



Monday 8.02.2021 — Polish and regional cuisine

Wednesday 10.02.2021 – Polish music, dance and regional costumes

Friday 12.02.2021 – Scrapbooking workshop

# Polish cuisine

Polish cuisine delights everyone with its diversity, through a rich repertoire of flavors. Throughout the centuries, the cuisine in our country was greatly influenced by various national groups living in today's Poland. The traditional dishes show the influence of French, German, Russian and Jewish cuisine. Moreover, the presence of people with a different culture influenced the development of Polish cuisine and customs, the availability of individual products, and, above all, the wealth of Poles living in a given region.



#### Polish cuisine

Polish cuisine is very tasty, although it is considered quite full-bodied and greasy. The dishes most liked by Poles and foreigners are Russian dumplings, pork chops and bigos. Polish cuisine is also famous for its delicious soups, often serving as an appetizer before the main course. Among many typical Polish soups, the traditional tomato soup, sourdough sour rye soup, spiced red borscht, as well as broth with noodles, often served during Sunday lunch, deserve special mention.

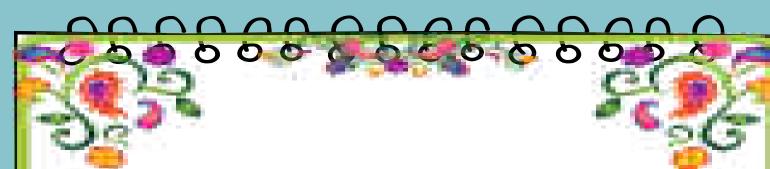


#### Polish cuisine

It is impossible to talk about Polish cuisine without mentioning composed dishes from their own gardens. An addition to the dinner in the form of beetroot, pickled cucumbers or sauerkraut are appetizers without which many Poles cannot imagine a meal. Traditional Polish cuisine is also famous for its wonderful desserts. No celebration can not do without a delicious cheesecake. Gingerbread with a hint of spices, poppy seed cake and homemade donuts and faworki are also very popular.

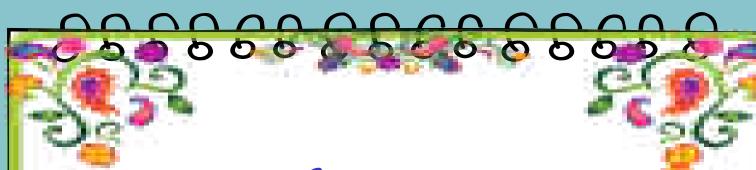


Silesian cuisine is primarily dishes that are extremely calorific and filling, but also tasty. Thanks to its wealth, it has gained enormous popularity throughout Poland. A traditional Silesian dinner begins with "wodzionka", a soup based mainly on water with garlic and crushed bread. On Sunday lunch there is a mandatory chicken broth, necessarily with homemade noodles.



The main dish, also known throughout Poland, consists of a Silesian roulade, Silesian noodles with sauce and red cabbage. Traditional Silesian roulade should be made of beef and stuffed with ingredients such as bacon, onion, and pickled cucumber. Formed rolls are stewed by watering them with water, which, after adding cream, creates an aromatic sauce.

Silesian noodles are made of boiled potatoes, potato flour and eggs. Then the prepared mass is "ball" (formed) in the shape of balls, with a characteristic hole the size of a finger, which is made to leave the sauce of the rolls. An important addition to the main dish is red cabbage, that is, cooked and chopped with the addition of onion and bacon, seasoned with pepper, salt, cloves, sugar and vinegar.



Desserts complement a traditional Silesian dinner. The tables are dominated by a cake with poppy seeds or cheese and "spitz", ie chicken egg foam, which can be of various flavors, depending on the added ingredient (chocolate, vanilla, lemon).



Silesian cuisine is also characterized by a multitude of home-made products, such as "krupnioki" (blood sausage), żymloki (bunczanka), leberwurst (pate) and presswurst (head cheese). These products are prepared during the traditional pig slaughter, during which the reigns of "werfleisch", ie soup prepared on a pig's head with vegetables.



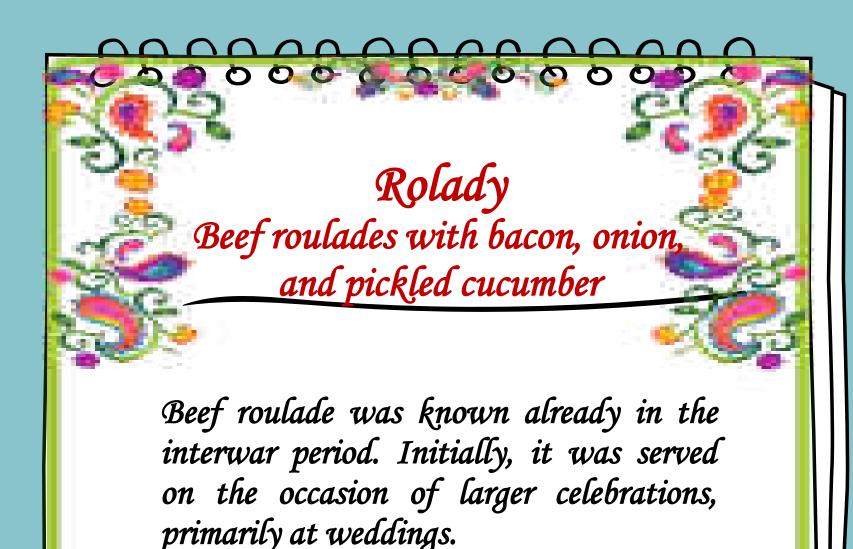


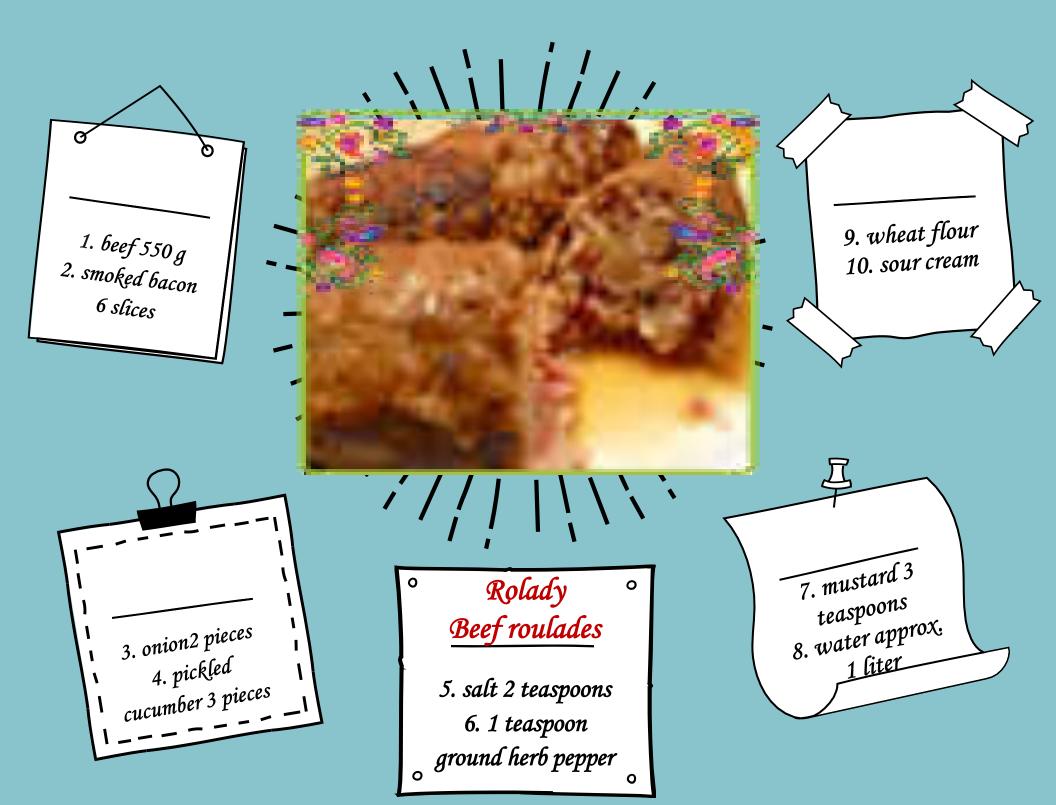
Waterbread soup was a very popular soup in Silesia. It was eaten at different times of the year, week and day (for breakfast, lunch or dinner), both in working-class and peasant families, poor or richer. In Silesia, culinary influences from various sides had a great influence on Silesian cuisine, which in its recipes includes exquisite and the simplest dishes, such as wodzionka. In Silesia, people lived sparingly, and the products from the farm had to last for a long time for the whole family.





- 1. Boil a liter of water.
- 2. Squeeze garlic through a press or chop it finely and mix with salt.
- 3. Cut the bread into large cubes.
- 4. Distribute the ingredients evenly into 4 deep plates, pour boiling water, add fat, season to taste maggi. Serve the soup alone or with boiled potatoes and fried with onions.





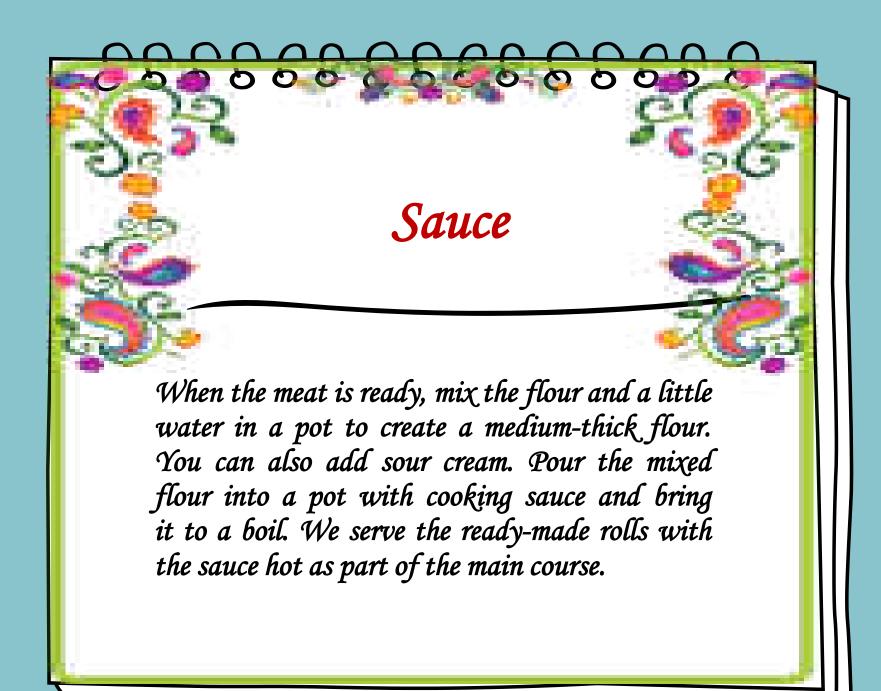


- Cut the beef into 6 slices and crush them with a meat pestle.
- 2. Brush each slice with mustard, sprinkle with salt and pepper.
- 3. Put a slice of bacon, a piece of onion and half of a pickled cucumber on top of each.
- 4. We wrap a roll, you can help yourself and tie it with thread.



# How to fry?

Fry them in a hot pan on both sides, starting from the side on which they are together. We do this to burn each roll, but not char:)
Then put the meat on the pot and pour 700ml of water into the pan. We bring it to a boil and pour this water into a pot with meat. We cook (stew) the meat until the meat is tender, i.e. about 1.5 hours over medium heat.



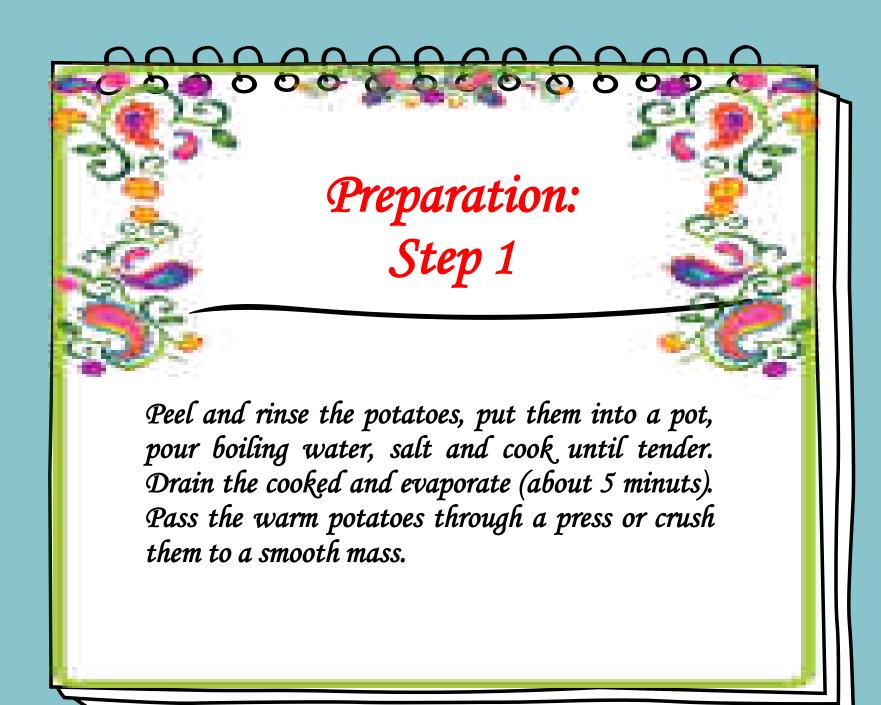
# Kluski śląskie Silesian noodles

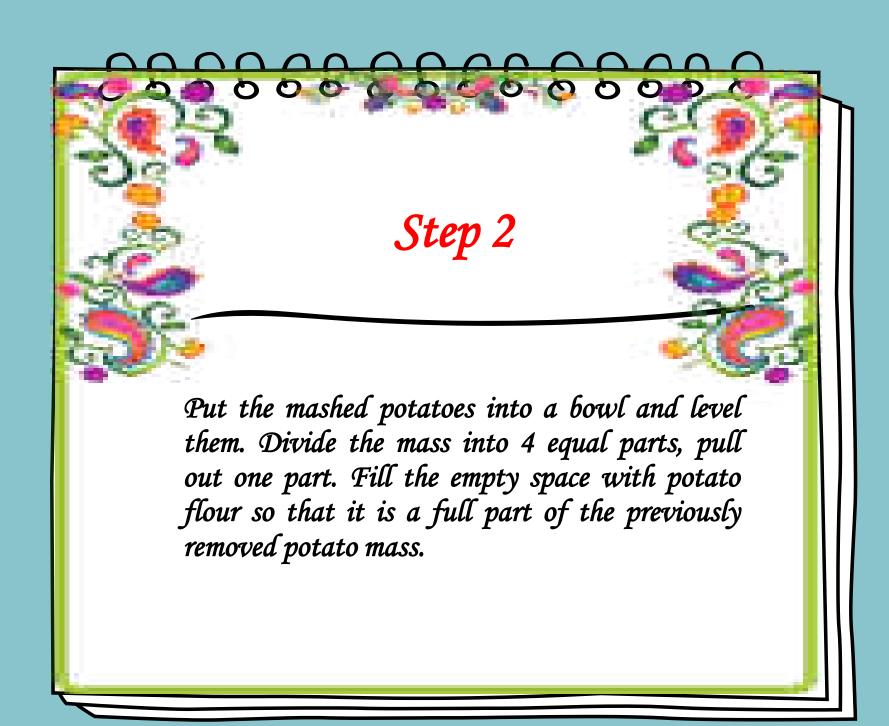
Probably each of us knows Silesian noodles, i.e. traditional Polish noodles with a hole. Silesian dumplings are prepared from boiled potatoes and flour, sometimes also with an egg. Dumplings with a hole are prepared with the addition of potato flour, thanks to which the noodles gain a completely different, more rubbery texture. Many of us associate Silesian dumplings served only with roulade and red cabbage, but their use is very wide. Silesian dumplings can successfully replace potatoes, they fit perfectly with goulash or served with lard.

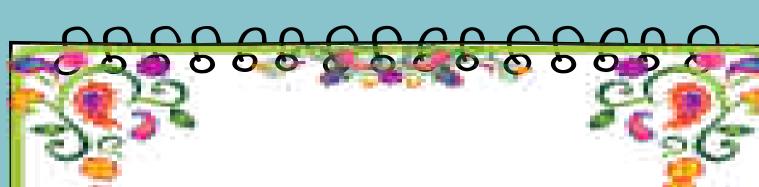
# Silesian noodles

Additionally, you can easily prepare sweet Silesian dumplings, served with sugar, cream, fruit or jam. Silesian dumplings are loved by children not only because of their appearance (noodles with a hole), but mainly because of their slightly rubbery texture. I can guarantee that preparing Silesian dumplings with children will be a lot of fun! The whole magic of Silesian dumplings lies in the appropriate application of the amount of flour to the amount of potatoes, where the most common method is 3: 1 or 4: 1



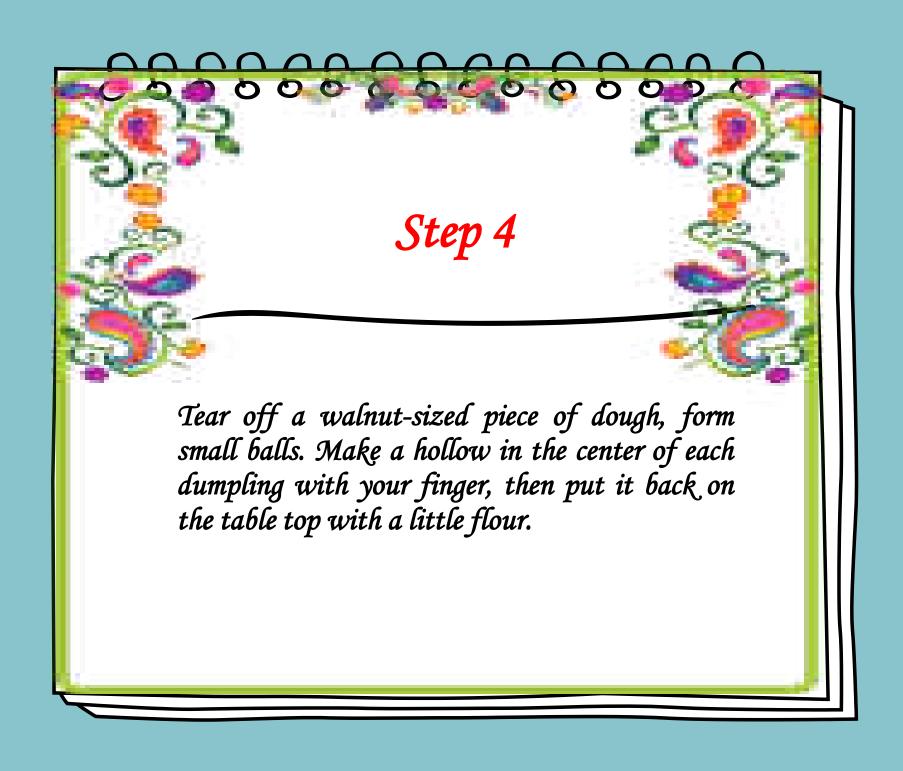






Step 3

Add the egg to the whole (optional), add the previously removed part of the potatoes and knead it until smooth, elastic. If the dough sticks to your hands, you will need to add a little more flour. Shape the dough for Silesian dumplings into a ball.



# How to cook Silesian dumplings?

To prevent Silesian noodles from having a "jagged" structure, you need to use a few tricks while cooking them. Boil water and salt in a large pot. Reduce the heat under the pot to minimum, throw in the dumplings with a hole in batches. It is important not to boil the Silesian dumplings and from time to time stir them gently with a wooden spoon. Intensive cooking, metal stirrers and too many noodles during cooking will make Silesian noodles have a jagged surface.



Boil Silesian dumplings for about 10 minutes - from the time the noodles rise to the surface for about 4 minutes. To check if the Silesian dumplings are ready, it is enough to catch one and halve it. If the dumpling is not raw, we can use a slotted spoon to pick out the remaining dumplings.

# Modra kapusta Red cabbage

Although red cabbage is still less popular than white cabbage, we certainly associate it with the sight of Silesian dumplings and meat roulades, lavishly covered with sauce, or as an addition to roasted duck or goose. Red cabbage is very popular in the traditional cuisine of Greater Poland and Silesia, but the method of preparation differs slightly in both regions. Red cabbage is characterized by an intense red-purple color, which distinguishes it from white cabbage. However, how to prepare warm red cabbage for dinner so that it does not lose its taste and retains its most intense color?





# Preparation

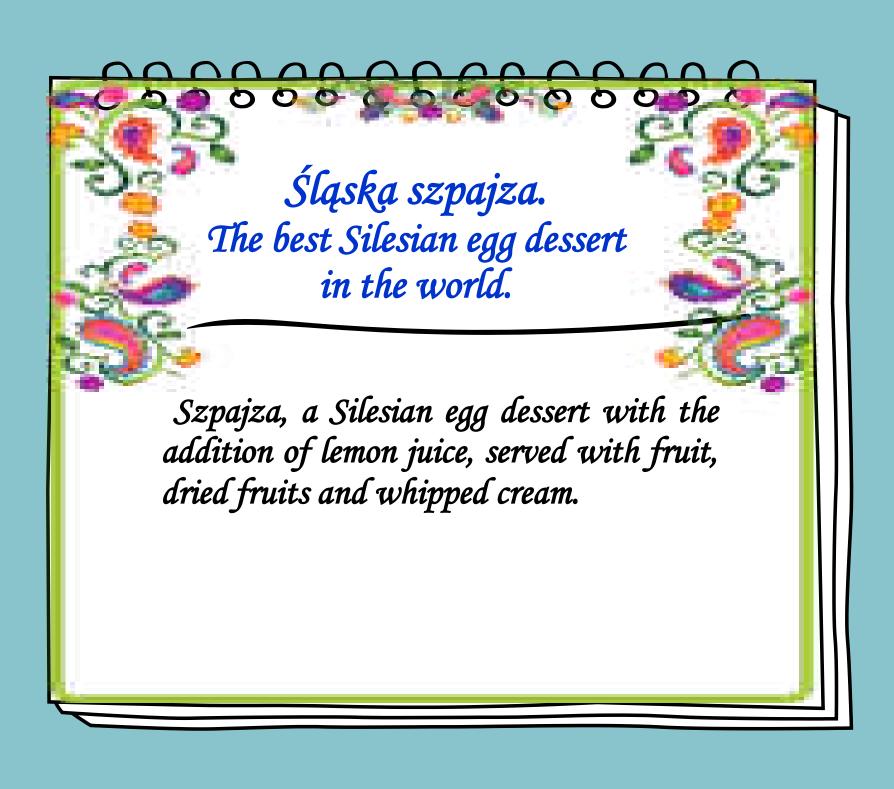
- 1. Cut the bacon and fry it without fat in a pot. It's good if the bacon is greasy. Then put the bacon aside.
- 2. Dice the onion into small cubes and fry it with pepper in the same pot.
- 3. Shred the red cabbage and add to the onion, salt and fry for a while.

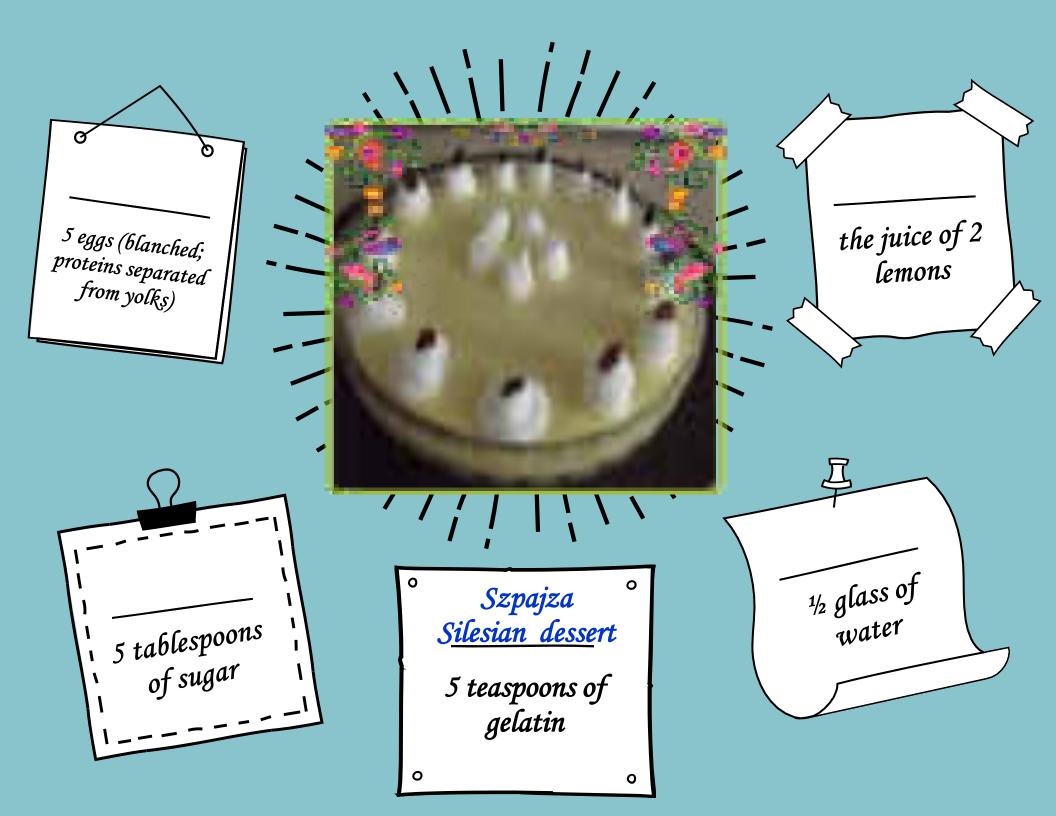


# Preparation

- 4. Cover the cabbage and simmer until tender over low heat. Only add water if there is not enough juice.
- 5. Add vinegar, sugar and bacon. We leave a moment for the cabbage to pass and try add more vinegar, sugar, salt or pepper to taste.

  Red cabbage in this form tastes great both hot and cold.







- 1. Dissolve the gelatin in half a glass of boiling water, mix and leave to cool.
- 2. Separate the eggs from the proteins. Mix the proteins into a stiff foam. Add sugar to the yolks and beat with a mixer until fluffy.
- 3. Pour the gelatin into the yolks and continue to mix for a while.
- 4. Transfer the foam and mix with a spoon. We divide the mass in half.



- 5. Add vodka mixed with cocoa to one half. Pour lemon juice and zest into the second one. We mix each part.
- 6. We put alternate layers to the cups.
- 7. Put in the fridge for about an hour.
- 8. Garnish with lemon slices and mint.

