. 
- ✓ Remove the hard boiled yolks and add them to the remaining ingredients. 
- ✓ Mash yolk well with a fork and mix all the ingredients with mayonnaise. 
- ✓ Season the stuffing with some salt and pepper.
- ✓ Fill all the halves with the stuffing and decorate the starter with some ham and fresh vegetables like cucumber or tomato. 

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żurek Świętokrzyski

INGREDIENTS :

Homemade sourdough

Aromatic sourdough soup or borsch is the foundation of a successful white soup. Preparing it takes five minutes, and after four days, it is ready to use.

Ingredients for 1 liter of yeast:

- 1 cup rye flour
- 1 liter of water
- 3 cloves of garlic
- 2 grains allspice
- 2 bay leaves
- a few grains of pepper

Żurek Świętokrzyski- the regional soup of the Świętokrzyski Region

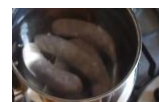
- 700 grams of sausage
- 300 grams of smoked bacon, 1 liter of yeast
- 4 cloves of garlic
- salt, pepper
- 3-4 bay leaves
- allspice, marjoram
- 250 grams sour cream 12 or 18 percent
- 1 tablespoon grated horseradish
- 6 eggs







DIRECTIONS :

- ✓ Take some pieces of whole meal bread.
- ✓ Crush garlic cloves lightly and then cut a bit.
- ✓ In a dish pour the flour, add the garlic and spices of bread crust.
- ✓ All mix, than cover saucer with a cloth.
- ✓ Let stand for 3-4 days, for example on a windowsill. After this time, the sourdough soup is ready, it can be immediately used to prepare the soup, but also tightly sealed in a jar and stored for several days.



- ✓ Cook sausage in 2 liters of water.
- ✓ Add the chopped bacon, chopped garlic, marjoram and other spices.
- ✓ In the meantime, cook hard-boiled eggs and cool them down.
- ✓ Pour the sourdough into the water with spices, remove the sausage from the pot and cut it into pieces.
- ✓ Add the chopped sausage to the sour soup. Then add sour cream and a spoonful of horseradish cream.
- ✓ Eggs slice in quarters and put directly on the plate before serving.



COUNTRY: POLAND		MENU: SPRING	
		„Babka“ cake with walnuts	
INGREDIENTS : <ul style="list-style-type: none"> • 6 dkg of potato flour • 6 dkg of wheat flour • 6 eggs • 20 dkg of butter • 2 teaspoons of baking powder • ¾ of castor sugar • lemon juice • frosting • some walnuts 		DIRECTIONS : <ul style="list-style-type: none"> ✓ Wash the eggs, then separate the yolks from the whites. ✓ Mix the castor sugar with yolks so they become white, fluffy and smooth. ✓ Add lemon juice to the mixture. ✓ Beat the egg whites until thick, then add it to the mass mixing lightly. ✓ While mixing, add flour with the baking powder. ✓ Pour the mass into the baking pan or special “babka” pan. ✓ Heat the oven to 190 C and bake it for 50 minutes. When the cake is golden, remove it from the oven then the baking pan. ✓ Pour some frosting onto the cake and decorate it with walnuts. To make frosting you need one cup of sugar and the juice of half lemon. Mix well the ingredients and it's ready to use. 	
		   	
			

COUNTRY: POLAND	MENU: SUMMER
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Stuffed eggs a'la toadstools

INGREDIENTS :

- 6 eggs
- 3 tomatoes

Horseradish cream:

- 3 spoonful of grated horseradish (ready made is also acceptable)
- White cottage cheese 200 g
- Yolk
- Salt
- Pepper
- Lemon juice

DIRECTIONS :

- ✓ Boil eggs in salted water for 10 min, (remember!!! they have to be hard boiled). Let it cool off. Remove the shells carefully so as not to damage the eggs, it's better to do it under the stream of water.
- ✓ Cut off the top and bottom part of the eggs.
- ✓ Get ready horseradish cream: white cheese mix with yolk, add some lemon juice, salt and pepper. Finally add grated horseradish and mix all the ingredients well together.
- ✓ Put the eggs on the plate, on each one put some cream and a slice of a tomato. Next, on each tomato "hat" make some dots with a horseradish cream so it would look like a toadstool.



COUNTRY: POLAND

MENU: SUMMER










stuffed Cabbage rolls – Polish „Gołąbki“

INGREDIENTS :

- 1 head of cabbage
- 200 g rice
- 2 onions, chopped
- 3 tablespoons butter
- 250 g of minced meat (beef or pork or mixed both kinds)
- 1 tablespoon fresh parsley, chopped
- 1 clove garlic, chopped
- salt and pepper to taste
- tomato souce (50g butter, 2 spoonful of tomatoe paste, 1 teaspoon of sugar, water from the boiling cabbage rolls, 2 spoonful of flour, salt, pepper)

DIRECTIONS :

- ✓ Boil the cabbage in the pot to soften the leaves. 
- ✓ Gently separate the leaves. 
- ✓ Cut the thick part of the leaf as in the picture. 
- ✓ Cook rice in salted water.
- ✓ On the pan melt the butter and fry the onion.
- ✓ In a bowl, mix the rice with meat, onion, parsley and garlic, season with salt and pepper. 
- ✓ Fill the cabbage leaves with the stuffing and wrap it. 
- ✓ Put in a pot.
- ✓ Pour some water to the pot, cover and simmer slowly for about 1.5 hour. If necessary, add the water while cooking. 
- ✓ Melt 50g butter on the frying pan and add two spoonful of flour mixing everything thoughtfully. Add two spoonful of tomatoe paste and one teaspoon of sugar, and half of the water from the pot where the cabbage rolls were boilng, mix and fry. Season with some salt and pepper. 
- ✓ Serve Polish Gołąbki with boiled potatoes and tomatoe souce.



COUNTRY: POLAND

MENU: SUMMER



„Pierogi“ Dumplings with blueberries or strawberries or white cheese

INGREDIENTS:

Dough:

- 3 cups of flour
- 0.75 cups of boiling water
- 0.25 cups of cold water

Cheese stuffing:

- 1 kg of white cheese
- 3 egg yolks
- 1 tablespoon cornstarch
- 1 double vanilla sugar
- sugar as much as needed

In addition:

- thick cream 12%
- sugar
- cinnamon

For fruit duplings:

- 0,5 kg of strawberries or blueberries (cut in halves and sprinkled with sugar)
- sugar

DIRECTIONS:

- ✓ Pour boiling water onto the flour and let stand for 10 minutes to cool.
- ✓ Pour cold water, stir and let stand for fifteen minutes.
- ✓ Then, knead the dough well.
- ✓ Roll out thinly and cut out with a glass the dumplings (circles).



- ✓ Grind the cheese, add sugar, vanilla sugar, egg, potato flour and mix well the stuffing.
- ✓ Make the dumplings, place a teaspoon of cheese stuffing onto the circle of a dough and fold it in half, thoughtfully press the edges of the dumpling.



- ✓ Boil the water with 1 tbsp oil and place the dumplings in the water and mix carefully with a wooden spoon so as not to damage them.
- ✓ Dumplings are ready when they appear on the water surface.
- ✓ Remove to a plate, mix the cream with 1 teaspoon of sugar, pour over the dumplings and sprinkle with cinnamon.



COUNTRY: POLAND

MENU: AUTUMN






Vegetable salad

INGREDIENTS :

- 3 carrots
- 2 parsleys
- ½ celeriac
- 2 -3 potatoes
- 2 -3 apples
- 5 pickled cucumbers
- 6 eggs
- 1 can of pickled peas
- 1 mayonnaise
- 1 -2 spoon (spoonful) of mustard
- pepper

DIRECTIONS :

- ✓ Wash, boil and peel vegetables.
- ✓ Prepare hard – boiled eggs, remove shells and cut them with a sharp knife, mix them and put into the bowl. 
- ✓ Peel vegetables, cut them into cubes. Squeeze out cucumbers and peas. Add them to the vegetables and eggs. 
- ✓ Peel the apples, cut into thin pieces and add them to cucumbers, peals and eggs.
- ✓ Add mayonnaise, pepper and and mix everything well. 
- ✓ Add a pinch of salt and corn if you wish.
- ✓ Before serving, we can decorate the salad with the parsley and chives or leak.



COUNTRY: POLAND

MENU: AUTUMN








Dumplings with plums/“Knedle“ with plums

INGREDIENTS :

- 0.5 kg of potatoes
- potato flour
- wheat flour
- salt
- 1 egg
- 5 plums (or more if needed)
- sugar
- cinnamon
- oil
- butter
- bread crumbs

DIRECTIONS :

- ✓ Cook 0.5 kg of potatoes, then mash them as they cool off. 
- ✓ Form a ball of the mashed potatoes and gently remove a quarter of it. 
- ✓ In this place add greater part of potato flour and wheat flour as well a pinch of salt and one egg.
- ✓ Lightly knead the dough. It should be elastic, if it sticks to your hands add a bit of potato flour.
- ✓ Then, take some of the dough to make some small balls later on to be flattened.
- ✓ Mix the plum halves with cinnamon sugar (1/3 cup sugar, mix with half a teaspoon of cinnamon). 
- ✓ On the flattened dough put half of the plum and make a a small ball out of it with a plum inside. 
- ✓ Prepare in a pot salted boiling water containing a bit of oil (any kind). Put the dough balls in the pot and cook for about 5 minutes. 
- ✓ Best served topped with butter and breadcrumbs (on a dry frying pan fry the breadcrumbs, then add to it as much butter as needed to form a soft fluid mass) and sprinkle with cinnamon sugar.



COUNTRY: POLAND

MENU: AUTUMN



Roast pork

INGREDIENTS:

- 1,5 kg of pork
- 2-3 teaspoonful of cumin
- salt
- pepper
- 3 cloves of garlic



DIRECTIONS:

- ✓ Mix cumin, squeezed garlic, salt (2 teaspoonful) and pepper (2 teaspoonful) with such prepared mixture, rub the meat and wrap it with aluminum foil.
- ✓ Heat the oven to 190 C, don't remove the foil and roast the meat for 1 hour. Next, lower the temperature to 140-150 and roast it again for 2-2.5 hour. Don't remove the foil.
- ✓ Serve the roast pork hot or cold. Thanks to longer time of roasting in lower temperature, meat will be more delicate and brittle.
- ✓ It's delicious with any kind of salad and baked potatoes.



COUNTRY: POLAND

MENU: WINTER



Pickled Herrings in Sour Cream

INGREDIENTS:

- 250 g salted herring fillets
- 1 large onion, peeled and chopped
- 3 large pickled cucumbers
- 1 large sour apple
- 200 ml of 18 % sour cream
- vinegar
- sugar
- 3 spoons of mayonnaise
- white pepper
- 2 tablespoons of parsley

DIRECTIONS:

- ✓ First, soak herrings in cold water for 24 hours. Change the water several times while the herrings are soaking.
- ✓ The next day, drain the herrings, cut into small cubes, drizzle them with some vinegar and sprinkle with some white pepper and leave it for a while.
- ✓ Then chop an apple, onion and pickles into little cubes. Combine mayonnaise, sour cream and parsley and mix it with chopped ingredients. Add some sugar for better taste. Pour the souse onto the herrings and mix everything well. Serve with rye bread.



COUNTRY: POLAND

MENU: WINTER



Juicy roast Pork loin with prunes(dried plums)

INGREDIENTS:

- 1 kg boneless pork loin
- 15 grams of dried plums
- 1/2 teaspoon of cumin
- salt
- the juice of half lemon
- tablespoon of butter
- a clove of garlic
- half a teaspoon marjoram and oregano

DIRECTIONS:

- ✓ Wash the loin, then in the middle, with a long and narrow knife make a hole.
- ✓ Put the prunes inside the loin until appear on the opposite side.
- ✓ Sprinkle pork with lemon juice and put aside for 15 minutes.
- ✓ Sprinkle pork loin with salt, marjoram, cumin and oregano.
- ✓ Heat the butter in a frying pan and fry the pork on all sides.
- ✓ Place the pork in the baking pan with the remaining butter and 1/2 cup water and bake for about an hour in 190 C.
- ✓ Pork loin is also excellent cold. Cut into thin slices.
- ✓ Best served with boiled potatoes and salad.



COUNTRY: POLAND

MENU: WINTER



Szarlotka „Apple Pie“

INGREDIENTS :






The dough:

- 3 cups flour
- 1 teaspoon baking powder
- 1 cup caster sugar
- 1 vanilla sugar
- 250 g cold butter plant (can be butter or margarine)
- 4 eggs

Apples:

- 2 kg of apples (russet)
- about 12 teaspoons of sugar
- 1 vanilla sugar
- 1 teaspoon cinnamon

DIRECTIONS :

- ✓ Peel the apples, cut into small pieces and sprinkle with cinnamon, the sugar and vanillin sugar, lightly fry. 
- ✓ Mix the flour together with the baking powder and put directly onto the pastry board, add 3/4 cup sugar, vanilla sugar and butter. 
- ✓ Add 3 egg yolks and 1 whole egg. Knead the dough quickly and divide into 2 parts. Wrap in foil and put in the fridge for an hour. 
- ✓ Roll out one portion of dough into a rectangular or a circle mold. 
- ✓ Preheat the oven to 175 degrees. 
- ✓ In meantime, beat the whites with 2 spoons of castor sugar into the fluffy, thick mass.
- ✓ Put the apples onto the dough.
- ✓ Cover with the whipped egg whites. On top put rolled-out dough or grate it.
- ✓ Put into the preheated oven and bake for 1 hour.
- ✓ After baking, sprinkle with powdered sugar.

