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Przepisy na tradycyjne polskie potrawy

Recipes for Polish traditional dishes



Tradycyjny polski zestaw obiadowy: Kotlet schabowy z ziemniakami i surówką z kiszanej kapusty

Traditional Polish dinner dish: Pork chops with potatoes and sauerkraut salad



Pork chops

Ingredients:

- ½ kg of boneless pork loin
- 1-2 eggs
- salt and pepper to taste
- flour
- breadcrumbs
- oil or lard for frying

How to make:



Rinse the pork and slice the meat into pieces about 1 cm thick. Then put the slices on the chopping board and tenderize each slice to make it softer.

Mix egg with salt, pepper and/or other spices (depending on individual preferences) in a bowl. Put flour and breadcrumbs on separate plates, and eggs in a deep plate.

Coat the chops in flour, then dip in eggs and at the end soak with breadcrumbs.

On the frying pan heat oil and put chops on it. Fry to the golden colour on both sides. Be sure that there are not burnt breadcrumbs in oil while frying.

Finally, place fried cutlets into the warm pot, reduce the heat and simmer for 10-15 minutes to make the chops soft and warm.

Pork chops are best when served with potatoes and sauerkraut salad.

Potatoes

Peel 1 kg of potatoes and rinse them. If they are too big, cut the potatoes into smaller bits. Next put them into a pot with salted water. Cook for 45 – 60 minutes. Then remove from water and mash.

Sauerkraut Salad

Ingredients:

- 1 carrot
- ½ an onion
- a small bowl of sauerkraut
- 1 spoon of oil
- sugar and pepper to taste

Preparation:

First rinse sauerkraut and put it into a bowl. Peel carrot and grate it, and then add to sauerkraut. Dice onion and add to the bowl. Add one spoon of oil, sugar and pepper to taste. Finally mix everything.



Pork chops may be served with any other salad.



Polish bigos



Ingredients:

- 1 ½ kg of sauerkraut
- ½ kg of pork
- ½ of beef
- ½ kg of sausages
- 10 dried plums
- 12 dried boletus
- pepper, pimienta, 2 bay leaves
- 5 juniper seeds
- 2 onions
- a spoon of sugar
- 100 ml of red wine
- lard for frying

How to make:

Rinse sauerkraut in a little bit of water, then squeeze it lightly. Rinse mushrooms in cold water.



Chop beef and pork into small bits. Melt lard in a frying pan and then brown the meat in it on all sides. When the meat is almost ready add diced onion and fry everything for 5 min.

Prepare a big pot and put in it a portion of sauerkraut, half of fried meat, dried plums and mushrooms. All these cover with next portion of sauerkraut, and again put the rest of dried mushrooms, plums and fried meat. On the top put sauerkraut with bay leaves, juniper seeds, pimiento and pepper.

The next step is to cook it for about an hour gently stirring from time to time, or better put into the oven and bake in temp. 140-150 degrees for 3 hours. Don't mix bigos now. Take it out of the oven and bring to cold area. Next day bake bigos for 2 hours. When it is ready, pour red wine on it, add salt, pepper, a little bit of sugar to taste and mix everything.

Serve when it is hot.



Pierogi z serem

Dumplings with cheese



Ingredients for a cake:

- 1 kg of flour,
- 2 egg yolks,
- 2 cups of hot water,
- a spoon of oil,
- a pinch of salt.

Ingredients for cheese:

- 2 cubes of white cheese –about 0,5 kg,
- 2 egg yolks,
- tablespoon of sugar.

How to make:

On a pastry board sieve 1 kg flour, add 2 egg yolks, salt, oil and slowly pour two cups of hot water. Mix everything together and form the dough on a floured surface until it starts to come away from the hands.

Take a portion of dough and roll it out. Take a glass to carve circles out from the dough. In the middle of each circle put a portion of cheese and put the both sides together. Boil the dumplings in hot, lightly salted water for 5 minutes. Serve warm with sweet cream.



Dumplings may also be filled with sauerkraut and mushrooms. Then serve them with hot lard with pork scratching



Żurek

Soup made from fermented rye flour



Ingredients:

- white sausages
- a bunch of mixed vegetables (carrots, parsleys)
- 1 – 1 ½ glass of fermented rye or a pocket of white borsht
- 2 cloves of garlic
- 2 bay leaves
- a few grains of allspice (pimiento)
- onion
- ½ glass of sour cream
- salt, pepper, marjoram
- 4 hard-boiled eggs

Preparation:

Boil 1,5 litre of water in a pot. Clean a bunch of vegetables and peel onion. Put sausages, vegetables, bay leaves, garlic into the boiling water. Sprinkle with salt and pepper. Simmer



everything until the sausage and vegetables are soft. When ready, remove the sausage and vegetables from the pot. Pour the rest with fermented rye or white borscht mixed with cold water. Sprinkle with marjoram. Mix flour with cold water and pour it into a pot. Then add sour cream and boil everything.

Serve hot with sausages and hard-boiled eggs.



Salatka wielowarzynna

Vegetable salad



Ingredients:

- 2 parsleys
- 10 carrots
- 2 potatoes
- 5 pickled cucumbers (made in salted water)
- 4 eggs
- celery
- canned corn
- canned peas
- a jar of mayonnaise
- half a jar of mustard
- salt and pepper to taste

How to make:

Wash the vegetables and peel them. Boil parsleys, carrots, potatoes, eggs and celery. Made them cold, then dice everything. Put everything into the bowl. Add canned corn and peas. Mix and add



mustard and mayonnaise. Add salt and pepper to taste. Serve as a side order for sandwiches with ham.

Makowiec

Poppy-seed cake



Ingredients:

For yeast dough:

- 1 kg of flour
- 1 cup of sugar
- 1 cup of milk
- 250g of margarine
- 10 grams of yeast
- 4 egg yolks
- 1 teaspoon of salt
- the smell of vanilla – a few drops

For poppy seed:

- 1 kg of poppy
- 4 egg whites
- 600g of sugar
- 120g of margarine
- the smell of almond
- 2-3 tablespoons of honey
- orange peel
- 100g of raisins

How to make:

YEAST DOUGH:



Heat the milk but do not boil. In the warm milk dissolve yeast with 1-2 teaspoons of sugar. Leave in a warm place to rise.

Melt a packet of margarine and leave it in a cold place to cool.

Whip the egg yolks with the sugar.

In a bowl or a larger pot put flour, add the egg yolks with sugar, cool margarine, brown yeast, salt and vanilla flavor. Knead yeast dough by hand until all ingredients are mixed all together and the dough begins to come away from the hand. The kneaded dough cover with a cloth and leave in a warm place to rise.

POPPY SEED:

Add yolks and almond oil to poppy seed and grind. Beat egg whites and add to the poppy seed.

Melt margarine (it does not have to be cold) and also add to the poppy. Put remaining ingredients.

On floured pastry board roll the dough thinly. Put prepared poppy mass on it and roll it up. Put aside in a warm place to rise and then bake for about an hour in the oven heated to 170 – 180 degrees.

Poppy-seed cake is typical for Polish Christmas.



Mazurek



Ingredients:

For cake:

- 1 glass of sugar (castor or plain)
- ½ cube of margarine (chop)
- 1 teaspoon of soda
- 2 spoons of honey
- ½ kg of flour
- ½ glass of milk or sour cream
- 2 eggs
- 4 spoons of semolina
- odor (almond oil)

For mass:

- 3 glasses of milk
- ½ glass of sugar
- 25 dag of butter
- jam
- cocoa
- vanilla sugar

Preparation:



Mix all the ingredients for the cake (dissolve soda in sour cream and then add to the rest) and knead. When it starts to come away from the hands, divide it into 3 portions and then bake 3 pancakes.

Mass:

Boil milk with semolina and then cool. Mash sugar and butter and add to milk. Divide mass into two portions. To the first portion add vanilla sugar and to the second – cocoa.

Spread jam (the best is black currant) over the cake then put cocoa mass. Put the second pancake on it, and again jam, vanilla mass and the last pancake. Pour glaze. The cake is best on the second or third day.

This is a typical cake for Easter in Poland.

SMACZNEGO!

ENJOY YOUR

MEAL!



BON APETIT!

