



# Polish food

AGATA DOBRZYŃSKA

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# Cucumber Soup

## Ingredients:

20 grams of pickled cucumbers

1 1/2 liters of broth

30 grams of potatoes

1 carrot, raw or broth

0.5 cups of thick cream (30%)

1 tablespoon of butter

1/2 teaspoon of cumin

possibly cucumber acid

## Recipe:

**Peel the potatoes and dice them. If you don't have cooked carrots, grate the raw carrot on a coarse grater. Toss the potatoes and carrots into the broth and cook until tender.**

**Peel the cucumbers, grate them on a coarse grater or dice them and fry them in butter. Add to the stock.**

**Add some soup to the cream.**

**Mix thoroughly and pour into the pot. Boil everything. Season to taste with salt and possibly cucumber acid. Add the cumin.**



# Bean Soup

## Ingredients:

20-30 grams of beans

15 grams of smoked bacon or 25 grams of pork loin bone

a few slices of sausage

1 bunch of vegetables

1 onion

1 heaped teaspoon of flour

butter for greasing

2 cloves of garlic

marjoram

salt and pepper to taste

possibly 1 tomato and parsley

## Recipe:

**Soak the washed beans in cold water (at least 12 hours). Cook the broth of the soup vegetables and bacon. Drain the beans, pour fresh water and cook until tender. Combine the beans with the decoction.**

**Chop the onion, fry in butter, add a heaped teaspoon of flour. Spread the roux with cold water to a homogeneous thin mass and pour it into the soup. You can also add only the fried onion without flour. Put diced bacon or bone peeled meat, sausage and chopped carrots from the broth into the soup, season with garlic and marjoram crushed with salt. (You can also add fresh, peeled and chopped tomato and parsley). Serve with mashed potatoes or pasta.**



# Cabbage soup from fresh cabbage

## Ingredients:

1 1/2 liters of broth

30 grams of white cabbage

1 onion

10 grams of smoked bacon

1 bay leaf

20 grams of potatoes

1 teaspoon of tomato puree

salt and pepper

1 tablespoon chopped dill

## Recipe:

**Shred the cabbage, add water, add the bay leaf and cook until tender. When the cabbage is almost soft, add the diced potatoes. Dice the onion and bacon, fry, add to the soup, boil for a while, season to taste with tomato puree, salt and pepper. Serve the soup with bread, sprinkled with chopped chives.**



## ingredients:

# Bigos

Recipe:

**Cut the meat into cubes. Dice onion and fry in oil in a large pot.**

**Add the meat and fry it thoroughly.**

**Pour in 2 cups of hot broth. Then add the broken dried mushrooms,**

**cover, reduce the heat and cook for about 45 minutes.**

**Add bay leaf, allspice, caraway seeds, marjoram, plum jam and mix everything. Add the drained sauerkraut and a glass of water, mix.**

**Cover and cook for about 15 minutes.**

**Peel the sausage, cut into cubes and fry in a pan. Add to cabbage and cook for about 30 minutes.**

**At the end add tomato concentrate. Fry the flour in a dry pan, when it starts to brown add a tablespoon of butter and stir until the butter melts.**

**Keeping the pan on the heat,**

**Gradually add a few tablespoons of cabbage stirring all the time.**

**Transfer the contents of the pan back to the pot, stir and bring to a boil.**

500 g pork

200 g sausage

1 onion

2 tbsp vegetable oil

3 cups of broth or water

30 g of dried boletes

2 tbsp plum jam or a few dried plums

1 kg sauerkraut

1 tbsp tomato paste

1 tbsp flour

1 tbsp butter



## ingredients:

# Gołabki

### Recipe

**Put the meat in a larger bowl. Cook the rice and add to the meat. Mix everything together and form small oblong cutlets. Cut out the stems from the middle of the cabbage, then cook for about 15 minutes. Remove the cabbage from the boiling water and once it has cooled, strip the cabbage of its leaves, gently cutting off the thickening from each leaf. Wrap the meat in cabbage. Line the bottom of a large pot with a few cabbage leaves. Arrange the stuffed cabbage rolls on top, seam side down. Boil the broth in another pot and pour it over the stuffed cabbage rolls. Cover the pot and cook for about 45-60 minutes. Pour the stock from the cabbage rolls into another pot. Add tomato puree and flour previously mixed with a few tablespoons of cold water. Bring to a boil, season with salt, pepper, dried oregano, thyme and paprika. Cook for 10 minutes uncovered.**

700 g minced pork

100 g of rice

2 onions

1 white or savoy cabbage

1. 5 litres of stock or broth

600 g tomato puree

1 tbsp flour



# Pork chop with potatoes and fried cabbage

1 kg of pork loin
2 eggs
1,5 cup of crumbs
Salt and pepper
1 small white cabbage
1 small onion
3 tablespoons butter
1 tablespoon flour
1 tablespoon chopped dill
Salt and pepper

## Pork chop

Cut the meat into slices, beat pieces on each side with a pestle and sprinkle with salt and pepper. Then coat with a mabbled egg and breadcrumbs. Fry in lard for about 5 minutes over a fairly low heat on both sides.

Peel potatoes and put in salted boiling water. Cook 15 minutes and pour water off.

## Fried cabbage

Cabbage after peeling and washing finely shred, discard the depth. Pour it with 1.5 glass of boiling water, add a teaspoon of salt, 2 tablespoons of butter and cook for about 40-50 minutes. In the meantime, in a pan we dissolve the remaining butter, on which we fry the onion against a ruddy color. When it is browned add flour and fry for about 2 minutes. Thus, a rouut is made for us, which we then water with a decoction of cabbage and add to the pot with cabbage. Fry the cabbage for another 15 minutes, mixing often. Season with salt and pepper



# Roast with silesian dumplings

1 kg of pork loin
2 tablespoons oil
4 tablespoons of pork spice mixture
3-4 cloves of garlic
1 tablespoon mustard
0,5kg boiled potatoes
Potato flour
1 egg
salt

## Silesian PIEROGIES

Knead potatoes and add egg and 1 cup of potato flour. Mix it well and add salt. If the dough is too sticky add more flour. Make small balls with a hole.

Boil water and add 1 teaspoon salt. Reduce fire. Add dumplings and keep it in water for 10-12 minutes. Then take them out with a strainer

Pour the noodles with sauce and put a piece of meat

## Roast

Wash and dry the meat thoroughly. Put oil, spices and mustard in a bowl. Mix thoroughly. With a knife we prick the meat and put in each hole sliced garlic. Rub the meat thoroughly with a mixture of spices. Translate into an airtight dish and leave for 2-3 hours.

Put the meat in a baking bag. Close so that a small hole remains. Bake for an hour at a temperature of 180 degrees (up-down). After baking, leave the meat for about 20 minutes. After this time, pull the meat out of the bag and cut into slices, and pour sauce in to a bowl.



# Angel wings

400g cake wheat flour
150g sour cream 18%
4 yolks of large eggs
1 tablespoons butter
1 teaspoon sugar powder
1 tablespoon spirit
500ml lard for frying
Pinch of salt

Add all ingredients to bowl. Mix it well. Knead cake on dry counter. Cake must be ideally smooth. Roll out finely. Habit on rectangle not bigger than 2,5cm x 10cm. On within each rectangle do nick. Catch single page and weasel out by centre. Take wide pot and loose lard. Next to pot put paper towel and tongs to "fish for" angel wings. On blitzed oil put some angel wings. Fry them on golden colour on two sides. Each portion place on paper towel and put next serving in pot. Ready angel wings generously sprinkle powder sugar.



## ingredients

# Szarlotka- Apple pie

Apple pie is a popular Polish cake.

### Recipe:

**-Peel the apples and cut into smaller pieces. Place in a wide pot or deep skillet.**

**Add the sugar and cinnamon and cook for about 20 minutes, stirring every now and then, until the apples are softened and beginning to break down.**

**-Add the diced butter, baking powder and sugar to the flour.**

**Combine the ingredients into a paste (with a mixer or by hand), add the egg at the end. Divide the dough in half and place in the freezer for 15 minutes.**

**-Preheat the oven to 180 degrees and prepare a small baking pan. Remove one half of the dough from the freezer and line the bottom of the pan with it. Not put an apple on it.**

**Grate the remaining batter directly onto the apples. Place in the oven and bake For about 50 minutes and then cool and dust with powdered sugar.**

-1,5 kg of apples

-5 teaspoons of sugar

-1/2 teaspoon cinnamon

-300g flour

-250g butter

-1. 5 teaspoons of baking powder

-5 teaspoons of sugar

-1 egg





# Portugal food

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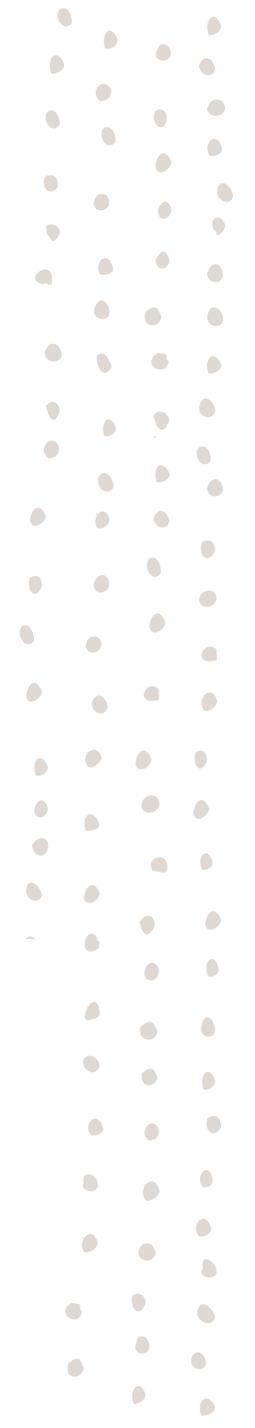
# Shashlik

A delicious dish we ate at a Portuguese restaurant; Brasalo Real. The skewers included shrimp pineapple and vegetables. On their sides were fries. The whole dish looked great.



# Cream soup

Cream soup in Portugal found on every corner. It comes in many varieties. Its main feature is that it comes in shades of orange or red.

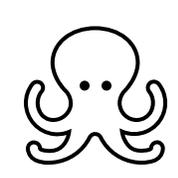




# Grilled sardines

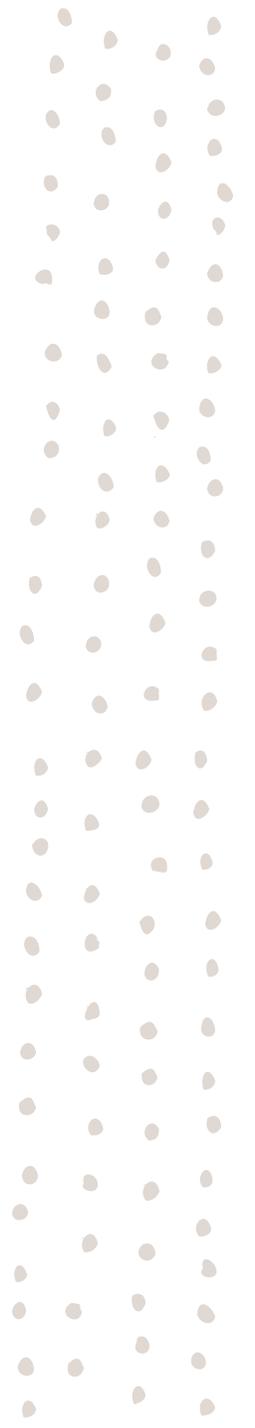
Grilled sardines they are the pride of Portuguese cuisine. Crunchy, golden and much bigger than in Poland. In Portugal everyone love them - sardnihas assadas.





# Grilled octopus

Polvo à Lagareiro is a popular Portuguese dish. It has a specific taste, very original, unique in Polish cuisine.



Thanks for your  
attention! 😊

