



Polish recipes

Dumplings with cheese and potato filling (pierogi ruskie)

Ingredients:

Dough: 2 cups unbleached all purpose flour pinch of salt 2/3 cup of HOT water

Cheese-Potato Filling 1 1/2 c. cooked potatoes 1/2 c. Farmers cheese 1/2 c. minced onion Salt and pepper to taste

Directions:

Filling:

Mash potatoes (without milk and butter) and mix well all ingredients

Dough:

Mix fast all ingredients in a large bowl with a knife and knead lightly in the bowl. Rest dough for one-half hour covered with a kitchen towel.

When it is done, knead the dough a few times on a floured surface and roll out to 1/8-inch thickness. Cut out with a +/- 3-inch drinking glass.

Place a tablespoon full of filling in the middle of each dough circle.

With floured hands, fold the dough over the filling, and, starting at one end of the resulting crescent, pinch the dough together to enclose the filling. As you pinch the dough closed, continuously work the filling into the pierogi with floured fingers.

To cook, drop the pierogies into rapidly boiling water for about 3 -4 minutes, removing them once they float. Make sure the pierogi dough is tightly sealed, or these little dumplings will come apart when boiled.



Herrings in sour cream (Sledzie w smietanie)

Ingredients:

- 12 salted herring fillets
- 8 oz. fat-free sour cream
- 4 oz onion
- Salt and pepper to taste

Directions

- Rinse the herrings and set aside. Peel and dice [onions](#).
- Mix the onions, salt and pepper with the sour cream in a bowl.
- Add herrings and chill. Serves 4.



Cucumber Salad (Mizeria)

Ingredients:

1 large cucumber

150 ml sour cream

1 tsp salt

2 tbs freshly chopped dill (for garnish)

Pepper to taste

Directions:

Peel and thinly slice the cucumber. Place it in a colander, sprinkle with salt and leave for 30 minutes for the juices to drain. Rinse and drain thoroughly. Arrange the cucumber in a salad dish. Meanwhile, make the dressing from sour cream and pepper. Pour over the cucumber and garnish with dill. Serves 4.



Gingerbread cookies (Pierniki)

Ingredients:

3 and 2/3 cups (55 grams) all purpose flour (+ some more for dusting)

30 grams honey

12 grams unsalted butter

2 tsp baking soda

2 tsp cocoa powder

½ tsp cinnamon

½ tsp cardammon

¼ tsp cloves

1/8 tsp black pepper

1-2 tsp orange zest



1 medium egg

1 cup (10 grams) of powdered sugar
(optional)

½ tsp ginger

¼ tsp nutmeg

¼ tsp allspice

Directions:

You need ground cloves, allspice and black pepper. Best way to do it is to use the coffee grinder.

Next-warm up the butter and in a large bowl, whisk together all ingredients.

Use your hands to knead the dough (do not overwork it). It should be slightly sticky and break apart easily, but shouldn't stick to your hands.

Preheat the oven to 350 degrees F. Line the baking sheets with parchment paper.

Place the dough on a lightly flour-dusted work surface.

Roll it into a 1/4-inch-thick round (not thinner than 2-3 mm). You may need to flip and flour the dough lightly a few times while rolling it out to keep it from sticking. Use any cookie cutter to cut out the cookies, and transfer them to the prepared baking sheets. Remember to leave some space between the cookies.

Bake for about 8-10 minutes at 355 °F (180 °C)

Remove from the oven and place the baking sheets on wire racks to cool for few minutes.

If desired you can decorate them with chocolate glaze or icing.

Cookies can be stored at room temperature, tightly covered (in sealed container) for up to several months.

They will be hard right after baking, but will soften within days. It is best to bake them few weeks before Christmas and decorate just few days before eating.

Sauerkraut and mushroom croquettes (Krokiety z grzybami i kapusta)

Pancakes:

- 2 cups of milk
- medium eggs
- cups of flour (about)
- pinch of salt

Filling:

- 1 kg sauerkraut
- 200g dried wild mushrooms or 500g fresh ones
- medium onions
- garlic cloves
- bay leaves
- tbsp vegeta
- and pepper to taste
- 1 tbsp spicy pepper (powder)

Coating:

- 1 glass breadcrumbs
- 1 or 2 medium eggs
- Salt

Directions:

Pancakes:

- Mix some milk and eggs in a bowl. Add flour gradually, mix with salt and add some more milk.
- Grease a pancake pan or frying pan with oil (few drops only). When hot, pour in enough batter and cook on both sides until lightly browned. Continue until all the batter is used. The number of pancakes will depend on the size of the pan. If you need more, increase the size of the ingredients proportionally.

Filling:

- Soak the dried mushrooms in water (or vegetable bullion) for several hours.
- If you chose to use fresh mushrooms, peel them and wash.
- Chop the sauerkraut into smaller pieces.
- Steam it in the water from dried mushrooms, vegetable stock or water with bay leaves, until it becomes soft.
- Add all the seasonings.
- Make sure that you squeeze all the water out, then grins it and put in big bowl

- Peel onions and garlic and chop them finely. Add them into the cabbage.

- Chop mushrooms into small pieces. Add them into the pan and steam all together for about 30 minutes.
- Season with salt and pepper.

- Pre-heat oil on a frying pan and fry cabbage for about 15 minutes while stirring. Leave it to cool down.

Making Krokiety:

- When pancakes and the cabbage cool down, spread the cabbage over each pancake.
- Fold the sides inside and roll it into small roulades.
- Dip them into egg and the bread crumbs, and fry form each side to a golden color.



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2

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salt

Polish Broth (Rosol)

Ingredients:

1,1 lb. chicken meat

2 carrots,

1 small celery,

1 leek,

2 parsley roots,

chopped parsley leaves

1 average onion

Salt and pepper to taste

1 Knorr stock cube (chicken or vegetable)

Directions:

Drown the chicken in cold water. Add vegetables, salt and pepper. Boil the whole thing. When it boils, decrease the heat to about minimum. Skim and remove the scum. Add Knorr stock cube. Leave the soup simmering lightly until the meat gets tender. It takes about 1-1,5 hour on average. Thanks to this procedure the broth will be clear.

After the soup is ready, add chopped parsley. Place noodles and pieces of meat (also vegetables if you want) on the plate. Add broth.



Lazy Pierogi (Leniwe)

Ingredients:

- 2 cups dry cottage cheese (farmers cheese)
- 1 tbsp butter
- 3 eggs
- ½ tbsp salt
- 1 tbsp sugar
- 2-2.5 cup all-purpose flour

Directions:

Press cheese with a spoon to remove the lumps. Add butter, eggs, salt, sugar, and flour. Beat or mix with a spoon until light.

Take half of the dough and roll it into a log. Then slice into leniwe, any size you like.

Boil in salted water until the leniwe rise to the top, about 5 minutes.

Like traditional pierogi, leniwe rise to the top of the boiling water when ready.

When you are ready to eat them, fry until golden in butter and sprinkle with sugar.

