

Polish Christmas Cooking Class 2016

PIEROGI Z KAPUSTA I GRZYBAMI Dumplings with sauerkraut and mushrooms



Pierogi Dough

- ❖ 2 cups all-purpose flour
- ❖ 2 eggs
- ❖ 2 tablespoons sour cream
- ❖ 1/2 teaspoon salt
- ❖ 1/2 cup lukewarm water

Mound flour on a large cutting board and make a well in the center. Drop eggs, sour cream, and salt into well. Add water a few drops at a time. When all the water and egg is mixed into the flour, knead until the dough is firm and well mixed and no longer sticks to your hands. Add flour if it seems too sticky; a few drops of water if it seems too dry. Optional: cover the dough with a bowl or clean dishtowel and let rest for 30 minutes.

Divide the dough into small portions. On a well-floured surface, using one portion at a time, roll it out as thinly as possible. Cut out 3-inch rounds with a biscuit cutter or a drinking glass. Then place a tablespoon of filling in the middle of each round of dough, fold over carefully and press edges together. Be sure to press firmly as filling will spill out during cooking if the dough rounds are not well sealed.

Optional: pierogi can be frozen at this point.

If you are going to eat right away, drop 12-20 pierogi into a large pot of boiling, lightly salted water. Cook gently 3 to 5 minutes, or until pierogi float. Lift out of water with perforated spoon.

Optional: pierogi can be frozen at this point.

Pierogi can be reheated in the microwave or in the oven, just before serving. They can also be reheated by frying in butter.

Sauerkraut and Mushroom Filling

- ❖ 2 cups sauerkraut
- ❖ 2 tablespoons butter
- ❖ 1/2 cup chopped onion
- ❖ 4 ounces mushrooms
- ❖ 1/4 teaspoon pepper
- ❖ 1 tablespoon breadcrumbs
- ❖ 2 tablespoons sour cream



Rinse sauerkraut in cold water and drain well. Sauté for 10 minutes in medium saucepan until dry. Set aside. In frying pan, sauté firmly chopped onion and mushrooms in the remaining butter. Add sauerkraut and pepper. Fry until sauerkraut is golden. Add breadcrumbs. Mix. Cool thoroughly before stuffing pierogi.

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KORECZKI ŚLEDZIOWE Herring rolls

- ❖ Herring fillets
- ❖ Dill pickles
- ❖ Pickled mushrooms
- ❖ Cheese
- ❖ Fresh dill or parsley sprigs



Cut herring filets and cheese in smaller pieces. Place a slice of dill pickle, pickled mushroom and cheese at herring piece. Skewer with a toothpick. Cover with plastic and refrigerate until ready to serve. Garnish each roll with a sprig of dill or parsley.

BARSCZ CZERWONY Red borscht

- ❖ about 3 litres / 3 qt of vegetable broth |
(best home-made like the one from last Polish cooking class from cooking veggies for traditional vegetable salad)
- ❖ concentrated Polish barszcz in bottle / pasteurised concentrated beetroot juice with seasonings
- ❖ sea salt – to taste
- ❖ black pepper – to taste



1. Reheat the stock until very hot, turn off the fire.
- 2.
3. Stir in borscht concentrate, season to taste with salt and freshly cracked pepper if necessary.
- 4.
5. Share to the cups and serve immediately as a starter, side dish or alone to warm up during cold days.

RYBA PO GRECKU Polish Fish in the Greek Style

There really is nothing Greek about this recipe, yet that's the name it has carried for hundreds of years.

For the Fish:

- ❖ 1 pound white fish fillets (tilapia, perch, pike, walleye, etc.)
- ❖ Salt and pepper
- ❖ 1/2 cup all-purpose flour
- ❖ 2 tablespoons oil for frying

For the Vegetables:

- ❖ 2 tablespoons oil
- ❖ 2 large peeled and coarsely grated carrots
- ❖ 1 coarsely grated celery rib
- ❖ 1 peeled and coarsely grated parsnip
- ❖ 1 large leek
- ❖ 6 allspice berries
- ❖ 1 bay leaf



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- ❖ 4 tablespoons tomato paste (or more to taste)
- ❖ Salt and pepper

Rinse and pat fish fillet dry. Season with salt and pepper. Dredge in flour and sauté in oil until golden brown and cooked through. Remove from pan and drain on paper towels. Set aside.

Meanwhile, heat a large skillet over medium and add 2 tablespoons oil. Add carrots, celery, parsnip and leek and sauté until vegetables have collapsed, stirring frequently. Add allspice, bay leaf and tomato paste. Mix well and simmer until vegetables are tender, stirring occasionally, and most of the liquid has evaporated. Remove the bay leaf and allspice. Season to taste with salt and pepper.

Place 1/3 of the tomato-vegetable mixture on a serving platter. Lay the fried fish on top. Cover completely with remaining tomato-vegetable mixture. Serve hot or cold.

KUTIA Christmas Wheat Berry Pudding

- ❖ 1 cup whole wheat berries
- ❖ 2 cups hot water
- ❖ 1/2 cup poppy seeds
- ❖ 1/2 cup slivered almonds
- ❖ 1/2 cup white raisins
- ❖ 1 shot vodka, rum, or brandy (optional)
- ❖ 1/2 cup honey
- ❖ Extra honey and heavy cream, for serving



Soak wheat berries in two cups of hot water for two hours or overnight. Drain wheat berries and place in an enameled pot. Cover with cold water, bring to a boil, reduce heat, and cook over low heat for two hours, or until all liquid is absorbed. Let cool. Cover poppy seeds with a cup of boiling water for 30 minutes. Drain through a fine sieve and place in a glass bowl to dry. Grind poppy seeds in a coffee grinder or food processor, until the seeds start to show their white interiors. Add ground poppy seeds to the wheat berries and then add almonds, raisins, and honey. Mix well. Add more honey if needed. Refrigerate.

Serve kutia cold in small glass bowls with extra honey on the side. Add 2-3 tablespoons of heavy cream (or half and half) to each serving. Wheat ferments easily, so be sure to refrigerate any leftovers. The kutia will hold well for up to a week, if it is refrigerated.

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PIERNICZKI Polish Honey Spice Cookies

These cookies are very popular in Poland during the holidays. They are very similar to American gingerbread cookies. To hang decorated pierniczki on your Christmas tree, the way it is done in Poland, you should make a hole in the cookies before baking with a plastic straw. After baking, decorate and thread a thin ribbon through the hole in the cookie to hang it on your tree.



- ❖ 1 cup honey
- ❖ 4 cups flour
- ❖ 4 eggs
- ❖ 1 cup sugar
- ❖ pinch of ground black pepper
- ❖ 1/2 tablespoon ground cinnamon
- ❖ 1/2 tablespoon ground nutmeg
- ❖ 1/2 tablespoon ground cloves
- ❖ 1/2 tablespoon ground allspice
- ❖ 1 tablespoon baking soda

Heat the honey in a small saucepan until it just begins to boil. Take off heat and allow to cool slightly. Combine eggs and sugar in a bowl and beat together until slightly thickened. In another bowl, mix the flour, spices, and baking soda together and add slowly to the egg and sugar mixture while beating rapidly. The dough should not have any lumps. Pour in the lukewarm honey and mix everything until smooth. You can cover the dough with plastic and refrigerate until ready to make the cookies.

Turn out the dough onto a lightly floured surface, knead for a minute to warm it, and then roll out with a floured rolling pin to a thickness of a 1/4 inch. Use cookie cutters to cut into shapes. Bake in 350 degree preheated oven on greased cookie sheets for about 12 minutes. Allow to cool completely before decorating with white frosting or covering with a chocolate glaze.

KOMPOT Z SUSZU Dried fruit compote

- ❖ 1 1/2 pounds mixed dried fruit
- ❖ 6 cups of water
- ❖ 1 lemon
- ❖ 6 whole cloves, 1 cinnamon stick
- ❖ 1 cup of sugar

Rinse and soak fruit in 4 cups of water overnight in a ceramic or glass bowl. Transfer fruit and the water into to a stainless steel or enameled pot, add 2 more cups water, sugar, cloves, and cinnamon. Peel the lemon, leaving the peel in one piece, if possible, and add the peel to the pot. Then cut the peeled lemon in half and squeeze the juice into the pot. Cook for 30 minutes, adding more water, lemon juice, or water to taste. Refrigerate for a few hours. Serve cold in glass bowls, along with Christmas cookies, for dessert.

