

**Poland** ([Polish: Polska](#)), officially the **Republic of Poland** ([Polish: Rzeczpospolita Polska](#) ([help](#)·[info](#)))

A country located in [Central Europe](#). It is bordered by [Germany](#) to the west, the [Czech Republic](#) and [Slovakia](#) to the south, [Ukraine](#) and [Belarus](#) to the east, and the [Baltic Sea](#), [Lithuania](#), and [Russia](#) (in the form of the [Kaliningrad Oblast exclave](#)) to the north. Poland shares a maritime border with [Denmark](#) and [Sweden](#) in the Baltic Sea. Since [May 1, 2004](#), the republic has been a member state of the [European Union](#). Poland is interesting for everyone who wants to visit old cities, pubs, culture and a picturesque landscape varying from sea shores to mountains for an affordable price.



## Polish Dinner Menu

Appetizer:

- #1 Kielbasa (Polish sausage) **JoAnn**
- #2 Oszczypek and / or Podhalanski cheese **Sue**
- #3 Polish dill pickles (purchase) **MaryAnn**
- #4 Rye bread - thinly sliced **Sue**
- #5 Polish vodka **Alice**
- #6 Soup: Barszcz (Borsh beet soup) **Barbara**
- #7 Green Hungarian wine or white

Polish wine **Alice**

Salad Course:

- #8 Salad: Mizeria (Cucumber salad) **Marcia**
- #9 Pierogi (Polish Dumplings) **Roseann and Jean**

**Main Course:**

#10 Golabki (Rolled cabbage) **Dee and MaryAnn**

#12 Jarosz (Stewed mushrooms) **JoAnn**

#13 Dessert: Nalesniki (Crepes filled with cherries and cheese) **Judy**

#14 Coffee **Sandy**

**#1) Kielbasa :** If you can get to San Francisco where they make home made fresh Kielbasa, call Roseann for the address. Otherwise purchase four Kielbasa and broil. Slice quarter size pieces. Serve with cheese, pickles, bread.

#2) Purchase and serve slices of Oszczypek or Podhalanski cheese, which you can purchase from [www.cheese.com](http://www.cheese.com).

**Oszczypek cheese:** It is a very old ewe's cheese made by shepherds living in the Tatra mountains. It usually comes in an oval form. Oszczypek is made from unpasteurized sheep's milk. The curd is pressed into hand-carved, wooden moulds which gives each a unique pattern (usually regional, highlander's pattern). After draining, cheeses are traditionally stored in the eaves of the house, where they can gradually absorb the smoke from the fire. This cheese has a very distinctive, slightly salty taste, it's color varies from pale lemon to brown depending on time of smoking. Oszczypek is still produced by shepherds in Polish and Slovakian mountains in a traditional, non-industrial way. This is ewe milk cheese, semi-hard with 45% fat from Poland.

**Podhalanski cheese** is a traditional, creamery, semi-hard cheese made from cow's and sheep's milk. This cheese has tiny holes throughout the pale yellow interior. It has a natural rind that darkens to burnt orange if smoked. This is a cow and ewe milk cheese, semi-hard, 40% fat, made in Poland.

#3) Purchase Polish Dill Pickles or a good Dill if Polish is not found. Slice.

#4) You can make a Polish bread of your choice or you can purchase Dark rye bread.

#5) Purchase Polish vodka, which can be found at Trader Joes.



## #6 POLISH BEET SOUP (Barszcz)



1 stick butter  
 5-6 lg. beets  
 1 onion  
 Salt & pepper to taste  
 2 tbsp. vinegar  
 1/4 tsp. dill weed  
 1 pt. sour cream

1. Bring 1 1/2 quart water to boil.
2. Add butter.
3. Peel and grate onion and beets. Cook in water butter mixture. Add salt, pepper, vinegar and dill weed.
4. Cook approximately 1/2 hour until beets are cooked. Serve with sour cream on top.

**#8) Mizeria : CUCUMBER SALAD (mizeria):** Peel 2 nice-sized cucumbers and slice into thin rounds. Sprinkle with salt and let stand 30 min. Pour off liquid. Mix with 1 container sour cream, wafer thin sliced onion and fresh chopped dill.

**#9 Pierogi (Polish Dumplings) (choose either the gourmet recipe or Roseann's)**

Extraordinary Polish gourmet food - The Pierogi (a pocket in dough, filled with vegetables, fruit or cheese). The Pierogi comes filled with spinach, potato, cheese, sauerkraut, mushroom, vegetable and blueberries. They are versatile and can be served boiled, sauteed, microwaved or deep fried. Pierogi can be served as an appetizer, an entree or a dessert (sweet cheese or seasonal fruit). They can be eaten plain, with your favorite sauce, or with sour cream.

Pierogi (gourmet recipe)

6 cups flour  
 10 oz. sour cream  
 4 eggs  
 1 1/2 tbsp. salt  
 1 1/2 tbsp. baking powder



## FILLING:

2 1/2 lbs. potatoes,  
cooked -- mashed  
3/4 lb. cheddar cheese --  
grated  
1/2 stick melted butter  
5 eggs -- (reserve 1 egg white



## TO FRY PIEROGI:

1 stick butter  
1 cup chopped onions



## FOR FILLING

: Combine mashed potatoes, grated cheese, melted butter and 4 eggs. Separate remaining egg and put yolk into the filling, the white into a small bowl and set aside. An empty soup can may be used to make circles out of rolled dough. Egg white is used to seal filling inside dough circles.

## FOR DOUGH

: Combine ingredients for dough, adding a sprinkling of water if necessary. Roll out dough, press out circles. Brush egg white all around inner edge of circles. Put 1 tablespoon filling in center; top with another circle and press with fork to seal edges together.

\* Prepare to cook pierogi.

Put water into deep pot and bring to boil. Drop pierogi into water a few at a time. They will sink to the bottom and when they float to the surface, remove and drain. Repeat until all pierogi are cooked.

In heavy skillet melt butter and add onions. Cook onion until transparent; add pierogi and fry golden. Serve hot with onion.

\*Prepare to freeze: dust with flour, put on cookie sheet and freeze. When ready to use, put frozen pierogi in boiling water and proceed as above.

## Roseann's Pierogi Recipe

Purchase wonton pastry sheets (round) from the vegetable section of the store. Moisten with water around the edges.

Put a teaspoon of filling in the middle and fold in half and press together. I use a wonton press. Boil as written above. Serve with sour cream. Or fry as listed above and serve.

### Fillings:

- 1) Potato Cheddar Cheese is filled with a delicious blend of real mashed potatoes, cheddar cheese and a touch of onions.
- 2) Sautéed Cabbage is fresh cabbage and onions sautéed together in butter and seasoned with salt and pepper.
- 3) Potato Cottage Cheese and Chives is a delicious light taste of cottage cheese, mashed potatoes and chives, which is creamy and delectable.
- 4) Farmers or Ricotta Cheese is a sweet pierogi. It is a blend of cheese mixed with lemon, sugar and eggs to produce a cheesecake-like filling.



## #10 Rolled Cabbage/Golabki (choose either first recipe or Roseann's recipe)

Go••bki is a hearty traditional Polish dish consisting of boiled cabbage leaves stuffed with ground beef, chopped onions, and rice, baked in a spicy tomato sauce.

Go••bki are also referred to as golumpki, golabki, Golumpkies or Golumpkis. Similar Eastern European cabbage roll variations are called: Holupki (Slovak), Kaposzta (Hungarian), Holubtsi (Ukrainian), or Sarma (Turkish loan-word, now commonly applied to some Southern Slavic versions of this dish, particularly in the Carpathian and Balkan regions.)

Go••bki rolls are usually fist-sized when fully stuffed or rolled. Spiced Pork is sometimes used instead of, or in addition to, beef.

There is an unverified story or myth that the King of Poland Kazimierz IV Jagiellon (Casimir) fed his army with go••bki before a key battle outside of Malbork against the Teutonic Order around 1465. Victory over the Teutonic Order was partially credited to strength of the hearty meal of go••bki given to the allied Polish and Prussian troops. The defeat of the Teutonic Order in Malbork led to the end of the Thirteen years' war, and the ceding of Prussia to the Kingdom of Poland in 1466.

"Beef, onion, rice and seasonings are tucked inside these bundles of cabbage simmered in a mushroom broth. Then they are topped with a tomatoey sauce. These are especially delicious served with potatoes."

PREP TIME 20 Min, COOK TIME 30 Min, READY IN 1 Hr

#### INGREDIENTS

2 medium heads cabbage  
2 1/4 cups water  
3/4 cup brown rice  
salt and pepper to taste  
3 tablespoons butter  
1 onion, chopped  
1 pound ground beef  
1/4 cup boiling water  
3 tablespoons butter  
3 tablespoons all-purpose flour  
3 tablespoons tomato paste

#### DIRECTIONS

Bring a large pot of water to boil. Immerse cabbage in the boiling water, boil for 3 to 5 minutes. Drain well. Remove the largest leaves and cabbage and set aside. Reserve enough cabbage leaves to line the bottom of a large saucepan.

Bring the 2 1/4 cups of water to a boil. Add rice and return water to a boil. Reduce heat to a simmer, cover rice and let cook until tender. Let rice cool.

In a large skillet, brown the onion in the 3 tablespoons of butter or margarine. In a medium-sized mixing bowl, combine rice, onion, and raw beef. Season with salt and pepper. Divide the filling into 10 parts and spread evenly onto the 10 large cabbage leaves.

Roll firmly, tucking the edges inside. Arrange a layer of the reserved cabbage leaves on the bottom of a saucepan and place the cabbage rolls over them. Add 1/4 cup boiling water to the saucepan, sprinkle with salt and let the cabbage rolls simmer over a medium heat until tender, approximately 30 minutes. If the water boils off, add more water while cooking.

When the stuffed cabbage is tender, prepare the sauce. In a skillet, melt remaining butter or margarine and brown flour over a low heat. Dilute the roux with the remaining cabbage stock from the cabbage roll saucepan. Bring this mixture to a boil. Season with tomato paste. Pour the sauce over the stuffed cabbage immediately before serving.

#### Roseann's Golabki Recipe

In a large bowl mix ground beef, chopped onion, uncooked rice, and 1 tsp salt, 1/2 tsp pepper, and 1 tsp allspice with one large can of tomato sauce.

Core and steam cabbage until soft for rolling. Roll 2 tablespoons of mixture in a cabbage leaf and place in a large pot with the small cabbage leaves on the bottom of the pot. Continue until all the meat is gone. Add add water and squeeze juice from half of a lemon and another can of tomato sauce. Bring to a boil and then lower heat to simmer until the rice is done - about 45 minutes. Don't overcook as they will be soggy and lose flavor.

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#### #11 PIENTOK POTATO DUMPLINGS (POLISH)

2 c. mashed potatoes

1 egg

1 tsp. salt

1/2 tsp. soda dissolved in a little water

1/2 c. flour

Mix all ingredients. Shape in the size of an egg. Roll in flour, cook in boiling water until dumplings roll to top.

## #12 Stewed Edible Boletus (Mushrooms)

### Ingredients:

1 pound mushrooms, 2 tsp butter, 1/2 cup chopped onion, 1 - 2 tablespoons flour, salt, pepper, 1 tablespoon of chopped dill and 1 tablespoon green parsley, 1/4 cup cream.

How to prepare: Clean mushrooms by rubbing dirt off with paper towel, chop thinly. Melt butter, add onion, fry and then add mushrooms for a few minutes. Pour in 2 - 3 spoons of water, stew under cover. When they are soft add flour, boil (it should be thick), add salt, pepper, cream, dill and parsley, stir, put into bowl.

## #13 Polish Nalesniki (Very Thin Pancake) Crepes

This dessert was made when times were hard or on Fridays (no meat). Topped with sweetened sour cream. Also use to fill with farmers cheese. Six servings.

### Crepes

3 eggs  
3 tablespoons flour  
1/2 cup milk  
1 tablespoon sugar

### Filling

1 cup sour cherry jam

### Topping

1/2 cup sour cream  
1 tablespoon sugar  
garnish powdered sugar

Heat butter or spray cooking spray in frying pan. When pan is hot, pour in a small amount of batter (only enough to make a paper-thin pancake), turning pan to coat



the bottom. When light brown, do not turn over but remove from pan. Spread with good cherry jam, roll, top with sweetened sour cream and or dust lightly with powdered sugar.