



## POLAND

Poland (Polish: Polska), officially the Republic of Poland (Polish: Rzeczpospolita Polska). 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. We meet at 6:30 at the Krane house, 1923 Green Valley Road, Alamo.**

**Remember to bring your choice of wine. Please cook for eleven. Please call Roseann if you have a question 925-552-9799.**

- The Krane's are providing the Polish vodka (Trader Joe's) - no charge to you. We suggest a Green Hungarian wine or white Polish wine
- #1 Appetizer: Kielbasa (Polish sausage), Osczypek and / or Podhalanski cheese, Polish dill pickles (purchase), Rye bread - thinly sliced **Sauer**
- #2 Soup: Barszcz (Borsh beet soup) **Finch**
- #3 First Course: Pierogi (Polish Dumplings) **Williams**
- #4 Zrazy Zawijane and (Polish Beef Roulade in sour cream sauce) **Knox**
- #5 Salad: Mizeria (Cucumber salad) and Golabki (Rolled cabbage) **Krane**
- #6 Dessert: Nalesniki (Crepes filled with cherries and cheese), **Kennedy**

Kielbasa : If you can get to San Francisco where they make home made fresh Kielbasa, call Roseann for the address. Otherwise purchase one Kielbasa and broil. Slice quarter size pieces. Serve with cheese, pickles, bread. The appetizer is served with a shot of vodka which will be served by the Kranes.

\* Purchase and serve slices of Osczypek **or** Podhalanski cheese, which you can purchase from [www.cheese.com](http://www.cheese.com) or a Polish deli.

Osczypek cheese: It is a very old ewe's cheese made by shepherds living in the Tatra mountains. It usually comes in an oval form. Osczypek 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. Osczypek 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-ard, 40% fat, made in Poland.

\* Purchase Polish Dill Pickles or a good Dill if Polish is not found. Slice.

\* You can make a Polish bread of your choice or you can purchase Dark rye bread.



### **POLISH BEET SOUP (Barszcz)**

1 stick butter  
5-6 lg. beets (may use canned 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. Serves six.

### **Mizeria : CUCUMBER SALAD**

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.



### **Pierogi (Polish Dumplings)**

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. Please note it is easier to use Roseann's recipe below the given one.

#### **INGREDIENTS:**

4 1/2 cups all-purpose flour  
2 teaspoons salt  
2 tablespoons butter, melted  
2 cups sour cream  
2 eggs  
1 egg yolk  
2 tablespoons vegetable oil

8 baking potatoes, peeled and cubed  
1 cup shredded Cheddar cheese  
2 tablespoons processed cheese sauce

onion salt to taste (optional)

salt and pepper to taste

#### DIRECTIONS:

1. In a large bowl, stir together the flour and salt. In a separate bowl, whisk together the butter, sour cream, eggs, egg yolk and oil. Stir the wet ingredients into the flour until well blended. Cover the bowl with a towel, and let stand for 15 to 20 minutes.
2. Place potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook until tender, about 15 minutes. Drain, and mash with shredded cheese and cheese sauce while still hot. Season with onion salt, salt and pepper. Set aside to cool.
3. Separate the perogie dough into two balls. Roll out one piece at a time on a lightly floured surface until it is thin enough to work with, but not too thin so that it tears. Cut into circles using a cookie cutter, perogie cutter, or a glass. Brush a little water around the edges of the circles, and spoon some filling into the center. Fold the circles over into half-circles, and press to seal the edges. Place perogies on a cookie sheet, and freeze. Once frozen, transfer to freezer storage bags or containers.
4. To cook perogies: Bring a large pot of lightly salted water to a boil. Drop perogies in one at a time. They are done when they float to the top. Do not boil too long, or they will be soggy! Remove with a slotted spoon.

**TO FRY PIEROGI:** In heavy skillet melt one stick butter and add one cup chopped onions. Cook onion until transparent; add pierogi and fry golden. Serve hot with onion. May freeze: dust with flour, put on cookie sheet and freeze. Do not let them touch each other. When ready to use, put frozen pierogi in boiling water and proceed as above.

**Roseann's Perogi 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 or Fry as written above. Serve with sour cream. Or fry as listed above and serve. (My favorite filling is #4.) If you fry it only takes a few minutes to brown on each side and it is best tasting. You can use any filling but the potato filling is the real one that goes with Perogi.



**Rolled Cabbage/Golabki**

Golabki 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. Golabki 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.) Golabki 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 golabki 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 golabki 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. This can also be baked.



### Zrazy Zawijane (polish Beef Roulade in Sour Cream Sauce)

**Prep Time:** 10 mins, **Total Time:** 1 hrs 30 mins, **Servings:** 4

"Pronounced ZRAH-zih zah-vee-YAH-neh. Also called bitki (BEET-kee). A favorite dish of the Old Polish nobility that has remained popular to this day throughout Eastern Europe; quite similar to rouladen served just across the border in Germany. Zrazy is a generic name for meat rolled around any of a variety of fillings, browned and braised until tender. This recipe is for thin slices of steak spread with mustard and filled with a bread, onion, and mushroom stuffing. Traditionally served with boiled rice or kasza (buckwheat) topped with extra sauce, but also great with potato dumplings and steamed asparagus.

### Ingredients

- 5 tablespoons unsalted butter
- 3 tablespoons vegetable oil
- 3 cups onions, finely chopped
- 1 1/2 lbs mushrooms, finely chopped
- 1/4 cup soft breadcrumbs, from home-style bread, shredded
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
- 2 lbs top round steaks, trimmed of fat & pounded to 1/4 " thick
  - 2 teaspoons Dijon mustard
  - 3 tablespoons flour
  - 1 cup beef stock
  - 2/3 cup sour cream

### Directions

1. Preheat oven to 350°F.
2. In a heavy skillet, melt 2 tablespoons butter with 1 tablespoon oil over medium heat.
3. Saute the mushrooms and onions until the liquid in the pan starts to evaporate (8-10 minutes) (Do NOT let the mushrooms

brown).

4. Stir in the bread crumbs and half of the salt and pepper; remove from heat.
5. Cut the steak into 8 rectangular pieces 3-4" wide by 6-8" long, sprinkle both sides evenly with remaining salt and pepper. Spread a thin layer of the mustard on each slice of beef, and place 1/8 of the stuffing on the shorter end of each piece of steak.
6. Roll the steaks into cylinders, enclosing the stuffing, and tuck in the sides; secure each end with kitchen cord.
7. Roll the zrazy in flour and vigorously shake off any excess. In a heavy skillet, melt remaining butter with oil over high heat, and brown the rolls, turning them often so they evenly turn a rich golden brown without burning (about 15 minutes).
8. As they brown transfer them to a casserole dish large enough to hold them all in a single layer.
9. Pour off all but a thin layer of fat from the skillet and replace it with the beef stock.
10. Bring to a boil over high heat, stirring constantly (scraping the bottom and sides of the pan).
11. Pour the broth over the rolls and cover tightly.
12. Braise in the oven until the meat is so tender that it gives no resistance when pierced with the tip of a skewer or knife (45 minutes).
13. Remove the zrazy from the casserole dish, cut the cord off and cover with tin foil to keep the rolls warm while you make the sauce.
14. Skim off and discard as much of the fat as possible from the liquid remaining in the casserole dish.
15. Return to a boil over high heat, stirring constantly.
16. Remove from heat, and mix in the sour cream.
17. Season to taste and serve over zrazy.

### **Dessert: Polish Nalesniki (Very Thin Pancake) Crepes**

This dessert was made when times were hard or on Fridays (no meat). Topped with sweetened sour cream. You can make the crepes or buy them at Costco. They are simple to cook - do ahead but fill at serving home. Also use to fill with farmers cheese. Please make one for each - Ten servings.

#### **Batter for Crepes**

3 eggs, 3 tablespoons flour, 1/2 cup milk, 1 tablespoon sugar, orange zest, 1 shot of brandy

Filling Fill with farmers cheese or ricotta and fresh cherries with a little 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 cheese, good cherry jam, roll, top with sweetened sour cream and or dust lightly with powdered sugar.