



# A Taste of International Food

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## POLISH CUISINE

Poland have own cuisine tradition that was built through the centuries. Evolution of our cuisine was caused mainly by geographic and historic factors. Poland as a state exists more than one thousand years and during such long period some cooking traditions was handed down to next generations. Many elements of present Polish cuisine were intercepted and adapted from other European countries. Result of this can be visible if go to our restaurants, which in its menu quit often offer such dishes like *Greece fish, Spaghetti Bolognese Roman roast, Russian pierogi, Italian ice cream* (I have never seen that kind of ice cream in Italy) and others. Of course it is easy to guess that as a result of evolution those dishes at the Polish restaurants could be slightly different from originals of the countries that they belong to. Of course there are many restaurants, especially at the biggest cities that offer typical cuisine of different countries but this is another issue. Due to favorable geographic location and climate most of products at the Polish table have Polish origin. It is worth to highlight that due to traditional technology of production, the products sold by Polish farmers do not contain chemical pollution moreover they are not modified genetically and for those reasons they are the very highest quality. It is popular belief that because of climate Poles eat fatty. But this view is inaccurate.

Polish cuisine is characterized by variety of dishes from which some of them may contain more or less grass. They are composed of different ingredients, prepared by different ways and actually it is very difficult to find differences in this respect compare to other countries. Generally speaking our cooking is very similar to German.

### MEALS IN POLISH TRADITION

Poles eat three main meals a day: breakfast, dinner and supper. Breakfast used to be heavy meal prepared at home, before going to work and could be composed of eggs/sausage/cheese/ham/jam/honey +bread with butter+ tea/milk/cacao. The main meal is a dinner, eaten early afternoon (if possible) or directly after come back from work (usually around 16:00). Typical dinner is composed of soup+main dish (usually meet with vegetables)+desert+kompot or juice. (Kompot is a drink from boiled fruits plus some sugar). Last meal is a sapper. Normally should be light and finished at least 2 hrs before going asleep. Typical composition of the sapper: yogurt+ honey/jam/nutella+ bread with butter + tea/milk. Of course reality can be different. Depend on situation and individual customs Poles quite often

abandon the rules described here. In principle Poles do not have at work time dedicated for lunch. Instead having lunch there is a custom to eat during a short break so called second breakfast, usually sandwich prepared at home, or small appetizer available at the buffet.

kind of alcohol have real renaissance. Very popular became also drinking of mulled beverages, mainly wine and mead. This kind of drinks came to us from Scandinavia. Most of pubs and clubs in my country offer mulled drinks.

### POLISH ALCOHOL

Polish alcohol. It is common belief that Poles consume very big quantity of vodka. While Polish vodka does not required recommendation and production of strong alcohol bring significant benefit for our budget, actually consumption of this kind of alcohol tends to decrease. According the resent statistics about 10% of adults Poles prefer vodka as alcohol drink. It is usually drunk in its pure form in very small glasses and this is combined with eating herrings, sausage, pickled cucumber or other sharp pickles on the side as snacks. In spite that vodka still remain in Poland main alcohol for many occasions such as for instance wedding feast or celebrity after promotion, customs on drinking alcohol are changing because younger generations prefer soft drinks, mainly beer. Polish have big tradition in production of good quality beer and nowadays companies producing this

### Particularity

Names of the most famous dishes:

- *kotlet schabowy* – fried chop pork with potatoes and sauerkraut
- *bigos* – dish based on boiled sauerkraut with some additives like sausage, meets, mushrooms, herbs and others.
- *pierogi* – similar to Italian ravioli stuffed with meat or cottage cheese or sauerkraut with mushrooms
- *goląbki* – stuffed cabbage
- *karp* – carp, fish that absolutely must be prepared for Christmas.
- *makowiec* – leavened cake stuffed with poppy seeds prepared especially for Christmas
- *Mazurek* – cake prepared especially for Easter

#### Ingredients

- 1 kg of sauerkraut,
- 300 g of pork-butcher's meat (each type of sausage can be used),
- 300 g of boiled meat (beef or veal - optionally),
- 2 Cykoria Bay Leaves (3 small or 1.5 of big one),
- 5 grains of Cykoria Allspice, salt, Cykoria Smakosz Extra, tomato concentrate, ketchup, Cykoria Ground Black Pepper

## Bigos



#### Preparation

- ◆ Squeeze sauerkraut out of its juice and rinse it with tepid water on a strainer.
- ◆ Put sauerkraut into a pot, pour cold water and boil it.
- ◆ Strain again, sauerkraut cannot be very sour.
- ◆ Pour water again and boil for about 1 - 1,5 hours.
- ◆ In the meantime add Bay Leaves, Allspice, cubed meat, and sausage.
- ◆ At the end of boiling, add a pinch of salt or Smakosz Extra to enhance taste.
- ◆ Next add about a 1/3 glass of tomato concentrate, 2 spoonfuls of ketchup, a pinch of Ground Black Pepper.

## Duck Pierogi on Spinach

#### Ingredients:

- 1 duck breast
- 2 shallots
- 100 g blanched spinach leaves
- 1 small clove of garlic
- 100 g butter
- 1 yolk
- 2 spoons of cream 36% salt, pepper bison grass

#### DOUGH FOR PIEROGI

- 250 g wheat flour
- 2 eggs salt, pepper milk

#### Preparation:

- ◆ Knead flour with eggs, salt and pepper.
- ◆ Add small amounts of milk till the dough has consistence.
- ◆ Put into the fridge.
- ◆ Mince duck meat, add chopped shallots and chopped garlic. Season with salt and pepper.
- ◆ Add 1 yolk and cream.
- ◆ Mix together.
- ◆ Make pierogi with dough and stuffing.
- ◆ Put them, with a drop of olive oil, into the salted boiling water.
- ◆ Fry blanched spinach in butter (50 g) with some chopped shallots, garlic, salt and pepper.
- ◆ Melt the rest of the butter with bison grass.
- ◆ Fry cooked pierogi.
- ◆ Serve on spinach pored over with the ubrowka butter but take the bison grass out of the butter before pouring.

