

Kapuśniak z prażuchami

(Sauerkraut soup with polish-style mashed potatoes)

Ingredients for kapuśniak (6 servings):

- 2 pounds ham hocks or meaty ham bone
- 2 quarts water or chicken/vegetable broth
- 1 large chopped onion
- 1 bay leaf
- 5 black peppercorns
- 1 sprig fresh parsley or 1/4 teaspoon dried parsley
- 1 (14-ounce) can sauerkraut
- salt and pepper to taste
- 1 tablespoon caraway seeds (optional)



Preparation:

1. Place meat and water in a large pot. Bring to a boil, skimming off foam. Add onion, bay leaf, peppercorns and parsley. Return to a boil, reduce heat to a simmer, and cook about 45 minutes or until meat falls off the bones.
2. Remove meat from broth, dice and return to the pot with chopped sauerkraut and caraway seeds, if using. Return to a boil, reduce heat and simmer, uncovered, for an additional 20 minutes. If soup becomes too thick, add meat stock or water. For a sourer taste add sauerkraut juice. Adjust seasonings.
3. Optional: zasmażka – heat two spoon of lard on a frying pan, add two spoons of flour and stir until beige. Add to the soup, cook for 3 more minutes and it is ready to eat. Vegetarian version: add two spoon of flour to half cup of water, stir and add to the soup.

Ingredients for prażuchy (potatoes with roasted flour):

- 2.2 pounds peeled and diced potatoes
- 4 tablespoons all-purpose flour
- Salt and pepper
- 1 large onion, diced
- 7 ounces bacon, diced



Preparation:

1. Fry onions and bacon until cooked and set aside. Boil the potatoes in salted water until tender. Pour off all but 1/2 cup water. Add the flour, cover the pot and let sit for a few minutes. Remove the lid and beat the potatoes with a wooden spoon or beater until a uniform mass is formed. Adjust seasonings with salt and pepper.
2. Take a spoon and dip it in the bacon grease and portion potato mixture into dumpling shapes. Place formed potatoes onto a platter and pour bacon-onion over them.

Salatka warzywna (Vegetable salad)

Ingredients:

- 8 small potatoes, cooked and sliced into small pieces
- 1 celeriac, cooked and sliced into very small pieces
- 8 carrots, cooked and sliced into very small pieces
- 2 parsnips, cooked and sliced into very small pieces
- 10 eggs, hard boiled, chopped into small pieces
- 1/2 leek, chopped into very!!! small pieces
- 6 pickles, chopped into very small pieces
- 1 can(s) corn, drained
- 17 fl oz (500ml) mayonnaise
- 2 tsp salt
- 1/2 tsp pepper
- 3 tsp mustard
- 1/2 bunch of fresh parsley
- optional: 2 apples, any kind, peeled and cored, chopped into small pieces



Preparation:

1. Peel and cook potatoes, celeriac, carrots, parsnips, unless you are using canned vegetables. Cook and chop eggs. Slice them into very small pieces and place into a large mixing bowl.
2. Slice leek (into very small pieces!) and pickles and put them together with other vegetables into a bowl.
3. Wash and chop fresh parsley. Add into bowl.
4. Add corn, mayonnaise, salt, pepper, and mustard.
5. If you want, add also apples chopped into small pieces.
6. Mix well. Put leaves of fresh parsley on top of finished salad for presentation.
7. Optional: You may want to take away or add some ingredients to your liking (try peas, apples or paprika).

Pierogi z serem (Dumplings with white cheese)

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/1lb farmer cheese
- 3 tablespoons of sugar
- 1 egg yolk

To serve:

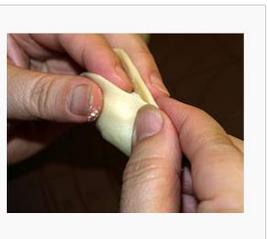
- 250ml/one cup double cream, lightly whipped
- 2 tablespoons icing sugar
- A sprinkle of caster sugar or vanilla sugar



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 together the flour and sugar; add egg and egg yolk, stir. Add the water carefully and knead the dough on a lightly floured surface until firm and smooth. Divide the dough in half, then roll out one half to 1/8 inch thickness. Cut into 3 inch rounds using a biscuit cutter. Continue until all your dough is used up.
2. To fill, place a circle of dough into the palm of your hand and place teaspoon of cheese into the centre. Fold the dough over the filling, in half, to make a semi-circle. 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.
3. 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.
4. 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.