

Gołąbki

Gołąbki [gɔ'wɔmpki] (also known as **Golumpki** in the United States) is a cabbage roll common in Polish cuisine made from lightly soft-boiled cabbage leaves wrapped around minced pork or beef, chopped onions, and rice or barley, which are usually served with a creamy tomato sauce.



Gołąbki is the plural of *gołąbek*, the diminutive of *gołąb*, meaning "pigeon", referring to the fist-sized or smaller roll's shape.

Polish myth holds that the King of Poland and Grand Duke of Lithuania fed his army with *gołąbki* before a key battle of the Thirteen Years' War outside of Malbork Castle against the Teutonic Order, victory stemming from the strength of the hearty meal.

Ingredients:

- 2 pounds ground pork (around 5% fat)
- ½ pound white rice
- 2 big onions
- 1 big cabbage
- 3 bouillon cubes
- 1 ½ pounds tomato passata
- 1 pound tomato sauce
- 1 tablespoon flour
- Salt, pepper, 1 teaspoon dried oregano, ½ teaspoon ground paprika, dried thyme
- Optionally: 4 tablespoons 18% sour cream

Directions:

1. Place the meat in a bowl. Cook the rice, wash it with cold water and add to the bowl. Peel the onions, dice them and add to meat and rice. Add ½ tablespoon salt. Blend everything with your hand. Form medium-sized balls.
2. Cut out the stem from the cabbage. Place cabbage in the pot with boiling water. The hole should be directed towards the bottom of the pot. Boil the cabbage for around 8 min.
3. Take the cabbage out of the pot. Separate each leaf gently and cut out its hard, fibrous part. Place previously prepared meatballs on the cabbage leaves and wrap them.
4. Pad out the bottom of the pot with several cabbage leaves. Place the Gołąbki over. Add boiling bouillon. Boil for 45-60 min.
5. Pour decoction into another pot. Add tomato sauce, passata and one tablespoon of flour mixed with several tablespoons of water. Boil and add salt, pepper, dried oregano, ground paprika and dried thyme. Add sour cream at the end and pour the liquid back to Gołąbki.

Placki ziemniaczane (Potato Pancakes)

Placki ziemniaczane is a Polish name for a quite well-known, simple and good food made from grated potatoes fried in a fat.

Placki ziemniaczane was a food staple at the 17th-century Polish monasteries according to written recipe from Stoczek Warmiński with one onion, two eggs and a spoonful of wheat flour per each kilogram of potatoes, served only with salt and pepper. In the 19th century, especially in times of economic difficulty during the foreign partitions, potato pancakes often replaced missing bread among the peasants.



Ingredients

- 6-8 medium-sized potatoes, peeled
- 1 onion, peeled
- 1 egg, beaten
- 2 tablespoons plain flour
- Sea salt and freshly ground black pepper
- Oil for shallow frying

For the mushroom sauce

- 1 onion, peeled, finely chopped
- 250g chestnut mushrooms
- 125ml/½ cup vegetable stock
- 125ml/½ cup double or heavy cream
- 1 tablespoon sour cream
- Extra sour cream to serve
- Fresh dill to garnish

Directions

1. Using the coarse side of a box grater, grate the potatoes and place them into a sieve or colander over a bowl. Using the finer side of the grater, grate the onion and add it to the potato. You can also use the food processor for this step.
 2. Using the back of a spoon, or even your hands, squeeze out any excess water/juice from the potatoes and onion. Discard the liquid, and then put the onions and potatoes into the bowl.
 3. Add the egg, two tablespoons of flour and season with sea salt and pepper, then stir everything together – the mixture should be quite thick.
 4. Heat a little vegetable oil in a large, flat frying pan. Drop three or four mounds of the mixture into hot oil, and flatten to make small pancakes.
 5. Fry for 2-3 minutes per side, turning once, until golden brown.
 6. Transfer the pancakes to a plate lined with a paper towel.
 7. Repeat until all the potato mixture is used, adding a little fresh oil if necessary.
- You can serve the pancakes immediately, or keep them warm, wrapped in tin foil in a low oven.

Pierogi z jagodami (Dumplings with blueberries)

Ingredients

For the dough:

- 500g/2 cups plain, all-purpose flour plus more for floured surface
- 1 tablespoon icing sugar
- 1 egg + 1 egg yolk, lightly beaten together
- 250ml/one cup warm water

For the filling:

- 500g fresh blueberries

To serve:

- 250ml/one cup double cream, lightly whipped
- 2 tablespoons icing sugar
- A sprinkle of caster sugar or vanilla sugar



Cutting the dough into circles



Placing the filling into a dough pocket



Closing the dough pocket



Sealing the pierogi

Directions

1. To make the dough, sift the flour and icing sugar onto a large wooden board or clean surface. Make a well in the centre and pour in the eggs with a few tablespoons of the warm water. Using a knife, begin to mix together, adding a little more water a tablespoonful at a time. At first the dough will be quite soft and sticky. You can use your fingers to bring the dough together into a ball.
2. Once the dough has come together, swiftly, but briefly, knead the dough on a floured surface for four-to-five minutes. The dough should become quite elastic. If it is too wet, add a little more flour. Put the ball of dough into a bowl and cover with a damp tea towel for an hour.
3. After an hour, sprinkle some more flour onto a board. Cut the dough into two pieces and begin rolling out until it is about 3mm thick.
4. Use an inverted glass tumbler, or similar, to cut 8cm circles out of the dough. Continue until all your dough is used up. Cover the circles with a damp tea towel until you are ready to start filling.
5. To fill, place a circle of dough into the palm of your hand and place three or four blueberries into the centre. Fold the dough over the filling, in half, to make a semi-circle that encloses the blueberries. Pinch the dough along the semi-circular edge with your thumb and finger so that the dough is well sealed. Lay the Pierogi in rows onto a board lightly dusted with flour and cover with a damp tea towel as you make the rest.
6. To cook the Pierogi, bring a large pan of water to the boil. Carefully drop the dumplings in one at a time (you can probably cook around eight in a standard pan). Keep the water at a gentle boil. The Pierogi are cooked when they float up to the top, usually after two-to-three minutes. Drain and set aside.
7. Serve the dumplings whilst still warm with a sprinkle of caster sugar or vanilla sugar over the top and a dollop or two of freshly whipped cream, sweetened with a tablespoon of icing sugar.