

THE SOUP: BARSZCZ BIALY

Barszcz (eng. Borscht) is usually white (made with a *kwass* or sour starter (fermented flour), *white kielbasa*, potatoes and sour cream, or other ingredients) or red (made with beets).

In Poland *barszcz biały* is traditionally eaten at Easter, but is also popular during other parts of the year. It is sometimes flavored with bits of sausage, usually eaten with bread or buns, or even served in a bowl made from bread.



Ingredients

- 4 hard boiled eggs
- 1 lb Polish kielbasa (white)
- 6 c water
- 1 tsp salted butter
- 4 garlic cloves
- diced 1 onion
- diced 2 lbs potatoes
- diced 1 bay leaf
- $\frac{3}{4}$ tsp salt
- $\frac{1}{4}$ tsp pepper
- 1 c sour cream
- $\frac{1}{4}$ c unbleached all-purpose flour

Directions

1. Place eggs in a medium pot. Cover with water and add 1 Tbsp salt (to make peeling the eggs easier). Bring the pot to a boil over medium heat (20 minutes). Remove the eggs and place them in a bowl of water to cool.
2. Bring kielbasa and water to a boil in a large dutch oven or heavy bottomed soup pot. Boil 25 minutes. Remove kielbasa to a plate and set aside. Leave the broth in the dutch oven.
3. In a medium, non-stick skillet, saute garlic and onion with a tsp of butter until soft, 5 min. Add onion mixture to kielbasa broth. Add diced potatoes, bay, salt, and pepper. Cook until potatoes are tender, 15-20 min.
4. In a small bowl, whisk flour and sour cream together until smooth. Add $\frac{1}{2}$ c of the soup broth to the sour cream mixture and whisk until smooth and thin. Pour mixture into the soup, stirring constantly. Simmer, stirring often, until thickened, 10 min.
5. Cut the kielbasas into 1/2 inch slices, chop the hard boiled eggs. Add both to the soup. Taste the soup and adjust the salt and pepper as desired. Cook 1-2 minutes to heat through.

MAIN DISH

SCHABOWY/SADZONE Z ZIEMNIAKAMI

Kotlet schabowy ['kɔtlɛt sxa 'bɔvi] is a Polish variety of pork breaded cutlet coated with breadcrumbs made of pork tenderloin (with the bone or without), or with pork chop. There's also the Polish variety of the chicken breast cutlet coated with breadcrumbs looking somewhat similar, or the turkey cutlet coated with breadcrumbs. It can be served with cooked potatoes, mashed potatoes, fried mushrooms, cooked vegetables (seared cabbage), with salads or with coleslaw.

Jajko sadzone is simply fried eggs. It is very popular and quick Polish dish served as an alternative to *kotlet schabowy* for vegetarian.



Ingredients for kotlet schabowy:

- 4 pork chops (boneless center-cut, or a 1-pound pork tenderloin)
- Salt and black pepper to taste
- 2 cups flour (all-purpose)
- 1 large egg (beaten with 1 teaspoon water)
- 2 cups breadcrumbs (or panko crumbs)
- 1 cup shortening (vegetable or canola oil)

Ingredients for jajko sadzone:

- Eggs (as many as you want to eat)
- Salt and black pepper to taste
- Butter

Directions

1. If using chops, trim off fat and gristle. If using tenderloin, trim off fat, remove silver skin and cut into 4 equal pieces.
2. Pound pork between two pieces of plastic wrap to 1/4-inch thickness. Season both sides with salt and pepper.
3. Dredge cutlets in flour, then egg-water mixture, then breadcrumbs or panko crumbs. Allow cutlets to dry for 10 minutes before frying.
4. Heat shortening or oil to a depth of 1 inch in a large skillet. Fry one at a time by placing cutlets top side down into the pan.
5. Fry 5 to 7 minutes per side until golden. Place on a heatproof plate in a warm oven (about 200 F) covered with foil and repeat with remaining cutlets. Alternatively, use two skillets to speed the process.
6. For eggs: Fry the eggs on the butter, add salt and pepper.
7. Serve warm with boiled potatoes and salads if desired.

DESSERT: **BABKA GÓRNICZA**

Babka górnicza (eng. coal miners cake) is a traditional cake in Róża's family. This recipe was used by her mother, grandmother, great-grandmother... It is simply and very delicious cake!



Ingredients

- 2 cups of all-purpose flour
- 1 cup of whole milk
- 1 stick of butter (without salt)
- 1 egg
- 1 cup of sugar
- 4 spoons of sweet marmalade
- 2 teaspoons of baking soda
- 1 teaspoon of cinnamon
- 1 spoon of cocoa
- Powdered sugar
- Optional: chocolate and butter

Directions

1. Mix butter, sugar and egg together.
2. Add all other ingredients and mix.
3. Bake for 45 minutes in 340F.
4. Sprinkle with powdered sugar or pour melted chocolate on the cake and serve.