

Polish Mushroom Soup "Zupa Grzybowa"

Ingredients:

- 16 ounces fresh mushrooms (portabella mushrooms preferred)
- 2 ounces dried mushrooms (optional)
- 1 large onion
- 4 tablespoons butter
- juice of 1/2 lemon
- 1/4 cup water
- 6 cups rich mushroom, vegetable, or beef broth
- 1 cup sour cream
- 3 tablespoons flour
- salt and pepper to taste
- 1/4 cup fresh dill, chopped

If using dried mushrooms, soak them in hot water for two hours. Drain, squeeze out excess water, and chop finely. Wash and coarsely chop fresh mushrooms. Sauté onions in butter over medium heat for 5-7 minutes until softened, add mushrooms and sauté for another 15 minutes. Add lemon juice and water and cook covered for another an additional 5 minutes.



Transfer mushrooms to a soup pot, add the broth, and bring to a low simmer. Blend the sour cream with the flour and mix well. Gradually add 1 cup of the hot soup to the sour cream and mix until smooth. Pour the sour cream mixture slowly to the pot, stirring constantly. Simmer for five minutes, stirring occasionally. Serve garnished with chopped dill.



Easy Beet Soup "Barszcz"

Ingredients:

- 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 -- 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).



do



Mushroom Dumplings "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.



Fish in Aspic "Ryba w Galarecie"

Ingredients:

- 1 large carp, cleaned
- 1 tablespoon gelatin
- 4 cups vegetable stock
- 2 tablespoons water
- 4 peppercorns
- 1 egg white
- 3 bay leaves

Remove head from fish. Cook head and spices in vegetable stock for half an hour. Strain the stock and set aside. Place whole fish in a shallow roaster or fish pan. Cover with strained stock and simmer for half hour until tender. Remove fish and place on a serving platter. To clarify stock, add slightly beaten egg white to the stock and bring to boiling point, stirring lightly. Strain through cheesecloth. Dissolve gelatin in two tablespoons water in a large bowl; add stock. Pour over the cooled fish. Chill thoroughly until firm. Garnish with carrot rings, hardboiled eggs, and lemon slices.



set



Rolled Herring "Rolmops"

Ingredients:

4 pickled herring filets, each cut into 3 thin pieces
pickling juices from jar reserved
dill pickles quartered and cut into one-inch pieces
pickled onions
dill or parsley for garnish

Place a piece of pickle and a pickled onion at one end of a herring piece. Roll the herring tightly and skewer with a toothpick to hold the roll together. Before serving, drizzle rolls with some of the pickling juice from the herring jar, insert a few small sprigs of fresh dill or parsley into an open end of each roll and serve with rye bread or pumpernickel as an appetizer before Wigilia.



Sauerkraut with Mushrooms

"Kapusta z Grzybami"

Ingredients:

2 ounces dried mushrooms

16 ounces fresh mushrooms (portabella mushrooms preferred)

1 large onion

4 tablespoons butter

1 1/2 pounds sauerkraut, rinsed in cold water, and drained

1/3 cup water

2 tablespoons flour

salt and pepper

Soak the dried mushrooms in 2 cups of hot water for 2 hours drain, and squeeze dry in a cheesecloth. Chop finely. Wash and coarsely chop the fresh mushrooms and onion and sauté in the butter in a skillet for 5-7 minutes. Add sauerkraut to mushrooms; cook and stir for another 10 minutes.

Blend 1/3 cup water into flour, beating gently to remove lumps. Add slowly to sauerkraut and simmer for 15 minutes. Season to taste with salt and pepper.

Noodles with Poppy Seeds

"Kluski z Makiem"



Ingredients:

- 1 cup boiling water
- 4 tablespoons poppy seeds
- 3 tablespoons sugar
- 1 package wide egg noodles, kluski
- 2-3 tablespoons melted butter

Scald poppy seeds with boiling water and soak for 3 hours. Drain. Force through food grinder (or coffee grinder) and mix with sugar. Cook noodles in lightly salted water. Drain and rinse with cold water. Toss noodles in melted butter, place in shallow baking dish, and keep in warm oven until ready to serve. Toss with poppy seeds and sugar just before serving.



Piernik

Ingredients:

- 1 cup sugar



1 cup honey
1 / 2 cup margarine
6 eggs
2 cups flour
1 teaspoon baking soda
1 teaspoon cinnamon
spice for gingerbread
1 cup sour cream

recipe:

Melt margarine, sugar, honey and spice gingerbread. Then pour the cream and bring to boil. When cool to cold add the yolks, flour, baking soda and cinnamon at the end of whites. Bake for about 1 hour.

Wheat Berry Pudding "Kutia"

Ingredients:

1 cup whole wheat berries
2 cups hot water
1/2 cup poppy seeds
1/2 cup slivered almonds
1/2 cup white raisins



1 shot vodka, rum, or brandy (optional)
1/2 cup honey
Extra honey and heavy cream, for serving

Soak wheat berries in two cups of hot water for two hours or overnight. Drain wheat berries and place in an enameled pot. Cover with cold water, bring to a boil, reduce heat, and cook over low heat for two hours, or until all liquid is absorbed. Let cool. Cover poppy seeds with a cup of boiling water for 30 minutes.



Drain through a fine sieve and place in a glass bowl to dry. Grind poppy seeds in a coffee grinder or food processor, until the seeds start to show their white interiors. Add ground poppy seeds to the wheat berries and then add almonds, raisins, and honey. Mix well. Add more honey if needed. Refrigerate.

Serve kutia cold in small glass bowls with extra honey on the side. Add 2-3 tablespoons of heavy cream (or half and half) to each serving. Wheat ferments easily, so be sure to refrigerate any leftovers. The kutia will hold well for up to a week, if it is refrigerated.

Polish Honey Spice Cookies "Pierniczki"

Ingredients:

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.

Turn out the dough onto a lightly floured surface, knead for a minute to warm it, and then roll out with a floured rolling pin to a thickness of a 1/4 inch. Use cookie cutters to cut into shapes. Bake in 350 degree preheated oven on greased cookie sheets for about 12 minutes. Allow to cool completely before decorating with white frosting or covering with a chocolate glaze.

Polish Kolaczki Cookies

"Kolaczki"

Ingredients:

1 (8-ounce) cream cheese, softened
12 ounces (3 sticks) unsalted butter, softened
3 cups all-purpose flour



2 (14-ounce) cans fillings of choice (apricot, prune, raspberry, etc.)
Confectioners' sugar

Mix cream cheese and butter until light and fluffy. Add flour 1 cup at a time and mix well. Wrap dough in plastic and refrigerate for at least 1 hour.



Heat oven to 350 degrees. Roll out dough 1/4-inch on a surface that has been dusted with equal parts confectioners' and granulated sugar (not flour). Cut into 2-inch squares. Place 1/2 to 1 teaspoon filling on center of each square. Overlap opposite corners of dough to the center over filling.

Bake for 15 minutes or until corners start to brown. Cool and dust with confectioners' sugar. If not serving the same day, store in a tight container without the confectioners' sugar, or freeze. Dust with confectioners' sugar just before serving.

