

# **Cooking with a Polish Touch**



**Polish Home Association  
Ladies Auxiliary  
Seattle, Washington**



# Polish Christmas Eve Dinner "Wigilia"

The "Wigilia", or the Christmas Eve Dinner, is the most important and festive observance of the year. It varies somewhat from region to region, but the customs and foods served are very similar.

For weeks during Advent, everyone is busy with preparations, whether it be making handmade Christmas tree ornaments, baking cakes and cookies, shopping for or making presents, sewing costumes (by the carolers or the "Kolędnicy") or doing whatever has to be done around the house to make the "Wigilia" as festive as possible.

The table is covered with a white tablecloth with straw underneath to remind the family that Christ was born in a manger. The best china and silverware are used and great care is taken to ensure that an even number of guests will be present at the dinner. An uneven number of guests can bring bad luck to all present. An extra place is set for anyone who may enter the house that night, symbolizing that there was no room at the inn the night Mary and Joseph were seeking shelter. Poles believe that no one should be alone on Christmas Eve, so single people, or people with no families, are invited to join families for the "Wigilia."

Dinner begins when the first star appears in the heavens. The "Opłatek" or Christmas wafer is an absolute necessity, because the breaking of the "Opłatek" is a sign of friendship. The eldest member of the family says a prayer and then begins breaking the wafer, going to each person present. Then all break the wafer with each other, kissing, hugging, shaking hands and wishing each other all the best for the coming year.

The "Wigilia" consists of twelve courses, all meatless dishes. Fish dishes dominate. The most popular being herring, carp in tomato sauce, and gefilte fish. Barszcz or borscht is served with mushroom filled "uszka" (dumplings). Wild pickled mushrooms are also served. Vegetable dishes accompany a baked fish. Pierogi with cabbage, sauerkraut or cheese fillings are also a must.

Dessert may consist of a dried fruit compote. In Warsaw, "żurawki z makiem" which is a dessert made of poppy seeds and cookies is served, while in the western part of Poland, "Makiełki", a poppy seed dessert with noodles is popular. "Kutia", a wheat, honey and poppy seed dessert, is popular in the eastern part of Poland.

Tea or coffee is served with traditional "mazurek" cookies, poppy seed rolls and many other delicious pastries.

After dinner, the family gathers around the Christmas tree, and sings Christmas carols or "kolędy." Some of the carols date back to the thirteenth century and many are based on the melodies of the Mazurka, Polonaise and Krakowiak dances. The "kolędy" from the mountain region in southern Poland are very lively and the "kobzy," or bagpipes and violins dominate the air.

In Poland, gifts are exchanged after the "Wigilia." However, St. Nicholas comes to Polish children on December 6, bringing them treats of candies, fruits and nuts.

Midnight Mass, or "Pasterka," on Christmas Eve is usually very well attended.

The Christmas season starts on December 24 and ends on January 6, the Feast of the Epiphany. Throughout the centuries because there were no vacations as we know them today, people took advantage of extended church holidays for celebrations and family gatherings.

## Suggested Menu For "Wigilia"

- Herring in Oil
- Fish with Greek Sauce
- Fish in Aspic
- Marinated Salmon
- (Serve with ice cold wódka)
- ~~~~~
- Barszcz with Uszka
- ~~~~~
- Baked fish
- Vegetables
- Salad
- Boiled Potatoes
- ~~~~~
- Pierogi with cabbage filling
- ~~~~~
- Dried fruit compote
- ~~~~~
- Piernik
- Hazelnut Torte
- Poppy Seed Stollen
- ~~~~~
- Tea and Coffee
- Krupnik (Honey wódka)





# Easter Traditions

## “Święcone”

“Karnawał” is a period of partying, dancing and merry-making that lasts from New Year’s Day through Fat Tuesday (Mardi Gras in French). It is on Fat Tuesday that women fry delicious “paczki” which are yeast-type, jelly-filled doughnuts or they fry “chrust” or “favorki” which are crisp pastries dusted with powdered sugar.

Ash Wednesday marks the beginning of the Lenten period, which lasts until Easter. During this period, meals are meager, and it is in general a time of fasting and self-denial. The monotony of Lent is broken with the feast of St. Joseph, when many Poles celebrate their namesday with a party called “Józefinki.” On the feast of St. Casimir, there are bazaars and parties called “Kaziuki.”

On Palm Sunday, traditional palms are blessed, along with Polish “palemki” which originated in the Wilno region. These “palemki” are made with dried colored flowers and grasses, and mounted on a very thin stick, they are very decorative on the Easter table.

During Lent, women and girls are busy making colorful Easter eggs, with intricate geometrical designs, called “pisanki.” The last week before Easter Sunday is filled with the baking of “babkas” and “mazurki” and also filled with the smoking of hams and sausages.

On the Saturday before Easter, the tradition of filling Easter baskets with bread, salt, “pisanki,” hard boiled eggs, ham and sausages is done in the morning. Each family takes their basket to church for an Easter blessing. Prominent citizens usually have the priest come to their house to bless the Easter table.

On Easter Sunday, everybody dressed in their finest, goes to church and is busy with the setting of the Easter table. Foods served include smoked ham, many different types of sausages, horseradish with beets, just to name a few. The Easter breakfast is usually a buffet, which remains on the table until late at night.

When family members and guests arrive they are greeted with the words “Wesołego Alleluja” and before they start the meal or the “Święcone”, all share a piece of hard boiled egg and exchange good wishes.

Easter Monday is a day of fun and joy primarily for the young. On this day an old custom of “Dyngus” is revived, when boys and girls chase each other and either sprinkle or douse each other with water. All fun, of course. In cities, this tradition is maintained by young people sprinkling each other with cologne or a combination of water and perfume.



### Suggested Menu For “Święcone”

Smoked Polish Sausages

Baked Ham

Eggs with Horseradish Sauce

Beets (Cwikła)

Spring Salad

Vegetable Salad

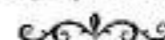


Easter Baba

Mazurek (of your choice)

Cheese Cake

Torte (of your choice)



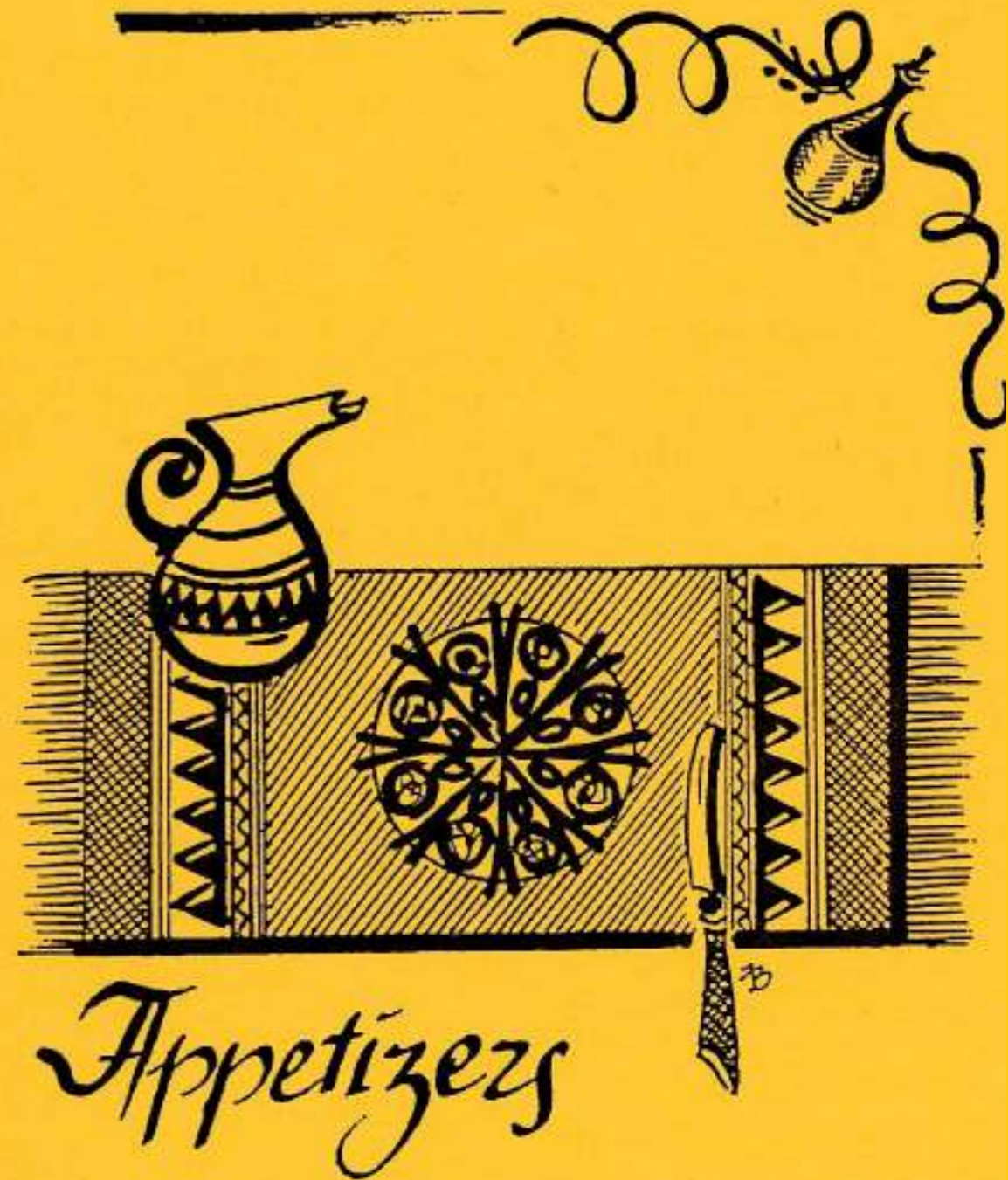
Tea and Coffee





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## Helpful Hints

- You won't need sugar with your tea if you drink jasmine tea or any of the lighter-bodied varieties, like Formosa Oolong, which have their own natural sweetness. They are fine for sugarless iced tea, too.
- Calorie-free club soda adds sparkle to iced fruit juices, makes them go further and reduces calories per portion.
- For tea flavoring, dissolve old-fashioned lemon drops or hard mint candy in your tea. They melt quickly and keep the tea brisk!
- Most diets call for 8 ounces of milk and 4 ounces of fruit juice. Check your glassware. Having the exact size glass ensures the correct serving amount.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes or longer if you want a stronger flavor.
- Always chill juices or sodas before adding to beverage recipes.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. Not only is this more decorative, but it also inhibits melting and diluting.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- One lemon yields about  $\frac{1}{4}$  cup juice; one orange yields about  $\frac{1}{3}$  cup juice. This is helpful in making fresh orange juice or lemonade!
- Never boil coffee; it brings out the acid and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use COLD water for electric drip coffee makers. Use 1 to 2 tablespoons ground coffee for each cup of water.
- Seeds and nuts, both shelled and unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts and seeds can be used directly from the freezer.
- Cheeses should be served at room temperature, approximately 70°.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.

## APPETIZERS

### SALTED MUSHROOM CANAPES

(KANAPKI Z SOLONYCH GRZYBÓW)

6-8 salted mushrooms\*  
 $\frac{1}{2}$  c. sour cream  
Dill to taste

$\frac{1}{2}$  c. chopped onions  
Butter for spreading  
Pumpernickel bread

Rinse the salted mushrooms and let stand in cold water for a few hours, changing the water once or twice. (Mushrooms should be quite salty.) Drain and squeeze out the excess water. Chop finely. Add the chopped onions, dill and sour cream. Butter pumpernickel squares on one side. Spread the mushroom mixture on each square and serve immediately. \*Salted mushrooms, see Miscellaneous.

### HOT MUSHROOM CANAPES

(KANAPKI Z GRZYBKAMI NA GORAÇO)

2 lbs. chopped fresh mushrooms  
1 lg. onion, diced  
1 c. sour cream

$\frac{1}{2}$  c. butter  
Salt and pepper to taste  
Pumpernickel bread

Sauté the chopped mushrooms with onion in butter until the onion is golden and most of the liquid has evaporated. Stir in the sour cream. Salt and pepper to taste. Spread mixture on toasted pumpernickel bread. Warm in 350° oven until piping hot. Serve immediately.

### PASZTET KRAKOWSKI

(PATÉ FROM KRAKÓW)

1½ lbs. fatty pork  
1½ lb. beef (cheap cut)  
1½ lbs. beef liver  
2 lg. onions  
2 carrots

1 bay leaf  
2 hard rolls  
5 egg whites  
 $\frac{1}{2}$  lb. bacon  
Salt, pepper, nutmeg

Cut the meat into cubes and divide. Cook  $\frac{1}{2}$  of the meat with vegetables until tender. The other half of the meat, brown separately and add

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to the rest of the meat. Add the liver at the end and cook only for 7 minutes. Drain the meat, liver and vegetables. Cool. Soak 2 hard rolls in broth and squeeze. All of the above should be ground 3 times through a meat grinder for a smooth pate. Beat the egg whites and add to mixture. Season to taste. Grease 2 loaf pans with margarine. Line bottom with strips of bacon. Fill pans with pate mixture and pour the broth over  $\frac{1}{3}$  inch deep. Bake at 350° for 1½ hours. Cool in pans. Slice to serve and garnish with parsley. Store in foil in the refrigerator. Can be frozen.

### **GAME PATÉ** (PASZTET Z DZICZYNY)

- |                                      |               |
|--------------------------------------|---------------|
| 1½ lbs. venison, rabbit or game      | 2 bay leaves  |
| 1½ lbs. fatty pork cut               | 4 whole eggs  |
| 1½ beef liver (venison if available) | 8 peppercorns |
| ½ lb. salt pork                      | ½ tsp. nutmeg |
| 4 carrots                            | ½ tsp. ginger |
| 1 parsnip                            | Salt to taste |
| 1 celery stalks with leaves          |               |

Peel the carrots and parsnip. Wash all vegetables and put in a large pot. Cut the venison (rabbit) and the pork into large pieces and brown for a few minutes. Add the meat to the pot and cover with water. Add peppercorns and bay leaves. Bring to a boil and simmer for 3-4 hours. Brown the liver and add to the pot. Continue boiling for 15 minutes. Set aside to cool. Put all the contents of the pot through a meat grinder 3 times to assure a smooth pate. Add 1 egg at a time and then season with spices and salt and pepper to taste. Grease 2 loaf pans and pour the pate mixture. Pour over each pate broth to cover  $\frac{1}{2}$  inch deep. Bake at 350° for 1½ hours. Can be frozen.



### **PORK PATÉ** (PASZTET WIEPRZOWY)

- |                                  |                        |
|----------------------------------|------------------------|
| 2 lbs. pork shoulder             | 2 cloves               |
| 4 slices bacon                   | 2 beef bouillon cubes  |
| 1 lb. beef liver                 | 1 tsp. mixed herbs     |
| 2 lg. onions, cut into quarters  | ¼ tsp. nutmeg          |
| 2 stalks celery, cut into pieces | 3 tsp. sugar           |
| 1 carrot, cut into pieces        | Salt and pepper        |
| 1 bay leaf                       | 3 eggs                 |
| 5 peppercorns                    | ½ c. white wine (opt.) |
| 3 allspice                       |                        |

Cut pork into large pieces; add vegetables, bay leaf and spices; add  $\frac{1}{2}$  cup water and simmer for 45 minutes. Add bouillon cubes. Fry bacon and set aside. Sauté liver in bacon drippings, browning it on both sides. Add any pan juices to the meat. Put all meat and vegetables through a meat grinder (2 or 3 times) or use a food processor until you have a fine consistency. Add eggs, seasonings and blend thoroughly. Turn into 2 greased loaf pans and bake 1 hour at 350°. (Pans may be set in shallow pan of water for baking for a moist paté.) Cool in pans. Serve slices with other cold meats or on crackers as appetizers. Can be frozen.

### **STEAK TARTARE #1** (Befszyk po Tatarsku)

- |                                                            |                                |
|------------------------------------------------------------|--------------------------------|
| 2 lbs. lean ground round steak<br>(sirloin or beef fillet) | ¾ c. chopped onion             |
| 8 egg yolks                                                | 4 tsp. chopped parsley         |
| 8 anchovy fillets                                          | Salt and freshly ground pepper |
| 1 sm. bottle capers                                        | Cognac to taste                |

Divide the raw beef into 8 portions and shape into patties. Place on serving plates. Make an indentation in each by pressing a whole egg in the center. Place egg yolk in each indentation; surround with chopped onion and parsley, capers, making a circle out of each; place anchovy on top. Serve chilled with pumpernickel, or, mix all ingredients well and serve as appetizers on pumpernickel squares, garnished with a sprig of parsley.





## **STEAK TARTARE #2** **(Befszyk po tatarsku)**

2 lbs. top round	3 egg yolks, white threads removed
2 tsp. salt	6 slices buttered rye toast
1/2 tsp. pepper, freshly ground	
1/4 c. minced onion	

Trim all the fat from meat and grind twice or use food processor and grind the meat fine. Mix with the rest of ingredients. Chill 1/2 hour. Spread on 6 buttered rye toasts. Cut each into quarters. Serve as an hors d'oeuvre.

## **MARINATED HERRING** **(Śledzie Marynowane)**

4-5 salted herrings	1/2 tsp. pickling spices
2 med. onions, sliced	1/3 c. sugar
1 c. cider vinegar	Few drops of oil
1 1/2 c. water	

Rinse the herring under cold water and soak for 24 hours, changing water 2 or 3 times. Skin and fillet. Cut each fillet into 1 1/2-inch pieces or smaller. Boil vinegar with water, sugar and pickling spices; cool. In a glass jar, place in alternating layers, sliced onions and herring pieces. Pour vinegar mixture over the herrings and add a few drops of oil. Store in refrigerator. Herring can be served on pumpnickel squares or served as a cold dish for a buffet lunch or dinner.

## **HERRING IN SOUR CREAM** **(Śledź w śmietanie)**

1 lb. salt herring	1/2 c. sour cream
1 med. apple, peeled and shredded	1 tsp. lemon juice
1 med. onion, chopped	1/2 tsp. sugar
	1 tsp. chopped parsley

Clean and soak herring. (Soak for 24 hours, changing the water several times. Remove, dry, skin and bone.) Cut fillets into 1-inch wide

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pieces; arrange in a dish. Add coarsely shredded apple and chopped onion. Mix with sour cream. Season with lemon juice and sugar. Pour over the herring. Sprinkle with parsley. Let stand in refrigerator for 1-2 hours to blend flavors.

## **HERRING IN OIL** **(Śledź w Oliwie)**

1 lb. salt herring	1/2 c. salad oil
2 T. prepared mustard	Parsley

Soak herrings for 24 hours, changing water several times. Dry, skin, clean and fillet. Spread each fillet on one side with mustard and roll. Secure with a toothpick. Put in a jar; cover with salad oil. Refrigerate for 24 hours. Cut into inch-wide pieces. Arrange on a small dish. Stick a toothpick into each piece of herring. Decorate with parsley.

## **RED BEET HERRING SALAD** **(Sałatka Śledziowa)**

1 lb. pickled herring, cut in bite-sized pieces	1/2 c. mayonnaise
1 can beets, cubed or cut in pieces, save the juice	1/2 c. sour cream
1 green apple, peeled and chopped	2 pickles, chopped
	1 c. walnuts

Mix all ingredients together. Add the beet juice until you have an appealing pink color and desired consistency.





## HERRING SALAD (Sałatka Śledziowa)

- |                             |                             |
|-----------------------------|-----------------------------|
| 3 herrings                  | 1 lg. onion                 |
| 2 c. cooked, diced potatoes | ½ c. cooked white beans     |
| 2 c. cooked, diced beets    | 1 c. chopped cooked carrots |
| 4 hard-boiled eggs          | 1½ c. sour cream            |
| 2 pickles                   | ½ c. mustard                |
| 2 apples                    | Salt and pepper             |

Soak herrings overnight. Skin, remove bones and cut into bite-sized pieces. Add sliced onion, diced apples and diced pickles. Mix well with sour cream. Serve with pumpnickel bread. Will keep in refrigerator for 1 week.

## HERRING "UNDER A DOWN COVER" (Śledzie pod Pierzynką)

- |                                     |                                   |
|-------------------------------------|-----------------------------------|
| 1 lb. matjes herrings, sliced thin  | 4 eggs, hard-boiled, chopped fine |
| 2 potatoes, cooked and diced        | Mayonnaise                        |
| 1 onion, chopped                    | Salt and pepper                   |
| 3 carrots, peeled, cooked and diced |                                   |

Spread a thin layer of mayonnaise on a serving platter. Mix sliced herring with onions and spread on mayonnaise. Next, spread the diced potatoes and then the diced carrots, cover with mayonnaise and chopped eggs on top. Chill before serving.

## SALMON IN ASPIC (Łosoś w Galarecie)

- |                       |                            |
|-----------------------|----------------------------|
| 8 c. water            | 2 bay leaves               |
| ½ c. onion, chopped   | 1 tsp. salt                |
| ½ c. carrots, chopped | 4-5 dill sprigs            |
| ½ c. celery, chopped  | 4-lb. center cut of salmon |
| ½ c. white vinegar    | 4 env. unflavored gelatin  |
| ½ tsp. white pepper   |                            |

(continued)



Make a bouillon: water, onion, carrots, celery, vinegar, bay leaves, dill, salt and pepper. Bring the liquid to a boil. Reduce heat; simmer for 30 minutes and cool. Wrap salmon in cheesecloth and tie the ends of the cloth, so that it will be easy to lift out of the pan. Bring bouillon to a gentle boil. Lower salmon into simmering liquid and cook for 25 minutes. Do not overcook. Carefully remove the fish from bouillon. Unwrap the cheesecloth and remove the skin and the dark fat. Chill the salmon until it is cold. Strain bouillon through double layers of cheesecloth. Add 1 envelope unflavored gelatin to each pint of cold liquid. Heat until gelatin is dissolved; cool. Pour a thin layer of aspic into 9 x 14-inch Pyrex and decorate with sliced carrots. Transfer the salmon, whole or serving pieces, into the dish. Cover with rest of the aspic and chill in refrigerator until set. Unmold by loosening edges with a knife and shaking onto a chilled serving dish. Garnish with lemon wedges and parsley.

## SALMON IN ASPIC (Łosoś w Galarecie)

- |                             |                           |
|-----------------------------|---------------------------|
| 2-3 lbs. salmon fillets     | 3 peppercorns             |
| 1 lg. onion                 | 1 bay leaf                |
| 2 carrots, peeled           | 10 c. water               |
| 2 stalks celery with leaves | 3 env. unflavored gelatin |
| 1 parsnip                   |                           |

Boil water with onion, carrots, celery, parsnip, peppercorns, bay leaf for at least an hour. Wash salmon fillets and cut into serving pieces. Place in boiling broth for a few minutes; remove carefully and drain on paper towels. Repeat process until all fish pieces are cooked. Continue cooking broth at low heat. Remove carrots and slice. Use slices of carrots to decorate bottom of 9 x 14-inch Pyrex. Place fish pieces spaced apart in the Pyrex. Remove all vegetables from the broth. Dissolve unflavored gelatin in ½ cup cold water. Add to the broth and simmer for 10 minutes. Pour broth over the fish. Leave on top until the broth jells, then place in refrigerator. Serve cold, garnished with lemon wedges and parsley.





## **CUCUMBER AND SALMON**

(OGÓREK Z ŁOSOSIEM)

3 med. cucumbers  
¼ lb. smoked salmon, sliced

Freshly ground black pepper  
Lemon wedges

Wash and score cucumber skin with a fork. Cut cucumbers into ¼-inch slices. Put a piece of sliced, smoked salmon on each cucumber. Serve with pepper and lemon wedges.

## **PICKLED FRIED SMELTS**

(SMAŻONE MARYNOWANE SZPROTKI)

2 lbs. fresh smelts  
1½ tsp. salt  
1 egg, beaten  
½ c. bread crumbs  
½ c. oil

¾ c. white vinegar  
¼ c. water  
½ c. sugar  
8 peppercorns  
1 onion, sliced

Clean fish, removing heads and tails. Rinse fish under cold running water; drain. Split and bone fish. Dip in beaten egg, then coat with bread crumbs. Fry on each side until golden brown. Let stand until cold. Mix vinegar, water, sugar, salt, onion and pepper. Boil mixture for 5 minutes; cool. Pour cold mixture over fried fish. Chill in refrigerator overnight.

## **SARDINE OR SPRAT PASTE**

(MASA Z SARDYNEK LUB SZPROTEK)

1 (8-oz.) pkg. cream cheese,  
softened

1 tin sardines in oil  
Salt and pepper to taste

In bowl mash sardines and blend well with cream cheese. Salt and pepper to taste. Very good for canapes and hors d'oeuvres.



## **GARLIC TOMATO CANAPES**

(KANAPKI Z POMIDORAMI I CZOSNKIEM)

3 med. tomatoes  
1 garlic clove, mashed

Toast  
¾ c. mayonnaise

Peel and slice tomatoes. Cut toast into rounds to fit tomato slices. Put a slice of tomato on each round. Mix mayonnaise with garlic and spread on tomatoes. Broil for 3 minutes or until brown and bubbling.

## **RUBY EGGS**

(JAJKA RUBINOWE)

8 hard-boiled eggs  
1½ c. canned beet juice  
½ c. water

⅔ c. sugar  
Few whole cloves  
⅔ c. vinegar

Shell the eggs while they are hot. Combine the other ingredients and heat. Pour over eggs and allow at least 24 hours for pickling. Serve whole, quartered or sliced. Very decorative.

## **STUFFED EGGS**

(JAJKA FASZEROWANE)

4 hard-boiled eggs  
1 med. onion, finely chopped

2 tsp. butter  
Salt and pepper to taste

Boil eggs and allow to cool. With a sharp knife, cut lengthwise, being careful not to damage the shells. Scoop out whites and yolks, reserve shells. Fry onion in half the butter. Chop eggs finely; add salt, pepper, onion and mix well. Fill the halved shells with mixture. With open side down, fry quickly in other half of butter. Serve hot or cold. Garnish with parsley. Eat out of shells with a teaspoon.





## **EGGS STUFFED WITH CHEESE**

**(Jajka Nadziewane Serem)**

4 hard-boiled eggs, peeled  
2 T. Parmesan cheese, grated  
1 tsp. vinegar  
Mustard to taste

Salt and pepper  
Melted butter  
White sauce  
Tomatoes

Cut the eggs in halves. Scoop out the yolk and add the cheese, vinegar, mustard, seasoning and enough melted butter to make a firm mixture. Make balls to fit into the whites. Serve either hot or cold with tomatoes, either baked (hot) or raw. If served hot, make some white sauce; place eggs in it and reheat in a casserole in the oven.

## **EGGS IN HORSERADISH SAUCE**

**(Jajka w Sosie Chrzanowym)**

1 doz. hard-boiled eggs  
2 c. mayonnaise  
2 T. prepared horseradish

6 T. milk  
Salt and pepper

Peel the hard-boiled eggs and cut in halves. Arrange egg halves, cut side down on serving platter. To make the sauce, blend the mayonnaise with horseradish, milk; salt and pepper to taste. Just before serving, pour the sauce over the egg halves and garnish with parsley. This easy dish can be prepared ahead of time. It is excellent for a cold buffet luncheon or dinner.

## **EGG & TOMATO FLYBANES**

**(Muchomorki)**

8-10 hard-boiled eggs  
4-6 tiny tomatoes  
Salt and pepper

Dill  
Few drops of oil  
2 tsp. mayonnaise

Peel the hard-boiled eggs and trim flat both ends of the eggs so they will stand up. Paint lines with oil on bottom of part of egg and sprinkle with dill. Stand up the eggs on a serving platter. Cut the tomatoes in halves lengthwise. Remove cores and sprinkle with salt and pepper.

(continued)



Place each tomato half over an egg like a cap on a mushrooms. Dot the cap with tiny drops of mayonnaise.

## **POTATO BITES**

**(Babeczki Kartoflane)**

2 eggs  
1/4 c. oil  
3 T. matzo meal  
1 tsp. salt

1/2 tsp. baking powder  
1 sm. onion  
1 1/4 lbs. Yukon Gold potatoes

Preheat oven to 400°. In a large bowl whisk together eggs, add oil, matzo meal and baking powder. Grate onion on coarse grater and whisk into the egg mixture. Peel potatoes, quarter and chop fine in food processor in 2 batches and add to mixture. Spoon a rounded tablespoon into mini-muffin pans and bake until golden brown. Makes 36 mini potato bites. Can be chilled, covered, for 2 days or frozen up to 1 month. Reheat at 400° until crisp, 10-15 minutes.

## **STUFFED CHERRY TOMATOES**

**(Nadziewane Pomidorki)**

30-35 cherry tomatoes  
2 ripe avocados  
2 T. sour cream  
1 tsp. minced parsley

1 tsp. minced dill  
4 T. lemon juice  
2 T. minced chives  
Salt and pepper

Mash the ripe avocados in a small bowl. Add the sour cream, dill, parsley, lemon juice, chives, salt and pepper. Cut off a thin slice off the top of the cherry tomatoes and with a small melon ball spoon, scoop out the pulp and discard it. Invert the cherry tomatoes on a paper towel to drain, for at least a 1/2 hour. Fill the tomatoes with the avocado mixture and arrange them on a serving dish. Serve chilled.





## **HAM SLICES** (Kwadraty Szynki)

2 T. prepared horseradish	1/4 tsp. pepper
2 T. mayonnaise	8 oz. cream cheese
1 T. Worcestershire sauce	6 ham slices
1/2 tsp. salt	

Blend all ingredients together with the exception of ham slices. Spread the cheese mixture over a slice of ham and continue the same process, stacking the slices of ham with the cheese spread in between. Freeze. Cut into 1-inch squares and serve on a toothpick.

## **BEEF TONGUE** (Ozór Wołowy)

1 (2 1/2- to 3-lb.) beef tongue	1 1/2 T. salt
2 1/2 qt. boiling water	4 whole cloves
2 bay leaves	1 carrot
10 black peppercorns	1 onion, sliced

Place beef tongue in saucepan and pour in boiling water. Bring to the boiling point. Add all ingredients. Simmer until tender, about 2 1/2-3 hours. Remove all the scum from the surface. Cool the tongue in liquid. Remove tongue and pull off skin. Return the tongue to liquid until ready to serve. At serving time, remove tongue, slice thinly and arrange on serving platter. Garnish cold tongue with cherry tomatoes and parsley. Also you can serve warm tongue with mushroom sauce.

## **CHICKEN SALAD** (Sałatka z Kury)

2 c. diced chicken	1 c. chopped apples
1 c. green peas	1/2 c. sour cream
1 c. chopped red pepper	1 c. mayonnaise
1 c. sliced celery	Salt and pepper

Cooked or fried chicken should be diced and added to the chopped pepper, celery and apples. Cook 1 cup frozen green peas for 2 minutes;  
(continued)



drain and cool. Combine in a small bowl, sour cream with mayonnaise and season to taste. Add the cooled peas and the dressing and toss. Serve chilled. Excellent way of serving leftover chicken.

## **CHICKEN IN ASPIC** (Kura w Galarecie)

4- to 5-lb. chicken	2 carrots
1 1/2 qt. water	2 T. lemon juice
1 med. onion	1 tsp. peppercorns
4 stalks celery	1 T. salt
4 sprigs parsley	2 env. unflavored gelatin
2 bay leaves	1/4 c. cold water

Put chicken into large saucepan; add water, vegetables and seasoning. Bring to the boiling point. Skim surface of all particles. Cover pot and simmer until chicken is tender; cool. Remove chicken and strain stock. Soften gelatin in cold water and add to stock (should be about 4 cups). Heat mixture slowly to the boiling point. Remove from heat; cool. Strain through thick layers of cheesecloth; chill. Brush a 2-quart mold with oil. Pour in 1/2 cup of stock. Chill until set. Line the mold with slices of carrots and stuffed olives. Add more stock. Chill until set. Cube chicken meat and arrange in mold. Pour remaining stock over chicken pieces; chill mold overnight. Unmold aspic on platter and garnish with parsley. Makes 6-8 servings.

## **YEAST FINGERS** (Paluszki Drożdżowe)

1/2 c. butter	2 egg yolks
2 1/4 c. flour	2 T. sour cream
1 oz. fresh yeast	1 egg white
1 tsp. sugar	2 T. caraway seeds or poppy seeds
1/2 tsp. salt	
1 egg	

Cut butter into the flour with a knife, then mix with fingertips. Add yeast combined with sugar. Add salt, egg, egg yolks and sour cream. Knead the dough for a few minutes. Form into long thin cylinders or "fingers". Place on a buttered cookie sheet and let rise in a warm place.  
(continued)





When doubled in size, brush with egg whites and sprinkle with caraway seeds. Bake in 375° oven for 15 minutes. Remove immediately from cookie sheet. Serve as an hors d'oeuvre. Yields 40 fingers.

### **YEAST ROLLS WITH MUSHROOMS** (Paluszki z Grzybami)

**Stuffing:**

- |                           |                     |
|---------------------------|---------------------|
| 2 T. butter               | 1/4 c. bread crumbs |
| 10 oz. mushrooms, chopped | 1 egg               |
| 1/2 c. grated cheese      |                     |

Sauté mushrooms in butter. Mix all ingredients for the stuffing. Roll out the dough 1/4 inch thick. Cut into long 2-inch wide strips. Place stuffing on one side of each strip. Fold the dough over lengthwise and seal the ends. Cut into small 1-inch wide rolls. Brush with egg white. Place on a buttered cookie sheet in the oven heated to 100°. Cover with a towel. Let rise until doubled in size. Bake in 375° oven for 20 minutes. Yields about 60 rolls. Excellent for luncheon, buffet suppers and with soups.

### **PIG'S FEET IN ASPIC** (Nóżki w Galarecie)

- |                       |                        |
|-----------------------|------------------------|
| 1 1/2 lbs. pig's feet | 2 bay leaves           |
| 1/2 lb. lean pork     | 5 peppercorns          |
| 2 carrots             | 1 clove garlic, minced |
| 1 onion               | Salt to taste          |
| 1 parsnip             | Parsley                |
| 2 celery stalks       | Lemon juice or vinegar |

Have butcher split pig's feet. In large pot, cover with water and cook the pig's feet, pork, vegetables and spices for 4 hours on low heat. In the middle of cooking, add salt; strain. Discard bones and dice the meat. Use a Teflon-covered mold and rub it with salad oil. Arrange on the bottom carrot slices and meat. Pour over the cold stock. Chill until set. Remove fat. Unmold by loosening edges with a knife and shaking onto chilled serving plate. Garnish with parsley. Serve with lemon juice or vinegar. Use the same recipe for calves' feet. Serves 8.

# Soups





## Helpful Hints

- Fresh lemon juice will remove onion scent from hands.
- To save money, pour all leftover vegetables and water in which they are cooked into a freezer container. When full, add tomato juice and seasoning to create a "free" soup.
- Instant potatoes are a good stew thickener.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), will make them easier to digest.
- When cooking vegetables that grow above ground, the rule of thumb is to boil them without a cover.
- A lump of sugar added to water when cooking greens helps vegetables retain their fresh color.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- To cut down on odors when cooking cabbage, cauliflower, etc..., add a little vinegar to the cooking water.
- To avoid tears when cutting onions, try cutting them under cold running water or briefly placing them in the freezer before cutting.
- Perk up soggy lettuce by soaking it in a mixture of lemon juice and cold water.
- Vinegar can remove spots caused by tomatoes. Soak the spot with vinegar and wash as usual.
- Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water after they are boiled. Also, add a drop of food coloring to help tell the cooked eggs apart from the raw ones in your refrigerator.
- Keep bean sprouts and jicama fresh and crisp up to five days by submerging them in a container of water, then refrigerating them.
- Your fruit salads will look perfect when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.



## SOUPS

### BEEF OR CHICKEN BROTH

(Rosół z Wołowiny Lub z Kury)

2 lbs. beef or 1 chicken  
7 qt water  
2 carrots  
2 celery stalks with leaves

1 parsnip  
1 lg. onion, cut in half  
Salt

Rinse the meat and cover with water in a big pot. Peel and rinse the carrots and cut in two. Wash celery stalks and cut in two. Peel and wash parsnip. Rinse onion and, with brown outside dry leaves, place in pot. (Onion skin will give the broth a brown color.) Add salt. Bring to a boil and simmer for 2 hours. Serve with noodles or macaroni or add to different soups with required bouillon.

### CHRISTMAS EVE BARSZCZ

(BARSZCZ Wigilijny)

8 c. water  
2 med. onions, chopped  
¼ head coarsely chopped green  
cabbage  
2 stalks celery, chopped  
8 med. beets  
5 peppercorns  
3 allspice

1 bay leaf  
1 tsp. salt  
¼ tsp. pepper  
3 dried mushrooms, sliced  
2 T. lemon juice  
1 tsp. sugar  
1 c. sour beet juice\*

(\* To make sour beet juice, place 6 beets, cut into cubes; 2½ teaspoons sugar, 1 slice rye bread in a jar and cover with warm water. Place cheesecloth over the jar and set aside. After 5 to 6 days, juice will begin to ferment.) Simmer vegetables and spices for ½ hour; strain. Set broth aside. Wash and boil the beets until tender for approximately an hour. When cool, remove skins and cut into julienne strips. Add to the broth. Add lemon juice and simmer for 5 minutes. Season with salt and pepper and additional lemon juice. Add sour beet juice and bring to a boil.





## CLEAR BARSZCZ (BARSZCZ KLAROWNY)

- |                                |                               |
|--------------------------------|-------------------------------|
| 1 lb. beets, peeled and sliced | 1 onion                       |
| 1 lb. beef                     | Salt, pepper and wine vinegar |
| 2 carrots                      | 12 c. water                   |
| 1 parsnip                      | Sugar to taste                |

Cover the peeled and sliced beets with 3 cups of water and heat. Do not bring to a boil. Pour off the deep red-colored water. Into the same pot, add 8 cups of water; add meat and vegetables; boil for 1½ hours. Pour off the broth and add to the beet-colored water. Salt to taste. Add pepper and wine vinegar and sugar to taste. Serve in cups with a meat-filled roll. (Pasztecki.)

## HEARTY BARSZCZ

- |                              |                               |
|------------------------------|-------------------------------|
| 8 c. beef bouillon           | 1 (16-oz.) can julienne beets |
| 2 chopped carrots            | 1 sm. can tomato paste        |
| 1 potato, diced              | Dill                          |
| ½ head med. cabbage, chopped | Salt and pepper to taste      |
| 1 lg. onion, chopped         | 1 c. sour cream               |

In a large pot, combine beef bouillon, carrots, potatoes, cabbage and onion. Simmer for 45 minutes. Add the tomato paste and julienne beets with liquid. Stir and let cook for an additional 5 minutes. Season to taste with salt and pepper. **To serve:** Pour hot soup into bowls. Top off with a large dollop of sour cream. Garnish with freshly chopped dill.

## WHITE EASTER SOUP (BIAŁY BARSZCZ WIELKANOCNY)

- |                                                          |                    |
|----------------------------------------------------------|--------------------|
| 2 c. diced, boiled ham and/or 2 c. diced smoked kielbasa | 1 bay leaf         |
| 1 onion                                                  | 1 c. sour cream    |
| 2 cloves garlic                                          | 2 T. flour         |
| 5 peppercorns                                            | 2 to 3 T. vinegar  |
|                                                          | 6 hard-boiled eggs |

Into 3 quarts of water, place 2 cups diced, boiled ham and/or 2 cups diced, smoked kielbasa, 1 onion, 2 cloves garlic, 5 peppercorns and 1

(continued)



bay leaf. Bring to boil; cover and simmer for 1 hour. Blend 1 cup sour cream with 2 tablespoons flour, gradually adding hot stock to mixture. Simmer for 10 minutes and sour to taste with 2 to 3 tablespoons vinegar. The soup should be on the tart side. Pour hot soup over hard-boiled egg halves in soup bowls.

## CREAM OF TOMATO SOUP (ZUPA POMIDOROWA)

- |                                                                                             |                                |
|---------------------------------------------------------------------------------------------|--------------------------------|
| 1 (28-oz.) can peeled tomatoes, chopped coarsely OR 4 lg. ripe tomatoes, peeled and chopped | 2 (10¾-oz.) cans chicken broth |
| 1 med. onion, peeled and sliced thin                                                        | 2 c. water                     |
| 2 T. tomato paste                                                                           | ⅔ c. heavy cream               |
| 2 T. all-purpose flour                                                                      | Pinch dried oregano            |
| 4 T. butter                                                                                 | 1 T. dill                      |
|                                                                                             | ½ tsp. sugar                   |
|                                                                                             | Lemon juice to taste           |

Heat 3 tablespoons of butter; add sliced onion and sauté for about 5 minutes. Stir in tomatoes and tomato paste and cook for 3 minutes, stirring frequently. Sprinkle the flour, mixing well. Add diluted broth, salt, pepper and sugar. Simmer for about 20 minutes. Let cool slightly. In a food processor, purée until very smooth. (If using a blender, run at high speed, then strain.) Pour into a saucepan and add the heavy cream. Bring to a boil and simmer for 3 minutes. Before serving, stir in the remaining butter a little at a time. Add oregano and dill. Add lemon juice to taste. Just before serving, you may sprinkle with chopped parsley or snipped chives. Serve with croutons, rice or noodles.

## FRESH TOMATO SOUP (ZUPA ZE SWIEŻYCH POMIDORÓW)

- |                            |                            |
|----------------------------|----------------------------|
| 4 lg. tomatoes             | 1 carrot, chopped          |
| ½ lg. white onion, chopped | 2 beef bouillon cubes      |
| ½ med. zucchini, chopped   | 1 sm. deli pickle, chopped |
| ¼ parsley root, chopped    | ½ c. heavy cream           |
| 1 celery stick, chopped    | 4 c. water                 |

Bring water to a boil, add chopped pickle and simmer for 5 minutes. Next add the chopped parsley root, celery, zucchini and carrot. Add

(continued)





bouillon cubes and simmer for 10 minutes. In the meantime, cut tomatoes into small pieces and add to the soup. Cook for 15 minutes more and add heavy cream before serving. Garnish with fresh dill.

### **POOR STUDENT'S SOUP**

(ZUPA STUDENCKA)

- |                         |                          |
|-------------------------|--------------------------|
| 2 qt. water             | 1½ T. butter             |
| 1 lb. potatoes, cubed   | 1 tsp. dill, chopped     |
| ½ lb. tomatoes, chopped | ¼ c. half-and-half       |
| 2 onions, chopped       | Salt and pepper to taste |
| 2 carrots, sliced       |                          |

Bring to a boil water, potatoes and carrots until tender. In a heavy skillet, melt butter. Add onion and cook for about 8 minutes or until they are lightly colored. Pour onions and tomatoes into the pot. Cook for 15 minutes more. Pour the soup through a large sieve into bowl. Add dill and half-and-half. Serve with croutons.

### **POTATO SOUP**

(KARTOFLANKA)

- |                                                   |                       |
|---------------------------------------------------|-----------------------|
| 8 c. water                                        | 1 tsp. salt           |
| 3 lg. potatoes, peeled and cut in<br>¼-inch cubes | Freshly ground pepper |
| 1 lg. onion, finely chopped                       | 4 T. butter           |
| 2 stalks celery, finely chopped                   | 2 T. flour            |
|                                                   | 1 c. sour cream       |

In large kettle, place vegetables and butter. Sauté for 3 minutes and season with salt and pepper. Add water and bring to a boil. Lower the heat and simmer for 20 minutes. In a bowl, blend 2 tablespoons flour and 1 cup sour cream. Pour flour mixture into kettle. Stir and bring to a boil. Sprinkle with minced dill.



### **COLD SORREL SOUP**

(ZUPA SZCZAWIOWA)

- |                              |                              |
|------------------------------|------------------------------|
| 1 lb. sorrel leaves, chopped | 2 T. minced fresh dill weed  |
| 2 T. flour                   | 1 tsp. salt                  |
| 2 cucumbers, grated          | ½ tsp. freshly ground pepper |
| 1 med. onion, minced         | 2 c. heavy cream             |

Wash the sorrel leaves and remove any thick stalks. Add to 5 cups of water and cook until tender, about 10 minutes. Blend together 2 tablespoons flour with 1 cup cold water. Mixture must be smooth. Pour into the soup and cook until boiling, stirring all the time. Let cool. In a separate bowl, combine the cucumbers, onion, dill weed, salt, pepper and heavy cream. Gradually stir in the chilled soup and pour into a tureen. Boiled new potatoes can be served with the soup.

### **SORREL SOUP**

(ZUPA SZCZAWIOWA)

- |                                                                                            |                      |
|--------------------------------------------------------------------------------------------|----------------------|
| 1 lb. sorrel, washed and chopped<br>(1 pkg. frozen, chopped spinach<br>may be substituted) | ⅔ c. sour cream      |
| 6 c. stock                                                                                 | 6-8 hard-boiled eggs |
| 2 T. butter                                                                                | Salt                 |
|                                                                                            | Dry dill weed        |

Chop sorrel and sauté in butter for a few minutes. Add to stock. Or cook spinach in broth until tender and then add the butter. Salt to taste and add sour cream. Fill soup bowls with chopped hard-boiled eggs. Ladle the soup and garnish with dill weed.

### **SPLIT GREEN PEA SOUP**

(GROCHÓWKA)

- |                              |                       |
|------------------------------|-----------------------|
| 1 lb. dried green split peas | 1 bay leaf            |
| 2 lbs. smoked ham hocks      | 1 T. crushed marjoram |
| 1 lg. onion, chopped         | Salt                  |
| 2 carrots, chopped           | Freshly ground pepper |
| 2 stalks celery, chopped     |                       |

(continued)





Rinse peas under running cold water and pick out any foreign particles. Place the peas into a large pot; add 8 cups of water and the ham hocks, onion, carrots, celery and bay leaf. Bring to a boil and then turn the heat to low. Skim any foam from the top of the soup. Cover and simmer for 2½ hours. Midway through cooking, add 1 tablespoon marjoram. Salt and pepper to taste. Remove ham hocks and cut into bite-sized pieces. Discard the bay leaf. Purée the soup in a blender. Return soup to kettle; add the meat and heat.

### **BEAN SOUP** (Zupa Fasolowa)

1 lb. sm. white beans  
1 ham bone  
3 c. chopped celery  
3 c. chopped onion

1 c. carrots, diced  
¼ c. chopped parsley  
¼ c. mashed potatoes  
Salt and pepper to taste

Wash beans and place into a large pot. Cover with water and soak overnight; drain. Add ham bone and cover with water. Bring to a boil; reduce heat and simmer 1 hour. Add remaining ingredients; simmer 1 more hour. Remove ham from the bone and dice; return to soup.

### **CREAM OF CAULIFLOWER SOUP WITH BUTTERED CROUTONS** (Zupa Kalafiorowa z Grzankami)

4 c. chicken stock  
2 c. cauliflower flowerets  
½ c. heavy cream

2 T. flour  
1 egg yolk  
1 tsp. fresh chopped dill

Simmer cauliflower in chicken stock for 20-30 minutes. Combine cream, flour and egg yolk with a whisk. Add 1 cup of chicken stock to the cream mixture and stirring constantly, gradually pour the cream mixture into the remaining stock. Simmer for 10 to 15 minutes. Do not boil. Garnish with dill.



### **VEGETABLE BEEF SOUP** (Zupa Jarzynowa na Wołowinie)

6 c. beef soup stock  
1 T. butter  
½ c. carrots, sliced  
1 c. potatoes, cubed  
1 lb. green cabbage, coarsely shredded

½ c. peas, fresh or frozen  
2 T. sour cream  
1 tsp. dill, finely chopped

Combine bouillon, carrots, potatoes, cabbage and butter. Bring to a boil. Reduce heat and partially cover the casserole. Simmer until the vegetables are tender. Add peas. If using frozen peas, add them during last 5 minutes. Add dill and sour cream before serving.

### **SOUP WITH MEATBALLS** (Zupa z Klopsikami)

1½ qt. water  
1 lb. ground round steak  
2 slices white bread, soaked in milk and squeezed out  
1 egg

½ tsp. salt  
¼ tsp. pepper  
2 T. chopped onion  
1 T. dill  
4 T. sour cream

Combine the ground round steak with the squeezed-out white bread, egg, onion, salt and pepper. Mix well and form tiny meatballs. Bring water to a boil. Add the meatballs and cook for 10 minutes. Add sour cream and dill and season the broth to taste.

### **TRIPE** (Flaczki)

2-3 lbs. tripe  
2-3 qt. bouillon  
3 carrots, sliced  
Marjoram  
Salt and pepper

Parmesan cheese, grated  
1 parsnip, sliced  
3 stalks celery  
1 T. chopped parsley  
1 lb. beef chuck

Rinse the tripe under cold running water. Cook in salted water for 3 hours; drain. Scrape the backs of tripe and slice very thin, like noodles,

(continued)





1½ inches long. In separate pot, simultaneously while boiling tripe, prepare bouillon. Boil piece of chuck with parsnip, some celery leaves, 3 carrots, salt and pepper. Drain and keep the carrots, discard other vegetables and reserve meat (maybe for pierogi). Grate the cooked carrots on large grater. Combine tripe with bouillon; season again to taste. Add marjoram. Sprinkle some Parmesan into each bowl just before serving.

**PICKEL SOUP**  
(ZUPA OGÓRKOWA)

- |                             |                  |
|-----------------------------|------------------|
| 3-4 chopped dill pickles    | ½ pt. sour cream |
| 6 c. stock                  | Salt             |
| 2 T. butter                 | Dry dill weed    |
| 3 c. diced, boiled potatoes |                  |

Dice pickles; add to broth and cook for 10 minutes. Add the diced potatoes, butter and boil for another 5 minutes. Add sour cream and dill. Season to taste. (You can also serve the soup in bowls with a dollop of sour cream in the center.)

**BAZAAR PICKLE SOUP**  
(ZUPA OGÓRKOWA)

- |                          |                    |
|--------------------------|--------------------|
| 3 potatoes, diced        | ¼ c. half-and-half |
| 3 deli-style lg. pickles | 8 T. sour cream    |
| 8 c. stock               | Dill weed          |
| 6 T. butter              | Salt               |

Dice pickles and simmer in butter until translucent. Add stock and cook for 10 minutes. Add diced potatoes and salt to taste. Cook for 15 minutes; pour in the half-and-half; add dill and serve with a dollop of sour cream.



**LIVER DUMPLINGS IN BOUILLON**  
(ROSÓŁ Z KLUSKAMI Z WĄTRÓBKĄ)

- |                      |                        |
|----------------------|------------------------|
| ½ lb. beef liver     | 3 slices of bread      |
| ½ garlic clove       | 1 tsp. chopped parsley |
| 1 tsp. melted butter | 1 tsp. salt            |
| 1 beaten egg         | ½ tsp. pepper          |
| 4 tsp. flour         | Pinch marjoram         |

Grind liver and garlic. Soften bread in water and squeeze dry. Add liver, egg, melted butter, parsley, seasoning and flour. Mix well together and drop by teaspoon into boiling bouillon. Simmer 15 minutes.

**SAUERKRAUT SOUP**  
(KAPUŚNIAK)

- |                                                                                                                 |                            |
|-----------------------------------------------------------------------------------------------------------------|----------------------------|
| 2 lbs. sauerkraut                                                                                               | 4 dried mushrooms          |
| 1 lb. boneless pork butt                                                                                        | 4 oz. diced Polish sausage |
| 2 beef soup bones                                                                                               | 1 bay leaf                 |
| 8 c. cold water                                                                                                 | 6 peppercorns              |
| 1 med. onion, preferably fried                                                                                  | 4 strips bacon, diced      |
| Soup greens (consisting of 1<br>celery root, 1 parsnip, 2 carrots,<br>2 stalks celery, few sprigs of<br>celery) | 1 sm. onion, diced         |
|                                                                                                                 | 1 T. flour                 |
|                                                                                                                 | 1 tsp. sugar               |

Cover sauerkraut, meat and soup bone with cold water. Boil and skim. Add browned onion, soup greens, mushrooms, sausage and spices. Let simmer for 2 hours, skimming as necessary. Remove soup bones. Pick out mushrooms and cut into strips. Return mushrooms to pot. In a heavy skillet, fry the bacon together with the chopped onion; add the flour and brown. Add 1 cup of stock a little at a time. Add the mixture to the soup and boil. Add the sugar and season to taste.





## **DRIED MUSHROOM AND BARLEY SOUP**

**(Zupa z Suszonych Grzybów)**

- |                                |                                       |
|--------------------------------|---------------------------------------|
| <b>8 c. water</b>              | <b>2 stalks celery, thinly sliced</b> |
| <b>½ c. dried mushrooms</b>    | <b>½ c. pearl barley</b>              |
| <b>1 carrot, thinly sliced</b> | <b>4 T. butter</b>                    |
| <b>1 onion, thinly sliced</b>  | <b>Salt and pepper to taste</b>       |

Rinse mushrooms and add to 8 cups of water. Stir in the ½ cup of barley and bring to a boil. Remove scum from the top. Let cook for 1 hour. Meanwhile, sauté in 4 tablespoons of butter the sliced vegetables. Add to the soup and cook for ½ hour. Sprinkle with parsley before serving.

## **MUSHROOM SOUP WITH BACON**

**(Zupa Grzybowa z Boczkiem)**

- |                                           |                                       |
|-------------------------------------------|---------------------------------------|
| <b>1 lb. fresh wild mushrooms, sliced</b> | <b>2 potatoes, cubed</b>              |
| <b>4 slices bacon, chopped</b>            | <b>4 T. sour cream</b>                |
| <b>1 onion, chopped</b>                   | <b>1 T. finely chopped fresh dill</b> |
| <b>1 carrot, sliced</b>                   | <b>Salt and pepper to taste</b>       |
| <b>1 bay leaf</b>                         | <b>1½ qt. water</b>                   |

Sauté onion with bacon; set aside. Bring to a boiling point water with carrot, potatoes and bay leaf. Add bacon with onion. Simmer until vegetables are tender. Add mushrooms. Simmer for 15 minutes more. Season to taste with salt and pepper. Add dill and sour cream before serving.

## **ONION SOUP**

**(Zupa Cebulowa)**

- |                                                  |                           |
|--------------------------------------------------|---------------------------|
| <b>2 lg. onions, thinly sliced and separated</b> | <b>1 qt. milk</b>         |
| <b>2 T. butter</b>                               | <b>1 tsp. salt</b>        |
| <b>1 T. flour</b>                                | <b>Dash pepper</b>        |
|                                                  | <b>2 beaten egg yolks</b> |

Cook onion in butter about 10 minutes until tender, but not brown. Sprinkle with flour and cook over low heat until blended. Add milk; cover

(continued)



and simmer 20 minutes. Add salt and pepper. Stir a small amount of hot mixture into egg yolks. Return to soup mixture, stirring until blended. Season to taste. Sprinkle each serving with grated Parmesan cheese; serve with French bread slices.

## **BARLEY SOUP WITH MEAT**

**(Krupnik)**

- |                                                                |                              |
|----------------------------------------------------------------|------------------------------|
| <b>8 c. water</b>                                              | <b>1 T. salt</b>             |
| <b>2 turkey drumsticks or turkey wings</b>                     | <b>½ tsp. pepper</b>         |
| <b>½ c. pearl barley</b>                                       | <b>2 lg. potatoes, diced</b> |
| <b>1 c. sliced carrots, onions, celery, parsnips and leeks</b> |                              |

In a large pot, combine all the above ingredients except the potatoes. Cook for 2 hours. In the last ½ hour, add the diced potatoes.

## **LAMB AND BARLEY SOUP**

**(Zupa na Baraninie)**

- |                                                      |                                     |
|------------------------------------------------------|-------------------------------------|
| <b>2 lbs. lamb stew meat, cut into 1-inch chunks</b> | <b>¼ tsp. freshly ground pepper</b> |
| <b>2 T. butter</b>                                   | <b>1 c. chopped celery</b>          |
| <b>½ c. pearl barley</b>                             | <b>1 c. sliced carrots</b>          |
| <b>1 lg. onion, sliced</b>                           | <b>1 c. diced potatoes</b>          |
| <b>2 T. chopped parsley</b>                          | <b>1 green pepper, diced</b>        |
| <b>1 T. salt</b>                                     | <b>¼ tsp. thyme</b>                 |

In a large pot over high heat, brown the meat in butter; add 6 cups of hot water and the rest of the ingredients. Simmer covered over low heat for about 2 hours.





## **MUSHROOM AND BARLEY SOUP** (Krupnik)

6 c. bouillon	1½ tsp. butter
6 dried wild mushrooms (borowiki or porcini)	2-3 med. potatoes, diced
2 carrots, diced	1 T. chopped parsley
½ c. barley	Salt and pepper to taste

Soak dried mushrooms in water. Cook barley in bouillon on medium until almost done. Add sliced mushrooms, carrots, potatoes and butter. Simmer until done, approximately 15 minutes. Garnish with chopped parsley.

## **FISH SOUP** (Zupa Rybna)

1 lb. fish, cut in 1-inch cubes	1 (10-oz.) pkg. frozen mixed vegetables
4 slices bacon, chopped	3 c. half-and-half
½ c. onion, chopped	1 tsp. salt
2 c. water	½ tsp. pepper
2 c. diced potatoes	

Fry bacon in large saucepan. Add onion and cook until tender. Add water, potatoes, vegetables, salt and pepper. Cover and simmer for 20 minutes. Add 3 cups of half-and-half with the fish and simmer for 10 minutes. Garnish with 1 tablespoon chopped parsley.

## **CHŁODNIK #1** (Cold BUTTERMILK SOUP WITH BEETS)

1 (16-oz.) can beets with juice	1 c. diced cucumbers
3 c. or 1 qt. buttermilk	2 scallions
2 hard-boiled eggs	1-2 tsp. dill weed

Chop the beets and scallions into a bowl. Add chopped eggs. Stir in rest of the ingredients, sprinkling dill and salt and pepper to taste. It's ready to serve but will keep well in the refrigerator for up to 1 week.



## **CHŁODNIK #2** (Cold BUTTERMILK SOUP)

½ gal. buttermilk	1 lg. cucumber, chopped
1 lb. boiled ham, chopped	Salt and pepper
8 hard-boiled eggs, chopped	Dill
1 bunch green onions, chopped	

Combine all ingredients together; salt and pepper to taste. Garnish with dry dill weed.

## **BEE GREEN SOUP** (BARSZCZ Z BOTWINKĄ)

8 c. soup stock	1 T. sugar
2 bunches fresh beet greens, with tiny beets	1 T. flour
2 T. lemon juice	1 c. sour cream

Wash thoroughly beet greens with tiny beets and trim ends of each beet root and cut fine. Bring soup stock to a boil and add chopped beet greens. Cook for 10 minutes and add sugar. Blend sour cream with flour and add 2 tablespoons of soup stock. Mix well, stir into soup and bring it to a boil. (If you don't have sour cream use sweet cream and lemon juice to flavor the soup.) Can be served with hot boiled potatoes and chopped meat from soup stock.

## **BLUEBERRY SOUP** (Zupa z Czarnych Jagód)

1 qt. blueberries	½ tsp. cloves
4 c. water	¾ c. sugar
1 slice white bread	½ c. sour cream
½ tsp. cinnamon	Noodles or croutons

Add the blueberries to boiling water. Add bread, cinnamon, cloves. Simmer for 15 minutes. Run through blender. Add sugar; chill. Add sour cream. Serve with noodles or croutons. Serves 8.





## **COLD CHERRY SOUP** **(CZEREŚNIOWA ZUPA NA ZIMNO)**

1 lb. sour cherries  
5½ c. water  
½ c. sugar  
3 T. lemon juice  
½ tsp. cinnamon  
3 T. cornstarch  
½ tsp. salt  
1 c. half-and-half

Slightly mash cherries. Add 5 cups water, sugar, lemon juice and cinnamon. Cover and cook slowly for 20 minutes. Dissolve cornstarch with ½ cup water. Add to cherry mixture along with salt. Cook until soup clears and begins to thicken; chill. Add half-and-half. Serve cold.

## **MEAT-FILLED ROLLS** **(PASZTECiki)**

1 pkg. dry yeast  
2 T. sugar  
1½ tsp. salt  
4 c. flour  
2 whole eggs and 1 egg yolk  
¼ c. lukewarm water  
¾ c. scalded milk  
½ c. butter, cut into pieces

Dissolve dry yeast in lukewarm water with a pinch of sugar and let stand 10 minutes. In a large bowl, combine scalded milk, butter, sugar and salt. Stir the mixture and let cool until lukewarm. Mix in 2 cups flour and beat the mixture until it is smooth. Add eggs, egg yolk and yeast. Beat the mixture 3 minutes. Turn the dough out onto floured surface. Knead in 2 more cups of flour and continue to knead until dough is smooth. Form the dough into a ball and place in a greased bowl; cover and let stand 4-5 hours or overnight in the refrigerator. Punch down the dough and roll out ½ inch thick on floured surface. Cut out with cookie cutter in 3-inch rounds. Place filling in center of each round. Pinch the dough together to seal. Arrange with seam side down on a greased and floured baking sheet. Let rise in warm place, about 1 hour. Brush with egg yolk and bake for 20-25 minutes, until they are golden brown at 375°. Yield: 25 rolls. **Filling:** Meat or cabbage. See Pierogi Fillings. May be served warm with a clear barszcz or bouillon or served separately as a snack.



## **MEAT-FILLED ROLLS** **(PASZTECiki)**

2 c. flour  
¼ lb. butter  
2 raw egg yolks  
1 T. sour cream  
½ tsp. salt

Cut all ingredients together with 2 knives or pastry cutter. Knead quickly; shape into a ball and chill for ½ hour. Roll out dough; cut out rounds with drinking glass. Place about 1 tablespoon of meat filling in center; fold and pinch edges. Bake at 400° on ungreased cookie sheet for 10-15 minutes or until golden brown. Serve with clear barszcz or bouillon. You may use cabbage or mushroom fillings if you prefer. See Pierogi Fillings.

## **SOUP CROUTONS** **(GRZANKI)**

4 slices stale white bread  
4 T. butter

Trim crusts and discard. Cut bread into ½-inch cubes. Spread on a cookie sheet and place in oven to dry at 375° until golden, approximately 20 minutes. In a large skillet, melt the butter. Add the toasted bread cubes and stir-fry until all are coated with butter. Serve with split pea soup. Serves 4.

## **MUSHROOM POCKETS** **(Uszka)**

**Dough:** See Pierogi.

**Filling:**

3 oz. dried mushrooms  
¾ c. water  
½ c. finely chopped onion  
½ c. bread crumbs  
2 T. melted butter  
Salt

Soak dried mushrooms overnight in water or at least for 2 hours; drain. Cover again with water and simmer for 30 minutes. Sauté chopped onion in butter. Chop cooled mushrooms finely and add to the onions.

(continued)





Add bread crumbs and salt to taste. Liquid can be added to the barszcz for better taste. Boil in salted water for a few minutes and serve immediately in barszcz.

### KOŁDUNY I

1/2 lb. beef tenderloin  
1/2 lb. lamb  
1/4 lb. suet  
2 med. onions  
2 T. butter

1 tsp. marjoram  
Salt and pepper  
Pierogi dough  
Bouillon

Cut meat and suet into tiny pieces. Grate onion; fry in butter and add to meat mixture. Season with salt and pepper to taste and add marjoram. Pierogi dough should be rolled out thin. Cut out small rounds; place filling and seal to form tiny crescents (bite sizes). Boil in bouillon for 8 minutes and serve immediately in the bouillon.

### KOŁDUNY II

Pierogi dough  
1 lb. beef tenderloin  
6 oz. suet  
1/3 c. water

Marjoram  
Salt and pepper  
Bouillon

Chop finely meat and suet; add salt, pepper and marjoram to taste and water. Mix well. Roll out dough and cut small rounds (kolduny should be bite sized). Fill with meat filling and seal. Boil in bouillon or salted water if you prefer. Serve in bouillon immediately.

### SOUP DUMPLINGS (LANE Kluski)

1 egg  
1/4 c. water

3/4 c. flour  
Salt

In a small bowl mix the egg and water together, adding the flour gradually. Mix with fork for a minute or so until the mixture is like very

(continued)



thick syrup. Bring broth or tomato soup to a rolling boil and slowly using a spoon, pour the mixture in the soup. Boil for 1 minute and set aside. Do not boil over the 1 minute. Serve immediately. Serves 4.

### KULEBIAK WITH CABBAGE

Prepare dough as for Yeast Fingers.

Filling:

2 lbs. cabbage  
4 T. water  
1 lg. onion, sliced  
4 oz. mushrooms, sliced

3 T. shortening  
2 hard-boiled eggs, chopped  
Salt and pepper  
1 egg white

Chop cabbage finely and place in a kettle. Add water, onion, mushrooms and shortening. Cook on low heat until tender, about 30 minutes. Add salt, pepper and chopped eggs. Roll out the dough 1/2-inch thick. Form a rectangle. Place the filling in the middle of the dough. Fold over both long sides of the dough and seal the ends. Place carefully on a buttered cookie sheet and let rise in a warm place. Brush with egg white. Bake in a moderate oven at 375° for 1 hour. Serves 10. Serve with clear soups such as broth or barszcz.

### Recipe Favorites





Recipe Favorites



*Salads*



## Helpful Hints

- Over-ripe bananas can be peeled and frozen in a plastic container until it's time to bake bread or cake.
- When baking bread, a small dish of water in the oven will help keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans, as margarine and oil absorb more readily into the dough or batter (especially bread).
- Use a metal ice tray divider to cut biscuits in a hurry. Press into the dough, and biscuits will separate at dividing lines when baked.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder, and store in a tightly covered container.
- Hot water kills yeast. One way to tell the correct temperature is to pour the water over your forearm. If you cannot feel either hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you get a finer texture if you use milk. Water makes a coarser bread.
- If your biscuits are dry, it could be from too much handling, or the oven temperature may not have been hot enough.
- Nut breads are better if stored 24 hours before serving.
- To make bread crumbs, toast the heels of bread and chop in a blender or food processor.
- Cracked eggs should not be used because they may contain bacteria.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.
- For a quick, low-fat crunchy topping for muffins, sprinkle the tops with Grape-Nuts cereal before baking.
- Dust a bread pan or work surface with flour by filling an empty glass salt shaker with flour.



## SALADS

### BROCCOLI SALAD

(Sałatka z Brokułów)

4 c. broccoli flowers  
½ c. red onion  
½ c. dried cranberries  
½ lb. bacon, thin cut

½ c. mayonnaise  
2 T. apple cider vinegar  
4 tsp. sugar

Wash and chop broccoli flowers into a bite-size pieces. Chop onion in small pieces. Crisp bacon in a microwave or in the skillet and set aside to cool completely. Combine broccoli, onion and cranberries. In a separate bowl mix mayonnaise, vinegar and sugar. Pour dressing over broccoli and mix well. Refrigerate for an hour. Just before serving crumble cold bacon and sprinkle over the salad; mix again.

### CUCUMBER SALAD #1

(Mizeria)

2 cucumbers  
3 green onions  
Salt and pepper to taste

1 c. sour cream  
2 T. lemon juice  
1 tsp. sugar

Peel the cucumbers and slice very thin. Salt well and set aside for a few minutes. Squeeze the cucumbers to remove excess water. In a small bowl, mix the sour cream with lemon juice and sugar. In a serving glass salad bowl, mix the cucumbers, chopped green onion and the sour cream mixture. Chill before serving. Can be made ahead, but keep the cucumbers and chopped onions in separate bowl from the sour cream mixture. (This cucumber salad can also be served with vinegar and sugar to taste.)

### CUCUMBER SALAD #2

(Sałatka z Ogórków)

2 c. cucumbers, thinly sliced  
1 green pepper, sliced  
1 sm. onion, thinly sliced

1 tsp. salt  
¾ c. sugar  
½ c. vinegar

(continued)





Salt the sliced cucumbers and set aside. Chop the green pepper and slice the onion. Squeeze the cucumbers to remove the excess water. In a small pan, bring vinegar and sugar to a boil; cool. Pour over the salad and refrigerate overnight.

### **CAULIFLOWER SALAD**

(SAŁATKA KALAFIOROWA)

1 cauliflower  
5 T. vegetable oil  
¼ c. butter  
1 clove garlic  
3 T. chopped parsley

3 tomatoes  
¼ c. water  
2 tsp. sugar  
½ c. shredded cheese  
Salt and pepper to taste

Drop tomatoes for a few seconds into boiling water; take out, peel the skin off and cut into ½-inch cubes. Heat oil and butter in a large skillet, add walnuts and garlic; fry about 3 minutes. Cut cauliflower into bite-size pieces and add to the skillet, mix with water, add tomatoes, and parsley. Cook on medium heat until cauliflower is soft but still crispy. Occasionally gently stir. Season with salt and pepper to taste. Sprinkle with cheese before serving.

### **LEEK SALAD**

(SAŁATKA Z PORÓW)

4 leeks  
2 tart apples  
½ c. mayonnaise

½ c. sour cream  
Dash sugar  
Salt and pepper

Wash the leeks thoroughly under running water. Slice the white part very thinly and chop the greens. Peel and core the apples and chop finely. Combine in a small bowl the mayonnaise with the sour cream, sugar, salt and pepper. Pour over the leeks and apples and mix well. Serve chilled.



### **SPINACH SALAD**

(SAŁATKA ZE SZPINAKU)

2 bunches fresh spinach  
½ lb. mushrooms  
3 hard-boiled eggs  
3 chopped green onions  
Juice of 1 lemon

3 T. oil  
Dill  
Salt and pepper  
Dash sugar

Thoroughly wash the spinach under cold running water. Drain and tear spinach into bite-sized pieces, discarding the stems. Wash the mushrooms and dry with paper towels. Slice very thinly. Chop the hard-boiled eggs. Combine in a salad bowl spinach, chopped green onions, chopped hard-boiled eggs. Combine in a small bowl the oil and lemon juice, a dash of sugar, salt and pepper. Just before serving, pour the dressing over the salad and toss.

### **POTATO SALAD**

(SAŁATKA KARTOLIANA)

2 lbs. potatoes  
3 eggs  
6 green onions  
6 chopped radishes  
2 med. pickles

½ c. sour cream  
½ c. mayonnaise  
Salt and pepper  
Sugar to taste

Cook the potatoes and cut into small cubes. Boil the eggs and chop finely. Chop the green onions and the pickles. Combine all ingredients in a large salad bowl. Mix mayonnaise with sour cream and season with sugar, salt and pepper to taste. Mix well and serve chilled.

### **RADISH SALAD**

(SAŁATKA Z RZODKIEWEK)

3 or 4 bunches radishes  
1 c. sour cream  
2 green onions  
Salt and pepper

Dill  
1 tsp. lemon juice  
½ tsp. sugar

(continued)





Wash and trim the radishes. Slice very thin. Chop green onions and add to the radishes. In a separate bowl mix sour cream with lemon juice and sugar. Add to the radishes and add salt and pepper to taste. Garnish with dill.

### **TOMATO SALAD** (Sałatka z Pomidorów)

4 lg. firm tomatoes  
1 onion  
Salt and pepper

Vinegar or lemon juice  
A few drops of oil

Wash and slice the tomatoes quite thin. Arrange tomato slices on a serving dish. Slice the onion very thin and arrange a circle of little ringlets on the tomato slices or, if you prefer, chop the onion and sprinkle the tomato slices with the chopped onions. salt and pepper. Sprinkle vinegar or lemon juice over the tomatoes and onions, then sprinkle a few drops of oil.

### **SAUERKRAUT SALAD** (Sałatka z Kiszzonej Kapusty)

1 lb. drained sauerkraut  
2 med. tart apples  
2 lg. carrots  
1 sm. onion

¼ c. oil  
2 tsp. sugar  
Pepper

Peel the apples and dice. Grate the carrots and chop the onion finely. In a salad bowl, combine the above with the sauerkraut. Add the oil and sprinkle sugar over the salad and toss well. Season with pepper to taste. Serve chilled.

### **BAZAAR SAUERKRAUT SALAD** (Bazarowa Sałatka z Kiszzonej Kapusty)

1 lg. can sauerkraut, well drained  
1¼ c. sugar  
¾ c. water

1 med. chopped onion  
1 green or red pepper, chopped  
⅓ c. oil

(continued)



Boil sugar with water and cool. Mix sauerkraut, chopped onion and pepper, adding syrup and oil. Keep refrigerated, it improves with age. It is best if refrigerated 48 hours prior to serving.

### **CARROTS WITH PLUMS** (Marchewka ze Śliwkami)

1 lb. carrots  
2½ T. butter  
2 tsp. sugar  
½ c. plums, cut into strips

1 tsp. orange peel  
1½ tsp. brandy  
Salt and pepper to taste  
Parsley

Slice carrots in julienne strips and cook for 4 minutes. Rinse in cold water. Melt 2 tablespoons butter in a large skillet, add carrots and sugar and fry until they start to caramelize, add plums and orange peel and keep frying for about 5 minutes. Add brandy, ½ tablespoon butter, salt and pepper to taste. Serve hot and garnish with parsley.

### **MARINATED CARROTS** (Marchewka Marynowana)

2½ lbs. carrots  
2 med. green peppers  
2 med. onions  
½ c. oil

1 c. brown sugar  
½ c. cider vinegar  
Salt and pepper to taste

Peel and wash carrots. Slice into ½-inch slices and cover with water. Cook until crisp (do not overcook). Drain and rinse under cold running water. Chop green peppers and onions finely. **Prepare dressing as follows:** Bring ½ cup oil, 1 cup brown sugar and ½ cup cider vinegar to a boil. Mix carrots with chopped onions and peppers and pour marinade over it. Store in refrigerator in glass jars. (Can be stored for 4 weeks.)





## **BAZAAR MARINATED CARROTS**

(Bazarowa Marynowana Marchewka)

2 lbs. carrots  
1 can tomato soup  
1 c. light brown sugar  
¾ c. cider vinegar

½ c. oil  
1 med. chopped onion  
1 chopped green pepper  
Salt and pepper to taste

Peel, slice and boil carrots until they are cooked but firm. Drain carrots. Mix all ingredients and pour over carrots. Refrigerate in large jar. If marinade does not cover the carrots completely, stir the carrots occasionally.

## **CELERY SALAD**

(Sałatka z Selerów)

8 stalks celery  
2 tart apples  
1 med. onion  
2 T. oil

5 T. vinegar  
1 T. sugar  
Salt and pepper

Wash the celery and slice into very thin slices. Peel the apples and chop finely. The onion must also be chopped very thinly. Toss all of the above in a small salad bowl. Combine oil, vinegar, water, sugar, salt and pepper. Pour over the salad and toss. It is also very good the next day.

## **BIBB LETTUCE SALAD**

(Sałata ze Śmietaną)

1 Bibb lettuce  
1 c. sour cream  
1½ tsp. lemon juice

Salt  
1 tsp. sugar

Separate the leaves and wash well under cold running water. Drain on paper towels. In a small bowl, mix sour cream with lemon juice, sugar and a bit of salt. Tear the lettuce leaves into pieces and just before serving, pour over it the sour cream dressing and toss.



## **VEGETABLE SALAD**

(Sałatka Jarzynowa)

6 med. boiled potatoes  
1 pkg. frozen peas and carrots  
3 tart chopped apples  
1 med. chopped onion

2 finely chopped pickles  
Miracle Whip salad dressing  
Salt and pepper to taste

Cube the peeled, boiled potatoes. Cook for 5 minutes the frozen peas and carrots and drain. Chop the onions, apples and pickles. Add to salad. Just before serving, add salad dressing to taste and season with salt and pepper. Garnish with parsley, hard-boiled eggs and cherry tomatoes.

## **WARSAW SALAD**

(Sałatka Warszawska)

2 med. cucumbers  
6 lg. white radishes  
2 Delicious apples  
½ c. sour cream

2 T. lemon juice  
1 T. chopped parsley  
Black pepper

Wash cucumbers and radishes thoroughly; slice paper-thin, combine. Wash apples; cover, slice thin. Add to vegetables; toss to mix. **To serve:** Place vegetables and fruit mixture in serving bowl; top with dressing. Garnish salad with chopped parsley and freshly ground black pepper.

## **RED CABBAGE SALAD**

(Surówka z Czerwonej Kapusty)

1 sm. red cabbage, chopped  
1 med. chopped onion  
2 T. oil  
½ c. vinegar and water

3 T. soy sauce  
2 T. sugar  
Salt and pepper to taste

Mix together vinegar and water, adding sugar, then oil and soy sauce. Add cabbage and onion. Season to taste and chill a few hours. Excellent the following day as a leftover. Do not discard, since it improves with age!





**RED CABBAGE SLAW**  
(SAŁATKA Z CZERWONEJ KAPUSTY)

- |                                |                                      |
|--------------------------------|--------------------------------------|
| 4 c. boiling water             | 1 onion, grated                      |
| 4 c. shredded red cabbage      | 3 T. lemon juice                     |
| 2 T. vinegar (tarragon)        | 3 T. salad oil                       |
| 1 T. salt                      | 1/8 tsp. freshly ground black pepper |
| 1 lg. apple, peeled and grated |                                      |

Pour the boiling water over cabbage. Add vinegar and salt. Mix and let soak for 5 minutes; drain well. Place the cabbage in a large bowl. Add grated apple, onion, lemon juice, oil and pepper. Toss lightly. Chill for at least 1 hour before serving.

**COTTAGE CHEESE POLISH-STYLE**  
(TWARÓG Z RZODKIEWKAMI)

- |                     |                 |
|---------------------|-----------------|
| 2 c. cottage cheese | 2 green onions  |
| 8 radishes, sliced  | Salt and pepper |

Wash and slice radishes. Chop finely the green onions and add both to the cottage cheese. Salt and pepper to taste.

**SPRING SALAD #1**  
(WIOSENNA SAŁATKA)

- |                             |                                  |
|-----------------------------|----------------------------------|
| 1-2 c. chopped ham          | 1 c. sm. green peas              |
| 1 c. sliced cooked carrots  | 1 c. chopped celery              |
| 2 c. diced apples           | 1 c. chopped green or red pepper |
| 2 c. diced potatoes, cooked |                                  |

**Dressing:**

- |                 |                       |
|-----------------|-----------------------|
| 1 c. sour cream | Salt, pepper to taste |
| 1 c. mayonnaise |                       |

Try to use young vegetables. Mix well ham with vegetables. Add dressing. For decorations, use sliced hard-boiled eggs, parsley or fresh dill.



**SPRING SALAD #2**  
(WIOSENNA SAŁATKA)

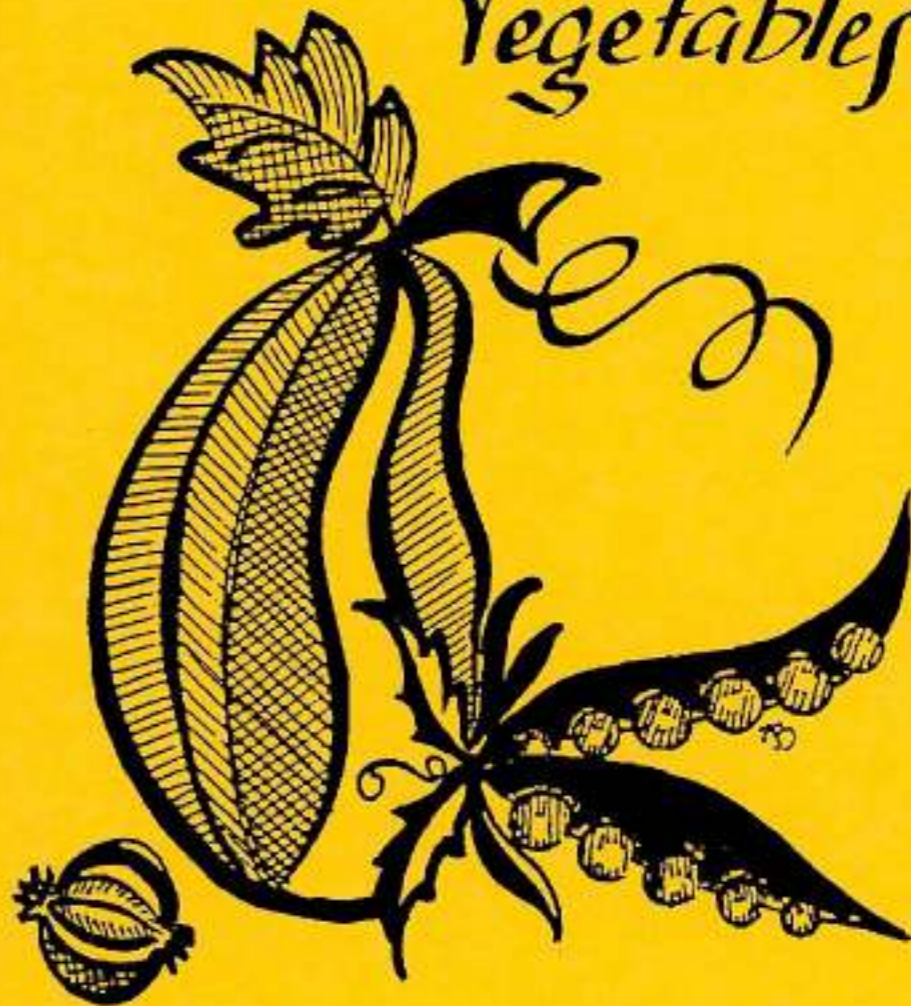
- |                             |                        |
|-----------------------------|------------------------|
| 2 c. creamed cottage cheese | 1 avocado              |
| 1 bunch radishes            | 1 T. sour cream (opt.) |
| 2 bunches scallions         | 1 head lettuce         |
| 1 med. cucumber             | Salt and pepper        |

Chop all vegetables into small cubes. Combine with cottage cheese and sour cream. Serve on a bed of lettuce.

**RECIPE FAVORITES**



# Vegetables





## Helpful Hints

- When preparing a casserole, make an additional batch to freeze. It makes a great emergency meal when unexpected guests arrive. Just take the casserole from the freezer and bake it in the oven.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked thawed foods.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when they are frozen, while sage, onion, and salt get milder.
- Don't freeze cooked egg whites; they become tough.
- For an easy no-mess side dish, grill vegetables along with your meat.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Store at 0°. Always use frozen cooked foods within one to two months.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Always refrigerate brown rice, and refrigerate or freeze grains if they will not be used within five months.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé climb to magnificent heights. Ramekins are good for serving individual casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To quickly bake potatoes, place them in boiling water for 10 to 15 minutes. Pierce their skins with a fork and bake in a preheated oven.
- To avoid toughened beans or corn, add salt midway through cooking.



## VEGETABLES

### RED BEETS

(Ćwikła)

<b>6 med. cooked beets, peeled and grated</b>	<b>1 T. vinegar</b>
<b>3 T. butter</b>	<b>½ tsp. salt</b>
<b>1 T. flour</b>	<b>⅛ tsp. pepper</b>
	<b>½ c. sour cream</b>

Melt the butter in a skillet. Stir in the flour and cook, stirring over medium heat for 2 to 3 minutes. Add the beets, vinegar, salt and pepper. Cook for 1 minute. Add sour cream. Mix well. Serve warm or cold. Serves 6.

### BEETS WITH APPLES

(Buraki z Jabłkami)

<b>1 lb. med. size beets</b>	<b>½ c. sour cream</b>
<b>2 tart apples</b>	<b>Sugar and lemon juice to taste</b>
<b>2 T. flour</b>	<b>Salt</b>

Wash and peel the beets and grate coarsely. Barely cover with boiling water and boil; cook until tender. Add salt, sugar and sprinkle flour; stir and bring to a boil. Season with lemon juice to taste. Peel and grate the apples coarsely and add to the beets. Add sour cream and serve.

### CAULIFLOWER A LA POLONAISE

(Kalafior po Polsku)

<b>1 lg. cauliflower</b>	<b>2 hard-boiled eggs, sieved</b>
<b>½ c. butter, melted</b>	<b>½ c. bread crumbs</b>

Place cauliflower in enough boiling, salted water to cover it. Simmer gently until tender, but still firm. Drain well; place in a vegetable dish and keep warm in the oven. Fry the bread crumbs until golden brown. Place butter in a frying pan and allow to just change color to a light

(continued)





brown. Add the sieved eggs and bread crumbs. Pour the mixture over the top of the cauliflower. Serve garnished with parsley.

### **SAUERKRAUT WITH APPLES**

(KAPUSTA KISZONA Z JABŁKAMI)

- |                                     |                           |
|-------------------------------------|---------------------------|
| 2 apples, peeled, cored and chopped | 1/4 c. margarine          |
| 2 onions, chopped                   | 1 (27-oz.) can sauerkraut |
|                                     | Sugar and salt to taste   |

Sauté apples and onions in margarine until tender. Add sauerkraut. Cook, stirring for 30 minutes, until done. Add sugar and salt to taste. Good with pork chops.

### **SAUERKRAUT WITH MUSHROOMS**

(KAPUSTA KISZONA Z GRZYBKAMI)

- |                                                |                           |
|------------------------------------------------|---------------------------|
| 2 lbs. sauerkraut, rinsed, drained and chopped | 2 T. butter or shortening |
| 1 lb. fresh mushrooms or 1 oz. dried mushrooms | 1/2 c. water              |
| 1 lg. onion, diced                             | 2 T. flour                |
|                                                | Salt and pepper to taste  |

Soak the dried mushrooms in water for 1-2 hours. In a large skillet, sauté sliced mushrooms and onion for 3 minutes. Add sauerkraut. Cook and stir for 10 minutes. Blend 1/3 cup water into the flour and mix with sauerkraut. Cook, stirring for 30 minutes, until tender. Season to taste.

### **CHANTERELLES WITH WINE**

(KURKI Z WINEM)

- |                                  |                             |
|----------------------------------|-----------------------------|
| 5 shallots                       | 1/2 c. cream                |
| 1/4 c. butter                    | 2 tsp. dill, finely chopped |
| 5 c. chanterelles, cut in strips | Salt and pepper to taste    |
| 1/4 c. white wine                |                             |

(continued)



Melt butter; add finely chopped shallots and sauté 2-3 minutes. Add chanterelles, salt and pepper. Stir 3 minutes. Add white wine and bring to a boil. Add dill and cream. Simmer 3 minutes.

### **FRIED POTATOES**

(SMAŻONE ZIEMNIAKI)

- |                                               |                                   |
|-----------------------------------------------|-----------------------------------|
| 1 lb. cold boiled potatoes (can be leftovers) | 2 T. margarine (other shortening) |
| 2 T. butter                                   | 1/2 c. cold water                 |

Slice boiled potatoes. Place in a sieve and pour cold water; let drain. In a heavy skillet, heat half of the butter and margarine until very hot. Place potatoes in a pan. Do not stir or move. Lower heat to medium. Fry about 10 minutes, until brown. Add remaining shortening and turn gently with a spatula to brown the other side.

### **SAVOY CABBAGE**

(KAPUSTA WŁOSKA)

- |                      |                |
|----------------------|----------------|
| 1 head savoy cabbage | 1/2 tsp. salt  |
| 3 T. butter          | 1/2 tsp. sugar |
| 3 T. bread crumbs    |                |

Rinse cabbage and cut into quarters; place in boiling water with salt and sugar. Cook for 10 minutes or until tender; drain well. Melt butter; add bread crumbs. Place cabbage on hot serving dish and pour melted butter over it. Serve immediately.

### **EASY RED CABBAGE**

(CZERWONA KAPUSTA)

- |                         |                                                |
|-------------------------|------------------------------------------------|
| 1 med. red cabbage      | 1 tsp. oil                                     |
| 2 slices bacon, chopped | Salt, pepper, wine, vinegar, red wine to taste |
| 1 med. onion, chopped   |                                                |
| 1 tsp. sugar            |                                                |

(continued)





Rinse and chop red cabbage. In a large pot fry bacon; add onion, sugar and oil. Add raw chopped cabbage and fry at high temperature, stirring constantly for 5 minutes. Season with salt, pepper, wine, vinegar, red wine, bay leaf. Simmer on low heat for about 20 minutes, stirring occasionally.

### **CABBAGE WITH TOMATOES**

**(KAPUSTA Z POMIDORAMI)**

- |                                                       |                                                         |
|-------------------------------------------------------|---------------------------------------------------------|
| <b>1 head cabbage (1½ to 2 lbs.),<br/>shredded</b>    | <b>2 T. flour</b>                                       |
| <b>1 lg. or 2 med. tomatoes, coarsely<br/>chopped</b> | <b>1 lg. or 2 sm. onions, chopped<br/>fine</b>          |
| <b>1 tart apple, chopped or shredded</b>              | <b>1 bay leaf</b>                                       |
| <b>2 T. butter or margarine</b>                       | <b>Salt and pepper, sugar, pinch of<br/>mixed herbs</b> |

Cook shredded cabbage with bay leaf in a small amount of water until tender, about 15 minutes. At the same time, cook chopped tomatoes in ¼ cup water until tender. Put through a sieve. When cabbage is almost done, add shredded apple and cook 5-10 minutes longer. Sauté onion in butter or margarine until golden; add 2 tablespoons flour and mix. Add some liquid from the cooked cabbage or bouillon, about ½ cup; cook, stirring for a few minutes. Add tomatoes and continue cooking until smooth and bubbly. Combine with cooked cabbage; add salt, pepper and sugar to taste and heat thoroughly together. Especially good when served with pork dishes.

### **GREEN BEANS WITH ALMONDS**

**(FASOLKA Z MIĘDĄŁAMI)**

- |                                                  |                                        |
|--------------------------------------------------|----------------------------------------|
| <b>1 lb. green beans, washed and<br/>trimmed</b> | <b>1 tsp. lemon juice</b>              |
| <b>½ c. butter</b>                               | <b>Salt to taste</b>                   |
| <b>3 T. water</b>                                | <b>1 c. blanched, shredded almonds</b> |
|                                                  | <b>Pepper</b>                          |

Drop the beans into lightly salted, boiling water. Cook gently until tender; drain. Remove the beans to a warm serving dish. In a heavy pan, slowly brown the shredded almonds in ¼ cup of butter. Add another

(continued)



¼ cup of butter, water, lemon juice, salt and pepper. Pour the almond mixture over the beans and serve.

### **WAX OR GREEN BEANS WITH BUTTERED BREAD CRUMBS**

**(FASOLKA)**

- |                                 |                          |
|---------------------------------|--------------------------|
| <b>1 lb. wax or green beans</b> | <b>½ c. bread crumbs</b> |
| <b>½ c. butter</b>              |                          |

Trim and wash the beans. Cover beans with salted boiling water. Cook gently until tender. Drain and cover. In a small skillet, melt butter; add the bread crumbs, stirring until browned. Place beans on a hot serving dish and smother with butter and bread crumb mixture. Serve immediately. Leeks, brussels sprouts and cauliflower may be served in this manner.

### **HERBED ZUCCHINI AND CARROTS**

**(KABACZKI Z MARCHEWKĄ)**

- |                           |                                 |
|---------------------------|---------------------------------|
| <b>2 lg. zucchini</b>     | <b>1 T. sugar</b>               |
| <b>4 carrots</b>          | <b>½ tsp. marjoram</b>          |
| <b>4 T. oil</b>           | <b>Salt and pepper to taste</b> |
| <b>4 T. cider vinegar</b> |                                 |

Peel the carrots and cut into julienne strips. Cover with water and bring to a boil. Meanwhile, wash and cut the zucchini into julienne strips. Add to the boiling carrots and cook for 5 minutes. Drain and add oil and vinegar combined with the sugar. Toss; add marjoram and season to taste. Can be served hot or cold.





## KOHLRABI (KALAREPA)

8 med. kohlrabi  
4 T. butter  
1 T. flour  
1 T. chopped dill

½ T. chopped parsley  
Salt to taste  
½ tsp. sugar

Wash, peel and cut the kohlrabi into julienne strips. Cover with boiling water and cook until tender. Add salt, sugar and sprinkle flour over the kohlrabi. Stir and bring to a boil. Add butter and stir. Garnish with chopped parsley and dill.

## STUFFED TOMATOES WITH BUCKWHEAT (Pomidory Nadziewane Kaszą Gryczaną)

1 c. whole buckwheat (kasza gryczana)  
2 c. water  
4 ripe tomatoes  
¼ c. chopped scallions

2 T. chopped parsley  
2 T. fresh lemon juice  
6 T. olive oil  
Salt and pepper to taste

Pour water, buckwheat and salt in saucepan and bring to a boil. Reduce heat to low and cook, covered, for 15 minutes or until buckwheat is tender and water is absorbed. Slice off top of tomatoes; remove pulp. Add chopped pulp, scallions, parsley to buckwheat and season to taste. Whip with a wire whisk oil and lemon juice and mix with buckwheat stuffing. Fill tomatoes with stuffing just before serving. To serve hot place stuffed tomatoes in oven for 10 minutes at 350°. Serve immediately.

## POTATO/TOMATO BAKE (Zapiekanka z Ziemniaków i Pomidorów)

2 lbs. potatoes  
1 lb. tomatoes  
4 hard-boiled eggs  
1 lg. onion, sliced

8 T. butter  
4 oz. heavy cream  
1 T. dill

Peel potatoes; cook until tender. Cool and slice. Slice the eggs, tomatoes, onion. Grease the baking dish with butter. Place a layer of

(continued)



potatoes, then a layer of eggs, followed by a layer of tomatoes and finally the onions. Dot with butter. Repeat. The top layer should be the sliced potatoes. Cover with salted heavy cream and place in a 350° oven for ½ hour.

## CHEESE DUMPLINGS (Leniwe Pierogi)

8 oz. farmer's cheese  
1 lg. egg

½ c. all-purpose flour  
½ tsp. salt

**Garnish:** One and ½ tablespoons bread crumbs, sautéed in 3-4 tablespoons butter or strawberries and sour cream. Using fork for the whole process: In a medium bowl, mash the cheese and beat in the egg, then stir in the ½ cup flour and salt. Rub clean pastry cloth with extra flour, about ¼ cup and turn out the dough onto it; flip over dough to flour and flatten to a small rectangle. Roll out to a 7 x 6-inch rectangle ½ inch thick. With a diamond-shaped cookie cutter, each side 1¼ inches long, cut out dumplings. Re-roll leftover dough. Or roll dough with the palms of your hands into long rolls ¾ inch thick; flatten slightly with a knife and cut diamond-shaped dumplings. Drop dumplings into boiling salted water in a 5- to 6-quart saucepan in 1 or 2 batches. They will sink. Boil until dumplings all come to the top, a matter of minutes. Continue boiling 2 more minutes. Carefully remove with a slotted spoon. Serve at once with any of the above toppings. The dumplings have a lovely mild cheese flavor and are chewy but not really tough. Makes about 32 dumplings.

## EASY DUMPLINGS (Leniwe Pierogi)

1 lb. dry cottage cheese  
1 c. flour  
1 T. butter, melted

4 eggs, separated  
Salt

Process cheese. Add lightly beaten egg yolks, melted butter and salt. Add flour and process for 15 seconds. Beat egg whites until stiff and fold in. Place dough on a well floured board. Divide sticky dough into 3 or 4 parts. Roll with hands into narrow cylinder and cut at angle into 1-inch pieces. Cook in salted boiling water until dumplings rise to the

(continued)





top. Drain and serve with browned, buttered bread crumbs or with sour cream and cinnamon, if you prefer. Makes 4 servings. (Food processor method.)

## POTATO DUMPLINGS

(PRAŽUCHY)

3 lbs. peeled potatoes  
1½ c. flour

1 lg. onion, chopped  
6 slices bacon, cut into pieces

Cook potatoes in a large pot until almost done. Drain, leaving about 2 inches of water in the pot. Sprinkle flour over potatoes; cover and simmer for 10 minutes on low. Knead with potato masher until well mixed and cover. In a small frying pan, fry bacon and onion. Dip soup spoon in grease; scoop potato mixture and place on serving dish. Repeat until all of the potato mixture is used up. Pour remaining bacon and onion over the Pražuchy and serve immediately. Can be served with cup of bouillon or clear barszcz. Can also be served with meat dishes.

## RAW POTATO DUMPLINGS

(Pyzy)

2 c. peeled and grated (in a blender) potatoes  
2 c. mashed boiled potatoes  
1 egg

¾ c. flour  
Salt  
3 slices bacon, diced  
1 onion, diced

Drain and squeeze well the raw potatoes. Combine with mashed potatoes, egg and salt. Form small balls. Roll each in flour. Drop dumplings into a large kettle with boiling, salted water. Cover; bring to a boil. Cook uncovered on high heat until they float. Transfer with slotted spoon onto a warm serving platter. Fry bacon with onion until golden. Pour over the dumplings. Serve with braised meats. Serves 4.



## POTATO DUMPLINGS

(Kopytka)

4 c. cooked potatoes  
2 c. flour  
1 egg  
Salt

5 T. butter  
2 T. bread crumbs or 2 slices  
bacon

Clean potatoes; cook in skins. Peel, mash, cool and measure. Mix with flour, egg and salt. Roll out on a floured board; cut and shape into small balls or finger-shaped dumplings. Flatten balls with a well in the middle are called kopytka. Cook in a large kettle in boiling water for 5 minutes. Remove with a slotted spoon. Pour over 2 tablespoons melted butter to prevent sticking. Place on a warm platter. Add bread crumbs to the butter; fry for a few minutes, stirring. Pour over dumplings. Or use fried bacon crumbs and drippings instead. Serves 6. Serve with meat dishes.

## POTATO PANCAKES

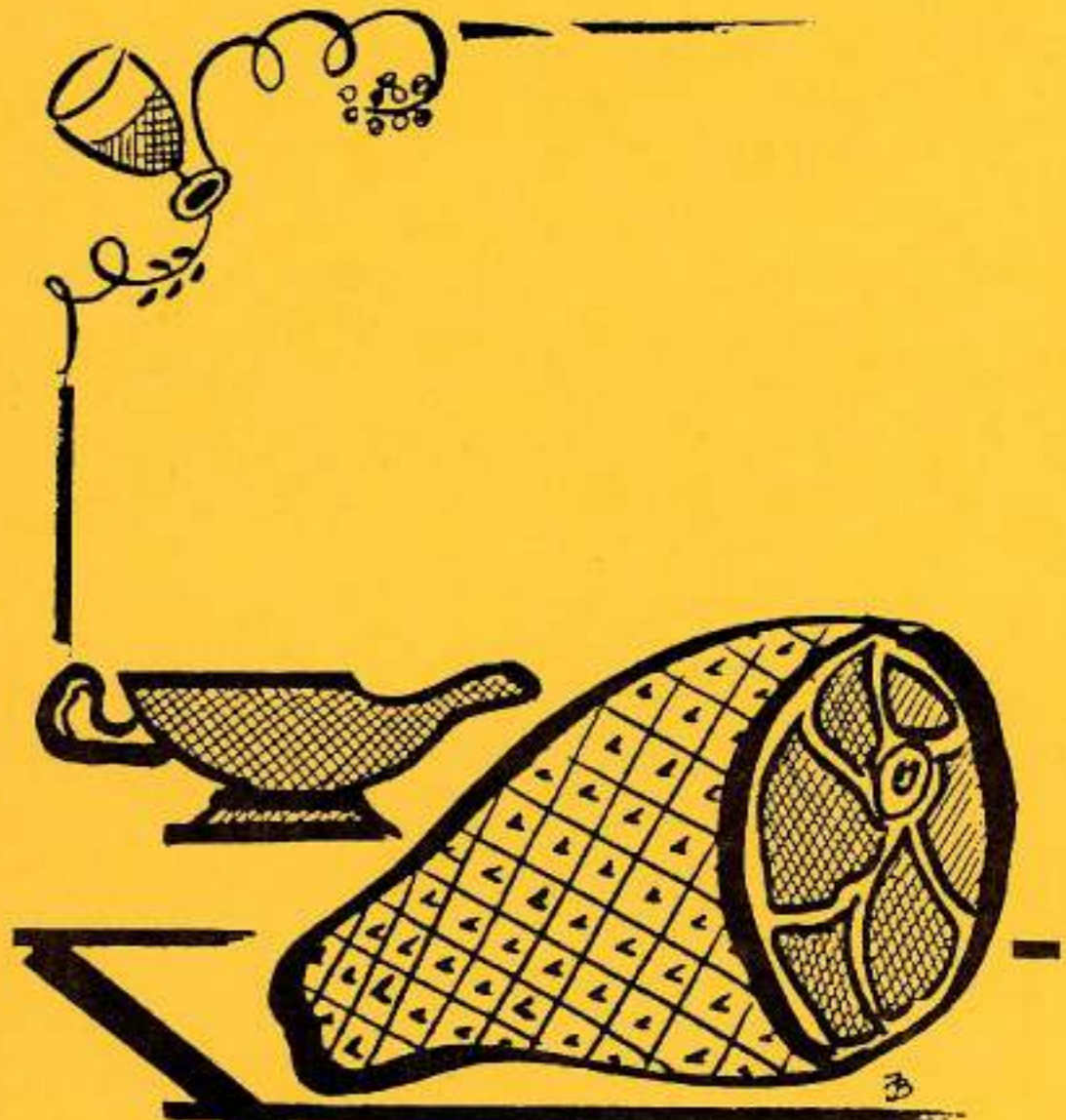
(Placki Ziemniaczane)

8 lg. potatoes, peeled and grated  
1 lg. onion, grated  
1 egg

4 T. flour  
Salt  
Bacon drippings for frying or oil

Pour off a little of the excess liquid from the grated potatoes. Add onion, egg, flour and salt. In a large skillet or on a griddle, melt bacon drippings. Using a large spoon pour potato pancake mixture and flatten with back of spoon. Brown on both sides. Serve with meat dishes or by themselves with sour cream or tart preserves.





Meats



## Helpful Hints

- Use little oil when preparing sauces and marinades for red meats. Fat from the meat will render out during cooking and will provide plenty of flavor. Certain meats, like ribs and pot roast, can be par-boiled before grilling to reduce the fat content.
- When trying to reduce your fat intake, buy the leanest cuts you can find. Fat will show up as an opaque white coating or can also run through the meat fibers, as marbling. Although most of the fat (the white coating) can be trimmed away, there isn't much that can be done about the marbling. Stay away from well-marbled cuts of meat.
- Home from work late with no time for marinating meat? Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for about 20 minutes, and you'll have succulent, tender meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn and rearrange. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Tomatoes added to roasts will help to naturally tenderize them. Tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meats across the grain; they will be easier to eat and have a better appearance.
- When frying meat, sprinkle paprika over it to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest section of your refrigerator for up to two days. Freeze poultry for longer storage. Never leave poultry at room temperature for more than two hours.
- If you're microwaving skinned chicken, cover the baking dish with vented clear plastic wrap to keep the chicken moist.
- Lemon juice rubbed on fish before cooking will enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.



## MEATS

### PIEROGI

#### Dough:

4 c. flour  
1 egg

1 c. water  
Salt

Mix the flour, egg and salt in a bowl, adding water until dough is soft. Knead on a floured board until smooth. (It is easier to work with it if it is chilled for 30 minutes.) Divide the dough in two and roll out on a floured surface as thin as possible. Using a 3-inch cookie cutter or a glass, cut out rounds. Place filling in center, then fold over and pinch the dough all around, making sure it is sealed tightly. You may also cut the dough into 2½-inch squares if you so desire.

#### Food Processor Dough:

2 c. flour  
1 egg

½ c. warm water  
Salt

The rolling out process is made easier with a pasta machine. Roll out dough at indicator 4 for thin dough. Pierogi may be frozen on cookie sheets dusted with flour. After they are frozen individually, place them in plastic freezer bags and store in a freezer. **Cooking:** Fill large pot with water, adding a bit of salt. Bring to a boil. Drop in the pierogi and stir around gently with a wooden spoon. When the pierogi rise to the top, continue cooking for a few more minutes. Garnish with butter and bread crumbs heated and browned in a small skillet.

#### Cabbage Filling (Farsz z Kapusty):

2 lbs. chopped cabbage  
1 lg. chopped onion

Bacon drippings  
Salt and pepper

Boil the chopped cabbage for 10 minutes. Drain on a sieve. In a large skillet, brown the chopped onion in bacon drippings. Add the chopped cabbage and fry at low heat for ½ hour until cabbage is beige. Salt and pepper generously to taste. Mushrooms, chopped, may also be added to improve taste.





## **MUSHROOM FILLING**

**(FARSZ Z GRZYBÓW)**

- |                                                               |                                 |
|---------------------------------------------------------------|---------------------------------|
| 1 lb. sliced mushrooms (use a variety of different mushrooms) | 1 T. bread crumbs or 1 T. flour |
| 1 onion, chopped fine                                         | 4 T. sour cream                 |
| ½ c. butter or as needed                                      | Salt and pepper to taste        |

Sauté mushrooms and onion in the butter. Season. Stir in parsley and bread crumbs or flour. Allow the mixture to simmer over low heat for 10 minutes or until mixture binds. Place 2 or 3 tablespoons of filling onto each crepe and roll up. Garnish with sour cream.

## **MEAT FILLING**

**(FARSZ Z MIĘSA)**

- |                                |                                |
|--------------------------------|--------------------------------|
| 2 lbs. beef, roasted or boiled | 4 T. butter or bacon drippings |
| 2 slices white bread           | Salt and pepper                |
| 1 lg. onion, chopped           |                                |

Grind the meat. Soak bread in water and squeeze out. Add to the meat. Brown onion in butter or bacon drippings and add with the fat to the meat. Season and blend well.

## **ZESTY POTATO FILLING**

**(NADZIENIE ZIEMNIACZANE)**

- |                      |                           |
|----------------------|---------------------------|
| 4 c. mashed potatoes | Salt and pepper           |
| 2 onions             | ½ c. sharp cheddar cheese |
| ¼ butter             |                           |

In a large skillet melt butter and fry the onions until golden. Add mashed potatoes, salt, pepper and grated sharp cheddar cheese. Mix well and cool.



## **CHEESE AND POTATO PIEROGI FILLING**

**(NADZIENIE Z ZIEMNIAKÓW I SERA)**

- |                                                |                             |
|------------------------------------------------|-----------------------------|
| 2 lg. potatoes, cooked in skins                | 1-2 tsp. lemon juice (opt.) |
| 1 c. low-fat ricotta cheese                    | Salt and pepper             |
| 2 green onions, finely chopped                 |                             |
| 1 sm. onion, finely chopped and browned in oil |                             |

Peel cooked potatoes and put them through the ricer. Add cheese, onions, salt and pepper to taste. Mix well. Makes about 25 pierogi.

## **CHEESE FILLING**

**(NADZIENIE Z SERA)**

Food Processor Method:

- |                          |                       |
|--------------------------|-----------------------|
| 1 lb. dry cottage cheese | 2 T. butter, melted   |
| 1 egg yolk, beaten       | 2-3 T. sugar to taste |

Process cheese for 30-60 seconds. Add beaten egg yolk and process for 30 seconds. Add butter and sugar and process for another 30 seconds. Makes about 25 pierogi. Pierogi can also be made with blueberries, Italian plums, chopped apple and served with melted butter and sour cream.

## **HUNTER'S STEW #1**

**(Bigos)**

- |                                                               |                                                     |
|---------------------------------------------------------------|-----------------------------------------------------|
| 1 lb. beef                                                    | ½ lb. bacon, sliced and browned (reserve bacon fat) |
| 2 lbs. pork, roasted or fried                                 | 2 med. onions, diced                                |
| 1 lb. ham                                                     | 2 T. flour                                          |
| ½ lb. Polish sausage                                          | 1 c. red wine (opt.)                                |
| 3-4 lbs. sauerkraut, chopped                                  | Salt and pepper to taste                            |
| 3-4 lbs. cabbage, chopped                                     |                                                     |
| 2 dried mushrooms, cooked until soft in a sm. amount of water |                                                     |

Cut all meats including the sausage into small pieces. Brown the onion in the fat reserved from bacon. Add flour and stir until blended.

(continued)





Add the sauerkraut, the cabbage and mushrooms with the liquid in which they were cooked. Add all the meats, including the sausage and bacon. Season to taste. Simmer tightly covered for 3 hours. The wine may be added at the end. Bigos may be reheated again and again. It improves with each reheating.

### **HUNTER'S STEW #2**

**(Bigos)**

- |                                             |                                  |
|---------------------------------------------|----------------------------------|
| 1-qt. jar Polish sauerkraut                 | ½ lb. thick cut smoked bacon     |
| 1 savoy cabbage                             | 1 lb. Polish sausage (authentic) |
| 2 lbs. lean beef, cut into bite-size pieces | 1 onion                          |
| 2 lbs. lean pork, cut into bite-size pieces | 1 sm. tomato paste               |
| 1 lb. breakfast sausage links               | 3-5 bay leaves                   |
|                                             | Salt and pepper                  |

In a large pot boil 8 cups of water and add sauerkraut, simmer. Chop onion and grate the cabbage and add to the pot. Brown beef and pork in 2 frying pans and add to the pot. Cut bacon into 1-inch slices and fry. In the meantime, slice the Polish sausage into ½-inch pieces and fry with the bacon. Add to pot with bay leaves, salt, pepper and simmer on low for a few hours. Add tomato paste at the end and some sugar to taste. You can add wild mushrooms and other varieties of meats such as ham, venison, etc.

### **VEGETARIAN STEW**

**(Bigos Jarski)**

- |                                                 |                                                                |
|-------------------------------------------------|----------------------------------------------------------------|
| 1 onion, chopped                                | 1 c. chopped tomatoes or tomato paste                          |
| 2-3 T. olive oil                                | 1 clove garlic, minced                                         |
| ½ lb. plus fresh and/or dried mushrooms, sliced | Spices: bay leaf, sweet paprika, caraway seed, salt and pepper |
| 1 lb. cabbage, shredded                         |                                                                |
| 1 (15-oz.) can sauerkraut, drained              |                                                                |
| 1 c. water or vegetable stock or white wine     |                                                                |

(continued)



Fry onion and mushrooms in oil on low flame; add all other ingredients and let them stew for 15-30 minutes, add garlic at the end. Best served on mashed potatoes or with rye bread.

### **BEEF ROLLS**

**(Zrazy)**

- |                                          |                                    |
|------------------------------------------|------------------------------------|
| 4 thin slices sirloin top or round steak | 1 pickle, cut lengthwise into 8ths |
| 4 strips bacon                           | ½ c. sour cream                    |
| 1 onion                                  | 3 tsp. mustard                     |
|                                          | Salt and pepper to taste           |

Spread mustard on each slice of meat; top with slices of onion, bacon and pickle. Roll and tie with string or secure well with toothpicks. Roll in seasoned flour and brown in butter. Cover with 1 cup water and simmer 1 hour, until meat is tender. Add the sour cream; remove toothpicks and place on dish. Garnish with parsley before serving. Serve with buckwheat kasza.

### **PORK TENDERLOIN IN SAUCE**

**(Zrazy)**

- |                        |                  |
|------------------------|------------------|
| 2 lbs. pork tenderloin | 6 T. butter      |
| 1 c. flour             | 1 pt. sour cream |
| Salt and pepper        |                  |

Slice the pork tenderloin into ¾-inch slices. Beat into patties, then dredge in flour mixed with salt and pepper. Fry in butter for a few minutes until brown on both sides. When all are browned, place back in the frying pan all the tenderloin patties and add the sour cream. Heat at medium temperature for a few minutes and serve immediately. Serve with buckwheat kasza.





## **BEEF WITH MUSHROOMS**

**(ZRAZY Z GRZYBKAMI)**

1½-lb. beef brisket, sliced  
1¾ tsp. flour  
2 T. shortening  
½ c. water

2 onions, sliced  
6 oz. mushrooms, sliced  
Salt and pepper to taste

Pound the meat well. Sprinkle with salt, pepper and flour. Brown in hot shortening. Transfer to a saucepan; add water. Fry the onions in the drippings. Add to the meat. Simmer for 1 hour. Add the mushrooms. Simmer another 15 minutes. Bring to boil for 2 minutes. Serves 4.

## **POLISH HAMBURGERS**

**(KOTLETY SIEKANE)**

1 lb. lean ground beef  
1 med. onion, chopped  
1 egg  
2 slices white bread  
1 tsp. salt

½ tsp. pepper  
¼ tsp. garlic salt  
6 T. shortening  
½ c. bread crumbs

Soak bread in milk. Remove edges and squeeze. Mix ground beef, soaked bread, chopped onion, egg, salt and pepper and garlic powder. Form patties, then coat with bread crumbs. In a heavy skillet, heat the shortening and fry the hamburgers for a few minutes on both sides. Simmer for a few minutes and serve. Serve with boiled potatoes or rice.

## **BASIC CABBAGE ROLLS**

**(Gołąbki)**

12 lg. unbroken cabbage leaves  
2 T. lard  
1 lb. ground pork  
1 lb. lean ground beef  
1 c. steamed rice

1 tsp. salt  
½ tsp. pepper  
1 tsp. marjoram  
2 bay leaves

Steam the cabbage leaves in water until slightly wilted. Drain and cool. Brown the onion in the lard. Mix rice with meat and add onion,  
(continued)



pepper, salt and marjoram. Divide this mixture onto cabbage leaves. Roll up and tuck in the ends. Place the cabbage rolls in deep casserole dish, cover with water; add ½ teaspoon of salt and bay leaves. Cover casserole and bake in oven at 325° for 2 hours. When ready, can be served with fried mushrooms or tomato sauce.

## **MEATLESS CABBAGE ROLLS IN MUSHROOM**

**SAUCE**

**(Gołąbki BEZMIĘSNE W GRZYBOWYM SOSIE)**

1 lg. or 2 med. heads savory  
cabbage  
2 c. cooked white or brown rice  
1 lg. onion, chopped and sautéed  
10-15 dried mushrooms

1 T. oil or butter  
2 tsp. flour  
¼ c. evaporated milk  
1 egg, lightly beaten

Rinse dried mushrooms and cook in 2 cups water for 30 minutes, then chop fine. Carefully remove cabbage leaves and parboil in salted water until wilted. When cooled, trim tough stems at bottom of each leaf. Mix rice, egg, onion, mushrooms and season with salt and pepper. Place a heaping tablespoon of mixture in center of leaf; fold on 3 sides and roll up. In a large skillet lightly brown cabbage rolls, seam side down in small amount of oil and/or butter. Add saved mushroom water; cover. Simmer for 10-15 minutes. Mix flour with milk; add to skillet and simmer 2-3 minutes longer. Season sauce with salt, pepper (add maggi optional). Makes about 10 medium cabbage rolls.

## **LAZY CABBAGE CASSEROLE**

**(LENIWA ZAPIEKANKA GOŁĄBKOWA)**

1 cabbage, chopped  
2-3 T. olive oil  
1 onion, finely chopped  
1 lb. mushrooms, chopped  
2 c. rice, cooked

16 oz. tomato sauce  
1 can diced tomatoes  
Spices: Italian seasoning works  
well plus salt and pepper to  
taste

Sauté onions and mushrooms in oil very lightly. Mix with rice and seasonings. Grease 3-quart casserole. Line bottom of casserole with ½ cabbage; add ½ rice mixture; top with rest of cabbage then rest of rice mixture. Top with chopped tomatoes or tomato sauce. Cover, bake  
(continued)





at 350° for 1 hour; uncover and bake an additional 20-30 minutes. Tastes just like stuffed cabbage rolls without all the work.

### **MEATLESS CABBAGE ROLLS WITH MUSHROOM FILLING** (Gołabki Bezmięsne z Grzybami)

- |                      |                                   |
|----------------------|-----------------------------------|
| 2 med. heads cabbage | 3 T. chopped parsley              |
| ¼ c. butter          | 1 tsp. salt                       |
| 1½ lbs. mushrooms    | ¼ tsp. pepper                     |
| ½ c. rice            | 1 (6-oz.) can tomato sauce (opt.) |

Discard torn or discolored outer layer of cabbage leaves. Remove core and discard. Immerse cabbage core side down in boiling water and cook for 10 minutes or until soft. Drain and cool. Chop mushrooms and onions. Sauté in half the butter for 10 minutes; add parsley and pepper. Mix uncooked rice with mushroom mixture and season to taste. Remove cabbage leaves 1 by 1. Line bottom of large pot with discarded large leaves to prevent burning. Slice off thick parts of stems; place 2 tablespoons of mushroom/rice mixture on the stem end of leaf. Fold sides and roll up tightly. Layer stuffed cabbage rolls seam side down and dot with remaining butter. Add can of tomato sauce and enough water to cover the cabbage rolls. Cover and simmer for 1½ hours. (Preferably in oven at 350°.)

### **QUICK VEGETARIAN CHILI** (Szybkie Jarskie Chili)

- |                                            |                                               |
|--------------------------------------------|-----------------------------------------------|
| 1 onion, chopped                           | 1 (8-oz.) can tomato sauce                    |
| 1 yellow bell pepper, seeded and chopped   | 1 sm. can corn, drained                       |
| 1 (15-oz.) can any beans you like, drained | 1 zucchini, diced                             |
| 1 (15-oz.) can red kidney beans, drained   | 1 T. chili powder                             |
| 1 (28-oz.) can diced tomatoes              | 1 tsp. ground cumin                           |
|                                            | (Opt.) sliced mushrooms, chopped celery, etc. |

In a big pot combine all ingredients and simmer for 20 minutes. Garnish with fresh chopped cilantro and plain yogurt.



### **VEGETARIAN CASSEROLE** (Zapiekanka Jarska)

- |                                  |                          |
|----------------------------------|--------------------------|
| 4-5 potatoes, sliced             | Olive oil                |
| 2-3 onions, sliced               | Salt and pepper to taste |
| 1-2 portobello mushrooms, sliced |                          |

Preheat oven to 375°. Combine all ingredients, drizzle with oil, season with salt and pepper. Cover and bake for 50-60 minutes. Serve with simple tomato salad: sliced tomatoes, topped with finely chopped onion, salt, pepper and lemon juice.

### **BOILED BEEF** (Sztuka Mięsa)

- |                     |                            |
|---------------------|----------------------------|
| 2-3 lbs. beef chuck | Piece of cabbage           |
| 1 lg. onion         | 1 celery stalk with leaves |
| 3 carrots           | Salt and pepper            |
| 1 parsnip           |                            |

Place the meat in a large pot; cover with water. Add peeled carrots, the celery and onion as well as peeled parsnip. Salt to taste. Bring to a boil; skim and simmer on low heat for 2-3 hours. Serve with horseradish sauce while still piping hot. Reserve the bouillon for soup or serve in a cup with the boiled beef.

### **SAUERBRATEN** (Pieczeń na Dziko)

- |                                 |                            |
|---------------------------------|----------------------------|
| 1 (4- to 5-lb.) beef rump roast | 2 bay leaves               |
| 1 qt. water                     | 2 tsp. salt                |
| 2 c. dry red wine               | Pepper                     |
| 1 c. vinegar                    | ½ c. flour                 |
| 10 cloves                       | 2 T. fat                   |
| 1 T. brown sugar                | 4 lg. carrots, sliced      |
| 1 clove garlic, minced          | 1 can condensed beef broth |
| 1 lg. onion, chopped            | 1 c. celery, sliced        |

Place meat in deep bowl. Combine water, wine, vinegar, onion, sugar, bay leaves, garlic and cloves. Pour over beef. Cover and refrigerate for

(continued)





3 days, turning meat occasionally. Drain off liquid; strain and save. Dredge meat with 2 tablespoons flour. Brown in fat in heavy skillet. Add 3 cups of strained liquid and vegetables. Cover and cook slowly until tender, about 4 hours. Remove meat to hot plate. Blend remaining flour with 1/2 cup of strained liquid; add condensed broth. Process vegetables in blender until very smooth. Add to the broth. Cook stirring constantly, until thickened. Taste sauce and season with salt and pepper. Serve gravy separately.

### **BEEF CUTLETS WITH SOUR CREAM** **(Wołowe Kotlety w Śmietanie)**

- |                        |                   |
|------------------------|-------------------|
| 2 lbs. top round steak | Butter            |
| 1 T. flour             | Salt and pepper   |
| 6 dried mushrooms      | 4-6 potatoes      |
| 2 c. sour cream        | Paprika           |
| 1 onion, chopped       | Flour for coating |

Cut the meat in pieces. Pound and salt. Coat with flour and brown in butter. Cook the mushrooms in butter on the side and combine with beef when tender, adding the pan drippings too. Add enough water to prevent burning. Simmer for 30 minutes and add 2 sliced potatoes. When potatoes are almost tender, add sour cream mixed with flour. Simmer for 5 minutes and serve.

### **BEEFSTEAK WITH ONION** **(Befsztyk z Cebulą)**

- |                                                                                       |                                |
|---------------------------------------------------------------------------------------|--------------------------------|
| 2 lbs. beef steak, cut into strips<br>about the size of French-fried<br>potato strips | 1 1/2 c. chopped onion         |
| 3 T. oil                                                                              | 1/2 tsp. finely chopped garlic |
| 3 T. butter                                                                           | 1 1/2 c. beef stock            |
|                                                                                       | 2 T. white vinegar             |
|                                                                                       | Salt and pepper to taste       |

Sauce:

- |            |                 |
|------------|-----------------|
| 1 T. flour | 1 c. sour cream |
|------------|-----------------|

In a heavy skillet, heat oil and butter. When the foam subsides, add the meat and brown it on sides. Remove it to a platter. Pour off most of the fat; add onion and cook them, stirring occasionally until they are

(continued)



lightly colored. Add garlic. Cook 3 minutes more. Add vinegar and generous grinding of pepper. Pour in the stock and bring to a boil. Return the meat to the pan and boil again. Turn the heat to low and simmer the meat for 15 minutes or longer, until it is tender. **Sauce:** Beat the flour into the sour cream. Whisk the mixture into the skillet, then turn the heat to its lowest point and simmer for 5 minutes without letting the sauce reach the boiling point. Pour the sauce over the meat or serve in a sauce boat.

### **FRESH POLISH SAUSAGE** **(Świeża Kielasa)**

- |                             |                                     |
|-----------------------------|-------------------------------------|
| 2 lbs. fresh Polish sausage | 4 T. bacon drippings or 4 T. butter |
| 2 lg. onions, sliced        |                                     |

Cover the sausage with boiling water and cook for 20-25 minutes. In a large skillet brown sliced onion in bacon drippings or butter. Place hot sausage on top of onions and simmer at low heat for 4 minutes on each side. Serve with hot boiled potatoes and sauerkraut.

### **POLISH HAM IN MADEIRA SAUCE** **(Polska Szynka w Sosie z Madery)**

- |                                                     |                              |
|-----------------------------------------------------|------------------------------|
| 2 lbs. Polish ham, canned, sliced<br>1/4 inch thick | 1/4 c. Madeira or dry sherry |
| 2 T. oil                                            | 2 T. Dijon mustard           |
| 4 T. butter                                         | 1/2 T. tomato paste          |
| 4-6 green onions, chopped                           | 1/2 c. heavy cream           |
|                                                     | 1/2 c. beef stock            |

Brown ham slices on both sides in oil and butter. Remove from the pan and keep warm. Into the same pan, add chopped green onion and cook, stirring for a few minutes. Then add wine and beef stock and cook a little longer. In a small bowl mix together Dijon or other strong mustard and tomato paste. Slowly stir in heavy cream. Combine with wine/stock mixture. Place the ham back in the pan; reheat basting with the sauce. Serve with rice. Serves 6-8.





## **POLISH PORK CHOPS** (Polskie Kotlety Schabowe)

4-6 loin pork chops  
4-6 T. chopped onion  
1 c. tomato sauce  
½ c. sour cream

1 med. dill pickle  
3 T. dry sherry  
Salt and freshly ground pepper

In a lightly greased skillet, brown the pork chops on both sides over a brisk heat. Cover; reduce the heat and cook slowly until chops are almost tender, about 20 minutes. Add the chopped onion; cover and continue cooking until onion is soft, about 5 minutes longer. Add tomato sauce and sour cream and heat, but **do not bring to boiling point**. Stir in sherry, chopped pickle, salt and pepper to taste just before serving.

## **SMOKED PORK CHOPS WITH SAUERKRAUT** (Wędzone Kotlety Schabowe z Kapustą)

6 smoked pork chops  
4 slices bacon  
1½ c. chopped onion  
2 c. peeled and coarsely chopped tart apples  
2 lbs. sauerkraut, rinsed and drained

¾ c. dry white wine  
¼ tsp. salt  
½ tsp. cumin seed, ground  
½ tsp. peppercorns, ground  
2 T. chopped fresh parsley

Cut bacon into 1-inch pieces. In a skillet, cook bacon with onion over moderate heat until the onion is tender. Add apples and cook for 3 minutes more. Stir the ground spices into the onion mixture; add sauerkraut, wine, salt and mix well. In a casserole, layer smoked pork chops between the sauerkraut mixture and bake the mixture covered in a preheated 350° oven for 1 hour. Garnish with parsley before serving. Serves 6.



## **PORK LOIN IN CRUST** (Połędwica w Ciecście)

### Crust:

11 oz. flour  
5½ oz. butter  
1 egg yolk

Salt to taste  
Water

2½ lbs. pork loin  
2 oz. butter  
1 sm. jar tarragon-flavored mustard

Salt and pepper to taste

Prepare pastry crust. Mix flour with butter and salt. Add just enough water to make a smooth dough. Dust the dough with flour; wrap in waxed paper and set aside while you prepare the pork. Place pork in ovenproof dish; dot with small pieces of butter; sprinkle with salt and pepper. Bake 1 hour in a hot oven at 425°. Let cool for a few minutes. Roll out pastry dough on a lightly floured working surface. Generously spread mustard over dough. Remove string from meat. Place meat on dough. Roll pastry around meat and seal well. Prick the top of the pastry with a fork. Mix egg yolk with a little cold water. Brush egg yolk mixture over pastry. Place on a buttered pan and bake in a hot oven for 45 minutes (425°). If crust browns too quickly, cover with aluminum foil. Serve immediately.

## **PORK WITH SAUERKRAUT** (Wieprzowina z Kiszoną Kapustą)

2 lbs. lean pork shoulder, cut in 2-inch cubes  
1 lg. onion, sliced  
½ tsp. caraway seeds  
1 c. sour cream

1 tsp. salt  
1 T. shortening  
1 lb. sauerkraut  
Water as needed

Melt shortening and brown meat with onions. Add a small amount of water to cover half of meat. Simmer for 1½ hours until meat is tender. Add sauerkraut and cook for ½ hour. If necessary, add more water. When done, add sour cream. Mix well and serve with potato dumplings.





## **LAMB SHASHLIK** (SZASZŁYK BARANI)

2 lbs. lamb  
1 qt. natural yogurt

1 lg. onion  
Salt and pepper

Cut lamb into 1½-inch cubes, making sure it is trimmed of all fat. In a glass pan, mix the meat with the yogurt, adding to it grated onion. Mix well. Refrigerate for 4 hours or overnight. Place meat on skewers and (optional) add green pepper, onions, mushrooms alternately. Broil in oven or on barbecue until done. Serve immediately. Serves 6.

## **ROAST OF LAMB** (PIECZONA NOGA BARANIA)

6- to 8-lb. leg of lamb  
Salt

Freshly ground pepper  
3 lg. cloves garlic

Very carefully trim all the fat from the leg of lamb making sure that the meat is not cut. Make incisions in the meat and insert a slice of garlic. Rub with salt and sprinkle with freshly ground pepper. Preheat oven to 400°; place lamb in oven and reduce heat to 350°. Roast for 2 hours or more if you want it well done. Serve immediately. Cold lamb is not too tempting.

## **LAMB STEW** (DUSZONA BARANINA)

1½ lbs. lamb shoulder, cut in  
1-inch cubes  
2 T. butter or margarine  
2 T. flour  
1½ tsp. sugar  
1 tsp. salt  
1 c. chicken broth  
1 c. white wine  
2 lg. tomatoes, coarsely chopped  
4 lg. carrots, pared and quartered

1 clove garlic, minced  
1 bay leaf  
¼ tsp. thyme  
3 potatoes, pared, quartered  
6 sm. onions  
1 (10-oz.) pkg. frozen cut green  
beans  
1 (10-oz.) pkg. frozen peas  
¼ tsp. pepper

(continued)



Brown lamb chops on all sides in butter. Sprinkle flour, sugar, salt and pepper. Cook over low heat for 10 minutes. Add broth, wine, tomatoes, garlic, bay leaf and thyme. Bring to boil; reduce heat. Cover and simmer for 1 hour. Add potatoes, carrots and onion. Cook, covered, over low heat 35 minutes. Add beans and peas; cook 5 minutes more.

## **RABBIT** (KRÓLIK PIECZONY)

1 rabbit (2 to 3 lbs.), cut up  
Flour, salt and pepper to coat  
½ c. butter  
1 med. onion  
1 clove garlic

1 c. bouillon  
½ c. white wine  
1 bay leaf  
1 c. sour cream  
¼ tsp. nutmeg

Wash the rabbit parts and pat dry with paper towels. Coat each piece in flour with salt and pepper added. Slice onions and garlic clove and sauté in butter for a few minutes. Brown rabbit pieces; add bouillon, white wine and bay leaf. Bake in a Dutch oven or a covered baking dish for 2 hours at 350°. Remove rabbit pieces and place on heated serving dish. Stir sour cream and nutmeg into leftover broth. Pour sauce over rabbit pieces and serve immediately.

## **ROAST DUCK WITH APPLES** (KACZKA NADZIEWANA JABŁKAMI)

1 duck, 4 to 5 lbs.  
Salt

3 lg. Granny Smith apples

Preheat oven to 250°. Wash the duck and pat dry with paper towels. Rub inside and outside of duck with salt. Peel and core apples. Cut into eighths. Pack the apples tightly in the cavity and secure the opening and neck skin to the back with skewers. Roast the duck on a rack for 2-4 hours at 250°. One hour before serving, pierce the skin all over with a fork and increase the heat to 400°. To check for doneness, pierce the thigh with a sharp knife and if clear yellow juice comes out of it, it is done. It is pink, leave in oven for another 10-15 minutes. Serve with red cabbage.





## **ROAST STUFFED CHICKEN** **(PIECZONA KURA Z NADZIENIEM)**

1 young chicken  
6 T. bread crumbs  
1 c. milk  
4 T. butter  
Chicken liver, chopped

1 T. parsley, chopped  
Salt and pepper to taste  
Garlic, pressed  
2 eggs, beaten

Rub the chicken with salt and garlic inside and out. Combine chicken liver with eggs, bread crumbs, milk, parsley, salt and pepper. Stuff the chicken and rub it with butter. Bake in the oven, 350°, for 1 hour.

## **CHICKEN IN DILL SAUCE** **(KURY W SOSIE KOPROWYM)**

2 med. chickens  
½ c. flour  
3-4 T. margarine

Salt and pepper  
1½ c. water  
Dill Sauce

Wash the chicken and cut into serving pieces. Salt and dredge in flour. Brown on both sides. Place chicken parts in a large skillet or pot and pour over it 1½ cups of water. Simmer for 1-1½ hours. Serve with Dill Sauce.

## **CHICKEN LIVERS** **(WĄTRÓBKI Z KURY)**

1 lb. chicken livers  
6 slices bacon  
¼ c. flour  
½ c. water  
½ c. sliced mushrooms  
2 tsp. lemon juice

2 T. onion, chopped  
2 T. parsley, chopped  
4 chicken bouillon cubes  
½ tsp. salt  
Black pepper to taste

In a large skillet, fry bacon until crisp. Drain on paper towels. Cut chicken livers in halves and dredge with salt, pepper and flour. Brown onion in bacon fat; add livers and sauté until browned. Gradually add water, stirring until smooth. Add bouillon cubes, mushrooms and lemon

(continued)



juice. Cook until blended, about 5 minutes. Crumble bacon into small pieces and add to the mixture. Pour into center of macaroni ring and garnish with parsley.

## **CHICKEN LIVERS IN A SAUCE** **(KURZE WĄTRÓBKI W SOSIE)**

1 lb. chicken livers  
1 c. flour

Salt and pepper  
1 c. milk

Dredge the chicken livers in flour mixed with salt and pepper. Fry in butter or margarine on both sides until browned. Set aside and continue until all are fried. Place all the chicken livers back in the same frying pan and pour 1 cup of milk over them. Stir gently with wooden spoon until sauce is formed. If necessary, add more milk. Serve with rice.

## **MUSHROOM STUFFED GAME BIRDS** **(KURKI NADZIEWANE GRZYBKAMI)**

4 partridges or Cornish hens  
1 c. chopped giblet from 4 game birds  
1 c. chopped mushrooms  
¼ c. minced onion  
½ c. butter

4 c. soft bread cubes  
2 T. minced parsley  
¼ tsp. pepper  
¾ tsp. salt  
½ lb. salt pork strips

### **Gravy:**

¼ c. drippings  
1½ c. water  
¼ c. dry sherry

1 tsp. salt  
¼ c. butter  
1 c. mushrooms, sliced

Sauté mushrooms, giblets and onion in butter. Add bread cubes, parsley, pepper and salt. Stuff body and neck of Cornish hens or partridges, tuck wings under. Place on rack in a shallow pan. Lay salt pork strips on breasts. Roast at 350° for 45 minutes or until tender. Remove pork strips for last 15 minutes. Strain drippings. In skillet, combine drippings, 1¼ cups water and salt; blend 3 tablespoons flour with ¼ cup water. Add to skillet. Cook, stirring constantly until thickened. Add sherry. Add to gravy sliced mushrooms sautéed in butter; heat. Arrange

(continued)





birds on a bed of white or wild rice. Four servings, 1 bird per person. Serve with white wine, peas and salad.

## CHICKEN GALANTINE

(KURA W GALARECIE)

### Stock:

8 c. water  
8 oz. mixed vegetables (as for soup)

Chicken giblets, wings, bones  
Bay leaf, whole peppercorns and allspice

### Meat Mixture:

6 oz. boneless veal  
5 oz. boneless pork  
3 oz. calf liver  
Liver from chicken  
1 onion, coarsely chopped  
2 eggs

½ c. bread crumbs or dry white bread or roll  
5 oz. smoked sausage or tongue  
3 oz. dill pickles  
½ c. fresh chopped parsley  
Salt, pepper, nutmeg to taste

### Aspic:

3 c. chicken stock  
2 T. gelatin

2-3 egg whites to clear aspic

**Garnish:** Tomatoes, hard-boiled eggs, cucumbers, lettuce leaves. Rinse chicken. Cut off wings at second joint. Score meat and remove bone off the remaining part of wing. Score meat on legs; separate meat from bone; break bone at knee joint. Use bones for stock. Turn chicken onto breasts and cut skin along the spine. Working with fingers and small sharp knife, separate meat from carcass and thigh bones, being careful not to break skin. Lay out meat and salt lightly. Cut off slices of meat, placing them where meat is thin so as to achieve an even thickness. Meantime, cook stock with giblets, bones and vegetables. **Prepare meat stuffing:** Cook pork with onion until done in 1½ tablespoons butter or margarine, covered. Soak stale bread or roll in stock and squeeze out. Grind 3 times on meat grinder or in food processor: raw veal, stewed pork, liver and stale bread. Add salt, pepper, nutmeg, 2 eggs and about 3 tablespoons water to meat mixture and knead well. Spread stuffing on the meat in an even layer. Arrange slices or strips of sausage or tongue on top of stuffing. Do the same with pickles if used and parsley. Roll like a jellyroll and set up skin. Roll in napkin or cheesecloth and secure with string tied at intervals. Place in strained boiling stock and cook about 2 hours. Cool in stock pressing the meat

(continued)



with weighted board. Next day, remove the meat and cook down stock to 3 cups. Add gelatin to stock; clear it with egg whites and chill. Cut gelatin into slices about 1 inch thick and arrange on platter. Garnish with slices of hard-boiled eggs and vegetables in season. Pour aspic over all. Chill. Garnish edges with lettuce leaves. Serve with tartar sauce.

## TURKEY BREAST IN MUSTARD

(PIERŚ INDYCZA W MUSZTARDZIE)

1½ lbs. turkey breasts, cooked  
1 heaping tsp. Dijon mustard  
1 c. cream  
3 sm. onions

½ stick butter  
Finely chopped parsley  
Salt and pepper

Slice turkey into strips. Blend together mustard, cream, onion, salt and pepper. Butter an ovenproof dish with half the butter. Arrange alternate layers of turkey and mustard mixture in dish. Dot top with remaining butter. Cook in medium oven, 325°, for 20 minutes. Serve immediately. Serves 6.

## VEAL STEW

(Gulasz Cielęcy)

2½ lbs. boneless veal shoulder, cut in 1-inch cubes  
4 slices bacon  
3 T. minced onion  
1 med. clove garlic, minced  
3 T. flour  
2 c. chicken broth  
1 T. salt  
½ T. ground black pepper

1½ c. red wine  
½ c. dry sherry  
1½ Worcestershire sauce  
2 T. butter  
1 jar (about 1 lb.) tiny white onions, cooked  
½ lb. sm. green peas  
1 lb. sm. baby carrots, cooked  
½ lb. fresh mushrooms

Sauté bacon in heavy saucepan until crisp. Remove bacon. Heat drippings until hot. Add veal and brown on all sides. Remove and set aside. Add onion and garlic; sauté 3 minutes; add flour and stir. Return veal to pot. Stir in stock, salt, pepper, red wine and Worcestershire sauce. Bring to boiling point. Simmer, covered, until veal is tender, about 1 hour in skillet. Melt butter; add mushrooms. Sauté 3 minutes. Add carrots, onion, mushrooms and sherry to stew during last 5 minutes

(continued)





of cooking. Spoon into serving dish. Sprinkle with chopped dill or parsley. Makes 6-7 servings.

### **GOULASH** (Gulasz)

- |                                                    |                                  |
|----------------------------------------------------|----------------------------------|
| 2 lbs. pork loin, cut in 1/2-inch cubes            | 1 lg. tomato                     |
| 1/2 lg. onion                                      | 1 sm. zucchini                   |
| 14 sm. peppers (sweet mini red and orange peppers) | 4 shiitake mushrooms             |
| 6 strips bacon                                     | 4 cloves garlic                  |
|                                                    | Cayenne pepper and salt to taste |

Slice bacon in 1/8-inch slices. Chop onion and cut peppers into very small pieces. Cut zucchini and tomatoes into 1/2-inch pieces, cover with water and cook. Fry bacon for 5 minutes, then add onion and fry until light yellow, then add peppers and fry for another 5 minutes, stirring all the time. Add to the pot. Add cayenne pepper and salt and garlic juice. Fry shiitake mushrooms in butter for 5 minutes, then add pork and simmer until done. Add to the pot with vegetables and simmer for 1/2 hour. **Optional:** Add 1/2 cup of cream at the end.

### **VEAL ROULADE** (Cielęca Rolada)

- |                      |                             |
|----------------------|-----------------------------|
| 4 slices veal        | Freshly ground black pepper |
| Butter               | Salt                        |
| 4 lg. flat mushrooms | 2 T. ground hazelnuts       |
| 4 slices smoked ham  | 1 T. paprika                |
| 8 sage leaves        | Juice of 1/2 lemon          |

Beat veal slices until thin. Finely slice sage leaves. Squeeze lemon. Preheat oven to 400°. Place 1 slice of smoked ham on each veal slice; season with pepper and sprinkle with sage and ground nuts. Fry whole mushrooms in butter and place on each veal slice. Roll up veal and secure with toothpick. Season with salt and pepper. Place rolls in Pyrex; brush with butter and dust with paprika. Bake for 20 minutes basting often. Remove; slice each roll in half; arrange on serving dish. Heat pan juices; add lemon; spoon over veal rolls. Serves 4.



### **LOIN PORK OR VEAL IN ASPIC** (Polędwica lub Cielęcina w Galarecie)

- |                                  |                           |
|----------------------------------|---------------------------|
| 4 lbs. lean loin of pork or veal | 2 bay leaves              |
| 5 c. water                       | 1/2 tsp. peppercorns      |
| 2 carrots                        | 1 T. salt                 |
| 1 onion                          | 1/3 c. white vinegar      |
| 4 stalks celery                  | 2 env. unflavored gelatin |
| 2 cloves garlic                  |                           |

Put meat into a large kettle, add water and add ingredients except gelatin and bring to the boiling point. Skim surface. Cover tightly; reduce heat and simmer for 2 hours until meat is tender. Remove meat from stock and cool. Chop the meat. Strain stock through several layers of cheesecloth. Cool stock. Skim off all fat. Return stock to kettle. Sprinkle gelatin over stock and heat until gelatin dissolves. Pour a thin layer of aspic into bottom of loaf pan. Arrange slices of lemon, cooked carrots or olives. Chill until almost set. Place meat and pour remaining aspic over meat. Chill until firm. Unmold and garnish. Serve with horseradish and lemon juice.

### **BEEF STROGANOFF**

- |                                 |                                        |
|---------------------------------|----------------------------------------|
| 1 1/2 lbs. beef tenderloin tips | 2 c. beef stock                        |
| 4 T. butter                     | 3 oz. tomato purée                     |
| 4 shallots, chopped fine        | 1 T. Worcestershire sauce              |
| 1 clove garlic                  | 1/2 c. sherry wine                     |
| 1 med. onion, chopped           | 4 T. sour cream                        |
| 6 button mushrooms, sliced      | Dash Tabasco, salt and pepper to taste |
| 1 bay leaf                      |                                        |

Sauté butter, shallots, garlic, onion, mushrooms and bay leaf until onion is transparent. Add flour and mix until well blended. Add heated beef stock and tomato purée and simmer for 10 minutes. Separately in 2 tablespoons butter simmer sliced tenderloin tips mixed with salt and pepper until browned. Add Worcestershire sauce, sherry wine and Tabasco. Combine sauce with meat. Just before serving, add sour cream and blend well. Serve with noodles, buckwheat kasza or potatoes.



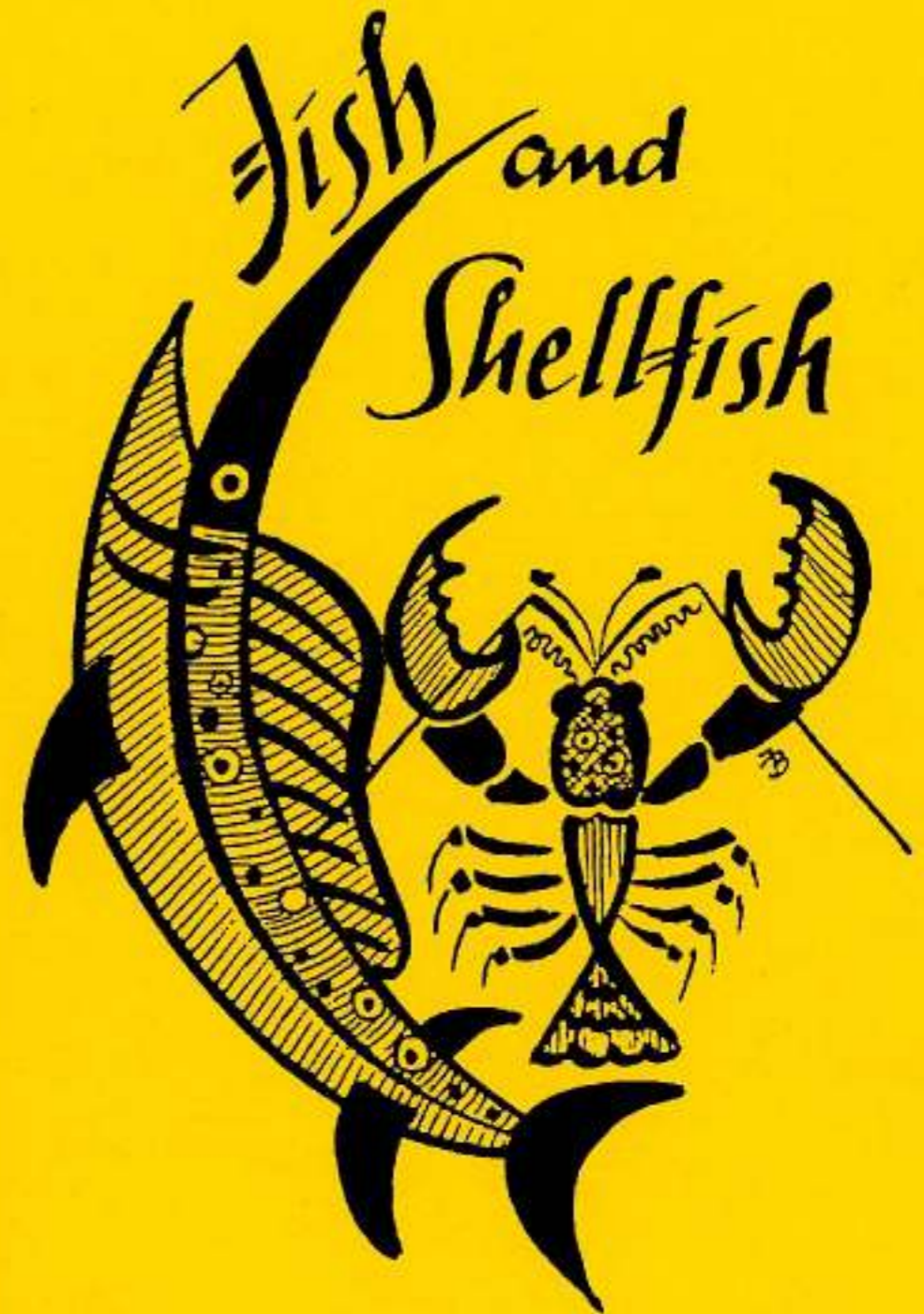


## **CORNED BEEF**

4 to 6 lbs. fresh beef brisket  
4 qt. cold water  
2 c. salt  
1 T. brown sugar  
2 T. pickling spice

6 bay leaves  
½ oz. saltpeter  
6 cloves garlic, chopped fine  
1 lg. onion, sliced

Combine all ingredients except meat, garlic and onion in a large saucepan. Bring to a boil. Reduce heat and simmer for 5 minutes. Cool. Add pickling salt (not iodized) until the mixture will just barely float an egg. Place beef in any container including a plastic pail, just as long as it is not metal. Sprinkle on the garlic and onions and cover with the pickling fluid. Weigh the meat down with a heavy plate. Do not allow meat to project above liquid. Cover the container and store in a cool corner for 12 to 14 days. Refrigeration is not necessary. A mold spot or two may develop on the brine. Ignore it. Remove and wash well and refrigerate until wanted.





## Helpful Hints

- To refinish antiques or revitalize wood, use equal parts of linseed oil, white vinegar, and turpentine. Rub into the furniture or wood with a soft cloth and lots of elbow grease.
- To stop the ants in your pantry, seal off cracks where they are entering with putty or petroleum jelly. Also, try sprinkling red pepper on floors and counter tops.
- To fix sticking sliding doors, windows, and drawers, rub wax along their tracks.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste. Store the paste in the refrigerator.
- Applying baking soda on a damp sponge will remove starch deposits from an iron. Make sure the iron is cold and unplugged.
- Remove stale odors in the wash by adding baking soda.
- To clean Teflon™, combine 1 cup water, 2 tablespoons baking soda and ½ cup liquid bleach. Boil in stained pan for 5 to 10 minutes or until the stain disappears. Wash, rinse, dry, and condition with oil before using the pan again.
- Corning Ware can be cleaned by filling it with water and dropping in two denture cleaning tablets. Let stand for 30 to 45 minutes.
- A little instant coffee will work wonders on your wood furniture. Just make a thick paste from instant coffee and a little water, and rub it into the nicks and scratches on your dark wood furniture. You'll be amazed at how new and beautiful those pieces will look.
- For a clogged shower head, boil it for 15 minutes in a mixture of ½ cup vinegar and 1 quart water.
- For a spicy aroma, toss dried orange or lemon rinds into the fireplace.
- Add raw rice to the salt shaker to keep the salt free-flowing.
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside one with cold water and setting them in hot water.



## FISH & SHELLFISH

### BLINTZES WITH CAVIAR AND HERRING

(Bliny z Kawiozem i Śledziem)

#### Yeast pancakes:.

5 c. flour  
2½ c. milk  
2½ c. water  
3 eggs

2 T. melted butter  
4 env. dry yeast  
Salt to taste

Serve with 1 pint sour cream, ½ pound salmon caviar, 1 pound chopped matjes herrings (smoked salmon optional), ½ pound melted butter. Start approximately 5-6 hours before serving. Dissolve yeast in ¼ cup warm water; add ½ teaspoon sugar. Set aside until yeast is activated. In a large bowl or pot, mix 2½ cups warm water with 3 cups of flour. Add the activated yeast and mix. Cover; let stand in warm place 2 hours. When the dough has at least doubled in bulk, add salt, 2 cups flour, 2 tablespoons melted butter, 3 egg yolks. Mix well with wooden spoon for 8 minutes. Set aside covered in warm place to rise 2 hours. Heat the milk until warm and once again mix with wooden spoon for 5 minutes. In a separate bowl, beat the egg yolks and fold into yeast mixture. Cover and let rise in warm place. Brush griddle with oil and fry thin yeast pancakes like you would fry ordinary pancakes. In separate serving dish, place sour cream, herring, caviar and salmon. Stack pancakes and serve. Each person places 1 yeast pancake on his plate, then sprinkles caviar, herring and salmon. Smother this in sour cream and pour melted butter. Cover with second yeast pancake. Bliny must be served with cold vodka. It is best to cool vodka in the freezer compartment of your refrigerator for at least 3 hours. The old method of frying the bliny was in 8 or 10 separate cast-iron frying pans simultaneously on the old wooden stoves. In our modern kitchens with 4 burners, this would be quite impossible, that is why the griddle method is the one recommended.





## **FISH IN GREEK SAUCE**

**(Ryba po Grecku)**

1 lb. carp, sole or cod fillets      Salt  
2 T. salad oil

**Greek Sauce:**

2 T. salad oil	1/2 c. tomato paste
1/2 c. sliced celery	Salt and pepper
2 carrots, coarsely shredded	1 tsp. sugar
1 parsley root, coarsely shredded	1 T. lemon juice
2 onions, diced	1/2 tsp. paprika
3 T. water	1/4 c. white wine (opt.)

Cut the fish fillets in 2-inch pieces. Fry in hot oil. Sprinkle with salt. Arrange in a long dish. Make Greek Sauce. Heat the oil in a skillet; fry the celery, the carrots and parsley root. Add onions, 3 tablespoons water and salt. Cover and cook for low heat for 15 minutes. Add tomato paste and cook 10 minutes longer. Season with salt, pepper, sugar, lemon juice and paprika; add wine if used. Bring to a boil and simmer for a few minutes. Remove from heat; pour over fish. Serve hot or cold. Serves 4.

## **COD CUTLETS IN GREEK SAUCE #2**

**(Kotlety z Dorsza w Greckim Sosie)**

**Sauce:**

2 lg. parsley roots, shredded larger shredder	2 lg. carrots, shredded as above
1/2 lg. celery root, shredded as above	
3 med. onions, chopped and sautéed in oil	10 whole allspice
3 bay leaves	5 peppercorns
2 tsp. sugar plus salt to taste	1 sm. can tomato paste
4-5 T. white vinegar	

Cook the first 3 ingredients in small amount of water (about 1 cup to make enough sauce) for a couple of minutes. Add the next 4 ingredients to cooking vegetables and continue cooking until vegetables are

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softened to your liking. When vegetables are cooked, add the last 3 ingredients and mix well. The sauce should be thick (chunk salsa). Keep the sauce hot/warm until the fish is ready. The sauce may be prepared in advance, stored in refrigerator and warmed up when needed.

**Fish Cutlets:**

3-4 lbs. cod, ground	1 T. bread crumbs
2 whole eggs	Salt and pepper to taste
2 lg. onions, chopped*	
1 stale bun or white bread, soaked in water and squeezed moist	

\*You may sweat them a little if desired. Combine all fish cutlets ingredients, form cutlets and panfry them in a little oil. Lay the cutlets on a plate while they are hot and completely cover them with the hot/warm sauce. Let stand for a few hours, allowing the taste of the sauce to soak into the cutlets.

## **COD IN HORSERADISH SAUCE**

**(Dorsz w Sosie Chrzanowym)**

2 lbs. cod	Salt
1/2 c. flour	Horseradish sauce
4 T. butter	1/2 c. water

Cut the cod into serving pieces. Dredge in flour and salt. Brown in butter on both sides. Pour water over the cod and simmer for 20 minutes. Serve with hot horseradish sauce, and boiled potatoes.





## **BAKED SOLE GOURMET** **(PIECZONA SOLA)**

1 lb. sole fillets  
 1/4 c. dry white wine  
 1 c. frozen asparagus, cooked and drained

1/2 c. halved cherry tomatoes  
 1/2 c. sliced mushrooms

### **Sauce:**

2 T. butter or margarine  
 2 T. flour  
 1 1/4 c. milk  
 1 egg yolk

1/2 c. dry white wine  
 Salt and pepper to taste  
 1 c. soft bread crumbs  
 1/4 c. Parmesan cheese, grated

Poach fish in covered skillet in 1/4 cup wine for 2-3 minutes. Place in greased baking dish, 10 x 6 x 1 3/4 inches. Sprinkle with salt and pepper. Top with asparagus, tomatoes and mushrooms. Melt butter in small saucepan; stir in flour and cook for a minute, then add milk all at once. Cook, stirring until smooth and bubbly. Add some to egg yolk; mix and return to saucepan. Cook until it starts to boil. Stir in wine, salt and pepper. Pour over fish and vegetables. Combine bread crumbs and Parmesan and sprinkle on top. Bake for 30 minutes at 350°.

## **FISH IN SOUR CREAM** **(RYBA W ŚMIETANIE)**

6 T. butter  
 1 onion, grated  
 2 eggs  
 1 tsp. salt  
 1/2 tsp. pepper

1/4 tsp. dry mustard  
 6 fish fillets (sole or white fish)  
 1 c. bread crumbs  
 1 c. sour cream  
 2 T. chopped parsley

Melt 2 tablespoons butter in a skillet. Add the onion. Sauté for 5 minutes, stirring frequently. Cool. Beat the eggs; add salt, pepper, mustard, sautéed onion. Dip fish in this mixture, then in the bread crumbs, coating both sides. Melt the remaining butter in a skillet. Fry the fish in it for 5 minutes on each side. Add the sour cream; cook over low heat for 10 minutes. Sprinkle with the parsley and serve with rice.



## **TROUT IN SOUR CREAM** **(PSTRĄG W ŚMIETANIE)**

6 med. sized trout  
 6 T. flour  
 6 T. butter  
 6 T. oil

3 c. sour cream  
 3 T. light cream  
 1/2 c. chopped chives  
 Salt and pepper

Rinse the trout and pat dry with paper towels. Salt and pepper and dredge each fish in flour. Brown the fish on both sides in the butter and oil. Transfer to a baking dish and keep in warm oven. In a separate bowl, mix sour cream with light cream and 1 tablespoon flour. Pour the mixture into the skillet and stir until thickened. Stir in the chopped chives. Pour sauce over the trout and serve immediately. Serve with mashed potatoes.

## **PIKE POLISH-STYLE** **(SZCZUPAK PO POLSKU)**

3-lb. pike  
 4 1/2 c. water  
 1 carrot  
 1 onion  
 2 sprigs parsley  
 1 stalk celery

8 peppercorns  
 8 eggs, hard-boiled and chopped  
 3 T. butter  
 3 T. lemon juice  
 Salt and pepper to taste

Boil vegetables and peppercorns for 10 minutes. Add 1 tablespoon lemon juice; salt well. Add cleaned fish and boil for 30 minutes. Heat butter in a skillet; add chopped eggs and 2 tablespoons lemon juice. Remove fish from saucepan; place on platter and pour egg sauce on the top. Decorate with parsley and cherry tomatoes. Serves 6.

## **FISH PATTIES** **(PASZTECIKI Z RYBY)**

2 1/2 c. fish meat, finely chopped  
 2 slices bread  
 1/4 c. milk  
 2 lg. eggs  
 1 onion

1 T. butter  
 Bread crumbs  
 Salt and pepper to taste  
 Butter for sautéing

(continued)





Moisten bread with milk and squeeze. Fry onion in butter. Mix all ingredients well. Make round patties in the palm of your hand. Dip in bread crumbs and fry in butter. No other shortening can do for fish what butter does. Serve with horseradish sauce. Serves 5.

### **TUNA FISH BALLS** (Klopsiki z Tuńczyka)

- |                   |                        |
|-------------------|------------------------|
| 1 onion, minced   | 3 celery stalks, diced |
| 3 carrots, diced  | 2 (6½-oz.) cans tuna   |
| 4 c. water        | White pepper           |
| 4 eggs            | Salt to taste          |
| ¼ c. bread crumbs | 2 T. water             |

Brown minced onion in a saucepan without adding any fat. Add 2 tablespoons water and simmer gently. Add carrots, celery, water and salt to taste. This poaching liquid should be well seasoned. Mash 2 cans of tuna. Add bread crumbs and eggs to make a mixture that can be easily rolled into shape. Form into balls and add 1 at a time into the boiling liquid. Reduce heat; cover and cook for 45 minutes. Yields 18 tuna fish balls of medium size. Serve with cooked vegetables.

### **PIQUANT SALMON LOAF** (Pikanty Pieczony Łosoś)

- |                            |                     |
|----------------------------|---------------------|
| 2 c. canned salmon, flaked | 2 tsp. grated onion |
| 1 c. bread crumbs          | 1 tsp. salt         |
| 1 c. milk                  | 2 tsp. butter       |
| ½ c. chopped pickles       | 2 eggs, beaten      |

Mix well all ingredients. Put into greased baking dish and set in a shallow pan of hot water. Bake at 350° for 45-60 minutes. If desired, may be served with a white sauce to which chopped parsley and chopped hard-boiled eggs have been added.



### **FISH AU GRATIN** (Pieczona Ryba)

- |                                            |                                    |
|--------------------------------------------|------------------------------------|
| 2 lbs. fish fillets (pike, sole or salmon) | 1½ tsp. salt                       |
| 4 T. lemon juice                           | ½ lb. fresh mushrooms              |
| 2 T. butter                                | ½ c. grated chopped cheddar cheese |

Sauce:

- |                 |                  |
|-----------------|------------------|
| 1 T. butter     | ¼ c. heavy cream |
| 2 T. flour      | ⅓ c. cold butter |
| 1 c. fish stock | ⅓ tsp. salt      |
| 3 egg yolks     |                  |

Rinse fillets under cold water. Dry with paper towels. Sprinkle with salt and lemon juice. Place fillets in buttered shallow baking dish. Dot with 1 tablespoon butter. Cover the dish with aluminum foil and bake in hot oven, 425°, for 10 minutes. Cool in stock. Drain fish and arrange in buttered Pyrex shallow dish. Reserve stock for sauce (1 cup). **Sauce:** Melt 1 tablespoon butter in saucepan. Remove from heat and stir in flour. Gradually stir in fish stock. Cook, stirring constantly, until smooth and thick; cool. Beat egg yolks with cream and stir into sauce. Bring mixture to the boiling point, stirring constantly. Remove from heat. Gradually add butter and salt. Blend in mushrooms. Spread sauce over fish and sprinkle cheese on the top. Brown in a hot oven, 450°, about 10 minutes until golden brown. Makes 6 servings.

### **FISH CASSEROLE** (Zapiekanka z Ryby)

- |                                      |                                  |
|--------------------------------------|----------------------------------|
| 2 lbs. fish fillets, cut into strips | ¼ c. butter or margarine, melted |
| 2 med. potatoes                      | 1 (6-oz.) can stewed tomatoes    |
| 2 med. onions                        | Salt and pepper to taste         |
| 2 c. shredded cheddar cheese (med.)  |                                  |

Pour melted butter into Pyrex (12 x 8 inches). Arrange 1 layer of thinly sliced potatoes, then a layer of sliced onions. Arrange a layer of fish strips; sprinkle with salt and pepper. Add 1 cup shredded cheese. Repeat procedure. On the top, spread tomatoes and sprinkle with

(continued)





cheese. Bake about 1 hour at 375°. Serve with vegetables and salad. Serves 6.

### **CRAYFISH CASSEROLE** **(OR SEAFOOD)**

<b>1 lb. crayfish or shrimp, cooked</b>	<b>5 T. butter or margarine</b>
<b>½ lb. crabmeat</b>	<b>1 med. onion, chopped</b>
<b>⅓ c. flour</b>	<b>½ green pepper, chopped</b>
<b>2 c. milk</b>	<b>½ c. chopped celery</b>
<b>3 c. cooked rice</b>	<b>¼ c. mushrooms, sliced</b>
<b>¾ tsp. salt</b>	<b>8 oz. shredded sharp cheddar cheese</b>
<b>⅓ tsp. pepper and paprika</b>	

In butter sauté onion, green pepper, celery and mushrooms, about 5 minutes. Add flour and gradually stir in milk. Stirring constantly, cook over medium heat until thickened. Season with salt and pepper. Add shredded cheese and cook until melted. Remove from heat. Blend in cooked crayfish (shrimp) and crabmeat. Spread cooked rice over the bottom of buttered 9-inch square dish. Pour mixture over the rice; sprinkle with paprika. Bake uncovered at 350° for 20 minutes. Increase baking time to 40 minutes if refrigerated. Can be made a day ahead and kept refrigerated. Serves 6.



# Desserts



## Helpful Hints

- Egg whites need to be at room temperature for greater volume when whipped. Remember this when making meringue.
- When preparing several batches of pie dough, roll dough out between sheets of plastic wrap. Stack the discs in a pizza box, and keep the box in the freezer. Pull out the required crusts as needed.
- Place your pie plate on a cake stand when placing the pie dough in it and fluting the edges. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- Many kitchen utensils can be used to make decorative pie edges. For a scalloped edge, use a spoon. Crosshatched and herringbone patterns are achieved with a fork. For a sharply pointed effect, use a can opener to cut out points around the rim.
- Keep strawberries fresh for up to ten days by refrigerating them (unwashed) in an airtight container between layers of paper towels.
- When grating citrus peel, bits of peel are often stuck in the holes of the grater. Rather than waste the peel, you can easily brush it off by using a new, clean toothbrush.
- To core a pear, slice the pear in half lengthwise. Use a melon baller to cut out the central core, using a circular motion. Draw the melon baller to the top of the pear, removing the interior stem as you go.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- To keep the cake plate clean while frosting, slide 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away leaving a clean plate.
- When decorating a cake with chocolate, you can make a quick decorating tube. Put chocolate in a heat-safe zipper-lock plastic bag. Immerse in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Professionally decorated cakes have a silky, molten look. To get that appearance, frost your cake as usual, then use a hair dryer to blow-dry the surface until the frosting slightly melts.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.



## DESSERTS

### CRANBERRY JELLY

(Kisiel)

8 oz. cranberries  
3 c. water  
1½ c. sugar  
2 cloves

½ stick cinnamon  
1 T. corn flour  
1 T. cold water  
1 c. heavy cream

Rinse and simmer cranberries for 30 minutes or until soft. Pass through sieve together with water. Simmer again for 10 minutes, adding sugar and spices. Cream corn flour with cold water and gradually add some of the hot liquid. Return all to saucepan and simmer for 3 minutes. Put into a mold rinsed with cold water. Turn out when set. Serve with heavy cream.

### EASY CRANBERRY JELLY

(Kisiel)

2 c. prepared crushed cranberries  
2 c. water  
½ c. sugar

4 T. cornstarch  
2 T. lemon juice  
1 c. heavy cream

Bring prepared cranberries and 1½ cups water to a boil. Pass through a sieve. Add sugar; add lemon juice. Blend corn flour with ½ cup water and slowly add to the liquid. Reheat and bring to a boil. Serve chilled with heavy cream. You can substitute other fruits like rhubarb or raspberries.





## **FRUIT SALAD** (Sałatka Owocowa)

1 c. watermelon, chopped  
1 c. strawberries, cored  
1 c. pineapple, chopped

1 c. grapes or any fruit you like  
Some chopped fresh mint leaves

### **Dressing (mix):**

1 peach yogurt with  $\frac{1}{4}$  c. fruit  
juice (any kind) OR juice of 1  
lemon

Put all the ingredients in a bowl and stir gently. Chill for 1 hour or more.

## **PLUM DUMPLINGS** (Knedle ze Śliwkami)

3 c. flour  
2 eggs, lightly beaten  
 $\frac{1}{2}$  c. mashed potatoes

1 tsp. salt  
4 T. softened butter  
40 Italian prunes or apricots

### **Topping:**

8 T. melted butter                       $\frac{1}{2}$  c. sour cream or heavy cream

Sift flour and salt together into a bowl. Add the mashed potatoes, butter and eggs. Blend by hand and knead on a well floured board for approximately 5-10 minutes or until dough is smooth. Add more flour if the dough is too sticky. Cover and set aside. Wipe the prunes with a dish towel and make an incision lengthwise and remove the pit. Pour a little sugar into the void and gently squeeze the plum back into shape. Divide the dough and on a floured board roll into  $\frac{1}{8}$ -inch thickness. Cut out rounds with a 3-inch cookie cutter. Place the prune in the center and cover completely with the dough. Roll in the palms of your hands as if you were making a ball. Bring water to a boil in a large pot; add a bit of salt and cook the dumplings 10 at a time for approximately 10 minutes. Remove with a slotted spoon and place in an ovenproof baking dish generously greased with butter. Keep warm in oven until all are cooked. Serve with melted butter, a sprinkling of sugar and either sour cream or heavy cream.



## **APPLE SNOW** (Jabłkowy "Śnieg")

2 lbs. tart apples, peeled, cored,  
sliced  
 $1\frac{1}{2}$  c. sugar  
1 tsp. lemon rind

$\frac{1}{2}$  tsp. cinnamon  
 $\frac{1}{2}$  c. heavy cream, beaten  
Pinch cream of tartar and salt  
4 lg. egg whites

In a heavy enameled saucepan, combine apples, 1 cup sugar, cinnamon, 2 strips of lemon rind and cook the mixture, covered, over low heat, stirring occasionally for 30 minutes until the apples are soft. Mash the apples with a fork and cook them, stirring for 10 minutes more. Add sugar to taste while purée is still hot; chill. In a bowl with an electric mixer, beat egg whites with cream of tartar and salt. Add  $\frac{1}{2}$  cup sugar, a little at a time, beating and beat the meringue until it holds stiff peaks. Fold the meringue into apple purée. Fold in  $\frac{1}{2}$  cup heavy cream, beaten. Transfer the mixture to a serving dish. Serves 8.

## **APPLE DESSERT** (Deser z Jabłek)

2 T. yellow raisins  
5 lg. apples (like Newtons)  
 $\frac{3}{4}$  c. sugar  
Rind of 1 lemon

$1\frac{1}{2}$  T. rum  
 $\frac{1}{2}$  c. walnuts  
 $\frac{3}{4}$  c. cream

Soak raisins in lukewarm water for 1 hour or so. Peel apples; seed and slice to  $\frac{1}{8}$  inch; place in saucepan with 10 tablespoons sugar, rind of  $\frac{1}{2}$  lemon and  $\frac{1}{4}$  cup water. Simmer over low heat until apples are translucent. Cool before adding rum. Put compote in serving bowl and remove lemon peel. Now add well drained raisins around the edge and make ring of nutmeats. Fill center with sweet whipped cream. Serve cold.





## **RICE AND APPLE DESSERT**

(Ryż Zapiekany z Jabłkami)

2 c. cooked rice  
3 c. tart shredded apples  
4 T. sugar

1 T. cinnamon  
1 T. nutmeg  
2 T. butter

### **Topping:**

1 c. sour cream  
3 T. sugar

In ovenproof dish, arrange rice and apples in layers, starting with rice and ending with rice. Sprinkle each layer of apples with sugar, cinnamon and nutmeg. Dot with butter. Preheat oven to 360° and bake for 30 minutes. Mix sour cream with sugar. Serve rice and apple dessert, hot or cold, with sour cream topping.

## **BREAD CRUMB APPLE PUDDING**

(Zapiekanka z Jabłek)

5 eggs  
1½ c. bread crumbs  
½ c. sugar  
¾ c. sour cream

½ tsp. cinnamon  
4-5 apples, sliced  
1½ c. milk

Beat eggs and milk together, adding sugar, then bread crumbs and sour cream. Let stand for 25-30 minutes. In a greased baking dish, place a layer of the bread crumb mixture, then place a layer of the thinly sliced apples and sprinkle with cinnamon and a little bit of sugar. Repeat process, alternating bread crumb mixture and apples and end with crumb mixture on top. Bake in moderate oven at 375° for 1½ hours. Serve with whipped cream or milk.

## **CREAMY CHOCOLATE MOUSSE**

(Mus Czekoladowy)

¾-oz. pkg. chocolate pudding mix  
1¾ c. milk

8-oz. pkg. cream cheese, cubed  
½ tsp. brandy extract  
1 c. whipping cream

(continued)



Combine mix and milk in saucepan. Cook over medium heat until mixture comes to a full boil, stirring constantly. Add cream cheese; continue cooking, beating until well blended. Stir in extract; pour into lightly oiled 1-quart mold. Chill until firm. Unmold; garnish with whipped cream. Serves 8-10.

## **CHOCOLATE MOUSSE**

(Mus Czekoladowy)

12 squares (12 oz.) semi-sweet chocolate

5 eggs, separated  
2 c. heavy cream

In the top of a double boiler set over hot water, melt chocolate. Let the chocolate cool to room temperature and stir in egg yolks. In a bowl, beat egg whites until they are stiff and fold ⅓ of them into chocolate mixture. Fold the mixture into the remaining egg whites and fold in heavy cream, whipped. Spoon the mousse into a serving bowl and chill it for 1 hour. Serves 8.

## **CHEESE PUDDING**

(Budyń z Sera)

¼ lb. cream cheese  
¾ lb. cottage cheese, drained  
3 egg yolks  
⅛ tsp. salt  
1 c. sugar  
⅓ c. melted butter

1 tsp. vanilla extract  
3 T. flour  
3 hard-boiled eggs, yolks finely chopped  
½ c. seedless raisins  
3 egg whites

Put the cream cheese and cottage cheese through blender. Beat the egg yolks in a bowl. Add salt and sugar, beating until thick and light in color. Add butter, vanilla, flour, chopped egg yolks, raisins and cheese. Mix together well. Beat the egg whites until stiff; fold them into the cheese mixture. Pour into a buttered 1½-quart baking dish. Bake in a preheated 350° oven for 35 minutes or until firm and lightly browned. Serve hot or cold.





## RICE PUDDING

(Budyń z Ryżu)

1 T. unflavored gelatin  
½ c. cold milk  
½ c. half-and-half  
½ c. sugar  
¼ tsp. salt

2 c. cooked rice  
1 c. whipped cream  
½ c. toasted slivered almonds  
½ tsp. vanilla and almond extract

Soften 1 tablespoon unflavored gelatin in cold milk; let stand 5 minutes. Add to scalded half-and-half, sugar and salt; stir to dissolve. Blend in cooked rice; chill well. Fold in whipped cream, almonds and extracts. Turn mixture into ring mold. Chill until firm. **To serve:** Unmold onto serving plate and garnish with strawberries.

## RICE AND ALMOND DESSERT

(Ryż z Migdałami)

1 qt. milk  
3½ T. sugar  
¾ c. long-grain white rice  
¾ c. blanched and chopped almonds

¼ c. sherry  
2 tsp. vanilla  
1 c. whipping cream

Heat milk to boiling in a 2-quart saucepan; add sugar and rice. Stir once or twice; lower heat and simmer uncovered about 25 minutes or until rice is quite soft but not mushy. Place cooked rice immediately into a shallow bowl to cool it quickly. Add chopped almonds, sherry and vanilla. Whip the whipping cream in a chilled bowl until it thickens and holds its shape softly; fold into cooled rice mixture. Turn pudding into serving dish and chill. A cold cherry or raspberry sauce or a spoonful of cherry liqueur is often served on top of this.

## STRAWBERRY NOODLES I

(Kluski z Truskawkami)

½ lb. uncooked noodles,  
spaghetti or pasta  
1 lb. fresh or frozen strawberries  
1 c. whipping cream

1 tsp. cultured buttermilk  
2 T. water  
2 T. cornstarch

(continued)



**Advance preparation:** Eight to 24 hours ahead, add buttermilk to the whipping cream and heat to lukewarm (not more than 85°) in the top of double boiler. Pour into a jar; cover loosely and leave in a warm place (60°-85°) for 8-24 hours. (This will produce the equivalent of cream fraiche used in French cooking.) If strawberries are fresh, wash and place in the refrigerator. Add sugar to taste. Frozen strawberries should be thawed according to the package directions. Cook the noodles; drain, rinse and allow to cool. Drain the strawberries saving the juice (ideally 1 cup). Dissolve the cornstarch in the water; add to the strawberry juice and cook in the top of the double boiler until thick. Add cream and stir. Remove from the heat immediately. Combine the strawberries, sauce and noodles in a serving dish. Can be served immediately or refrigerated until serving time. This makes a nice summer main dish or side dish.

## STRAWBERRY NOODLES II

(Kluski z Truskawkami)

½ lb. uncooked noodles  
(spaghetti or pasta)  
½ c. sour cream

½ c. whipping cream  
1 lb. frozen or fresh strawberries  
Sugar to taste

**Advance preparation:** Three hours ahead combine cream and sour cream and allow to stand at room temperature. Rinse and slice fresh strawberries or thaw strawberries according to package directions. Cook noodles; drain, rinse and allow to cool. Drain strawberries well. Add cream/sour cream mixture and sugar to strawberries. Combine with noodles and stir well. Can be served immediately or refrigerated until serving. This makes a nice summer main dish or a side dish.

## NOODLES WITH POPPY SEEDS

(Kluski z Makiem or Makietki)

½ lb. noodles or pasta  
1 can Solo poppy seed filling  
½ c. honey

1½ c. mixed glaze fruit, raisins,  
chopped walnuts and slivered  
almonds

(continued)





Cook noodles or pasta, but be sure not to **overcook**. Drain well and mix with poppy seed filling and honey. Add the rest of the ingredients and serve.

### **RUM PUDDING** (Budyń z Rumem)

- |                           |                     |
|---------------------------|---------------------|
| 1 env. unflavored gelatin | 2/3 c. cold milk    |
| 3 egg yolks               | 1/4 c. rum          |
| 6 T. sugar                | 1 c. whipping cream |
| 1/4 tsp. salt             |                     |

In mixing bowl, beat egg yolks until thick. Add sugar gradually and beat well. Soak gelatin in 1/3 cup cold milk to moisten. Scald remaining milk and add to gelatin, stirring until completely dissolved. Cool to lukewarm, add to yolk mixture and blend well. Add the rum and beat again. Chill mixture until somewhat thickened. Whip cream and fold into yolk mixture. Chill in a pretty bowl until set. Add some decorations. Makes 6 servings.

### **STRAWBERRY MOUSSE** (Mus Truskawkowy)

- |                                              |                                  |
|----------------------------------------------|----------------------------------|
| 2 (10-oz.) pkgs. frozen strawberries, thawed | 1/2 c. sugar                     |
| 2 env. gelatin                               | 3 egg whites at room temperature |
| 1/2 c. water                                 | 1/8 tsp. salt                    |
| 1/2 c. lemon juice                           | 1 c. whipped cream               |

In blender at medium speed, purée strawberries until smooth. Sprinkle gelatin over water and lemon juice in top of double boiler; let soften 3 minutes. Stir in sugar. Heat over simmering water in top of double boiler, stirring occasionally, until sugar and gelatin are dissolved and mixture is clear. Stir in puréed strawberries. Chill to consistency of unbeaten egg whites. Beat egg whites with salt until stiff peaks form. Fold egg whites into strawberries mixture; then fold into whipped cream. Pour into 1 1/2-quart mold. Chill 6 hours or overnight. Unmold. Decorate if desired.



### **KUTIA** (Kutja)

- |                      |                  |
|----------------------|------------------|
| 1 1/2 c. wheat grain | Honey to taste   |
| 4 c. boiling water   | Walnuts, chopped |
| 1 1/2 c. poppy seeds |                  |

Soak wheat in water overnight. Drain and rinse the next day. Bring wheat and 4 cups of water to a boil and simmer until tender, that is for 2 to 5 hours, depending on the wheat variety. If it is too thick, you can add boiling water. Drain and cool. Cover poppy seeds with boiling water and allow to stand until soft for approximately 1 hour. Drain through a very fine sieve or cloth. Blend the honey with the poppy seeds in a blender. Add the cooled wheat grains. Add more honey if you prefer and the chopped walnuts. Refrigerate and serve cold. Store in refrigerator.

### **CHERRY MOLD** (Galaretka z Czeresniami)

- |                         |                             |
|-------------------------|-----------------------------|
| 1 lg. pkg. cherry Jello | 1 1/2 c. Kijafa cherry wine |
| 2 1/2 c. hot water      | 2 T. lemon juice            |

**Filling:**

- |                                              |                       |
|----------------------------------------------|-----------------------|
| 1 can black cherries, pitted                 | 1 T. sugar            |
| 1 lg. (8-oz.) pkg. Philadelphia cream cheese | 1/2 c. halved walnuts |

Mix Jello with wine, water and lemon juice. Pour half of mixture into dish and chill until firm. Fill cherry half with cream cheese mixed with sugar and top with walnut. Cover with other half. Push cherries into firmed Jello. Have the other Jello chilled slightly and pour very slowly over firmed half. Return to refrigerator until set. Use 9 x 13-inch Pyrex dish.

### **APPLE COMPOTE** (Kompot z Jabłek)

- |               |            |
|---------------|------------|
| 5 med. apples | 3 c. water |
| 1/2 c. sugar  | Lemon peel |

(continued)





Wash apples; peel, core and cut into quarters or eighths. Bring water and sugar to a boil. Add lemon peel and apples and cook for 10 minutes or until apples are soft. Cool and serve. (You can add more water and serve as a refreshing summer drink.)

### **APRICOT COMPOTE** (Kompot z Moreli)

12 apricots  
1/2 c. sugar  
3 c. water

Wash apricots; cut in half and remove stone. Bring water and sugar to a boil and place layers of apricots and simmer. Turn apricots to cook evenly. Place cooked apricots in serving bowl; cover with syrup and cool.

### **PEAR COMPOTE** (Kompot z Gruszek)

5 pears  
1/2 c. sugar  
3 c. water  
Lemon juice

Wash pears; peel, core and cut into quarters or eighths. Bring water and sugar to a boil, adding pears 1 layer at a time and cooking until tender. Drain, then cook next layer of pears. Place pears in serving bowl; cover with syrup and cool.

### **OTHER COMPOTES**

Rhubarb	Blueberries
Gooseberries	Prunes
Pie cherries	Raisins
Italian plums	

All above fruits may be used to make compotes. Use proportions of water and sugar as listed in other recipes or adjust to taste.



### **DRIED FRUIT COMPOTE** (Kompot z Suszonych Owoców)

1 lb. prunes	Sugar to taste (2 c. approx.)
1 c. raisins	Lemon and orange peel for aroma
1 c. dried apricots	Cloves and cinnamon (opt.)
3 apples, peeled and quartered	8 c. water

Soak the dried fruit in water overnight. The next day, add the apples, lemon and orange rind, sugar and spices. Cook for a short time (10 minutes). Cool on top of stove and refrigerate. Should be served cold.

### **ROYAL PANCAKE** (Królewski Naleśnik)

1 apple, peeled, cored, chopped	1/4 tsp. vanilla extract
4 egg yolks	1 c. flour
3 T. sugar	5 egg whites
1/8 tsp. salt	4 T. unsalted butter, melted
2 c. milk	Powdered sugar (opt.)

Beat egg yolk with salt and sugar. Stir in milk, vanilla extract and gradually beat in flour. Add apples. In another bowl, beat the egg whites until they are stiff. Fold the whites into the batter. In heavy skillet (8 inches), heat 1 tablespoon butter and pour the batter 1/4 inch depth. Cook over low heat until pancake has puffed and browned. Add butter. Turn pancake and fry other side until golden brown. With 2 forks, tear the pancake into 6-8 pieces. Remove to a warm plate. Heat another tablespoon of butter in the skillet and cook another pancake in the same way. Sprinkle with powdered sugar and serve with fruit syrup. Serves 6.

### **HEAVENLY FARINA** ("Niebiańska" Manna)

1 c. water	1 oz. and 1 tsp. Cream of Wheat
1/2 lb. strawberries	1 egg white
2 oz. sugar	

Cover strawberries with water and cook until tender. Press through sieve. Add sugar, Cream of Wheat. Cook until thick; cool. Add egg white  
(continued)





and using electric mixer, beat until tripled. Serves 2. Serve with milk, cream or vanilla milk.

### **CLASSIC APPLE FRITTERS** (Jabłka w Ciecście)

- |                                                 |                   |
|-------------------------------------------------|-------------------|
| 2 lg. apples, peeled, cored and sliced 1/4 inch | 2 T. sugar        |
| 2 eggs, separated                               | Dash salt         |
| 1 c. flour                                      | Powdered sugar    |
| 1/2 c. milk OR 5 T. sour cream                  | Oil or shortening |

Cream egg yolks with sugar and add milk with salt. Add flour, mix well. Add beaten egg whites. Dip apple slices in batter and fry in hot oil until golden brown. Drain well. Put in hot serving dish and dust with powdered sugar.

### **QUICK APPLE FRITTERS** (Jabłka w Ciecście)

- |            |                      |
|------------|----------------------|
| 4 apples   | 1 egg                |
| 2 c. flour | 1 tsp. baking powder |
| 1 c. milk  | 2 tsp. sugar         |

Beat with a wire whisk milk, eggs and sugar. Sift together flour and baking powder and add gradually. Wash apples; peel, core and slice in a large skillet heat oil; dip apple slices in batter and fry on both sides. Drain well on paper towel. Place in serving dish and dust with powdered sugar.

### **VELVET WAFFLES OR PANCAKES** (Gofry)

- |                      |                  |
|----------------------|------------------|
| 2 c. flour           | 3 eggs separated |
| 3 tsp. baking powder | 1 3/4 c. milk    |
| 1/2 tsp. salt        | 1/2 c. oil       |
| 1 T. sugar           |                  |

(continued)



Sift flour, baking powder, salt and sugar together. Beat egg whites until stiff. Beat egg yolks until golden yellow and add milk and oil. Add dry ingredients into liquid mixture and gently fold in beaten egg whites. Makes 7-8 waffles or 16 pancakes.

### **CREPES** (Naleśniki)

- |            |                    |
|------------|--------------------|
| 1 c. milk  | 2 T. melted butter |
| 2 eggs     | Salt to taste      |
| 1 c. flour |                    |

Combine all ingredients thoroughly, then allow to "rest" for 1 to 1 1/2 hours. Pour a small amount of batter onto a greased crepe pan, tilting to allow batter to spread evenly. Brown lightly, remove the crepe to a warmed platter and repeat until batter is used up. Spread jam or marmalade and fold into quarters or rolls and dust with powdered sugar. (Other options: See Pierogi Fillings.)

### **ELIZA'S RICE** (Ryż Elizy)

- |                |                  |
|----------------|------------------|
| 1 c. rice      | 1 1/2 tsp. sugar |
| 1 1/3 c. water | 2/3 c. milk      |
| 1/4 tsp. salt  | 2 T. butter      |
| 3 eggs         |                  |

Rinse rice until water is clear. Bring water, rice and salt to the boiling point. Lower the heat and simmer, covered, for 5-7 minutes more. Set aside. Combine milk with sugar and eggs. Pour over rice mixture and stir well. Grease baking dish, 9 x 5 inches, with melted margarine and sprinkle with bread crumbs. Pour in rice mixture and dot with butter. Bake for 25-30 minutes until golden brown at 350°. Serves 6, hot or cold, with jam or custard. Excellent with turkey or ham.





## 1-2-3 CHEESE PANCAKES (Naleśniki z serem)

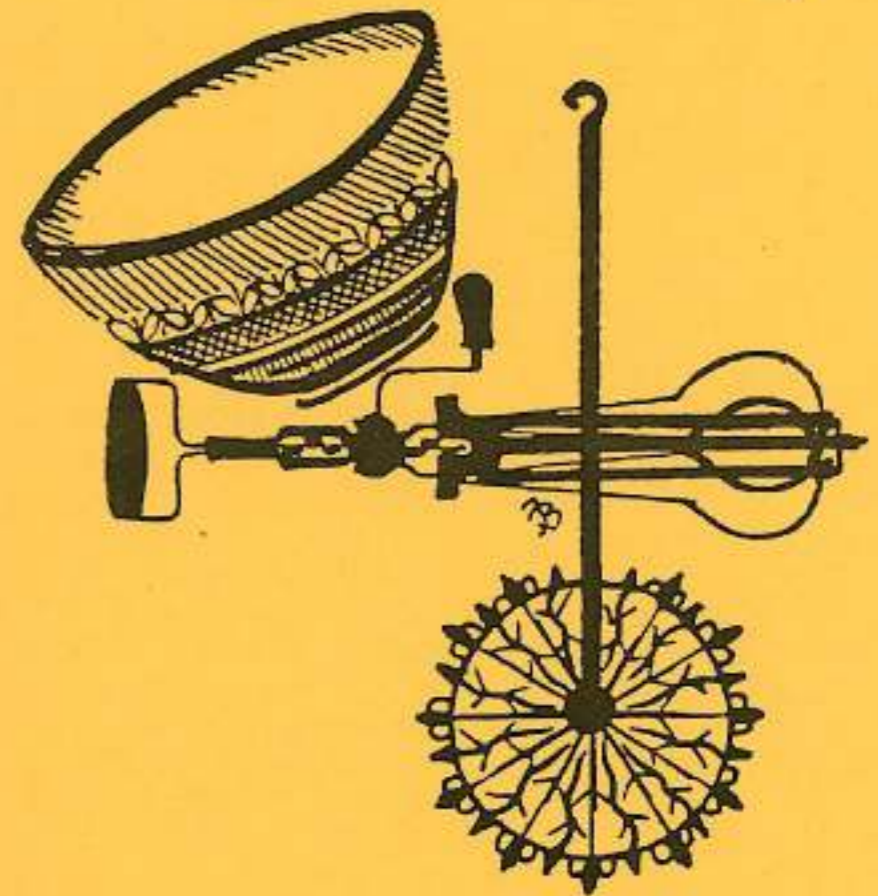
1 c. cottage cheese  
2 T. flour

3 eggs

Combine all ingredients in a blender until smooth. Pour 4-inch circles onto a greased skillet and fry cakes until golden on both sides, turning once. Holes will appear on top of the pancake when ready to turn. Serve with butter and maple syrup or preserves. Makes about 8 pancakes.

### Recipe Favorites

# Pastry





## Helpful Hints

- Push animal shaped cookie cutters lightly into icing on cakes or cupcakes. Fill depressed outlines with chocolate icing or decorating confections.
- Fill flat bottomed ice cream cones half full with cake batter and bake. Top with icing and decorating confections.
- To make cookie crumbs for your recipes, put cookies into a plastic bag and run a rolling pin back and forth until they are the right size.
- To decorate cookies with chocolate, place cookies on a rack over waxed paper. Dip the tines of a fork with chocolate, and wave the fork gently back and forth making wavy lines.
- A gadget that works well for decorating sugar cookies is an empty plastic thread spool. Simply press the spool into the dough, imprinting a pretty flower design.
- Some holiday cookies require an indent on top to fill with jam or chocolate. Use the rounded end of a honey dipper to make the indent.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleaning is also easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with the sugar, and then use the next smaller size cup to pack the brown sugar into its cup.
- Dipping strawberries in chocolate? Stick toothpicks into the stem end of the berry. Coat the berries with chocolate, shaking off any excess. Turn the berries upside down and stick the toothpick into a block of styrofoam until the chocolate is set. The finished berries will have chocolate with no flat spots. Another easy solution is to place dipped berries dipped-side up in the holes of an egg carton.
- Cut-up dried fruit sometimes sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Cutting dessert bars is easier if you score the bars as soon as the pan comes out of the oven. When the bars cool, cut along the scored lines.



## PASTRY

### SCALDED "BABKA" (BABKA PARZONA)

10 egg yolks	1 tsp. salt
1 1/4 c. sugar	1/2 c. raisins
1/2 c. unsalted butter or margarine	1/2 c. chopped almonds
1/3 c. lukewarm water	1 T. orange rind
4 pkgs. dry active yeast	1 1/2 tsp. almond extract
4 c. flour	1 c. scalded milk

Dissolve yeast in lukewarm water with dash of sugar and keep in warm place for 10 minutes. In large bowl, put 3/4 cup flour and pour over it scalded milk. Mix well until mixture is very smooth. Set aside for 10 minutes. Cream yolks with sugar very well using mixer and add to the mixture. Add yeast and salt. Mix well. Add 2 cups flour with almonds, raisins, orange rind and almond extract. Mix. Add remaining flour and knead the dough slowly adding melted butter. Knead for 10-15 minutes, until dough is smooth and all butter is absorbed. Prepare 2 "baba" cake forms, well greased and dusted with fine bread crumbs. Place half of dough in the cake form and set aside to rise for 1 1/2-2 hours in warm place until the dough has tripled. Bake for 25-30 minutes at 375°. When "babka" is cooled, dust with powdered sugar or ice with rum or lemon icing.

### EASTER BABA #1 (BABA WIELKANOCNA)

10 egg yolks	1/2 c. raisins
4 c. flour	1/2 c. sliced or chopped almonds
4 pkgs. dry yeast	1 tsp. vanilla extract
1 1/2 c. sugar	1/2 c. butter, melted
1 c. lukewarm milk	2 T. rum

Pour 1/2 cup of the lukewarm milk into small bowl. Add the yeast and 1/2 teaspoon sugar. Set the bowl aside in the warm place until the mixture almost doubles in volume. Beat egg yolks in mixing bowl and gradually add sugar. Continue to beat until very thick and foamy. Add yeast, 2 cups of flour, 1/2 cup milk, vanilla extract, almonds, raisins and rum. Beat well. Add next 2 cups of flour. Knead the dough with hands until well combined. Slowly add melted butter. Knead vigorously for 10

(continued)





minutes, until all butter is absorbed. Use empty straight sided cans about 7-10 inches high (such as 1- or 2-pound coffee tins). Grease well with melted margarine and sprinkle with bread crumbs. Drop in the ball of dough about 1/3 of space. Cover it with a kitchen towel and set the mold aside in warm place for 1-2 hours, until the dough has risen almost to the top of the mold. Preheat oven to 400°. Bake in the center for 15 minutes, then lower temperature to 350° for 25-30 minutes or until done. Decorate with lemon or rum frosting.

### **EASTER "BABKA" #2** (Babka Wielkanocna)

**3 pkgs. yeast**  
**1 c. milk**  
**1/2 lb. butter or 1/2 and 1/2 with margarine**  
**12 egg yolks**  
**1 1/4 c. sugar**

**4 1/4 c. flour**  
**Vanilla, lemon rum flavors**  
**Orange peel (opt.)**  
**1/2-1 c. raisins**  
**Lemon zest (opt.)**

Dissolve yeast in small amount of warm milk. Heat remaining milk with butter until butter melts. Beat yolks with sugar until light and creamy. To milk and butter mixture, add yeast (make sure to check temperature, not to kill yeast). Gradually add flour, beating with electric mixer; add flavorings, raisins. Beat until smooth, 5-10 minutes. Put in warm place to rise. When just about doubled in bulk, put in well greased forms, filling only 1/3 full. Let rise again until doubled. Bake at 350° for 50-60 minutes. Take out of the oven and let rest 10 minutes. Take out of forms when still hot. Dribble glaze over babka: egg white mixed with icing sugar and vanilla or rum flavor. Cool. **P.S.** I use 4 "Similac" cans for forms for this recipe. One-pound coffee cans will do very nicely for small handsome "Babkas".



### **POPPY SEED COFFEE CAKE** (Struclę z MakieM)

**1 yeast cake**  
**1/2 c. lukewarm water**  
**Pinch sugar**  
**4 egg yolks**  
**1/4 c. sugar**  
**2 c. flour**

**4 T. unsalted margarine**  
**1/4 c. lukewarm milk**  
**1/2 tsp. salt**  
**1/4 tsp. grated orange peel**  
**1 egg, lightly beaten with 1 T. milk**

#### Poppy Seed Filling:

**1 c. ground poppy seeds**  
**1/2 c. unsalted butter, softened**  
**1/2 c. honey**  
**1 T. heavy cream**

**1/2 crushed walnuts**  
**1 tsp. orange peel**  
**1/4 c. currants**

Dissolve yeast and a pinch of sugar in lukewarm water. Let the mixture stand for 5-10 minutes in a warm place until almost doubled in volume. In mixing bowl, combine the milk, cardamon, orange peel, sugar, salt and yeast. Then stir in the egg yolks, one at a time. Beat in the flour, 1/2 cup at a time and add butter. Knead the dough. The dough should be smooth and elastic in about 10 minutes. Let rise in warm place until doubled in bulk, about 2 hours. Place the dough on floured dish towel and roll into a rectangular shape. With a spatula, spread the Poppy Seed Filling and roll the dough up like a long jellyroll. Place onto the greased and floured baking sheet and let rise, until doubled in bulk. Brush the top and sides with the egg-milk mixture. Bake for 40 minutes in 350° oven. **Filling:** Cream the butter and honey. Add the cream. Stir in poppy seeds, nuts, currants and orange peel. Mix well.

### **TIRAMISU**

**1 (4.4-oz.) pkg. dry ladyfinger biscuits**  
**1/2 c. brewed espresso coffee, cooled**  
**2 T. brandy**  
**6 eggs, separated**

**6 T. sugar**  
**2 lbs. mascarpone cheese or 1 1/2 lbs. cream cheese mixed with 1/2 c. heavy cream**  
**4 T. unsweetened cocoa powder**

Spread ladyfingers on large baking sheet. In a small bowl stir coffee and brandy. Sprinkle ladyfingers with mixture and set aside. In a large bowl, beat egg whites with electric mixer until soft peaks form, 2-3 minutes. In a medium bowl, beat egg yolks and sugar with an electric

(continued)





mixer until thick and lemon colored, 4-5 minutes. Add mascarpone and blend on low speed until combined. Using a rubber spatula, fold egg whites into mascarpone mixture. Line the bottom of an 8-cup soufflé dish with half the ladyfingers. Spread half the mascarpone mixture on the ladyfingers and sift 2 minutes cocoa over the surface. Repeat layers, ending with cocoa. Cover with plastic wrap and refrigerate at least 2 hours. **To serve:** Spoon out into a serving plate. Serves 10-12.

### **WARSAW CARNIVAL DOUGHNUTS** (Pączki)

- |                            |                                |
|----------------------------|--------------------------------|
| 1 c. sweet cream, lukewarm | 1 jigger rum                   |
| 2 yeast cakes              | 6 T. sugar                     |
| 10-12 egg yolks            | 1 c. apricot jam               |
| 5 T. butter                | 1 tsp. vanilla                 |
| 1 tsp. salt                | Lard or Crisco for deep frying |
| 4½ c. flour                |                                |

Add salt to egg yolks and beat until thick. Cream butter and sugar. Dissolve yeast with a dash of sugar and 2 tablespoons lukewarm water. Add cream. Put all ingredients in a large bowl. Add rum, flour, vanilla and beat hard until the dough blisters. Shape the dough into a ball; dust the top of the dough lightly with flour; cover with a kitchen towel and set it in a warm spot for 1 hour. Punch the dough down and roll it ¼ inch thick. With a 2½-inch cookie cutter, cut the dough into as many circles as possible. Drop a teaspoon of jam onto the centers, then sandwich each of these with 1 of the other circles. Seal well and trim. Place them 1 inch apart on a baking sheet for about 20 minutes. Fry in deep hot lard or Crisco, turning only once. Paczki should have a brown color. Drain on paper towels and dust with powdered sugar.

### **POPPY SEED CAKE** (Babka Makowa)

- |                      |                      |
|----------------------|----------------------|
| ½ c. poppy seeds     | ½ c. evaporated milk |
| ½ c. water           | ½ c. butter          |
| 1½ c. sugar          | 1 tsp. vanilla       |
| ½ tsp. salt          | 2 c. flour           |
| 2 tsp. baking powder | 4 egg whites         |

(continued)



Mix poppy seeds, milk and water. Let soak for 1 hour. Cream butter with sugar and vanilla thoroughly. Add poppy seed mixture. Mix well and add other ingredients. Fold in egg whites, beaten stiff but not dry. This cake may be baked in a tube pan for 1 hour at 350°. When done and cooled, dust with powdered sugar.

### **BAKED TRIANGLES WITH POPPY SEED** (ŁAMAŃCE-CHRISTMAS EVE DESSERT)

- |                     |                                |
|---------------------|--------------------------------|
| 2½ c. flour         | 2 cans Solo poppy seed filling |
| 4 T. butter         | ¼ c. whipping cream            |
| ½ c. powdered sugar | Grated lemon peel              |
| 1 egg yolk          | ¼ c. slivered almonds          |
| ½ c. sour cream     | ¼ c. honey                     |

Cut butter into flour; add sugar, egg yolk and sour cream. Knead and roll out quite thin. Cut into small triangles and bake on greased cookie sheet at 350° until golden, approximately 10 minutes. Mix poppy seed filling with honey, cream, lemon peel and slivered almonds. Pour paste-like mixture into shallow serving dish and just before serving, place triangle cookies standing up and around the edge.

### **ORANGE CAKE WITH RUM** (Babka Pomarańczowa z Rumem)

- |                               |                       |
|-------------------------------|-----------------------|
| 1 lb. unsalted margarine      | 2 tsp. orange extract |
| 3 c. sugar                    | 1 T. orange peel      |
| 8 eggs, separated             | ½ c. orange juice     |
| 3 c. sifted all-purpose flour | ½ c. almonds, chopped |
| 2 tsp. vanilla extract        | 2 tsp. baking powder  |

#### Orange Glaze:

- |                     |                   |
|---------------------|-------------------|
| 1 c. sugar          | ½ c. orange juice |
| ½ c. orange liqueur |                   |

#### Syrup:

- |          |                   |
|----------|-------------------|
| ¼ c. rum | ¼ c. orange juice |
|----------|-------------------|

Cream margarine and 2 cups of sugar until light and fluffy. Add egg yolks, one at a time, beating thoroughly after each addition. Add flour

(continued)





in thirds with flavorings. In a separate bowl, beat egg whites until soft peaks form. Gradually add remaining sugar; continue beating until stiff but not dry. Add baking powder. Gently fold batter into egg whites. Carefully turn batter into well greased 10-inch tube pan. Bake at 350° for 1 hour or until done. Cool 10 minutes. Remove from pan. While warm, poke many holes in cake with metal skewer. Cover with syrup and glaze; cool. Glaze again.

### **TOASTED HAZELNUT TORTE** (TORT ORZECHOWY)

- |                   |                                 |
|-------------------|---------------------------------|
| 1/4 c. butter     | 1/4 lb. semi-sweet chocolate    |
| 1/2 c. sugar      | 1/2 c. bread crumbs             |
| 8 eggs, separated | 1/2 c. toasted ground hazelnuts |

Beat together the butter, sugar, and egg yolks until mixture is thick. Melt the chocolate in 2 tablespoons of water. Stir the chocolate, crumb and nuts into the egg yolk mixture. Beat the egg white stiff and fold into the batter. Spread in 3 (9-inch) pans (paper-lined) and bake in low oven 325° for 30 minutes or until a light touch leaves no depression. Turn out one layer on a cake plate and remove the paper. Spread with hazelnut cream filling and top with the next layer (remove paper after the layer is in place). Spread the filling and continue with the last layer.

### **FANTASTIC WALNUT TORT** (TORT ORZECHOWY)

- |                    |                      |
|--------------------|----------------------|
| 10 eggs            | 1 1/3 ground walnuts |
| 2 c. sugar         | 3 T. oil             |
| 1 1/2 Wondra flour | 1 tsp. vanilla       |

In a large mixing bowl beat the eggs and sugar until thick and creamy. Blend in at low speed flour and ground walnuts, oil and vanilla. Pour into greased and floured springform cake pan and bake at 325° for 1 hour. Turn oven off and leave inside to cool. **Filling:** One pound unsalted margarine, powdered sugar to taste, 3-4 tablespoons very strong instant coffee. Be sure to moisten each layer with tea and rum before spreading on the filling.



### **ALMOND TORTE** (TORT MIĘDĄŁOWY)

- |                                                     |                          |
|-----------------------------------------------------|--------------------------|
| 1/2 lb. freshly ground almonds with skin            | 12 eggs                  |
| 1/2 lb. freshly ground almonds without skin (white) | 1/2 lb. fine sugar       |
|                                                     | Fillings and decorations |
|                                                     | 11-inch springform       |

The torte is baked in 2 separate processes. Grease pan with butter or margarine and dust it with flour or bread crumbs. Separate yolks of 6 eggs in a bowl. Add 1/2 pound sugar and beat until fluffy. Mix in ground brown almonds. Make sure almonds are mixed fully but not beat. Beat 6 egg whites in separate bowl until peaks form and add to yolk mixture. If the mixture is too moist, add 1 or 2 tablespoons bread crumbs. The consistency should be like that of sour cream. Transfer carefully to the pan and bake for 30 minutes at 375° until done. Cool and split in two. Wet the cake with half a cup of sweet strong tea or coffee. Repeat process for other half of ingredients and use ground white almonds. Put all layers together using different fillings. Suggested are: gooseberry or apricot preserves, almond paste, egg custard or the following filling. **Filling:** Mix together: 1 pound unsalted whipped butter or margarine, 13-ounce jar of marshmallow creme, 1/2 teaspoon of instant coffee, melted in couple drops of hot water. Decorate with sliced almonds, maraschino cherries. Chill and slice into small portions; serves at least 24. Best eaten a day after baking.

### **ORANGE TORTE** (TORT POMARAŃCZOWY)

- |             |                        |
|-------------|------------------------|
| 1 c. butter | 2 1/2 c. flour         |
| 1 c. sugar  | 1/2 tsp. baking powder |
| 2 eggs      | 1 tsp. almond extract  |

#### **Orange Filling:**

- |           |            |
|-----------|------------|
| 4 oranges | 3 c. sugar |
| 2 lemons  |            |

Cream butter and sugar adding whole eggs, one at a time. Stir in flour mixed with baking powder. Divide into 4 parts. Bake in 4 (8-inch) round cake pans greased on bottoms. Bake at 375° for 25 minutes. Cool completely. Spread Orange Filling between layers. For decoration, use lemon icing and mandarin segments. **Orange Filling:** Grind whole

(continued)





unpeeled oranges and lemons through food grinder. Cook with sugar for 2 hours approximately, stirring frequently. When cool, spread between layers.

### PISZINGER TORT

1 pkg. tort wafers	3 eggs
4 oz. semi-sweet chocolate, grated	1 lb. unsalted butter
10 oz. powdered sugar	1 tsp. vanilla

Whisk eggs with confectioners' sugar and add grated chocolate into a small pot. On medium heat, stirring, bring to a boil. Set aside to cool. In a mixer beat the butter until it is light and fluffy, add rum and gradually add the cooled chocolate mixture. Spread on wafers to form a tort. Cool in refrigerator and cut with a very sharp knife.

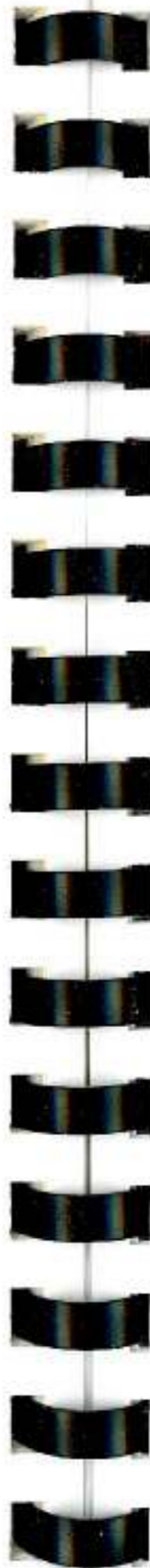
### UNBAKED MAZUREK A LA TADEK (MAZUREK ORZECHOWY NIEPIECZONY)

21 oz. arrowroot biscuit crumbs	½ lb. butter
10 oz. ground walnuts	16 oz. honey
6 oz. ground almonds	½ tsp. almond extract

Icing:

2 T. milk  
3 cubes semi-sweet baking  
chocolate

Melt the butter at medium heat. Add honey, almond extract and arrowroot biscuit crumbs, ground walnuts and almonds. Mix well. Pack well into a shallow soup bowl or shallow pan. Press with hands to assure that it is well packed. Cool for 2-3 hours in refrigerator. Remove from pan and ice with chocolate icing. **Chocolate Icing:** In a double boiler, melt the chocolate and add the milk. Spoon over the mazurek and let it cool.



### ROYAL MAZUREK #1 (MAZUREK KRÓLEWSKI)

1 c. unsalted margarine or butter	½ c. currants
1 c. sugar	1 tsp. orange extract
5 eggs	¼ c. powdered sugar
1¼ c. flour	

With an electric mixer, cream together butter and sugar until the mixture is light and fluffy. Beat in eggs, one at a time, beating well after each addition. Add extract and currants. Add flour and beat the batter until it is smooth. Spread the batter with a spatula into a greased pan, 12 x 8 inches, and bake in the middle of a preheated oven, 350° for 20-25 minutes or until lightly browned. Before serving, sprinkle with sifted confectioners' sugar and slice into squares.

### ORANGE MAZUREK (MAZUREK POMARAŃCZOWY)

½ lb. unsalted butter	3 oranges
½ lb. flour	1 lemon
2 egg yolks	¾ c. water
2 oz. sugar	⅔ c. sugar

Cut butter into flour; add egg yolks and sugar. Knead into a ball. Roll out to ½-inch thickness on cookie sheet. Prick with fork. Bake at 350° about 15 minutes or until golden brown. In the meantime, grind unpeeled oranges and lemon; add water and sugar and cook over low heat, stirring frequently, for about 1-1½ hours or until quite thick. Wait 10 minutes until mixture thickens. Cool to warm and spread over baked mazurek. Decorate with sliced almonds.

### NUTTY MAZUREK (MAZUREK ORZECHOWY)

3 egg yolks	10 oz. ground walnuts
10 oz. powdered sugar	2 egg whites
½ c. butter	2 oz. powdered sugar
5 oz. flour	Baking wafers

(continued)





Beat egg yolks with sugar until creamy. Gradually add butter. Add to the mixture ground walnuts and flour. Knead the dough until smooth. Line the baking sheet with wafers. Place the dough evenly on the wafers, finger thick and smooth out the surface. Beat 2 egg whites until stiff, adding 2 ounces sugar. Cover dough evenly and arrange halves of shelled walnuts on the surface. Bake the mazurek for 20 minutes in preheated oven at 350°.

### **ROYAL MAZUREK #2** (KRÓLEWSKI MAZUREK)

1 c. butter	1½ c. flour
6 egg yolks	¼ tsp. salt
1 c. sugar	½ tsp. almond extract
½ c. almonds, blanched and finely chopped	

Cream butter and sugar until fluffy. Alternating add egg yolks and flour, mixing well. Add almonds, salt and almond extract. Pour into a greased and floured Pyrex dish, 11 x 11 inches, and bake at 350° for 30-45 minutes, until golden brown and tests done. Decorate with almonds. Cut into small bars or squares.

### **MERINGUE TORTE** (BEZA)

4 egg whites at room temperature	1 tsp. vanilla
½ tsp. salt	1 pt. heavy cream, whipped
1 c. sugar	Sliced kiwi or other fruits for decoration
1 T. cornstarch	
1 tsp. white wine vinegar	

In a large mixer bowl, beat egg whites and salt at high speed until frothy. Gradually add sugar, beating after each addition. Blend the last tablespoon of sugar with the cornstarch before adding. Add vanilla and vinegar. On brown paper (from a shopping bag), draw a circle 10 inches in diameter. Form a meringue, shaping it with a spatula. Bake in a preheated 400° oven. Immediately reduce temperature to 250° and bake for 1½-2 hours, until slightly browned. Remove from oven and

(continued)



cool completely. Just before serving, swirl whipped cream on top and garnish with fruits such as strawberries, raspberries, kiwi, etc.

### **MERINGUE SHELLS WITH FRUIT** (BEZY Z OWOCAMI)

5 egg whites	1 tsp. cornstarch
¼ tsp. cream of tartar	1 pt. whipping cream
1 c. sugar	Fresh strawberries or raspberries

Beat the egg whites until foamy, adding sugar gradually. Add the cream of tartar and continue beating until the mixture is glossy and forms stiff peaks. Shape into shells with a spoon, making sure that sides are higher than the center on brown paper. Place in 250° oven for 2-3 hours or turn off oven after 2 hours and leave overnight in closed oven. Before serving, beat the whipping cream and clean the fruit. Fill the shells with some whipping cream, then add the fruit and top with a bit of whipping cream. Serve immediately.

### **APRICOT CAKE** (CIASTO MORELOWE)

4 eggs	¼ tsp. baking powder
¾ c. sugar	Vanilla extract
¾ c. flour	1 can apricot or peaches (halves)
½ c. butter, softened	

Beat butter with eggs and sugar, adding all ingredients gradually. When the batter is smooth, add a few drops of vanilla extract. Add flour mixed with baking powder; mix well. Pour the dough on a buttered, dusted with Cream of Wheat (13 x 8-inch) baking sheet. Drain a can of apricots and arrange on the surface and bake for 25 minutes at 375°.





## **APPLE CHARLOTTE** (Szarlotka)

4 c. flour  
1 1/4 c. butter  
2 T. sugar  
2 egg yolks  
3 T. sour cream

1 T. orange peel, grated  
8 tart apples, cored, peeled and sliced  
Dash of salt  
Bread crumbs

Cut butter into flour with knife until crumbly. Add egg yolks, sour cream and salt. Mix lightly with hand. Divide the dough into 2 parts. Roll out 1 part and spread on buttered cookie sheet. Sprinkle with bread crumbs. Arrange apples mixed with sugar and orange peel. Roll out the other part of the dough and cover apples. With a fork, prick the dough in several places. Bake for 45 minutes in moderate oven at 375°; cool. Sprinkle with powdered sugar.

## **RAISIN CAKE** (Ciasto z rodzynekami)

3/4 c. butter  
7/8 c. sugar  
4 eggs  
Grated lemon rind

1 3/4 c. flour  
1 1/2 c. raisins  
1 tsp. baking powder

Cream the butter and sugar together. Beat the eggs and add them gradually to the butter mixture. Then add the flour, baking powder, lemon rind and raisins. Mix well. Put the mixture into greased and floured cake pan and bake in a moderate oven for about 30 minutes at 375°.

## **PLUM CAKE** (Placek ze śliwkami)

4 eggs  
1 c. sugar  
1/4 c. butter

1 c. flour  
10 plums (Italian prune variety)

Beat eggs and sugar until very thick and creamy. Melt butter in a pan and pour into batter. Gradually add flour while mixing at low speed.

(continued)



Wash and wipe dry plums. Cut in halves and remove pits. Each half should be pierced with a fork or scored with a knife on the outside. Pour batter into a 9 x 13-inch Pyrex pan, placing plum halves skin side down in rows of 5 or 6. Bake 30 minutes at 350°. Remove from pan with spatula while cake is still warm. Dust with powdered sugar before serving.

## **RHUBARB SOUR CREAM COFFEE CAKE** (Placek a rabarborem)

1/2 c. butter  
1 1/2 c. sugar  
1 egg  
1 tsp. vanilla extract

2 1/2 c. all-purpose flour  
1 tsp. baking soda  
4 c. chopped rhubarb  
1 c. sour cream

Preheat oven to 350°. Cream butter and sugar; add 1 egg and vanilla extract, continue mixing until well blended. Gradually add the flour combined with baking soda. Gradually add the flour combined with baking soda. Smooth rhubarb in a bowl with sour cream and mix with the batter. Pat into a greased 9 x 13-inch baking dish and sprinkle with nutmeg. Bake at 350° for 40 minutes. Serve warm, topped with whipped cream.

## **MARIA'S COFFEE CAKE** (Ciasto Marysi)

1/2 c. plus 2 T. unsalted butter, softened  
1 c. plus 2 T. sugar  
3 lg. eggs, separated  
1 tsp. finely grated lemon rind

1/3 c. blanched almonds, chopped  
1/3 c. raisins  
2 c. flour  
1 1/2 tsp. baking powder  
2/3 c. milk (scant)

Cream together butter and sugar until smooth. Beat egg yolks until thick and lemon colored. Beat into creamed butter mixture, along with lemon rind, almonds and raisins. Sift together flour and baking powder. Add half the flour mixture to the creamed mixture, alternately with the milk, then add remaining flour mixture. Blend well. Beat egg whites until stiff; fold into flour-butter mixture. Pour batter into well greased pan or ring mold. Bake at 350° for 1 hour or until cake tester inserted in the center comes clean. Delicious for coffee break or dessert.





## **WALNUT DATE CAKE**

**(CIASTO ORZECHOWE Z DAKTYLAMI)**

1¼ c. flour	1 tsp. baking soda
¼ tsp. baking powder	1 c. very hot water
¼ tsp. salt	½ c. margarine
1 c. dates, chopped	1 c. sugar
1 c. walnuts, chopped	1 egg

Preheat oven to 350°. Soak dates and walnuts in hot water mixed with baking soda in a large mixing bowl and set aside. Cream margarine, sugar and egg until fluffy. In a separate bowl sift together flour, baking powder and salt. When dates and walnuts have cooled enough, add into the flour, alternating with margarine mixture. Mix well. Grease 2 loaf pans with butter or margarine and dust with flour. Bake 35-45 minutes.

## **SPANISH SPONGE CAKE**

**(PLACEK Z OWOCAMI)**

1¼ c. butter	1½ c. sifted flour
1 tsp. grated lemon rind	¼ tsp. salt
1 c. sugar	Chopped almonds
3 eggs	

Beat butter with ¾ cup of sugar; add eggs, one at a time, alternating with flour, beating after each addition. Spoon into well greased and floured 9-inch pan. Sprinkle ¼ cup sugar and chopped almonds on top. Bake at 350° for 30 minutes. Can also be baked with fruits like plums, blueberries or topped with apricot or other preserves.

## **CHEESECAKE "TERESA"**

**(SERNIK TERESY)**

2 (8-oz.) pkgs. cream cheese	3 T. flour
1 lb. cottage cheese (sm. curd)	1½ tsp. lemon juice
1½ c. sugar	1 tsp. vanilla
4 eggs	½ c. unsalted melted butter
2 T. cornstarch	

(continued)



With an electric mixer, blend cottage cheese with cream cheese. (Cream cheese should be at room temperature.) Gradually add sugar and continue blending at high speed. Add one egg at a time. At low speed, add the cornstarch and flour, then lemon juice and vanilla. Melt butter and add to the mixture and continue beating at low speed until well blended. Grease and flour 9-inch springform pan and pour in the mixture. Bake at 325° for 1 hour and 10 minutes. Turn the oven off and let it stand in the oven for 2 hours. Remove cake from oven and let it cool completely. Refrigerate and serve well chilled.

## **CHEESECAKE**

**(SERNIK)**

### **Crust:**

¼ c. melted butter	¼ tsp. cinnamon
1 c. zwieback crumbs	¼ tsp. nutmeg
¼ c. sugar	

### **Cheese Filling:**

4 eggs	¾ c. sugar
¼ c. sugar	2 T. flour
1 c. sour cream	1 lb. cream cheese, softened
1 tsp. vanilla	

Mix all crust ingredients. Pat over the bottom of a 9-inch spring pan and up the sides about 1 inch; chill. Set oven at 375°. Separate eggs. Beat the eggs until stiff with ¼ cup sugar. Set aside. Without washing the beaters, beat the yolks until thick. Add sour cream, vanilla and beat in ¾ cup sugar and flour. Stir in, bit by bit, cream cheese and beat until smooth. Fold in the egg whites. Spoon into pan. Bake until firm to touch, about 1 hour. Cool, then chill in the refrigerator.

## **QUICK CHEESECAKE**

**(SERNIK ŁATWY)**

3 (8 oz.) cream cheese	1 c. sour cream
5 eggs	½ tsp. vanilla
1 c. plus 2 T. sugar	2 T. sugar
1 tsp. vanilla	

(continued)





Cream cheese with sugar; add eggs one at a time, beating well after each addition. Add vanilla. Grease 12-inch round springform pan; sprinkle with bread crumbs or sliced almonds. Pour batter into the pan and bake at 325° for 40-45 minutes or until cheesecake tests done. Remove from oven and let cool for 10 minutes. Mix sour cream, vanilla and 2 tablespoons of sugar and spread over the top. Return to oven for another 10 minutes. Remove; cool slightly, then take off the outside ring of the cake pan. Serve chilled.

### **CHEESECAKE/FOOD PROCESSOR**

**(SERNIK)**

- |                                                   |                  |
|---------------------------------------------------|------------------|
| 1 c. flour                                        | 1 c. sugar       |
| ½ c. butter (can use half margarine, half butter) | ¼ scant c. flour |
| ¼ c. powdered sugar                               | 6 egg whites     |
| 1 lb. dry cottage cheese                          | Pinch salt       |
| 1 (8-oz.) pkg. cream cheese                       | Vanilla          |
| 6 egg yolks                                       | Lemon flavor     |

Blend flour, butter and powdered sugar in a food processor using short pulses until it resembles cornmeal. Spread evenly on the bottom of 12 x 9-inch pan. Bake 25 minutes at 325°. Meantime, in processor beat together sugar and yolks; add dry cottage cheese (grind or process first if too lumpy) and cream cheese, flour and flavorings. Separately beat egg whites with salt until stiff. Combine with yolk mixture; spread on hot crust (it should be just ready by now) and bake at 350° for about 1 hour or until golden and set.

### **HONEY CAKE #1**

**(PIERNIK)**

- |                                                   |                                       |
|---------------------------------------------------|---------------------------------------|
| 2½ c. flour                                       | 2 tsp. baking soda                    |
| 1 c. butter                                       | 1 lb. honey                           |
| 4 eggs                                            | c. of walnuts, raisins or figs (opt.) |
| 1 c. sugar                                        |                                       |
| 2 tsp. spices: cinnamon, nutmeg, allspice, ginger |                                       |

In a large mixing bowl, beat the butter with the sugar until creamy. Add 1 egg at a time, beating well after each addition. Add honey. In a

(continued)



separate bowl, sift flour together with spices and baking soda. Add flour mixture to the egg mixture, beating at low speed. Grease and flour 9 x 13-inch pan. Pour in mixture and bake at 325° for 50 minutes.

### **HONEY CAKE #2**

**(PIERNIK)**

- |                       |                                                |
|-----------------------|------------------------------------------------|
| 6 eggs                | 1 tsp. nutmeg                                  |
| 1 c. sugar            | 1 tsp. cloves                                  |
| 1 c. honey            | 1 tsp. cinnamon                                |
| 2 T. oil              | 1 tsp. allspice                                |
| 3½ c. flour           | ½ tsp. ginger                                  |
| 1½ tsp. baking powder | (Opt.) 1 c. chopped figs and 1 c. chopped nuts |
| 1 tsp. baking soda    |                                                |

In a large bowl, mix eggs and sugar until thick and creamy. Add honey and oil. In a separate bowl, sift together flour with baking powder, baking soda and all spices. Add gradually to egg mixture at low speed until blended. Fold in figs and walnuts. Grease and flour 2 loaf pans. Bake at 300° for 1 hour. **Do not peek in the oven.** Cool for ½ hour and remove from pans.

### **FAVORITE APPLE CAKE**

**(Jabłecznik)**

- |                                  |                                                      |
|----------------------------------|------------------------------------------------------|
| ½ c. butter or margarine, melted | 1½ tsp. baking powder                                |
| 1 c. sugar                       | 1 tsp. vanilla extract                               |
| 1 c. flour                       | 1 tsp. cinnamon                                      |
| ½ c. cornstarch                  | 6 med. size tart apples, peeled, cored and quartered |
| 3 eggs                           |                                                      |

Beat together eggs and sugar. Add melted butter, vanilla, flour, cornstarch and baking powder. Mix well. Grease 9-inch springform pan and sprinkle with bread crumbs. Pour in mixture and then arrange apples on top. Bake in moderate oven, 375° about 1 hour. Let stand 15 minutes before opening the springform pan.





## SOUR CREAM TWISTS

3½ c. flour  
1 tsp. salt  
1 c. butter  
1 pkg. active dry yeast  
¼ c. warm water

¾ c. sour cream  
1 egg plus 2 egg yolks, well  
beaten  
1 tsp. vanilla  
1 c. sugar

Sift flour and salt into mixing bowl and cut in butter. Dissolve yeast in warm water and add to flour mixture with sour cream, beaten eggs and vanilla. Knead well, cover with cloth and refrigerate for 2 hours. Roll half of dough on sugared board into an oblong 8 x 16 inches. Fold ends toward center to overlap. Sprinkle with sugar and roll again into the same size. Repeat 3 times. Roll out to ¼-inch thickness and cut into strips 1 x 4 inches. Twist ends into opposite directions and stretch slightly. Place in horseshoe-shape on greased baking sheet, pressing ends so they hold their shape. Bake 15 minutes at 375°.

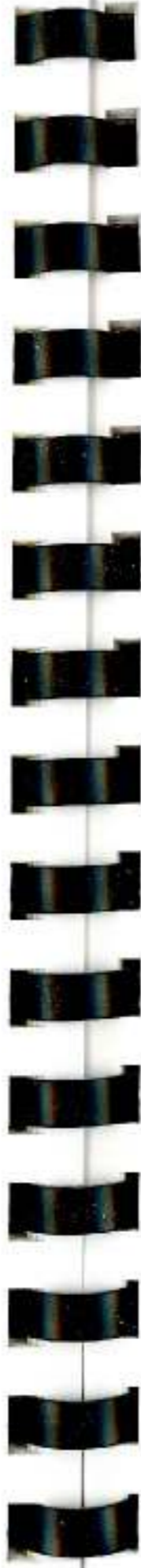
## FAVORS

(CHRUST OR FAWORKI)

½ pt. sour cream  
4 egg yolks  
2 c. sifted flour  
½ tsp. salt

1 oz. brandy  
1 lb. powdered sugar  
Crisco for deep frying

On a clean surface, make a mound out of the flour, reserving ½ cup for later. Make a well in the center and pour in the brandy, sour cream and egg yolks. Knead well; use reserved flour as necessary. When dough is smooth and does not stick, roll out very thin. Cut with wheel cutter into rectangles 1 x 3 inches. Make a slit in the center of each rectangle and pull through 1 end to make a twist. Drop into hot shortening and fry until delicate brown on both sides. Drain on paper towels. When cool, place on a serving dish and dust generously with powdered sugar using a sieve.



## WARSAW LAWYERS' TONGUES (COOKIES)

(Adwokackie Języki)

4 c. flour  
4 egg yolks  
1½ c. butter or margarine  
1 pkg. active dry yeast

½ c. sour cream  
1 c. sugar  
2 egg whites, beaten

Dissolve yeast in sour cream. Beat butter with egg yolks until creamy; add sour cream and yeast; blend. Add flour, work with pastry blender or forks, touching dough as little as possible. Divide dough in half. Roll out ½ while the other rests in the refrigerator. Cut in rectangle or diamond shapes. Brush each piece with egg white on one side and dip that side in sugar. Bake in hot oven at 375°-400° for a short time until light golden brown.

## JADZIA'S COOKIES

(CIASTEczka Jadzi)

1 c. butter  
½ c. firmly packed soft brown  
sugar  
½ c. plus 1 T. white sugar

2 egg yolks  
¾ c. flour  
4½ oz. oat flakes

Topping:

6 oz. chocolate  
¼ c. butter

2 oz. nuts or almonds

Cream butter with both kinds of sugar. Add egg yolks, sieved flour and oats; stir well. Spread mixture all over greased 9 x 13-inch baking sheet. Bake in 375° oven for 20 minutes. Cool for 10 minutes. **Topping:** Melt chocolate and butter. Spread over pastry and sprinkle with chopped nuts. Cut into squares.





## QUICK TEA PASTRIES

(Szybkie Ciasteczka)

4 oz. flour  
4 oz. butter  
4 oz. curd cheese

Jam for filling  
Powdered sugar

Mix first 3 ingredients together with a knife. Quickly work through with your hands. Roll out pastry 1/4 inch thick. Cut into 2-inch squares. Place 1/2 teaspoon jam in the center and fold over one corner on top of the other. Press down edges to seal in the jam. Bake in hot oven (425°) for 15-20 minutes. Sieve powdered sugar over the pastries.

## TRUFFLES

(Trufle Czekoladowe)

8 oz. chocolate  
1 c. butter  
1/4 pt. thick cream

2 egg yolks  
1 1/2 oz. cocoa to coat

Cream butter. Melt chocolate and cool slightly. Then add to the creamed butter. Add other ingredients and stir until firm and glossy. Form small balls and coat with cocoa. Place each truffle into a paper cup.

## CHEESE COOKIES

(Ciastka z Serem)

1 c. unsalted butter or margarine  
1 (8-oz.) pkg. cream cheese  
2 c. flour

2 T. sugar  
1 tsp. vanilla

**Filling:** Apricot jam for filling. Work the flour into the other ingredients until they become a medium-firm dough. On a lightly floured surface, roll the dough into a rectangle 1/4 inch thick. Trim the edges to straight lines and cut it into 2 1/2 x 3 1/2-inch rectangles. Place a teaspoon of jam in the center of each rectangle and spread it toward the edges. Roll each rectangle up jelly-roll fashion. Bake in the middle of the oven for 25 minutes at 375° or until they are golden. Dust with powdered sugar.



## ALMOND CREAM PUFFS

(Ptysie)

**Batter:**

1 c. water  
1/2 c. butter or margarine

1 c. all-purpose flour  
4 eggs

**Almond Filling:**

1 lg. pkg. vanilla flavor instant  
pudding  
Milk

1 c. whipped cream  
1 tsp. almond extract

Preheat oven to 400°. Put water and butter into 2-quart pot. Bring to boil. Remove from heat. Vigorously stir in flour all at once, using wooden spoon until mixture forms smooth shiny ball and doesn't stick to the pan. Place mixture in a food processor and process, add in eggs, one at a time, approximately 2 minutes. Drop batter on lightly greased cookie sheet. Bake 30 minutes or until golden. When cool, slice puffs open. Spoon filling; cover with tops. Sprinkle with powdered sugar. **Filling:** Whip cream; prepare instant pudding using 1/2 of milk called for in package instructions. Add flavor. Fold whipped cream in, working fast so it is well blended before pudding sets. Spoon filling into puff shells. These puffs keep well even overnight. One can substitute lemon flavor for vanilla and almond and get lemon puffs.

## MINI ESPRESSO FUDGE CUPS

(Babeczki Kawowe)

1/2 lb. butter  
1/2 c. semi-sweet chocolate chips  
2 eggs  
1/2 c. flour

1 tsp. instant espresso or coffee  
1/4 c. sugar  
1/2 c. chopped pecans  
24 pecan halves for garnish

Preheat oven to 350°. Make sure you have mini muffin paper cups. Melt butter and chocolate on low heat. Remove and whisk in eggs. Stir in flour, coffee granules and sugar; mix well. Add chopped pecans and spoon into muffin cups and press half pecan on top. Bake 17-20 minutes. Do not overbake. You can glaze the cups and also freeze for up to a month. Defrost, covered, in one layer.





## **ALMOND COOKIES**

(Ciastka Migdałowe)

1 c. unsalted butter  
1/2 c. sugar  
1 egg yolk  
1 tsp. almond extract

1 T. half-and-half  
1/2 c. ground almonds  
2 1/4 c. flour

Cream butter and sugar. Add yolk, extract half-and-half, almonds and flour. Mix well. Turn dough onto floured surface. Roll out 1/4 inch thin and cut in desired shapes with cookie cutters. Bake on a buttered cookie sheet in moderate oven, 350°, for 8-10 minutes. Frost with lemon frosting.

## **WALNUT "MINI BABKI"**

(Babeczki Orzechowe)

### Dough:

2 c. butter  
2 (8 oz.) cream cheese

3 c. flour

### Filling:

4 eggs  
2 c. brown sugar  
2 tsp. butter

1 tsp. vanilla extract  
4 c. ground walnuts  
Raspberry jam

Cream butter and cream cheese and add flour. Place the dough on a well floured surface. Shape the dough into a ball and chill for 20 minutes. Divide into quarters and roll out to 1/8-inch thickness. With a 2 1/2-inch round cookie cutter, cut the dough into as many circles as possible. Half of the dough should be enough to make 48 "Babeczki". Prepare the filling. Beat eggs and sugar; add rest of filling ingredients. Place the dough circles in mini muffin forms, drop a 1/4 teaspoon of raspberry jam into the centers. Fill up the rest with the walnut filling. Bake 15 minutes at 325° or until done. Remove carefully from the forms while still warm. Dust with powdered sugar. You can use 4 mini muffin forms for half of the dough and filling and bake 4 forms at a time. This should give you 96 "Babeczki".



## **RAISIN TEA CAKES**

(Ciastka z Rodzynkami)

1 c. butter or margarine  
1/2 c. powdered sugar  
1 tsp. vanilla  
2 c. flour

1 c. chopped nuts or almonds  
1 c. chopped raisins  
Powdered sugar for coating

In a mixing bowl, cream butter, sugar and vanilla. Beat in flour, nuts and raisins. Chill dough several hours or overnight. Form into 1-inch balls. Bake on ungreased baking sheets at 325° for 20 to 25 minutes. While still warm, roll in powdered sugar. Cool. Roll in powdered sugar again. Makes about 5 dozen.

## **HONEY COOKIES**

(Ciastka Miodowe)

4 c. flour  
1/2 c. honey  
1 egg  
2 egg yolks  
1/2 c. sugar  
1 tsp. baking soda

1/4 tsp. ginger  
1/2 tsp. cinnamon  
1/2 tsp. nutmeg  
1/4 tsp. cloves  
Almond halves  
2 egg whites, whisked

Combine sugar and honey. Add eggs and yolks and beat well. Sift flour, soda and spices and add to honey mixture. Mix well and place in refrigerator to stiffen. Roll out to 1/4-inch thickness on floured board and cut with round cookie cutter. Place half of an almond on each cookie and brush with egg whites. Bake at 375° for 15 minutes.





## **MY MOTHER'S GINGERBREAD**

(PIERNIK)

- |                                                   |                                                                                               |
|---------------------------------------------------|-----------------------------------------------------------------------------------------------|
| 1 c. honey                                        | 2 tsp. mixed spices (cloves, cinnamon, ginger)                                                |
| 1 c. sugar                                        | (Opt.) 1/2 c. chopped walnuts, chopped almonds, chopped dry figs, citron, candied orange peel |
| 1 c. sour cream                                   |                                                                                               |
| 3/4 c. butter                                     |                                                                                               |
| 5 c. flour                                        |                                                                                               |
| 4 eggs                                            |                                                                                               |
| 1 tsp. baking soda, dissolved in 1/4 c. hot water |                                                                                               |

Bring honey to a boil; mix with all ingredients. Beat eggs with sugar and fold into mixture. Place batter in 9 x 12 x 2 1/2-inch well greased cake pan. Bake in a moderate oven at 300° until toothpick comes out dry, approximately 1 1/2 hours. Cut into squares.

## **DELICIOUS OATMEAL COOKIES**

(CIASTKA Z PŁATKÓW OWSIANYCH)

- |                                   |                      |
|-----------------------------------|----------------------|
| 1/2 c. butter or margarine        | 1/2 tsp. orange peel |
| 3/4 c. sugar                      | 2 T. flour           |
| 1 c. oatmeal                      | 1 tsp. baking powder |
| 1 egg                             | 1 tsp. cinnamon      |
| 1/4 c. almonds, chopped or sliced |                      |

Melt butter in saucepan. Remove from heat. Stir in remaining ingredients. Mix well. Grease cookie sheets. Drop batter from teaspoon 3 inches apart. Bake in moderate oven at 375° for 6 minutes or until golden brown. Let stand 2 minutes before removing; cool. Sprinkle with powdered sugar.



## **NUTRITIOUS OATMEAL COOKIES**

(CIASTKA Z PŁATKÓW OWSIANYCH)

- |                                             |                             |
|---------------------------------------------|-----------------------------|
| 1 c. butter or margarine                    | 1 c. chopped nuts           |
| 1 1/2 c. dark brown sugar                   | 1 c. raisins                |
| 2 eggs, extra lg. or extra lg.              | 1 c. chocolate chips (opt.) |
| 1 1/2 c. whole-wheat flour                  | 4 c. reg. oat flakes        |
| 1 tsp. baking soda                          |                             |
| 1 tsp. each: cinnamon, allspice and vanilla |                             |

Cream together butter and sugar; keep adding all other ingredients. Spoon on a baking sheet. Bake at 350° for 15 minutes. Cut into squares.

## **HAZELNUT CREAM FILLING**

(MASA ORZECHOWA)

- |                     |                                 |
|---------------------|---------------------------------|
| 1 c. powdered sugar | 1 c. butter                     |
| 4 eggs              | 1/4 c. toasted ground hazelnuts |

Beat the sugar and eggs in top of double boiler, cooking mixture very thick. Remove from heat; cool, then beat in the butter and nuts. Use as filling and topping for the toasted hazelnut cake.

## **VANILLA CUSTARD SAUCE**

(POLEWA WANILIOWA)

- |                 |                    |
|-----------------|--------------------|
| 4 lg. egg yolks | 2 c. half-and-half |
| 1/3 c. sugar    | 1 1/2 tsp. vanilla |

With an electric mixer, beat egg yolks with sugar until the mixture is thick. Add scalded half-and-half in a stream, beating. Transfer the mixture to a heavy saucepan. Cook the custard over moderately low heat, stirring constantly, until it thickens. Do not let it boil. Stir in vanilla. Chill sauce for at least 3-4 hours. Makes 2 cups.





## **COFFEE OR CHOCOLATE PASTRY CREAM**

(KREM CZOKOLADOWY LUB KAWOWY)

- |                                               |                                   |
|-----------------------------------------------|-----------------------------------|
| 1 (7-oz.) jar marshmallow creme               | 1 T. instant coffee or 2 T. cacao |
| 2 sticks whipped butter or unsalted margarine |                                   |

With couple drops of hot water, dissolve instant coffee. Mix well whipped margarine or butter with marshmallow and add instant coffee.

## **ROYAL PASTRY CREAM**

(KRÓLEWSKA MASA)

- |                      |                                          |
|----------------------|------------------------------------------|
| 1 pt. whipping cream | 2 T. liqueur (apricot, orange or coffee) |
| 2 T. sour cream      |                                          |
| 2 T. brown sugar     |                                          |

With electric mixer, beat whipping cream until thick. Add sour cream and beat thoroughly. Add brown sugar and beat well. Add liqueur. Work down with spoon. Mix well.

## **LEMON FROSTING**

(LUKIER CYTRYNOWY)

- |                     |                             |
|---------------------|-----------------------------|
| 1 c. powdered sugar | 1 T. oil                    |
| 2 T. lemon juice    | 1 drop yellow food coloring |

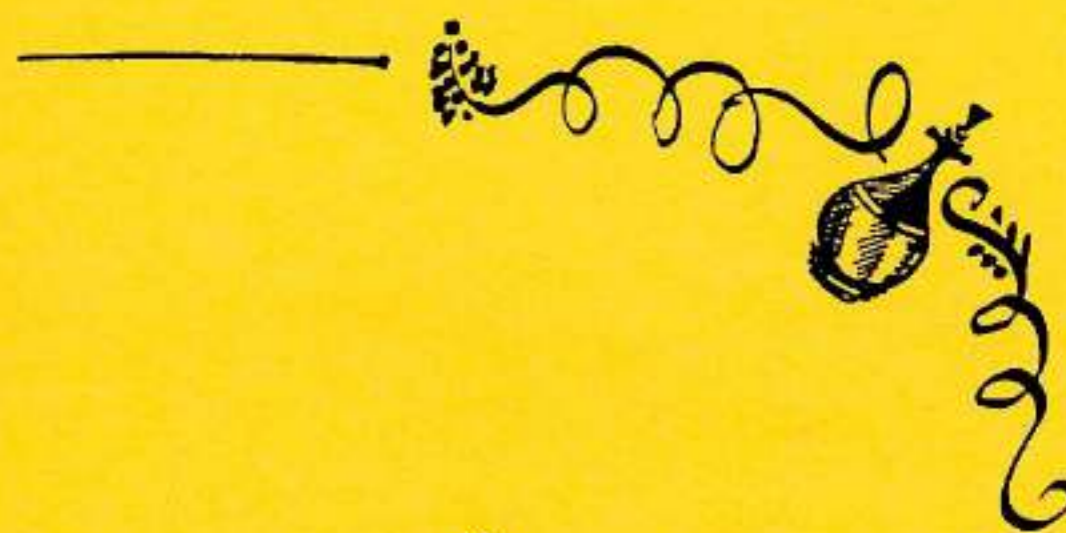
Mix all the ingredients. Very good frosting for cakes and cookies.

## **RUM FROSTING**

(LUKIER RUMOWY)

- |                     |                          |
|---------------------|--------------------------|
| 1 c. powdered sugar | 2 T. light corn syrup    |
| 2 T. rum            | 1 drop red food coloring |

Mix all ingredients. Use for decorations.



*Miscellaneous*





## MISCELLANEOUS

### AUTHENTIC POLISH PICKLES

(Ogórki kiszone)

6 lbs. med. pickling cucumbers  
4 lbs. sm. pickling cucumbers  
6 qt. water  
1 c. salt

¼ c. sugar  
1 head garlic  
½ lb. fresh dill  
Dried hot red peppers

Wash pickling cucumbers in cold water. Pierce each cucumber with a wooden skewer a few times through the middle to prevent hollowness. Place a generous amount of dill on the bottom; a tiny piece of red pepper and a clove of garlic and pack starting with the medium cucumbers, standing up in the jar and pack smaller ones on top to fill in making sure that the jar is tightly packed. Bring water to a boil with the salt and sugar. In a separate pan, place the lids in hot water for a few minutes. Pour the hot boiling water over the cucumbers to fill the jar to the brim. Wipe the hot lid with a cloth and place on top of the jar and seal. When jars have cooled, tighten the seals and store in a cool, dry dark place. If brine seeps out, there is no need to worry, the pickles are edible. The pickles sour naturally during the fermentation process.

### SALTING MUSHROOMS FOR THE WINTER

(Solenie Grzybów na Zimę)

To salt for winter:

Dill  
Salt

Mushrooms (Russula or Lactarius  
Delicious) (Rydze lub surojadki)

To use:

Chopped salted mushrooms  
Chopped onion

Sour cream  
Dry dill weed

Use above mushrooms or other edible mushrooms with ribs not sponge on the underside. Soak mushrooms and wash in same water. Do not wash under running water. Trim stems and discard. In a large ceramic pot or glass jar, place layer of mushrooms and cover with salt very generously. Sprinkle with chopped dill with stems. Alternate layers of mushrooms, salt and dill and press down with plastic plate or wooden cover and weight down with a rock. Store in cool place. These mush-

(continued)





rooms will keep all winter. Keep covered with cloth. **To use:** Soak mushrooms in water as needed for a couple of hours. Mushrooms should be salty when tasted. Drain and squeeze out the excess water. Chop finely. Add chopped onions, dry dill and sour cream. These mushrooms can be served with boiled hot potatoes or as side dish or an appetizer on pumpnickel squares or crackers.

### **MARINATED WILD MUSHROOMS**

**(GRZYBY MARYNOWANE)**

Wild mushrooms (boletus or saffron milk caps)	2 tsp. pickling spices
2 c. water	6 T. sugar
4 c. cider vinegar	2 bay leaves
1/4 c. salt	4 med. onions, sliced

Be sure you have edible wild mushrooms of which the best for pickling are boletus or saffron milk caps (*Lactarius deliciosus*). Boil all ingredients, except mushrooms, for a few minutes and set aside to cool. Wash and trim mushrooms and cover with water. Bring to a boil and drain well. In a glass jar, alternately place layers of mushrooms and sliced onions. Last layer should be a layer of onions. Pour vinegar over the mushrooms to cover and with a knife remove bubbles of air by sliding it into the jar and moving it around the sides of the jar. Refrigerate for at least a few days before serving. Will keep for months.

### **SAUERKRAUT**

**(KISZENIE KAPUSTY)**

25 lbs. cabbage, thinly shredded	8 bay leaves
1/2 lb. salt	Apples (opt.)
1 lb. carrots	

Shred the cabbage finely and knead together with salt. Place in a ceramic or glass jar. Use a barrel if you have one. Sprinkle carrots and bay leaves; pound down with a wooden mallet. Cover with cloth and weigh down by using a wooden board or sturdy plate and place on top of a rock or a heavy object. Leave in warm place at room temperature for 2 days, then transfer to a cool dark place and let the cabbage sour

(continued)



through fermentation. Caraway seeds or apples may be added. Use small apples like MacIntosh.

### **MARINATED SALMON**

**(MARYNOWANY ŁOSOŚ)**

Salmon	Ground pepper
1/4 c. salt	Chopped dill
1/3 c. sugar	5 bay leaves

Select a medium salmon. Rinse salmon over cold running water. Pat dry with paper towels. Cut along the back of the salmon and fillet the fish carefully. Sprinkle salt, sugar and pepper and rub into the fish on the inside of the fillet. Put the fillets together and place the salmon in large shallow glass pan; bottom should be generously covered with dill. Place a plate or board on top of the salmon and weigh it down. Refrigerate for 5-7 days, turning the salmon over once a day. **To serve:** Slice the salmon at an angle into very thin slices and arrange them on a serving plate, garnishing with fresh dill sprigs. This salmon is excellent for serving as an appetizer with dark bread or with bliny.

### **MARINATED ITALIAN PLUMS**

**(ŚLIWKI MARYNOWANE)**

1 c. water	7 cloves
4 c. sugar	6 allspice
3 c. white vinegar	1 lb. Italian plums

Wash and dry plums; prick with a toothpick a couple of times. Boil water, sugar, vinegar and add spices tied in cheesecloth. Pour warm marinade (save the spices) over plums and cool. Next day, drain marinade; add spices and heat until very hot, but not boiling. Once again save spice and pour marinade over plums and cool. Next day, drain marinade, add spices and bring to rolling boil. In heated Mason jars, place plums and pour boiling marinade. Seal jars and store in cool dark area.





### **BEET RELISH**

- |                        |                         |
|------------------------|-------------------------|
| 1 qt. cabbage, chopped | 1 c. sugar              |
| 1 qt. beets, chopped   | 1 c. grated horseradish |
| 2 c. vinegar           |                         |

Dissolve sugar in vinegar and scald. Add remaining ingredients to a boil and cook slowly for 10 minutes. You may want to put the relish in sterilized jars and seal.

### **LEMON LIQUEUR**

(Likier Cytrynowy)

- |                     |              |
|---------------------|--------------|
| 1 pt. grain alcohol | Vanilla bean |
| 1 pt. milk          | 3 lemons     |
| 1 lb. sugar         |              |

Combine alcohol, milk, sugar, vanilla bean. Add lemon, cut into eighths. Leave in a glass jar, covered tightly for 2 weeks. After 2 weeks, place a coffee filter on a sieve and filter the curdled mixture. You will have a clear lemon liqueur. The filtering process is slow, but well worth it. Pour into a crystal decanter. The curdles residue can be used as pastry filling. Be sure to discard the lemon pieces and vanilla bean.

### **ROSE HIP BRANDY**

(Jadwiówka)

- |                      |                             |
|----------------------|-----------------------------|
| 1 qt. vodka          | Peel of 1/2 orange, chopped |
| 2 T. dried rose hips | 2 T. sugar (opt.)           |

Add rose hips to the vodka. Make sure the peel of the 1/2 orange is very thin and finely chopped. Add sugar. Let stand for 2 weeks.



### **HONEY LIQUEUR**

(Krupnik)

- |                        |                                  |
|------------------------|----------------------------------|
| 1 c. honey             | 1/2 tsp. nutmeg                  |
| 1/2 c. water           | 1/2 T. cinnamon                  |
| 1 tsp. vanilla extract | 1 T. grated orange or lemon rind |
| 1/2 tsp. cloves        | 3 c. vodka                       |

Combine honey, water and all spices and bring to a boil. Cover and simmer for 10 minutes more. Cool and add to the vodka. Krupnik can be served cold but it is better served warm, especially on fall or winter rainy nights.

### **ORANGE LIQUEUR**

(Likier Pomarańczowy)

- |                     |                  |
|---------------------|------------------|
| 1 qt. grain alcohol | 1 c. sugar       |
| 1 lg. orange        | 1/2 vanilla bean |
| 2 c. water          |                  |

Pour alcohol into a large glass jar. Make incisions in the orange skin and tie string around it securely. Drop in vanilla bean. Suspend orange over the alcohol (it must not touch the alcohol) and tie the string around the top of the jar. Secure lid and set aside for 3 weeks. Orange will shrivel and dry up. Make syrup by boiling water and sugar. Cool completely. Combine with alcohol. Serve at room temperature.

### **LEMON VODKA**

(Cytrynówka)

- |                 |                   |
|-----------------|-------------------|
| 1 qt. vodka     | 2 T. sugar (opt.) |
| Rind of 1 lemon |                   |

Cut off thinly the entire lemon rind and cut into small pieces. Add the lemon rind and sugar to the vodka and let it stand for 1 week. Keep in freezer compartment and serve ice cold.





## **CHOCOLATE LIQUEUR**

(**Likier Czekoladowy**)

1 qt. vodka  
10 egg yolks  
2 c. powdered sugar

1 tsp. vanilla extract  
3/4 c. chocolate syrup  
3/4 c. heavy cream

Beat egg yolks with sugar until thick and light yellow. Blend in chocolate syrup and vanilla extract. Add vodka. In a separate bowl, whip the heavy cream and add to the liqueur.

## **EGG LIQUEUR**

(**Likier Jajeczny**)

1 1/2 c. vodka  
1 c. brandy  
1 tsp. vanilla extract

6 egg yolks  
2 c. sugar  
1 c. boiled milk

Beat egg yolks with sugar until thick and light yellow. Add the cooled milk and vanilla extract. Add cognac and vodka gradually. Refrigerate for a week. Be sure to shake well before serving.

## **HOT WINE**

(**Grzane Wino**)

1 qt. red wine  
1 c. sugar

1/2 tsp. cloves  
1/2 tsp. cinnamon

Combine all the ingredients and heat well, but do not boil. Excellent after skiing or other winter sports.

## **SAUCE SUPREME**

(**Sos do Wędlin**)

10 oz. blackberry or black currant  
jelly  
6 oz. horseradish

2 T. lemon juice  
2 T. Dijon mustard

(continued)



Mix well all ingredients. Serve with ham or cold cuts.

## **SAUCE "COCKTAIL" (FOR FISH)**

(**Sos Koktajlowy**)

1/2 c. mayonnaise  
1 T. whiskey or gin  
1/2 tsp. Worcestershire sauce

1 T. ketchup  
1 tsp. mustard  
Salt, pepper to taste

Mix all ingredients well. Serve with fish, seafood and beef.

## **TOMATO SAUCE**

(**Sos Pomidorowy**)

1/2 c. meat stock  
2 T. butter  
1 T. flour  
1 onion, finely chopped

1 T. tomato paste  
Sugar and sour cream if desired  
Salt to taste

Melt butter and add flour. When it bubbles, add slowly meat stock. Add onion and tomato paste. Simmer for 5 minutes. Salt to taste.

## **MADEIRA SAUCE**

(**Sos z Madery**)

4-6 finely chopped green onions  
2 T. oil  
4 T. butter  
2/3 c. Madeira wine

1/2 c. beef bouillon or consomme  
4 T. Dijon mustard  
1 T. tomato paste  
1/2 c. heavy cream

Sauté green onions in hot butter-oil mixture. Add Madeira wine and bouillon. In a separate dish, mix together mustard and tomato paste. Add slowly heavy cream. Mix all this very well and add to the pan with the wine-bouillon mixture. Boil 1 or 2 minutes. Serve hot with ham, pork or beef.





## **HORSERADISH SAUCE WITH EGGS**

(SOS CHRZANOWY Z JAJKAMI)

- |                                    |                            |
|------------------------------------|----------------------------|
| 1 c. sour cream                    | 3 T. horseradish, prepared |
| 2 hard-boiled eggs, finely chopped | 1 T. mustard               |
|                                    | Salt and sugar to taste    |

Combine all ingredients and mix well. Serve with fish, ham and beef.

## **HORSERADISH SAUCE**

(SOS CHRZANOWY)

- |                                                         |                |
|---------------------------------------------------------|----------------|
| 1 c. sour cream                                         | 1 T. mustard   |
| 4-5 T. grated fresh horseradish or prepared horseradish | Salt to taste  |
| 1/2 tsp. lemon juice                                    | Sugar to taste |

Combine all ingredients and mix well. Serve hot or cold with beef, fish or ham.

## **FRESH MUSHROOM SAUCE**

(SOS ZE SWIEZYCH GRZYBÓW)

- |                                            |                             |
|--------------------------------------------|-----------------------------|
| 1/2 lb. fresh mushrooms, sliced lengthwise | 1/2 c. sour cream           |
| 2 T. butter or margarine                   | 1 1/2 c. meat stock or milk |
| 2 T. flour                                 | 1 tsp. chopped dill         |
| 1 sm. onion, chopped                       | Salt and pepper to taste    |

In a saucepan, place mushrooms, butter, salt and pepper. Cover and cook over low heat for 5 minutes. Add onion. Cook until tender, about 10 minutes. Blend in flour, gradually stir in liquid and sour cream. When thickened, add dill.



## **WHITE SAUCE**

(BIAŁY SOS)

- |                                 |                 |
|---------------------------------|-----------------|
| 2 T. butter or margarine        | Pepper and salt |
| 1 T. flour or 1 tsp. corn flour | 1/2 pt. milk    |

**Method 1:** Put the milk into a saucepan, leaving out just enough to make the flour or corn flour into a smooth paste. When it boils, remove the pan from the fire and add the paste, stirring well, then bring slowly to a boil. Let it cook gently for 5 minutes, then season. Remove the pan from the fire and stir in the butter. **Method 2:** Melt the butter, add the flour or corn flour (sieved) very slowly, stirring all the time and cook until smooth. Remove from the fire; beat in the milk with a whisk or wooden spoon. Put it back on the fire and bring to a boil, stirring all the time, then season and cook for 5 minutes. This foundation can be used for the following sauces: anchovy, caper, cheese, horseradish, lemon, mustard, onion, parsley, shrimp and tartar. Serves 4.

## **TARTAR SAUCE**

(SOS Tatarski)

- |                        |                          |
|------------------------|--------------------------|
| 1 c. mayonnaise        | 1 tsp. chopped chives    |
| 1/2 c. sour cream      | 1 T. mustard             |
| 2 T. lemon juice       | Salt and pepper to taste |
| 1 tsp. chopped pickles |                          |

Combine all ingredients and mix well. Chill before using.

## **POPPY SEED DRESSING**

(SOS Z MAKIEM)

- |                           |                          |
|---------------------------|--------------------------|
| 1/3 c. honey              | 1 tsp. salt              |
| 1/3 c. white wine vinegar | 3 T. chopped sweet onion |
| 1 c. salad or olive oil   | 1 1/2 T. poppy seeds     |
| 2 tsp. Dijon mustard      |                          |

Combine in blender honey, vinegar, mustard and salt. Add chopped onion and gradually add oil until it thickens. Add poppy seed and refrigerate.  
(continued)





ate. May be served cold or at room temperature. Best served with fruit salad or tossed green salad.

### **DILL OR PARSLEY SAUCE**

**(Sos z Koperku lub z Pietruszki)**

- 1 c. white sauce, warm
- 2 tsp. finely chopped, fresh dill or
- 2 T. finely chopped parsley

Add dill or parsley to white sauce and mix well. Heat, but don't boil.

### **BUCKWHEAT KASHA**

**(KASZA GRYCZANA)**

- |                              |                    |
|------------------------------|--------------------|
| 2 c. coarse buckwheat groats | 1/4 c. butter      |
| 1 egg                        | 4 c. boiling water |
| 1 tsp. salt                  |                    |

Toss the kasha and egg together with a large wooden spoon until the grains are well coated. Transfer to ungreased pan and dry in warm oven. In a 12-inch skillet, boil water with salt, butter and kasha. Stir well; reduce the heat to low. Simmer, stirring occasionally, for about 20 minutes. If at this point the kasha is not tender and dry, stir 1 cup of boiling water and cook, covered, 10 minutes more until grains are separate and water is absorbed.

### **CANDIED ORANGE PEEL**

**(Skórka Pomarańczowa)**

- |                 |                |
|-----------------|----------------|
| 3 lg. oranges   | 1 1/4 c. sugar |
| 2 T. corn syrup |                |

Score and peel oranges into quarters. Slice orange peel lengthwise into 1/4-inch strips or so. Place in stainless steel pot, cover with water and simmer for 15 minutes. Drain and add 3/4 cup of water, corn syrup and sugar and simmer on low heat for 1 hour. Roll each orange peel

(continued)



in sugar and place on rack to dry overnight or longer. Can be stored in freezer.

### **THREE FRUIT PRESERVES**

- |                         |                      |
|-------------------------|----------------------|
| 4 c. sugar              | 2 lbs. pears         |
| 1/2 c. water            | 2 lbs. tart apples   |
| 1 vanilla bean, chopped | 2 lbs. Italian plums |

Wash apples and pears; peel and cut into chunks. Wash plums; halve and remove stones. Mix sugar, water and vanilla pieces and bring to a boil. Add pear chunks and cook until half-cooked, then add the apples and plums and cook slowly, stirring until thickened. Spoon into hot sterilized jars. Be sure to turn jars upside down until cooled.

### **TOMATO (SPICE) MARMALADE**

- |                              |                              |
|------------------------------|------------------------------|
| 3 c. prepared tomatoes       | 1 1/2 tsp. grated lemon rind |
| 1/4 c. lemon juice           | 1/2 tsp. allspice            |
| 4 1/2 c. sugar               | 1/2 tsp. cinnamon            |
| 1 box Sure-Jell fruit pectin | 1/4 tsp. ground cloves       |

Scald, peel and chop tomatoes. Cover and simmer 10 minutes, stirring occasionally. Measure 3 cups into 6- or 8-quart saucepot. Add 1 1/2 teaspoons grated lemon rind, lemon juice, 1/2 teaspoon each allspice, cinnamon and ground cloves to tomatoes. Stir Sure-Jell fruit pectin into prepared fruit. Bring to full boil over high heat, stirring constantly. At once stir in sugar, then boil hard 1 minute, stirring constantly. Remove from heat. Skim off foam with large metal spoon. Immediately ladle into hot jars, leaving 1/4-inch space on top. Immediately cover jars with hot lids. Let jam stand to cool. Check seals.





## PEASANT BREAD (Wiejski Chleb)

4 pkgs. dry yeast  
2 1/2 c. water  
3 c. rye flour  
4 c. white unbleached flour

2 T. molasses  
2 T. caraway seeds  
2 c. fresh mashed potatoes  
1 1/2 tsp. salt

### Glaze:

1 c. water  
1 tsp. cornstarch, dissolved in 1/4 c. water

Dissolve yeast in 1/2 cup lukewarm water. Let stand 10 minutes. Gradually blend in 2 cups lukewarm water, 2 cups rye flour, salt, molasses, mashed potatoes, caraway seeds and white flour. Turn out onto a board. Knead well, blending in another cup of rye flour, until smooth and elastic. Let rise until doubled. Punch down and divide in half. Knead. Shape into 2 loaves. Let rise until doubled. Bake 10 minutes at 375°, lower the heat to 325° and bake 40 to 50 minutes longer. When almost done, make glaze and paint the loaves with it. Return to the oven and bake 10 minutes longer. To make the glaze, pour dissolved cornstarch into 1 cup of boiling water. Keep stirring and let come to a boil again.

## SCRAMBLED EGGS WITH KIELBASA

1 c. chopped kielbasa  
3 T. butter  
6-8 eggs

2 green onions, chopped  
Salt and pepper

Melt the butter on medium heat and add the chopped kielbasa and the chopped green onions. Fry, stirring constantly, for a few minutes. Add the eggs, salt and pepper and stir constantly until thickened to desired consistency. Serve immediately. Serves 4.

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