



Polish cuisine

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 plenty of forests people have eaten deers, hares, pheasants, quails.



Today the main meat is pork, chickens and turkeys.

The most popular Polish soups



beetroot soup



split pea soup



mushrooms soup



sour soup
(żurek)

chicken soup



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:



Easter cakes:



Typical polish
tastes.

Sour taste



polish sillage



spices



horseradish



onion, garlic



dill, chives

fruits and vegetables

- apples
- pears
- cherries
- plums
- currant



- beetroot
- cabbage
- bean
- pea
- turnip



the end