

POLISH CHRISTMAS DISHES

In Poland the most celebrated day of Christmas is December 24th, Christmas Eve. There are a lot of traditions concerning Christmas Eve Dinner (Wigilia) and the day itself. They differ from region to region and even from family to family. Here I would like to present a couple of the most popular ones:

- ❁ According to Polish tradition, Christmas Eve is a fasting day. Dishes must be meatless (fish is allowed) and many people eat nothing or very little during whole day before dinner.
- ❁ Traditionally at least twelve dishes are served. Meaning of this number is unclear, some claims it symbolizes the Twelve Apostles or twelve months of the year. All dishes have to be tasted or you will be unlucky next year!
- ❁ A bundle of hay is put underneath the tablecloth. It symbolizes hay from little Baby Jesus' crib.
- ❁ One additional plate is left on the table for the lonely wanderer.
- ❁ After the meal it is time to open Christmas presents left under the Christmas tree!

❄️ *Barszcz czerwony z uszkami* ❄️

Barszcz czerwony

Ingredients:

2.5 kg beets	5 cloves of garlic
4 carrots	15 pepper grains
1 celery	veggie bouillon cube
1 leek	marjoram
parsley	sugar
1 lemon	salt
10 allspice berries	
2 big bay leaves	



Instructions:

Put the vegetables – carrots, parsley and celery (optionally leek, but needs to be removed after around 10 minutes) in water and cook together with the bouillon cube. Peel the beets, cut them into wedges (the smaller the more taste they give to the soup) and add them to the cooking bullion. Add allspice, pepper, garlic and bay leaves and cook together until the beets are tender. Be careful not to boil the soup – it loses its color. Add some marjoram and cook for few more minutes.

You can also add the infusion of dried mushrooms, but it is not necessary.

After cooking the soup add juice from entire lemon and do not cook anymore not to lose the color. Add half a tablespoon of sugar and some salt.

Uszka

Ingredients:

handful of dried mushrooms	2 eggs
0.5 kg white mushrooms	tsp. of oil
1 big onion	salt
2 tbsp. of breadcrumbs	ground pepper
1.5 cups of flour	



Instructions:

Cook dried and white mushrooms and grate them. Fry chopped onion in a teaspoon of butter, then add the mushrooms, season with salt and pepper. Mix with 2 tablespoons of breadcrumbs. Sift 1.5 cups of flour, add a pinch of salt. Add 2 egg yolks, a teaspoon of oil and gradually pour hot water (about a cup) into the mixture. Knead the dough and let stand covered for 20 minutes. Roll out the dough and cut into 1 inch squares. Put a spoonful of stuffing in the middle of the square, fold diagonally and press sides of the triangle. Connect two corners and tighten carefully around your finger. Put uszka on a floured surface. Boil water with salt. Put uszka in boiling water, a few at a time. Reduce heat when they start to float and continue to cook for about 3 minutes. Remove from water with a slotted spoon. Serve in barszcz.

❄️ Ryba po grecku ❄️

Ingredients:

30 carrots

2 big onions

2.5 kg fish fillets

1 small can of tomato puree or 5 tbsp. of ketchup

flour



Instructions:

Gently coat the fish in flour and fry in olive oil. In the meantime, grate the carrots with a grater with coarse mesh, finely chop onions and fry them in a pan until the carrots are soft. Add salt, pepper and 5 tbsp. of ketchup (if you add tomato puree it requires additional seasoning – sugar, lemon and extra pepper need to be added). Place in a dish - fish on the bottom, then carrots on top. Ready to be served.

THANK YOU



Proportions for around 30 people are given.