

Taste of home

By Karolina Mirowska

Mizeria (Cucumbers in Sour Cream)

The Polish name literally means "misery," referring to the dish being conceived by peasants, who were nicknamed "the miserable ones". Legend has it this dish was a favorite of Queen Bona Sforza, an Italian princess who married Polish King Sigismund I in the 16th century. Homesick for her native Italy where cucumbers were common, every time she ate it, it made her cry. Hence the Polish word for "misery," derived from the Latin. Dress this just before serving so the dish doesn't become watery.

Ingredients:

- 1 large cucumber with or without seeds, washed and peeled
- Salt
- ½ cup sour cream (you can add buttermilk or whipping cream if too thick)
- 1 teaspoon sugar
- 2 teaspoons white vinegar (optional - waters down the dish)
- 1 tablespoon chopped fresh dill (optional)
- pepper to taste



Preparation:

1. Slice the cucumber thinly. Place in a colander over a bowl to catch the juices and salt liberally. Allow to stand for at least 30 minutes or until slices become limp.
2. In a small bowl, mix remaining ingredients. Pat cucumbers dry and place in a medium bowl. Add the dressing and toss with the cucumber slices. Season to taste with salt and black pepper. Chill and sprinkle with additional dill, if desired, before serving.

Smazony Kalafior z Bulka Tarta (Sauted Cauliflower with Breadcrumbs)

Ingredients:

- 1 head cauliflower
- ¼ cup butter
- breadcrumbs
- ¼ tsp salt
- ½ tsp sugar

Preparation:

1. Steam or boil cauliflower with salt and sugar until soft. Remove.
2. Melt butter in the pan. Mix in breadcrumbs to the butter and add cauliflower. Mash and mix together. Serve hot.

Bigos z cukinii (Zucchini Stew)

Ingredients:

- 4 medium zucchini
- 4 yellow squashes
- 2 lbs Polish sausage
- 1 lb of onions

- 2-3 bell peppers, any color
- 2-3 cans of tomatoes
- tomato paste (optional)
- oil for frying
- 3 cloves of garlic
- salt, pepper, paprika, bay leaves, allspice, basil, oregano



Preparation:

1. Peel and slice the onions. Heat the oil in the frying pan, add the onions. Cube the sausage and add to the onion. Cut the peppers and add to the pan.
2. Peel the zucchini and squashes, remove the seeds (optional) and cut into small cubes and add to saucepan. Cover the pan and mix from time to time until zucchini and squashes start to fall apart.
3. Add canned tomatoes and spices and mix thoroughly. Simmer about 15 more minutes. Turn off the burner, and finally add the grated garlic, stir, and done!

Prazoki/Prazochy z Kapusta Kiszona (Sticky Potatoes with Sauerkraut)

Ingredients

- 3 kg potatoes
- about 1 cup plain flour
- ½ tsp salt
- Couple slices of bacon
- 2 onions
- Sauerkraut
- Salt, pepper, allspice, bay leaves, garlic



Preparation:

1. Boil potatoes with salt. About 5 - 10 minutes before the end of cooking (potatoes are soft but not falling apart) sprinkle them uniformly with the flour, cover with lid and cook potatoes until tender.
2. Drain the potatoes gently so that the flour remains in the pot.
3. Mash potatoes with a pestle or masher to form a uniform mass (so that the flour becomes completely incorporated). Add water from boiling if necessary.
4. To prepare sauerkraut, chop it and cover with water, add spices and garlic and 1 onion and boil until softens.
5. In the meantime, fry the bacon and add remaining onion. Use the grease with onion and bacon bits as a sauce. Serve with stewed Sauerkraut

Zrazy zawijane (stuffed beef roulades)

Pronounced “ZRAH-zih zah-vee-YAH-neh” - A favorite dish of the Old Polish nobility that has remained popular to this day throughout Eastern Europe. Zrazy is a generic term for meat rolled around any of a variety of fillings, browned and braised until tender. Can be made with different stuffing, try adding roasted garlic or fresh herbs.

Ingredients:

- 3 slices lean beef steaks
- 3 slices lean bacon
- 2-3 garlic dill pickles, sliced
- 1/2 onion, sliced
- about 2 tbsp. butter
- mustard (optional), salt, pepper, bay leaves, allspice, garlic



- flour

Preparation:

1. Divide the steaks into smaller pieces (depending on the size you want to serve). Using a meat tenderizer or a mallet, pound each out to a thickness of 1/4".
2. Season slices of beef with salt and freshly ground pepper. Thinly spread mustard on top of each slice (optional). Divide pickle, bacon and onion slices on one end of each slice
3. Roll up slices, tucking the ends in and securing with skewers, wooden cocktail picks, or thread. Roll the roulades in flour and vigorously shake off any excess.
4. Heat butter in skillet. Brown roulades well on all sides. Do not crowd roulades in skillet, or they will not brown nicely. Do in small batches if necessary. You can add extra butter if needed
5. Once all roulades are well browned, add about 1 cup of hot water, gently stirring up browned bits, add spices and garlic and return all roulades to skillet, bring to simmer and cover. Simmer for about 1 hour.
6. Remove roulade. To thicken gravy, you can combine about 1-2 tbsp. all purpose flour in a little cold water and stir gently into cooking liquid until slightly thickened. If needed, make more flour mixture.
7. Season gravy to taste with salt and freshly ground pepper.
8. Remove skewers, picks, or thread to serve roulades with their gravy.

Yeast cake with fruit and crumbs

Ingredients for the dough:

- 0.5 kg - 0.6 kg of flour
- 0.5 cube of yeast (50g) or dried yeast (21 g)
- 1 egg
- 6 tablespoons sugar
- Pinch of salt
- 1 cup milk
- 2-3 tablespoons water
- 3 tablespoons butter, melted
- raisins (optional)
- ½ tbsp vanilla extract

Ingredients for the crumbs:

- 4 tbsp flour
- 2 tbsp melted butter
- 2 tbsp granulated sugar



Preparation:

1. Mix yeast with 3 tablespoons of sugar, add warm (not hot milk) and 3 tablespoons flour. Thoroughly mix and allow to rise (at least double its volume).
2. Add flour, lightly beaten egg, butter, a pinch of salt, water, sugar and vanilla extract and knead the dough. Leave to rise until doubled in volume.
3. After this time, knead again.
4. Roll out the dough and put into pre-greased mold.
5. Pour the crumble ingredients into a bowl and slowly mix.
6. On top of dough lay any fruit and sprinkle with crumbs. Leave for 15 minutes to rise.
7. Put in the oven for about 50-60 minutes. at 350F.

Rhubarb preparation:

Peel the rhubarb, cut into smaller pieces and add for a minute to hot water, then drain the water in the strainer, and only in such form, put it on the cake along with other fruits.