



PREP 2 HOURS
30 MIN



YIELD: 6
SERVINGS

INGREDIENTS

Dough

- 5 cups (600g) of all-purpose flour
- 1 egg
- 1 cup of warm water
- 2 pinches of salt
- 4-5 tablespoons of oil

Filling

- 21 oz / 600g of farmer's cheese
- 21 oz / 600g of potatoes
- 7 oz / 200g of butter
- 1 small onion
- 3 pinches of salt
- 1 pinch of pepper

PIEROGI RUSKIE



Make The Dough

1. Put flour, egg, oil, and salt into the bowl. Whisk it together with a hand or a dough hook attachment.
2. Start adding the water slowly, letting it incorporate before adding more.
3. Whisk until all the ingredients are incorporated and there are no lumps.

Make The Filling

1. Peel the potatoes and put them into the pot.
2. Add the cold water, two pinches of salt, and cook until they are soft (about 30 minutes)
3. Peel and chop an onion. Gently fry it with the entire block of butter (the onion should remain white, don't caramelize it)
4. When the potatoes are soft, pour out the water and add the fried onion with butter to the pot.
5. Add the farmer's cheese, salt, pepper, and mix all together with the potato masher.

PIEROGI RUSKIE



Mold Pierogi

1. Divide the dough into 2 or 3 pieces.
2. Thinly roll each piece out onto a floured surface to just under 1/16 - 1/8" thickness.
3. Use a round cookie cutter to cut the circles from the dough.
4. Put the filling (½ - 3 teaspoons) in the center of each circle. The more filling, the better; however, you need to ensure it stays inside the pierogi. When the filling gets between the dough when sealing, the pierogi may fall apart during cooking.
5. Pull the edges of each circle to form pierogi. Make sure the seal is continuous and intact. You can't leave any free space, as pierogi will fall apart during cooking. Pinch tightly.
6. Collect the remaining dough scraps and add them to the other two dough pieces. Repeat the process until the entire filling and dough are used.

Cook Pierogi

1. Pour the water into the big pot. Add two pinches of salt. Bring to a boil.
2. Gently throw pierogi, one by one, into the boiling water.
3. When they start floating, wait for a minute and take them out with the slotted spoon.
4. Pour the melted butter on top.



MAKOWIEC POPPYSEED ROLL



PREP 30 MIN



COOK 40 MIN



ADD 2 H

DOUGH

- 5 cups (600g) of all-purpose flour
- 1 cup of milk
- 4 egg yolks
- 1 stick (110g) of butter
- 1 tbsp (7g) of instant yeast
- $\frac{1}{2}$ cup (100g) of sugar
- $\frac{1}{2}$ tsp of salt

FILLING

- 4 cups (400g) of poppy seeds
- 1 (200g) cup of sugar
- $1 \frac{1}{2}$ cup of milk
- 2 tbsps of honey
- 4 tbsps of butter
- 4 egg whites
- raisins/ candied fruits/ nuts (optional)

METHOD

Make The Dough

1. Melt the butter in warm milk (don't make it too hot!).
2. Add the remaining ingredients and knead the dough (using your hands or food processor). The dough may be a bit sticky but it's ok.
3. Place the dough in a big bowl then cover it with a clean kitchen cloth.
4. Leave the bowl in a warm place for about 90 minutes until the dough doubles its size.



MAKOWIEC

Make The Filling

1. If your poppy seeds are not ground, grind them in a coffee/meat grinder or food processor. You may need to run the food processor a few times, depending on how strong your grinder is.
2. Bring the milk to almost boil.
3. Add poppy seeds to boiling milk, and cook for about 2 minutes, stirring all the time.
4. Add sugar, and butter to hot poppy seeds and mix.
5. Add chopped nuts/dried fruits and mix again. Allow to cool.
6. Beat the egg whites with a bit of salt until stiff.
7. Carefully add beaten egg whites to the poppy seeds.

Assemble Makowiec

1. Preheat the oven to 350°F / 175°C.
2. Divide the dough into 2 pieces.
3. Roll each piece out onto a floured surface to just under ½" thickness.
4. Spread the filling onto the dough, avoiding the edges.
5. Roll up the pastry, starting at one of the long ends. Make sure to tuck the ends of the roll under it. (that will prevent the filling from leaking out).
6. Brush the rolls with beaten egg or melted butter.
7. Wrap the rolls tightly in parchment paper.
8. Transfer to the baking tray.
9. Bake for 35-40 minutes. Allow to cool before decorating.

Decorate Makowiec (Makowiec Toppings)

Here are the most popular ways to decorate Polish poppy seed cake:

- powdered sugar
- sugar glaze (1 cup of powdered sugar + 4 tbsps of water)
- chocolate frosting

For each of these options, you may add candied fruits or nuts on top.



PREP 5 MINUTES



COOK 40 MIN

INGREDIENTS

Fermented Beetroot Juice

[Zakwas Buraczany]

- 3 ½ lbs (1.5 kg) of beets
- 6 cups of purified water
- 2 tbsps of salt
- 4 allspice berries
- 4 bay leaves

Red Borscht

- 2 bay leaves
- 2 tbsps of salt
- 2 allspice berries
- 1 tsp of black pepper
- 1 tbsp of dried marjoram
- 1 tbsp of dried lovage
- 3 crushed garlic cloves
- 1 onion
- 3 tbsps of oil
- 3 dried edible mushrooms

RED BORSCHT



METHOD

Make Zakwas (5-7 Days Before)

1. Peel the beetroots.
2. Cut off 1 big slice or 2 small slices of beet.
3. Dice the rest of the beetroots.
4. Dissolve salt in water. The hotter the water, the quicker your beetroot juice will be ready.
5. Put the diced beetroots in a sterile jar, add allspice berries, and bay leaves, then cover them with salty water.
6. Put one big or 2 small slices of beet on top of the water. The water should cover all the beetroots, however, they can't float. Leave 1-1.5" of free space on top of the jar.
7. Twist the jar and put it in a dark, cold (max 20°C / 70°F) place.
8. Wait for 5-7 days and your fermented beetroot juice will be ready to use.



BARSZCZ CZERWONY

METHOD

Cook Red Borscht [Barszcz Czerwony]

1. When the beetroot juice is ready, drain it [seperate water from beets, throw away allspice berries and bay leaves].
2. In a pot, cover the beets with fresh water. The water level should be 0.5" (1.5cm) over the beetroots level.
3. Add all the other ingredients for red borscht.
4. Cook for about 40 minutes, then drain the soup, making sure it's clear.
5. Add the remaining beetroot juice to the soup and bring to boil. Don't cook red borscht, turn off the heat immediately after the soup starts boiling.
6. Serve warm with uszka [little dumplings], paszteciki [sauerkraut pies], or krokiety.



PREP 10 MIN



COOK 20 MIN

INGREDIENTS

- 1 ½ oz / 40g of dried edible mushrooms
- 1 small onion
- 1 small carrot
- 1 garlic clove
- 1 tbsp of oil or clarified butter
- 3 tbsps of heavy cream
- 1 tbsp of all-purpose flour
- 3 bay leaves
- 3 allspice berries
- salt, pepper
- [optionally] vinegar or lemon juice

MUSHROOM SOUP



METHOD

1. Cover the mushrooms with 2 cups of water. Leave overnight.
2. The next day, drain the mushrooms. Leave the mushroom water for later.
3. Peel and dice the onion. Fry it with oil.
4. In the meantime, cut the mushrooms if the chunks are too big (it's not necessary).
5. Add mushrooms to onion and fry for 10 minutes.
6. Peel and cut the carrot into half-moons.
7. Place the carrot in the pot. Add allspice berries, bay leaves, and cover with 3 cups of water. Bring to a boil.
8. When it is boiling, add garlic, fried mushrooms, and onion.
9. Add mushroom water and cook for 15 minutes.



MUSHROOM SOUP

METHOD

10. After 15 minutes, pour some soup into a cup.
11. Allow to cool for 5 minutes.
12. In a separate cup, mix heavy cream with flour.
13. Add it to the soup in a cup and mix. Make sure there are no lumps!
14. Pour the mixture into the soup in the pot and mix.
15. Turn off the heat. Season the soup with salt, pepper, and some vinegar if you want it to be sour.
16. Serve warm with noodles.



PREP 10 MIN



COOK 50 MIN

INGREDIENTS

- 2 cans of navy/ lima beans or 1 ½ cups of dry beans that you will cook
- 1 average cabbage or 5 cups of sauerkraut (kapusta kiszona)
- 1 onion
- 2 potatoes
- 3 tomatoes
- 4 tablespoons of margarine or butter
- 1 bouillon cube

KAPUSTA Z GROCHEM



METHOD

1. If you use dry beans, place them in a pot or bowl and fill with water. The water should be at least an inch or two above the beans. Let them soak overnight.
2. In the morning, change the water. Cook with a bit of salt until they are soft.
3. Peel the potatoes and boil them. When they are cooked, mash them.
4. If you use saurekraut, cook it with 1 cup of water. When it's soft, drain it. The more water you leave, the more sour kapusta z grochem will be.
5. If you use fresh cabbage, chop it finely and place it in a big pot with 1 cup of water and a margarine/butter.
6. Finely chop the onion and fry it with a bit of butter.
7. Wash the tomatoes, chop them, and cook with a bit of water until they are soft.
8. Mix all the ingredients together. Add a bouillon cube and cook until it dissolves. Season with salt and pepper.

SALATKA JARZYNOWA



INGREDIENTS

- 3 potatoes
- 1 can of the sweet peas
- 2 parsley roots
- 1 apple (optional)
- 4 carrots
- 6 boiled eggs
- 1 celery root
- 10 tablespoons of mayonnaise
- 1 onion or white part of the leek
- salt and pepper
- 4 big fermented pickles



PREP 20 MIN



COOK 30 MIN

METHOD

1. Peel celery root, carrot, potatoes, and parsley roots.
2. Boil them until they are soft.
3. Boil the eggs.
4. Chop finely all the ingredients. For more effortless chopping you can use a special tool, a vegetable slicer.
5. Add mayonnaise.
6. Season the Polish salad with salt and pepper.
7. Put the Polish salad to the fridge and eat when it's cold.

Notes

1. If you want the salad to be more healthy, you can use 5 tablespoons of mayonnaise and 5 tablespoons of Greek yogurt.
2. Remember to season your salad gradually! Although it requires quite a lot of salt and pepper, if you overdo it, there's no way back. Add a small amount of salt and pepper, mix it well and taste it after a minute or two. Then add some more if needed. With practice, you will learn the right amount of your spices.

FRIED CARP FISH



PREP 30 MIN COOK 40 MIN

INGREDIENTS

- 1 whole carp
- 1 tbsp of salt
- 1 tsp of ground black pepper
- $\frac{1}{3}$ cup of all-purpose flour
- $\frac{1}{4}$ cup of oil
- 3.5oz (100g) of pork lard or more oil
- 2 onions

METHOD

1. Wash and scale the carp.
2. Cut the fish into steaks. Throw away the head and tail.
3. Dry the steaks, then coat them with salt and pepper.
4. Coat the steak with flour
5. Fry the steaks in oil and pork lard or just oil. 3-5 minutes on each side.
6. Place the carp in the heat-resistant vessel.
7. Preheat the oven to 360°F (180°C).
8. Peel and cut the onions into half-moons.
9. Fry onions in oil for about 5 minutes, then add them to the carp.
10. Cover the vessel with the lid and bake for 30 minutes.
11. Reduce the temperature to 300°F (150°C) and take the lid off the vessel.
12. Bake for another 10 minutes.





USZKA DUMPLINGS



PREP 1 H



COOK 15 MIN



ADD 8 H

DOUGH

- 1 egg
- 5 cups (600g) of all-purpose flour
- 1 cup of warm water
- 2 pinches of salt
- 4-5 tbsps of oil

FILLING

- 5 oz (150g) of dried edible mushrooms
- 1 big onion
- 1-2 tbsps of breadcrumbs
- 1 large egg
- butter or oil to fry
- salt, pepper

METHOD

Make The Dough

1. Put flour, egg, oil, and salt into the bowl. Whisk it together with a hand or dough hook attachment.
2. Start adding the water slowly, letting it incorporate before adding more.
3. Whisk until all the ingredients are incorporated and there are no lumps.

Make The Filling

1. Cover the mushrooms with water and leave to soak overnight.
2. The next day, finely chop the mushrooms and cook slowly for 1,5-2h.
3. In the meantime, peel and finely chop the onions. Fry it with butter and add to cooked mushrooms.
4. Season with salt and pepper.
5. Add the eggs and breadcrumbs. Mix and fry for another 2-3 minutes. Allow to cool.



USZKA DUMPLINGS

METHOD

Make Uszka

1. Divide the dough into 2 or 3 pieces.
2. Thinly roll each piece out onto a floured surface to just under 1/16 - 1/8" thickness.
3. Cut the 1-2" (2-4cm) wide squares from the dough.
4. Put the filling in the center of each square.
5. Pull the edges of each square together to form the triangle. Pinch tightly. Note: Make sure the seal is continuous and intact. You can't leave any free space, or the uszka will fall apart during the cooking. Don't let the filling get between the dough when sealing, otherwise uszka may fall apart during the cooking.
6. Wrap each triangle around your finger to form uszka.
7. Collect the remaining dough scraps and put them to the other 2 dough pieces. Repeat the process until the entire filling and dough are used.

Cook Uszka

1. Pour the water into the big pot. Add 1/2 tsp of salt. Boil.
2. Gently throw uszka, one by one into the boiling water.
3. When they start floating, wait for a minute and take them out with the slotted spoon.
4. Let them dry on a flat surface. They can't touch each other, otherwise, they may stick together.



KOMPOT Z SUSZU



PREP 1 MIN



COOK 25 MIN

INGREDIENTS

- 1 lbs (0.5kg) of dried fruits
- 8-9 cups of water (2 litres)
- 1-2 tbsps of honey
- 1 cinnamon stick
- 3 cloves

METHOD

1. Cover the dried fruits with cold water.
2. Add a cinnamon stick and cloves.
3. Boil on medium heat for about half an hour.
4. When kompot z suszu is still warm but not hot, add honey and mix.
5. Strain the drink- throw away the fruits and spices.
6. Pour kompot z suszu to the bottle or jug. Keep in the fridge. Serve cold.

Use any fruits you want:

- prunes
- dried apples
- dried pears
- dried apricots
- fresh oranges (no more than 1)



PREP 10 MIN



COOK 40 MIN

INGREDIENTS

- 18 oz (500g) of sauerkraut
- 1-2 oz (30-50g) of dried edible mushrooms
- 1 onion
- 3 garlic cloves
- 3 bay leaves
- 3 allspice berries
- oil
- salt
- pepper

CABBAGE & MUSHROOMS



METHOD

1. Cover mushrooms with 1 cup of hot water. Cook for about 10 minutes.
2. In the meantime, drain the sauerkraut. Retain the juice to possibly add back later if it's not sour enough. You may rinse the sauerkraut after draining for milder taste.
3. Add the sauerkraut, allspice berries, bay leaves to the mushrooms and cook until soft (for about 30 minutes).
4. After that time, throw away the allspice berries and bay leaves. Drain the mushrooms and sauerkraut.
5. When they are cold, chop them. It's up to you whether you chop them finely or not.
6. Peel and dice an onion, peel and crush the garlic, and fry them together in oil.
7. Add the cooked mushrooms and sauerkraut and fry for another 5-10 minutes.
8. Season with salt and pepper. Add the remaining sauerkraut juice if you want kapusta to be sourer.



KOŁACZKI COOKIES



PREP 30 MIN



COOK 20 MIN



ADD 1 H

DOUGH

- 2 cups of unsalted butter
- 2 cups of cream cheese
- 2 cups of flour
- 2 tbsps of sugar (optionally)

FILLING

- 2 small jars of jam (20 oz)

OPTIONALLY

- egg
- powdered sugar

METHOD

1. Beat the butter with cream cheese. [both should be at room temperature]
2. Start adding the flour gradually. Form the dough using a hand or food processor. Beat until the flour is incorporated and pulls away from the sides of the bowl. Do not overmix.
3. Wrap the dough in the plastic wrap and chill for at least one hour (may be overnight).
4. Preheat the oven to 350°F (180°C).
5. Roll out the dough on a floured pastry board. It should be about $\frac{1}{8}$ " thick.
6. Cut into small squares (about 2-3").
7. Place jam in the center of each square ($\frac{1}{2}$ tsp).
8. Pinch the opposite corners of the squares to form the cookie.
9. Place kołaczki on the pan lined with baking paper.
10. Bake for about 15-20 minutes.
11. Allow to cool. Sprinkle them with powdered sugar.

BIGOS

INGREDIENTS

- 2.5 lbs (1.2 kg) of sauerkraut
- 1 lb (450-500g) of smoked bacon
- 2-3.5 lbs (1 - 1.5kg) of different kind of meats (sausage, ham, etc.)
- 2-3 average onions
- 16 oz (400-450g) of tomato paste (przecier pomidorowy)
- a handful of dried edible mushrooms
- 3.5 oz (5 tbsps) of plum jam
- salt
- pepper
- ½ tsp of ground caraway seeds
- 1 teaspoon of dried marjoram



PREP 20 MIN



COOK 40 MIN



ADD 1 H

METHOD

1. Cover the dried mushrooms with cold water and leave for at least 2 hours (if possible, leave overnight). After that, cook the mushrooms until they are soft.
2. If your sauerkraut is too sour, you may rinse it (it's not necessary). Cover the sauerkraut with water and cook for 15 minutes.
3. Drain the sauerkraut when it's cooked.
4. Finely chop the onions and the smoked bacon.
5. Fry the bacon for 10 minutes. Add it to the sauerkraut.
6. Using the same pan, fry the onions. The pan is already covered with bacon fat, so the onion will be easily fried.
7. Add fried onion to the sauerkraut and bacon.
8. Chop the mixed meat and fry it in the pan. (Use some oil if necessary.)
9. Add the fried mixed meat to the pot. Add tomato puree, powidło (plum butter), salt, pepper, dried marjoram, and cumin.
10. Chop the mushrooms and add them to the pot.
11. Mix everything together.
12. Finally, fry the bigos in the pan. If you have a small pan, fry it partially. Don't skip this bit! Frying the bigos at the end is the secret to getting the best flavor. It's believed that the more you fry it, the better bigos you will get.