

POLISH AND SPANISH COOKING

ZUPA POMIDOROWA (TOMATO SOUP)

INGREDIENTS (4 SERVINGS):

- 6 tomatoes, blanched and peeled
- 1 onion, chopped
- 1 carrot, chopped
- parsley
- laurel
- sugar
- salt
- whole black pepper or allspice
- fusilli, gemelli or penne pasta
- beef or chicken stock
- sour cream
- flour (optional)
- tomato sauce (optional)
- fresh dill (optional)



DIRECTIONS:

Boil water with tomatoes in a saucepan and add salt.

Add the chopped onions to the saucepan, and then add laurel, pepper, and sugar.

Add stock, and then add carrot, and sour cream. At the end, add parsley.

Serve with cooked pasta.

PLACKI ZIEMNIACZANE Z GULASZEM (POTATO PANCAKES WITH GOULASH)

PANCAKES INGREDIENTS (4 SERVINGS):

- 4 potatoes, grated
- 1 onion, grated
- 1 egg
- sunflower oil
- flour
- salt
- ground black pepper
- honey
- vinegar

PANCAKES DIRECTIONS:

Mix the grated potatoes and onion with egg, flour, salt, pepper, honey, and a bit of vinegar.

Heat a frying pan with sunflower oil to high temperature.

Pour a spoon of the mixture and spread it (make it as thin as possible). Fry on both sides until brown

GOULASH INGREDIENTS (4 SERVINGS):

- chopped beef or pork
- 1/2 bell pepper
- 1 onion, chopped
- pickled cucumber (preferably pickled in brine)
- sunflower oil
- salt
- laurel
- whole allspice
- garlic
- flour
- beef or chicken stock (optional)



GOULASH DIRECTIONS:

Add salt and pepper to the meat. Fry it with onion in a saucepan.

Grate or squeeze garlic and add it to the pan. Add stock or water.

Add laurel and allspice, and then add chopped bell pepper.

Mix flour in a glass bowl with a small amount of water, and then add to the pan to thicken the sauce.

Add chopped pickled cucumber.

TORTILLA ESPAÑOLA

INGREDIENTS (4 SERVINGS, 30 MINUTES):

- 4 eggs
- 2 medium potatoes
- 1 onion, chopped
- Extra virgin olive oil
- Salt

DIRECTIONS:

Cut the peeled potatoes in half lengthwise. Then, with the flat side on the cutting surface, slice the potato in pieces approximately 1/8" thick. Salt potato and chopped onion.

In a large, heavy, non-stick frying pan, heat the olive oil on medium high heat. Carefully place the potato and onion into the frying pan, spreading them evenly over the surface. Leave in pan until the potatoes are cooked. If you can poke a piece of potato with a spatula and it easily breaks in two, your potatoes are done. Remove the potato and onion from the pan with a slotted spoon or spatula and allow oil to drain.

Crack the eggs into a large mixing bowl and beat with a whisk or fork. Pour in the potato onion mixture. Mix together with a large spoon.

Pour 1-2 tbsp of olive oil into a small, non-stick frying pan (aprox. 9-10") and heat on medium heat. Be careful not to get the pan too hot because the oil will burn - or the tortilla will! When hot, stir the potato onion mixture once more and "pour" into the pan and spread out evenly. Allow the egg to cook around the edges. Then you can carefully lift up one side of the omelet to check if the egg has slightly "browned." The inside of the mixture should

not be completely cooked and the egg will still be runny.

When the mixture has browned on the bottom, you are ready to turn it over to cook the other side. Take the frying pan to a sink. Place a large dinner plate (12") upside down over the frying pan. With one hand on the frying pan handle and the other on top of the plate to hold it steady, quickly turn the frying pan over and the omelet will "fall" onto the plate. Place the frying pan back on the range and put just enough oil to cover the bottom and sides of the pan. Let the pan warm for 30 seconds or so. Now slide the omelet into the frying pan. Use the spatula to shape the sides of the omelet. Let the omelet cook for 3-4 minutes. Turn the heat off and let the tortilla sit in the pan for 2 minutes.

Slide the omelet onto a plate to serve. If eating as a main course, cut the omelet into 6-8 pieces like a pie. Serve sliced French bread on the side.

CODORNICES A LA SACRAMENIA (QUAILS IN SACRAMENIA WAY)

INGREDIENTS (FOR FOUR QUAILS, 40 MINUTES):

- Codornices (quails)
- 1 Onion, chopped into small pieces
- 1 Tomato, chopped into small pieces
- 2 Green bell pepper, chopped into small pieces
- 2 Bay of laurel
- 3 Half garlic
- Parsley
- 2 Spoons of vinegar
- Extra virgin olive oil
- Black pepper
- Water
- Salt

DIRECTIONS:

In a sauce pan, put 4 or 5 spoons of olive oil and fry the quails. Add salt, pepper, and laurel. When the quails are brown, add green bell pepper, onion and tomato. When they are fried, add water and cook for 30 min.

Add black pepper at the end.

Meanwhile, crush garlic and parsley in a mortar and pestle, and add 2 spoons of vinegar. When the quails are ready, put the sauce on them.

To serve with the quails: fry some sliced potatoes with onion and green bell pepper.

HAM AND CHEESE AND OLIVE TAPAS

INGREDIENTS:

- Spanish or French bread (actually, every Spanish dish is eaten with bread)
- Spanish cheese
- Spanish ham
- Tomato
- Olive oil
- Olives