

Typical for polish cuisine are meals made from cereals, cereal, different types of bread, farinaceous dishes.









Today potatoes replaced cereals.

#### **Fishes**

We have got mainly freshwaters fishes, they are fished from lakes, streams and rivers. Once popular in Poland there were cryfishes. The most popular fish for Christmas Eve is carp. Other fish is herring it is easy to store and transport. We eat it salted.





#### meat

In the old days because of planty of forests people have eaten

deers, hares, pheasants,

quails.









Today the main meat is pork, chickens and turkeys.

## Polish dishes

### The most popular Polish soups



beetroot soup



split pea soup



mushrooms soup



sour soup (żurek)



#### vegetarian food

The most popular vegetarian dish are polish dumplings. There are made with tomato and cottage cheese stuffing, sometimes they are with stuffing and sometimes with blue berries.



#### Other vegetarian dishes are:

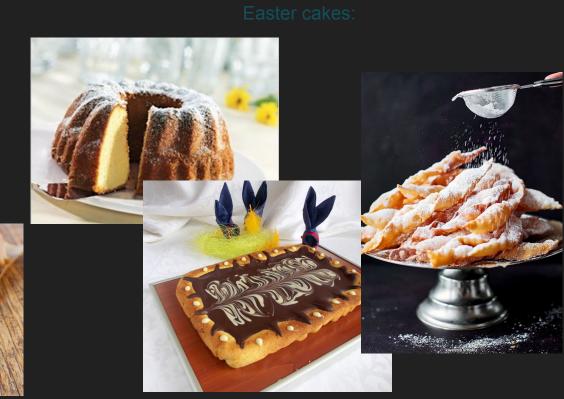
- noodles with cottage cheese
- pancakes with yeast
- steamed noodles
- potato dumplings



#### polish cakes

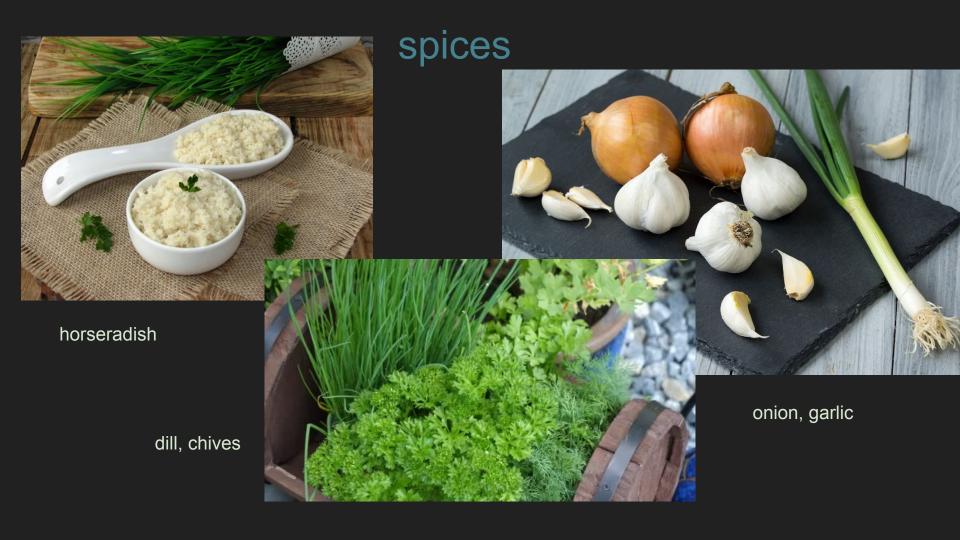
#### Typical polish cakes are closely related to Christmas and Easter

Christmas cakes:



# Typical polish tastes.

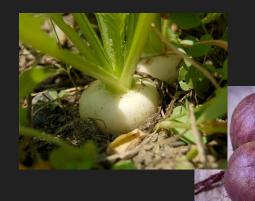




#### fruits and vegetables



- pears
- cherries
- plums
- currant



- beetroot
- cabbage
- bean
- pea
- turnip



### the end