



Co-funded by
the European Union



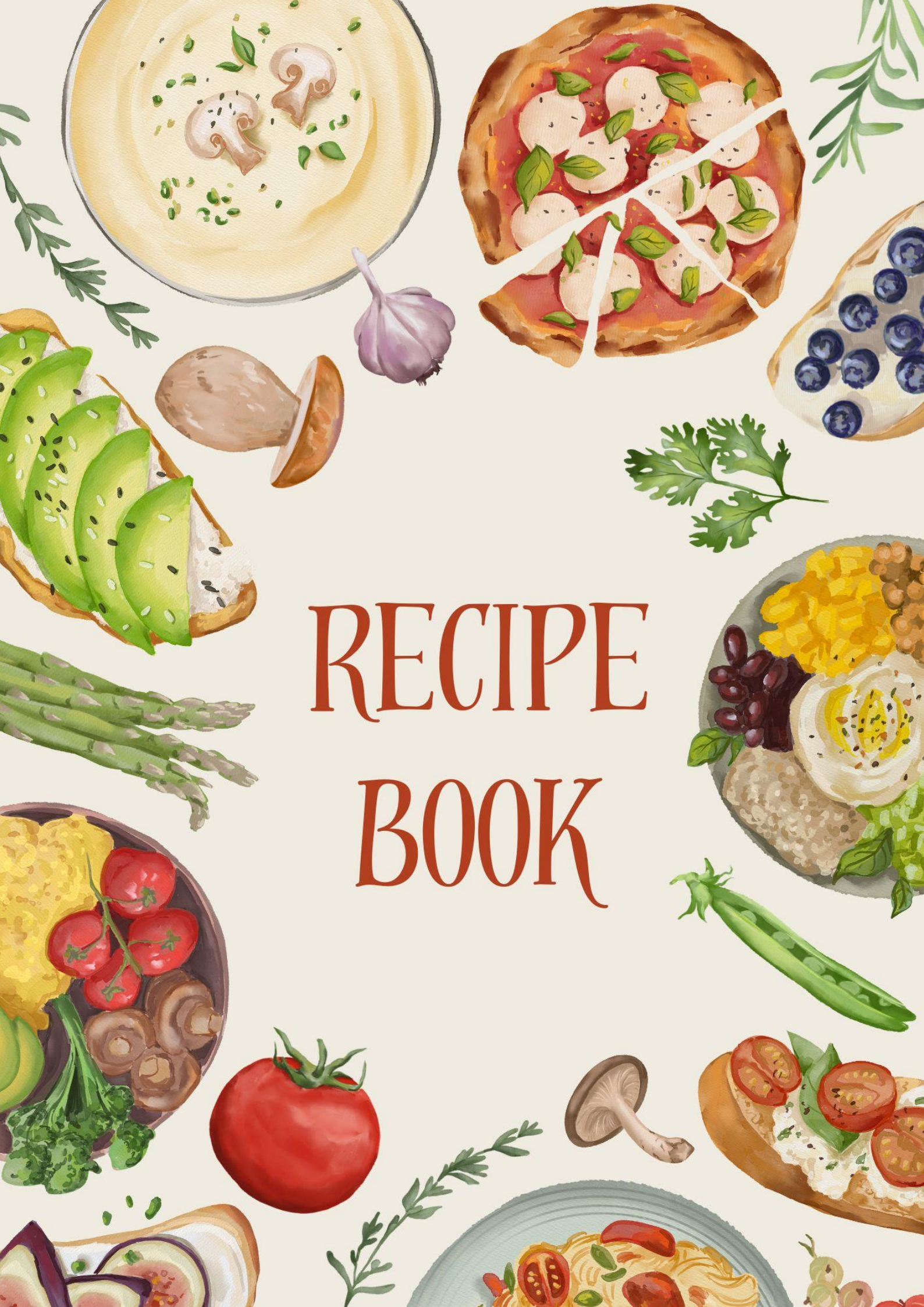
ON THE PATHS OF CULINARY TRADITIONS



CREATED BY;

- *SKILLSLAB21*
- *STOWARZYSZENIE "SZANSA DLA AKTYWNYCH"*
- *AVRUPA YENİLİKÇİ TOPLUM DERNEĞİ*

THE EUROPEAN COMMISSION SUPPORT FOR THE PRODUCTION OF THIS PUBLICATION DOES NOT CONSTITUTE AN ENDORSEMENT OF THE CONTENTS WHICH REFLECTS THE AUTHORS' VIEWS ONLY, AND THE COMMISSION CANNOT BE HELD RESPONSIBLE FOR ANY USE WHICH MAY BE MADE OF THE INFORMATION CONTAINED THEREIN



RECIPE BOOK

***POLISH
TRADITIONAL
CUISINE***



POLISH MAIN COURSES

1. Pierogi

History: Pierogi, a beloved staple of Polish cuisine, has a rich history dating back to the 13th century. Originating in Poland, pierogi were initially considered a dish for nobility due to their elaborate fillings and intricate preparation. However, as time passed, they became popular among all social classes for their versatility, affordability, and ability to feed large families. Pierogi were often prepared in large quantities, making them ideal for special occasions, holidays, and festivals.



Ingredients:

- Dough:
 - 2 cups all-purpose flour
 - 1 large egg
 - 1/2 cup sour cream
 - 1/4 cup butter, softened
 - 1/2 teaspoon salt
- Filling:
 - Traditional fillings include mashed potatoes with cheese, sauerkraut and mushroom, or ground meat with onions.

Procedure:

1. **Prepare the Dough:** In a large bowl, mix together the flour and salt. Make a well in the center and add the egg, sour cream, and softened butter. Using your hands or a fork, gradually incorporate the wet ingredients into the flour until a dough begins to form.
2. **Knead the Dough:** Transfer the dough onto a floured surface and knead it until it becomes smooth and elastic, about 5-7 minutes. If the dough feels too sticky, add a little more flour. Once kneaded, shape the dough into a ball and wrap it in plastic wrap. Allow it to rest at room temperature for at least 30 minutes.
3. **Roll Out the Dough:** After resting, unwrap the dough and roll it out on a floured surface to about 1/8 inch thickness. Use a rolling pin to achieve an even thickness.
4. **Cut Out Circles:** Using a round cutter or a glass, cut out circles from the rolled-out dough. Collect the excess dough scraps and re-roll them to make more circles.
5. **Fill the Pierogi:** Place a spoonful of filling (potatoes with cheese, sauerkraut and mushroom, or ground meat with onions) in the center of each dough circle. Be careful not to overfill, as it may cause the pierogi to burst during cooking. Fold the dough over the filling to form a half-moon shape, then pinch the edges firmly to seal.
6. **Boil the Pierogi:** Bring a large pot of salted water to a boil. Carefully drop the pierogi in batches into the boiling water and cook for about 3-5 minutes, or until they float to the surface. Avoid overcrowding the pot to prevent the pierogi from sticking together.
7. **Serve:** Using a slotted spoon, remove the cooked pierogi from the water and drain them well. Serve the pierogi hot with sour cream, melted butter, or your preferred toppings and garnishes.

Serving: Pierogi are traditionally served as a main dish or side dish, accompanied by sour cream, fried onions, or a sprinkle of fresh herbs. They are enjoyed year-round and are particularly popular during holidays and celebrations in Poland, where families gather to share these delicious dumplings.

2. Bigos (Hunter's Stew)

History: Bigos, also known as "Hunter's Stew," is a traditional Polish dish with a history dating back centuries. Originating as a peasant dish, bigos was initially made with whatever ingredients were available, often including game meats such as venison or wild boar, as well as cabbage and other vegetables. Over time, it evolved into a hearty stew enjoyed by all social classes, particularly during cold winters and festive occasions.



Ingredients:

- Sauerkraut: 1 large head, shredded
- Fresh cabbage: 1 small head, shredded
- Various meats, such as:
- Sausage: kielbasa, smoked or fresh, sliced
- Pork: shoulder or ribs, diced
- Beef: stew meat, diced
- Bacon: chopped
- Mushrooms: dried or fresh, sliced
- Onion: 2 large, chopped
- Garlic: 4 cloves, minced

- Prunes: pitted, chopped (optional)
- Tomato paste: 1/4 cup
- Bay leaves: 2-3
- Juniper berries: 5-6 (optional)
- Caraway seeds: 1 teaspoon
- Salt and pepper to taste

Procedure:

1. **Prepare the Sauerkraut:** Rinse the sauerkraut under cold water to remove excess brine. Drain well and set aside.
2. **Sauté the Meats:** In a large, heavy-bottomed pot or Dutch oven, heat some oil over medium heat. Add the diced pork, beef, and bacon, and sauté until browned and slightly crispy.
3. **Add Aromatics:** Add the chopped onions and minced garlic to the pot with the browned meats. Sauté until the onions are translucent and fragrant.
4. **Incorporate Sauerkraut and Cabbage:** Add the shredded sauerkraut and fresh cabbage to the pot, stirring well to combine with the meat and aromatics.
5. **Add Flavorings:** Stir in the tomato paste, bay leaves, juniper berries (if using), caraway seeds, and chopped prunes (if using). Season with salt and pepper to taste.
6. **Simmer the Stew:** Pour enough water or beef broth into the pot to cover the ingredients. Bring the stew to a simmer, then reduce the heat to low. Cover and let the bigos simmer gently for at least 2-3 hours, stirring occasionally.
7. **Adjust Seasonings:** Taste the bigos and adjust the seasoning as needed. Add more salt, pepper, or other spices to achieve the desired flavor profile.
8. **Serve:** Once the bigos is rich and flavorful, it is ready to serve. Enjoy it hot with crusty bread or boiled potatoes on the side.

Serving: Bigos is often served as a main dish, accompanied by bread or potatoes. It can also be enjoyed as a comforting meal on its own, especially during cold weather months. Leftovers can be reheated and enjoyed for several days, as the flavors of bigos tend to improve with time.

3. Żurek

History: Żurek, a traditional Polish sour rye soup, has a history that dates back to medieval times. Originally a peasant dish, żurek was a staple of the Polish diet due to its simple ingredients and hearty nature. It was particularly popular during Easter celebrations, symbolizing the rebirth of spring. Over time, żurek evolved into a beloved national dish enjoyed year-round.



Ingredients:

- Fermented rye flour (żur or żurek starter)
- Polish sausage (kielbasa): 1/2 pound, sliced
- Potatoes: 2 large, diced
- Hard-boiled eggs: 2, peeled and sliced
- Garlic: 2 cloves, minced
- Onion: 1 large, chopped
- Bay leaf: 1-2 leaves
- All-purpose flour: 2 tablespoons
- Vegetable or chicken broth: 4 cups
- Sour cream: for serving
- Fresh dill: for garnish
- Salt and pepper to taste

Procedure:

1. **Prepare the Żurek Base:** In a large pot, combine the fermented rye flour (żur or żurek starter) with water, following the instructions on the package. Bring to a boil, then reduce the heat and simmer for about 15-20 minutes, stirring occasionally, until the mixture thickens slightly. Set aside.
2. **Sauté the Aromatics:** In a separate pan, heat some oil over medium heat. Add the chopped onion and minced garlic, and sauté until softened and fragrant.

3. **Add Sausage and Potatoes:** Add the sliced Polish sausage (kielbasa) to the pot with the sautéed onions and garlic. Cook for a few minutes until the sausage starts to brown slightly. Then, add the diced potatoes and bay leaf to the pot.
4. **Prepare Roux:** Sprinkle the flour over the sausage and potato mixture, stirring constantly to coat evenly. Cook for another minute or two to lightly toast the flour.
5. **Combine with Żurek Base:** Pour the vegetable or chicken broth into the pot with the żurek base, stirring well to combine. Bring the soup to a simmer over medium heat.
6. **Simmer Soup:** Once the soup is simmering, cover the pot and let it cook for about 15-20 minutes, or until the potatoes are tender and cooked through.
7. **Adjust Seasoning:** Taste the soup and adjust the seasoning with salt and pepper as needed. You can also add more żur or żurek starter for a stronger sour flavor, if desired.
8. **Serve:** Ladle the hot żurek soup into bowls. Garnish each serving with slices of hard-boiled egg, a dollop of sour cream, and a sprinkle of fresh dill.

Serving: Żurek is traditionally served hot, especially during Easter celebrations, and is often accompanied by rye bread or boiled potatoes. It is a comforting and hearty soup that is enjoyed by many throughout Poland and beyond.

4. Gołąbki

History:

Gołąbki, pronounced "go-WOHMP-kee," is a traditional Polish dish that dates back centuries. The name "gołąbki" translates to "little pigeons" in Polish, likely referring to the shape of the rolled cabbage leaves resembling plump little birds. It is a beloved dish in Polish cuisine and is also popular in other Eastern European countries under different names, such as "holubtsi" in Ukrainian cuisine.

Gołąbki likely originated as a peasant dish, making use of readily available ingredients like cabbage, grains, and whatever meat was accessible, such as pork or beef. Over time, it became a staple in Polish households and is often served at special occasions and family gatherings.



Ingredients:

For the Cabbage Rolls:

1. **Cabbage Leaves:** Typically green cabbage leaves are used, but savoy cabbage can also be used.
2. **Ground Meat:** Beef, pork, or a mixture of both are commonly used. Some recipes may incorporate other meats like veal or lamb.
3. **Rice:** White rice is traditional, but you can also use brown rice or even barley.
4. **Onion:** Finely chopped onion adds flavor to the filling.
5. **Seasonings:** Salt, pepper, and sometimes garlic are used to season the filling.
6. **Egg:** An egg is often added to bind the filling ingredients together.

For the Sauce:

1. **Tomato Sauce:** A tomato-based sauce forms the base of the gołąbki sauce.
2. **Broth:** Chicken or vegetable broth is commonly used to thin out the tomato sauce and add flavor.
3. **Sugar:** A small amount of sugar is sometimes added to balance the acidity of the tomato sauce.
4. **Vinegar:** A splash of vinegar adds a tangy flavor to the sauce.
5. **Flour:** Some recipes call for flour to thicken the sauce.

Preparation Procedure:

1. Prepare the Cabbage Leaves:

- Core the cabbage and blanch it in boiling water until the leaves are pliable.
- Carefully remove the leaves and trim the tough center stem.

2. Prepare the Filling:

- Cook the rice according to package instructions and let it cool.
- In a mixing bowl, combine the ground meat, cooked rice, chopped onion, salt, pepper, and any other desired seasonings. Mix well.
- Optionally, you can sauté the onions before adding them to the filling for added flavor.

3. Roll the Cabbage Rolls:

- Place a portion of the filling onto each cabbage leaf.
- Roll the leaf tightly around the filling, tucking in the sides as you go to form a neat roll.

4. Arrange in a Baking Dish:

- Place the rolled cabbage leaves seam side down in a baking dish, fitting them snugly together to prevent them from unraveling during cooking.

5. Prepare the Sauce:

- In a separate bowl, mix together tomato sauce, broth, sugar, vinegar, and flour until well combined.
- Adjust the seasoning according to taste.

6. Bake:

- Pour the sauce over the cabbage rolls, ensuring they are well coated.
- Cover the baking dish with foil and bake in a preheated oven at around 350°F (175°C) for about 1 to 1.5 hours, or until the cabbage rolls are cooked through and tender.

7. Serve:

- Once cooked, remove the foil and let the dish cool slightly before serving.
- Gołąbki are often served hot, accompanied by a dollop of sour cream or a sprinkle of fresh herbs like parsley for garnish.

Conclusion:

Gołąbki is a comforting and hearty dish with a rich history in Polish cuisine. Its simple yet flavorful combination of ingredients and meticulous preparation make it a favorite among families and at gatherings, embodying the warmth and tradition of Eastern European cooking.

5. Kotlet schabowy

History:

Kotlet schabowy, often referred to simply as schabowy, is a classic Polish dish with a rich culinary heritage. The dish's name translates to "pork chops" in English, reflecting its primary ingredient and preparation method. It has been a staple of Polish cuisine for centuries and is deeply ingrained in the culinary traditions of the country.

The origins of kotlety schabowe can be traced back to the Middle Ages when pork was a common meat in Poland, especially among the nobility. Over time, the dish became popular among all social classes and is now a beloved comfort food enjoyed by families across Poland and in Polish communities around the world.



Ingredients:

For the Pork Chops:

1. **Pork Loin:** Thinly sliced pork loin or pork chops are the main ingredient. The meat is typically boneless and pounded to an even thickness.
2. **Flour:** All-purpose flour is used to coat the pork chops, providing a crispy outer layer when fried.
3. **Eggs:** Beaten eggs are used as a binding agent to help the flour adhere to the pork chops.
4. **Breadcrumbs:** Fine breadcrumbs, often made from white bread, coat the pork chops, adding texture and flavor.
5. **Salt and Pepper:** These basic seasonings enhance the flavor of the pork chops.

For Frying:

1. **Oil:** Neutral-tasting oil with a high smoke point, such as vegetable oil or sunflower oil, is used for frying.

Optional Ingredients for Flavor:

1. **Garlic:** Minced garlic can be added to the egg wash or the breadcrumbs for extra flavor.
2. **Herbs:** Fresh or dried herbs like parsley, thyme, or marjoram can be added to the breadcrumbs for additional seasoning.

Preparation Procedure:

1. Prepare the Pork Chops:

- Place each pork chop between two sheets of plastic wrap or parchment paper.
- Use a meat mallet or the bottom of a heavy skillet to pound the pork chops until they are about ¼ inch thick. This tenderizes the meat and ensures even cooking.

2. Set Up the Breading Station:

- Set up three shallow bowls or plates: one with flour, one with beaten eggs, and one with breadcrumbs. Season each component with salt and pepper.
- Optionally, you can add minced garlic and herbs to the breadcrumbs for extra flavor.

3. Bread the Pork Chops:

- Dredge each pork chop in the flour, shaking off any excess.
- Dip the floured pork chop into the beaten eggs, coating it thoroughly.
- Finally, coat the pork chop with breadcrumbs, pressing gently to ensure the breadcrumbs adhere evenly.

4. Fry the Pork Chops:

- Heat oil in a large skillet over medium-high heat until hot but not smoking.
- Carefully place the breaded pork chops in the hot oil, working in batches if necessary to avoid overcrowding the skillet.
- Fry the pork chops for 3-4 minutes on each side, or until golden brown and cooked through. The internal temperature should reach 145°F (63°C).
- Transfer the cooked pork chops to a plate lined with paper towels to drain excess oil.

5. Serve:

- Kotlety schabowe are traditionally served hot, accompanied by sides such as mashed potatoes, boiled or pickled vegetables, sauerkraut, or salad.
- They are often garnished with lemon wedges and chopped parsley for added freshness and flavor.

Conclusion:

Kotlety schabowe is a quintessential Polish dish that has stood the test of time, beloved for its simplicity, hearty flavor, and crispy texture. Whether enjoyed as a comforting family meal or served on special occasions, these pork chops represent the rich culinary heritage of Poland and continue to be a cherished part of Polish cuisine.

6. Barszcz

History:

Barszcz, also known as borscht, is a soup that has been enjoyed in Eastern European cuisine for centuries. Its origins can be traced back to the region of Ukraine, where it was initially made with wild herbs and vegetables. Over time, the recipe evolved, and it became a staple in the cuisines of Poland, Russia, and other neighboring countries.

In Poland, barszcz holds a special place in culinary traditions and is often served as a starter during festive occasions, such as Christmas Eve (Wigilia). There are various regional variations of barszcz across Poland, each with its unique flavor profile and ingredients.



Ingredients:

For the Broth:

1. **Beets:** The primary ingredient that gives barszcz its distinctive red color and earthy flavor.
2. **Water or Broth:** Used as the base for the soup. Vegetable or chicken broth adds depth of flavor, but water can also be used.
3. **Onion:** Adds flavor to the broth.
4. **Carrots:** Enhance the sweetness and color of the broth.
5. **Celery:** Provides aromatic flavor to the broth.
6. **Garlic:** Optional, adds depth to the flavor of the broth.
7. **Bay Leaves:** Used for seasoning the broth.
8. **Salt and Pepper:** Season to taste.

For the Sour Base:

1. **Sour Beets:** Fermented beets or beet kvass are traditionally used to sour the broth. Alternatively, lemon juice or vinegar can be used.
2. **Sugar:** Balances the acidity of the sour base.

For Garnish:

1. **Fresh Dill:** Adds a fresh herbal flavor and garnish to the soup.
2. **Sour Cream:** Optional, for serving.

Preparation Procedure:

1. Prepare the Broth:

- Peel and chop the beets, onion, carrots, and celery.
- In a large pot, combine the chopped vegetables, garlic (if using), bay leaves, and water or broth.
- Bring the mixture to a boil, then reduce the heat and simmer for about 30-40 minutes, or until the vegetables are tender and the broth is flavorful.
- Season the broth with salt and pepper to taste.

2. Prepare the Sour Base:

- If using sour beets or beet kvass, strain the liquid and reserve it for later use. If using lemon juice or vinegar, measure out the desired amount.
- Stir the sour base into the broth, adjusting the amount to achieve the desired level of sourness.
- Add sugar to balance the acidity, if needed. Adjust seasoning as necessary.

3. Strain (Optional):

- For a smoother texture, you can strain the broth to remove the solid vegetables. Alternatively, you can leave them in for a more rustic texture.

4. Serve:

- Ladle the barszcz into bowls and garnish with chopped fresh dill.
- Serve hot, optionally with a dollop of sour cream on top.
- Barszcz can be enjoyed on its own or with a side of bread or boiled potatoes.

Conclusion:

Barszcz is a flavorful and comforting soup that embodies the rich culinary heritage of Poland and Eastern Europe. Whether served as a traditional dish during festive celebrations or enjoyed on a cold winter's day, its vibrant color, earthy flavor, and aromatic herbs make it a beloved part of Polish cuisine.

POLISH SIDE DISHES

1. Kopytka

History:

Kopytka, pronounced "koh-PIT-kah," is a traditional Polish dish that can be traced back to the culinary traditions of Central and Eastern Europe. The name "kopytka" translates to "little hooves" in Polish, referring to the shape of the dumplings, which resemble small hooves or gnocchi.

Originally, kopytka were a way to utilize leftover potatoes, common in Polish households where potatoes were a staple crop. Over time, they became a beloved dish in their own right and are now enjoyed as a comfort food throughout Poland and in Polish communities around the world.



Ingredients:

For the Dough:

1. **Potatoes:** Russet or Yukon Gold potatoes are commonly used for their starchy texture.
2. **Flour:** All-purpose flour is used to bind the dough.
3. **Egg:** Adds richness and helps bind the dough together.

4. **Salt:** Seasoning to enhance the flavor of the dumplings.

Optional Ingredients for Flavor:

1. **Butter:** Some recipes call for butter in the dough or for sautéing the cooked dumplings.
2. **Breadcrumbs:** Used for coating the dumplings for extra texture.

Preparation Procedure:

1. Cook the Potatoes:

- Peel the potatoes and cut them into chunks.
- Place the potatoes in a large pot of salted water and bring to a boil.
- Cook the potatoes until they are fork-tender, usually about 15-20 minutes.
- Drain the potatoes thoroughly and allow them to cool slightly.

2. Mash the Potatoes:

- Once the potatoes are cool enough to handle, mash them until smooth using a potato masher or a ricer. It's important to remove any lumps for a smooth dough.

3. Prepare the Dough:

- In a large mixing bowl, combine the mashed potatoes, flour, beaten egg, and salt.
- Mix the ingredients together until a soft dough forms. Be careful not to overmix, as this can make the dumplings tough.

4. Shape the Dumplings:

- On a lightly floured surface, divide the dough into smaller portions.
- Roll each portion into a long rope, about 1/2 inch thick.
- Using a knife, cut the rope into small pieces, about 1 inch long.
- Optionally, you can use a fork to make indentations on the surface of each dumpling, which helps sauce cling to them.

5. Cook the Dumplings:

- Bring a large pot of salted water to a gentle boil.
- Carefully drop the dumplings into the boiling water, working in batches if necessary to avoid overcrowding.
- Cook the dumplings for about 2-3 minutes, or until they float to the surface. This indicates that they are cooked through.

6. Serve:

- Using a slotted spoon, transfer the cooked dumplings to a serving dish.
- Optionally, you can toss the cooked dumplings in melted butter and sprinkle with breadcrumbs for extra flavor and texture.
- Serve the kopytka hot, accompanied by your favorite sauce or toppings. They pair well with savory sauces like mushroom sauce or goulash, or they can be served simply with sour cream and chives.

Conclusion:

Kopytka are simple yet delicious potato dumplings that have been enjoyed in Polish cuisine for generations. Whether served as a side dish or a main course, their soft texture and subtle potato flavor make them a comforting addition to any meal. With just a few basic ingredients and simple preparation techniques, kopytka are a versatile dish that can be customized to suit your taste preferences.

2. Kapusta kiszona

History:

Kapusta kiszona, pronounced "kah-POOS-tah kee-SOH-nah," translates to "sauerkraut" in English. It is a fermented cabbage dish that has been enjoyed for centuries in Poland and other Eastern European countries. Sauerkraut has a long history in European cuisine, with references to its production and consumption dating back to ancient times.

In Poland, kapusta kiszona holds a special place in culinary traditions and is often associated with winter months when fresh vegetables were scarce. Fermentation was a method used to preserve cabbage for extended periods, allowing people to enjoy its nutritional benefits throughout the year. Today, kapusta kiszona remains a beloved dish in Polish cuisine, enjoyed both for its unique flavor and its health benefits.



Ingredients:

For Fermentation:

1. **Cabbage:** White cabbage is the most common variety used for making sauerkraut, but other types like red cabbage can also be used.
2. **Salt:** Essential for the fermentation process, salt helps draw moisture out of the cabbage and creates an environment conducive to the growth of beneficial bacteria.
3. **Water:** Some recipes call for a small amount of water to help dissolve the salt and cover the cabbage during fermentation.

Optional Ingredients for Flavor:

1. **Caraway Seeds:** Traditional in many sauerkraut recipes, caraway seeds add a distinctive flavor to the finished dish.
2. **Juniper Berries:** Another common addition, juniper berries impart a slightly fruity and aromatic flavor to the sauerkraut.

3. **Apples:** Some recipes include grated or sliced apples for added sweetness and complexity of flavor.
4. **Onion:** Sliced onion can be added for additional flavor.

Preparation Procedure:

1. Prepare the Cabbage:

- Remove any outer leaves that are damaged or wilted.
- Rinse the cabbage under cold water and pat it dry with paper towels.
- Quarter the cabbage and remove the core.
- Slice the cabbage thinly using a sharp knife or a mandoline slicer. You can also shred it using a food processor.

2. Salt the Cabbage:

- In a large mixing bowl or crock, layer the sliced cabbage with salt.
- Use your hands to massage the salt into the cabbage, breaking down the cell walls and releasing its natural juices. This process is essential for the fermentation process.

3. Add Flavorings (Optional):

- If desired, add caraway seeds, juniper berries, grated apple, and sliced onion to the cabbage mixture. Mix well to distribute the flavorings evenly.

4. Pack the Cabbage:

- Transfer the cabbage mixture to a clean crock or fermentation vessel, pressing it down firmly with your hands or a tamper to remove any air pockets.
- The cabbage should be submerged in its own juices. If necessary, add a small amount of water to cover the cabbage completely.

5. Ferment the Sauerkraut:

- Cover the crock with a clean cloth or lid, ensuring that air can still circulate.
- Place the crock in a cool, dark place, ideally at room temperature, for about 1-2 weeks. The fermentation time may vary depending on factors like temperature and personal preference for the level of sourness.
- Check the sauerkraut periodically, skimming off any scum that may form on the surface and pressing down the cabbage to keep it submerged.

6. Taste and Store:

- After the desired fermentation period, taste the sauerkraut to determine if it has reached the desired level of sourness.

- Once fermented to your liking, transfer the sauerkraut to clean, airtight containers and store it in the refrigerator. It will continue to ferment slowly, developing more flavor over time.

7. Serve:

- Kapusta kiszona can be enjoyed as a condiment, side dish, or ingredient in various recipes. It pairs well with hearty dishes like kielbasa, pierogi, and potato dishes.

Conclusion:

Kapusta kiszona is a classic Polish dish with a rich history and a unique flavor profile. Made from simple ingredients and fermented through a natural process, sauerkraut is not only delicious but also packed with beneficial probiotics and nutrients. Whether enjoyed on its own or incorporated into other dishes, kapusta kiszona continues to be a beloved part of Polish cuisine.

3. Kluski śląskie

History:

Kluski śląskie, pronounced "kloo-skee shlahn-skee," translates to "Silesian dumplings" in English. They are a traditional dish from the Silesia region, which spans parts of Poland, Germany, and the Czech Republic. Kluski śląskie have a long history in the culinary traditions of the region, dating back several centuries.

Originally, kluski śląskie were made with simple ingredients like potatoes and flour, making them a staple food for the working class in Silesia. Over time, they evolved into a beloved regional specialty, often served during festive occasions and family gatherings. Today, kluski śląskie are enjoyed throughout Poland and beyond, celebrated for their hearty texture and versatility in accompanying a wide range of dishes.



Ingredients:

For the Dumplings:

1. **Potatoes:** Russet or starchy potatoes are commonly used for their texture.
2. **Flour:** All-purpose flour or potato flour is used to bind the dough.
3. **Egg:** Adds richness and helps bind the dough together.
4. **Salt:** Seasoning to enhance the flavor of the dumplings.

Preparation Procedure:

1. Cook the Potatoes:

- Peel the potatoes and cut them into chunks.
- Place the potatoes in a large pot of salted water and bring to a boil.
- Cook the potatoes until they are fork-tender, usually about 15-20 minutes.
- Drain the potatoes thoroughly and allow them to cool slightly.

2. Mash the Potatoes:

- Once the potatoes are cool enough to handle, mash them until smooth using a potato masher or a ricer. It's important to remove any lumps for a smooth dough.

3. Prepare the Dough:

- In a large mixing bowl, combine the mashed potatoes, flour, beaten egg, and salt.
- Mix the ingredients together until a soft dough forms. Be careful not to overmix, as this can make the dumplings tough.

4. Shape the Dumplings:

- On a lightly floured surface, divide the dough into smaller portions.
- Roll each portion into a long rope, about 1/2 inch thick.
- Using a knife, cut the rope into small pieces, about 1 inch long.
- Optionally, you can use your fingers to shape each piece into a small oval or pillow shape.

5. Cook the Dumplings:

- Bring a large pot of salted water to a gentle boil.
- Carefully drop the dumplings into the boiling water, working in batches if necessary to avoid overcrowding.
- Cook the dumplings for about 2-3 minutes, or until they float to the surface. This indicates that they are cooked through.

6. Serve:

- Using a slotted spoon, transfer the cooked dumplings to a serving dish.
- Kluski śląskie are often served hot, accompanied by savory sauces or toppings. They pair well with dishes like stews, roasts, and hearty meat dishes.

Conclusion:

Kluski śląskie are a beloved traditional dish from the Silesia region of Poland, cherished for their hearty texture and versatility. Made from simple ingredients like potatoes, flour, and egg, they are easy to prepare and can be enjoyed as a comforting side dish or as part of a larger meal. Whether served during festive occasions or enjoyed as a comforting family meal, kluski śląskie continue to be a cherished part of Polish cuisine.

4. Placki ziemniaczane

History:

Placki ziemniaczane, pronounced "PLAHTS-kee zheem-NYA-chah-neh," are traditional Polish potato pancakes that have been enjoyed for generations. They are a classic dish in Polish cuisine, known for their simplicity and delicious flavor. Potato pancakes have a long history in European cuisine, with variations found in many countries across the continent.

In Poland, placki ziemniaczane have been a staple food for centuries, particularly in rural areas where potatoes were a common crop. They provided a hearty and filling meal for families, especially during times when other ingredients were scarce. Today, placki ziemniaczane

remain a beloved dish in Poland and are enjoyed as a comfort food in homes and restaurants throughout the country.



Ingredients:

1. **Potatoes:** Russet or starchy potatoes are commonly used for their texture.
2. **Onion:** Adds flavor to the potato pancakes.
3. **Egg:** Helps bind the ingredients together.
4. **Flour:** All-purpose flour is used to bind the mixture and give structure to the pancakes.
5. **Salt and Pepper:** Seasonings to enhance the flavor of the pancakes.
6. **Oil:** Neutral-tasting oil, such as vegetable oil or sunflower oil, is used for frying.

Preparation Procedure:

1. Grate the Potatoes and Onion:

- Peel the potatoes and onion, then grate them using the fine side of a box grater or a food processor.
- Place the grated potatoes and onion in a clean kitchen towel or cheesecloth and squeeze out as much moisture as possible. This step helps prevent the pancakes from becoming soggy.

2. Mix the Ingredients:

- In a large mixing bowl, combine the grated potatoes and onion with beaten egg, flour, salt, and pepper.

- Mix the ingredients together until well combined. The mixture should be thick and cohesive, but not too wet.

3. Heat the Oil:

- Heat a generous amount of oil in a large skillet or frying pan over medium-high heat. The oil should be hot enough to sizzle when a small amount of batter is added.

4. Form the Pancakes:

- Scoop a portion of the potato mixture using a spoon or measuring cup and carefully drop it into the hot oil.
- Flatten the mound of batter with the back of the spoon to form a pancake shape, about 1/4 to 1/2 inch thick.

5. Fry the Pancakes:

- Cook the pancakes for 3-4 minutes on each side, or until golden brown and crispy.
- Use a spatula to carefully flip the pancakes halfway through cooking to ensure even browning.

6. Drain and Serve:

- Once cooked, transfer the potato pancakes to a plate lined with paper towels to drain excess oil.
- Serve the placki ziemniaczane hot, accompanied by sour cream, applesauce, or your favorite toppings.
- Placki ziemniaczane are often enjoyed as a side dish or as a main course, accompanied by a simple salad or pickled vegetables.

Conclusion:

Placki ziemniaczane are a beloved dish in Polish cuisine, cherished for their crispy exterior and fluffy interior. Made from simple ingredients like potatoes, onion, and flour, they are easy to prepare and incredibly delicious. Whether enjoyed as a snack, side dish, or main course, placki ziemniaczane continue to be a favorite comfort food in Poland and beyond.

5. Kapusta z grochem

History:

Kapusta z grochem, pronounced "kah-POO-stah z groh-khem," translates to "cabbage with peas" in English. It is a traditional Polish dish with a long history in Polish cuisine. Cabbage

and peas have been staple ingredients in Polish cooking for centuries, and combining them in a dish like kapusta z grochem creates a hearty and flavorful meal.

The origins of kapusta z grochem can be traced back to rural Poland, where cabbage and peas were readily available and affordable ingredients. Over time, the dish became popular throughout the country and is often enjoyed as a comforting winter meal. Kapusta z grochem is commonly served during Wigilia, the Polish Christmas Eve dinner, as well as other festive occasions and family gatherings.

Ingredients:

Main Ingredients:

1. **Cabbage:** White or green cabbage is typically used. It is shredded or chopped into bite-sized pieces.
2. **Dried Split Peas:** Yellow split peas are commonly used. They add flavor and texture to the dish.

Flavorings and Seasonings:

1. **Onion:** Adds flavor to the dish. It is typically finely chopped or diced.
2. **Garlic:** Minced garlic adds depth of flavor.
3. **Carrots:** Optional. They add sweetness and color to the dish.
4. **Bay Leaves:** Used for seasoning.
5. **Salt and Pepper:** Season to taste.
6. **Vegetable Broth:** Used to cook the peas and cabbage, adding flavor to the dish.

Preparation Procedure:

1. Prepare the Peas:

- Rinse the dried split peas under cold water to remove any debris.
- In a pot, cover the split peas with water or vegetable broth and bring to a boil.
- Reduce the heat and simmer for about 30-45 minutes, or until the peas are tender. Drain and set aside.

2. Cook the Cabbage:

- In a large pot or Dutch oven, heat some oil over medium heat.
- Add the chopped onion and garlic, and sauté until translucent and fragrant.
- Add the chopped cabbage and carrots (if using) to the pot.
- Pour in enough vegetable broth to cover the cabbage, and add bay leaves, salt, and pepper to taste.
- Bring the mixture to a boil, then reduce the heat and simmer for about 20-30 minutes, or until the cabbage is tender.

3. Combine and Serve:

- Once the cabbage is tender, add the cooked split peas to the pot.
- Stir well to combine all the ingredients, allowing the flavors to meld together.
- Continue to simmer for a few more minutes to heat the peas through.
- Adjust the seasoning if necessary, adding more salt and pepper to taste.

4. Serve:

- Kapusta z grochem can be served hot as a main dish or a side dish.
- It is often garnished with fresh herbs like parsley or dill for added flavor and presentation.
- Serve kapusta z grochem with crusty bread or boiled potatoes for a hearty and satisfying meal.

Conclusion:

Kapusta z grochem is a comforting and nutritious dish that reflects the rich culinary heritage of Poland. With its simple yet flavorful combination of cabbage, peas, and seasonings, it has been a beloved part of Polish cuisine for generations. Whether enjoyed during festive occasions or as a comforting family meal, kapusta z grochem continues to bring warmth and satisfaction to those who enjoy it.

6. Buraczki zasmażane

History:

Buraczki zasmażane, pronounced "boo-RAHCH-kee zahs-MAH-zhah-neh," is a traditional Polish dish that translates to "beetroot with roux" in English. It is a classic side dish in Polish cuisine, known for its vibrant color and rich flavor. Beetroots have been cultivated in Poland for centuries, and they have long been a staple ingredient in Polish cooking.

The dish likely originated as a way to utilize the abundant harvest of beetroots, which are typically available in the late summer and early autumn months. By combining cooked beets with a simple roux made from flour and butter, Polish cooks created a dish that is both delicious and economical. Buraczki zasmażane are often served as a side dish alongside meat or fish, adding color and flavor to the meal.

Ingredients:

Main Ingredients:

1. **Beetroots:** Fresh beetroots are peeled, grated, and cooked until tender.
2. **Butter:** Used to make the roux, which adds richness and flavor to the dish.

3. **Flour:** All-purpose flour is used to thicken the dish and create the roux.
4. **Vegetable Stock or Water:** Used to cook the beetroots and create the base for the dish.

Flavorings and Seasonings:

1. **Onion:** Adds flavor to the dish. It is typically finely chopped or diced.
2. **Vinegar:** Adds a tangy flavor to the dish. White vinegar or apple cider vinegar are commonly used.
3. **Sugar:** Balances the acidity of the vinegar and enhances the natural sweetness of the beetroots.
4. **Salt and Pepper:** Season to taste.
5. **Fresh Dill:** Optional. Adds a fresh herbal flavor and garnish to the dish.

Preparation Procedure:

1. Cook the Beetroots:

- Peel the beetroots and grate them using a box grater or a food processor.
- Place the grated beetroots in a pot and cover them with vegetable stock or water.
- Bring the liquid to a boil, then reduce the heat and simmer for about 20-30 minutes, or until the beetroots are tender.

2. Make the Roux:

- In a separate pan, melt the butter over medium heat.
- Add the finely chopped onion to the pan and sauté until translucent and fragrant.
- Gradually add the flour to the pan, stirring constantly to form a smooth paste.
- Cook the roux for a few minutes, stirring continuously, until it takes on a light golden color and develops a nutty aroma.

3. Combine the Ingredients:

- Once the beetroots are tender, drain them and reserve some of the cooking liquid.
- Add the cooked beetroots to the pan with the roux, stirring to combine.
- Gradually add some of the reserved cooking liquid to the pan, stirring continuously, until the desired consistency is reached.
- Add vinegar, sugar, salt, and pepper to taste, adjusting the seasoning according to your preferences.

4. Simmer and Serve:

- Allow the buraczki zasmażane to simmer gently for a few more minutes to allow the flavors to meld together.
- If desired, garnish the dish with chopped fresh dill for added flavor and presentation.
- Serve the buraczki zasmażane hot as a side dish alongside meat or fish, or enjoy them on their own as a vegetarian option.

Conclusion:

Buraczki zasmażane is a flavorful and colorful dish that reflects the culinary traditions of Poland. With its simple yet satisfying combination of beetroots, roux, and seasonings, it has been a beloved part of Polish cuisine for generations. Whether served as a side dish or enjoyed on its own, buraczki zasmażane brings warmth and flavor to any meal.

POLISH DESSERTS

1. Sernik

History:

Sernik, pronounced "SEHR-neek," is a traditional Polish cheesecake that has been enjoyed for centuries. The history of sernik can be traced back to ancient times, with references to cheese-based desserts found in various cultures throughout Europe and the Mediterranean. In Poland, cheesecake became popular during the Middle Ages, introduced by traders and travelers who brought culinary influences from other regions.

Over time, sernik evolved to become a beloved dessert in Polish cuisine, cherished for its rich and creamy texture, as well as its versatility in flavorings and toppings. It is often served during festive occasions and family gatherings, such as Easter and Christmas, and is a favorite treat in Polish households throughout the year.



Ingredients:

For the Crust:

1. **Cookies or Biscuits:** Graham crackers, digestive biscuits, or other plain cookies are commonly used for the crust.

2. **Butter:** Melted butter binds the crust ingredients together.

For the Filling:

1. **Cottage Cheese or Farmer's Cheese:** The main ingredient, providing the creamy texture and tangy flavor of the cheesecake.
2. **Cream Cheese:** Adds richness and creaminess to the filling.
3. **Sugar:** Sweetens the filling.
4. **Eggs:** Bind the filling together and provide structure.
5. **Flour or Cornstarch:** Helps thicken the filling and prevent it from cracking.
6. **Vanilla Extract:** Adds flavor to the filling.

Optional Flavorings:

1. **Lemon Zest:** Adds a bright, citrusy flavor.
2. **Lemon Juice:** Adds tanginess to the filling.
3. **Almond Extract:** Adds a nutty flavor.

For Topping (Optional):

1. **Sour Cream:** Often mixed with sugar and vanilla extract for a creamy topping.
2. **Fruit Compote or Jam:** Adds sweetness and flavor to the cheesecake.

Preparation Procedure:

1. Prepare the Crust:

- Crush the cookies or biscuits into fine crumbs using a food processor or by placing them in a sealed plastic bag and crushing them with a rolling pin.
- Combine the cookie crumbs with melted butter in a mixing bowl until the mixture resembles wet sand.
- Press the mixture firmly into the bottom of a springform pan to form the crust. Chill the crust in the refrigerator while preparing the filling.

2. Prepare the Filling:

- In a food processor or blender, blend the cottage cheese or farmer's cheese until smooth.
- Add the cream cheese, sugar, eggs, flour or cornstarch, vanilla extract, and any optional flavorings to the blender. Blend until the mixture is smooth and creamy.

3. Assemble and Bake:

- Preheat the oven to the temperature specified in the recipe.
- Pour the filling over the chilled crust in the springform pan, spreading it evenly with a spatula.

- Tap the pan gently on the counter to release any air bubbles.
- Bake the cheesecake in the preheated oven for the time specified in the recipe, or until the edges are set and the center is slightly jiggly.

4. Cool and Chill:

- Remove the cheesecake from the oven and allow it to cool completely at room temperature.
- Once cooled, refrigerate the cheesecake for several hours or overnight to chill and set completely.

5. Serve:

- If desired, prepare the sour cream topping by mixing sour cream with sugar and vanilla extract.
- Spread the sour cream topping over the chilled cheesecake.
- Serve the sernik chilled, either plain or topped with fruit compote or jam, as desired.

Conclusion:

Sernik is a beloved dessert in Polish cuisine, cherished for its creamy texture, rich flavor, and versatility. Whether enjoyed as a simple treat or dressed up with toppings and flavorings, sernik is a delightful addition to any occasion, from family dinners to festive celebrations. With its long history and enduring popularity, sernik continues to be a favorite dessert in Polish households and beyond.

2. Pączki

History:

Pączki, pronounced "POHNCH-kee," are traditional Polish pastries that have been enjoyed for centuries, particularly during the pre-Lenten period known as "Fat Thursday" (Tłusty Czwartek). The history of pączki can be traced back to medieval Poland, where they were originally made as a way to use up ingredients like sugar, lard, eggs, and fruit before the Lenten fasting period began.

Originally, pączki were made using simple ingredients that were readily available, such as wheat flour, eggs, yeast, and lard. Over time, they evolved to include various fillings, including rosehip jam, plum jam, and custard. Today, pączki are enjoyed throughout Poland and in Polish communities around the world, especially during Fat Thursday and on Fat Tuesday (Shrove Tuesday), the day before Ash Wednesday.



Ingredients:

For the Dough:

1. **Flour:** All-purpose flour is typically used to make the dough.
2. **Sugar:** Adds sweetness to the dough.
3. **Yeast:** Activates the rising process.
4. **Milk:** Provides moisture and richness to the dough.
5. **Eggs:** Add richness and help bind the dough together.
6. **Butter or Lard:** Adds flavor and richness to the dough.
7. **Salt:** Enhances the flavor of the dough.

For Frying:

1. **Vegetable Oil:** Used for frying the paczki.

For Filling (Optional):

1. **Jam:** Traditional fillings include rosehip jam, plum jam, raspberry jam, or apricot jam.
2. **Custard:** Another popular filling option is vanilla custard.

For Dusting (Optional):

1. **Powdered Sugar:** Used for dusting the paczki after frying.

Preparation Procedure:

1. Prepare the Dough:

- Heat the milk until warm, but not hot.
- In a large mixing bowl, combine the warm milk, yeast, and a tablespoon of sugar. Let it sit for about 5-10 minutes, or until the yeast is foamy.
- Add the flour, remaining sugar, eggs, melted butter or lard, and salt to the bowl.
- Mix the ingredients until a dough forms. Knead the dough on a lightly floured surface until smooth and elastic.

2. Let the Dough Rise:

- Place the dough in a greased bowl, cover it with a clean kitchen towel, and let it rise in a warm, draft-free place for about 1-2 hours, or until doubled in size.

3. Shape the Dough:

- Once the dough has risen, punch it down to release the air.
- Roll out the dough on a lightly floured surface to a thickness of about 1/2 inch.
- Use a round cookie cutter or glass to cut out circles of dough. Place them on a baking sheet lined with parchment paper, leaving space between each pączek.

4. Let the Dough Rise Again:

- Cover the cut-out pączki with a clean kitchen towel and let them rise in a warm, draft-free place for about 30-45 minutes, or until puffy.

5. Fry the Pączki:

- Heat vegetable oil in a deep fryer or large pot to 350°F (175°C).
- Carefully add a few pączki to the hot oil, frying them for about 2-3 minutes on each side, or until golden brown and cooked through.
- Remove the fried pączki from the oil using a slotted spoon and place them on a paper towel-lined plate to drain excess oil.

6. Fill and Dust (Optional):

- Once the pączki have cooled slightly, use a piping bag fitted with a long, narrow tip to fill them with jam or custard.
- Optionally, dust the filled pączki with powdered sugar before serving.

Conclusion:

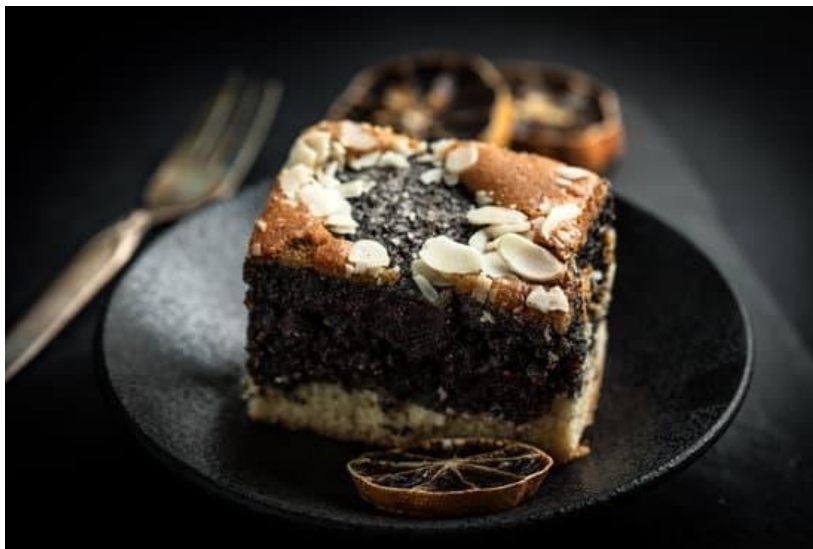
Pączki are a delicious and indulgent treat enjoyed in Polish culture, especially during the pre-Lenten period. With their fluffy texture, sweet fillings, and golden exterior, they are a delightful addition to any celebration or gathering. Whether enjoyed plain or filled with jam or custard, pączki continue to be a beloved pastry in Poland and beyond, cherished for their rich history and delicious flavor.

3. Makowiec

History:

Makowiec, pronounced "mah-KOH-vyets," is a classic Polish pastry with a rich history dating back centuries. The word "makowiec" translates to "poppy seed roll" in English. Poppy seeds have been cultivated and used in culinary traditions throughout Europe and Asia for thousands of years, and they play a prominent role in Eastern European desserts.

In Poland, makowiec is often associated with special occasions and holidays, particularly Christmas and Easter. The tradition of making makowiec likely originated in medieval Poland, where poppy seeds were a common ingredient in festive dishes. Over time, makowiec evolved into a beloved pastry enjoyed by generations of Poles and Polish communities around the world.



Ingredients:

For the Dough:

1. **Flour:** All-purpose flour is typically used to make the dough.
2. **Butter:** Provides richness and flavor to the dough.
3. **Eggs:** Add richness and help bind the dough together.
4. **Milk:** Provides moisture to the dough.

5. **Sugar:** Adds sweetness to the dough.
6. **Yeast:** Activates the rising process.

For the Filling:

1. **Poppy Seeds:** Ground poppy seeds are the main ingredient in the filling.
2. **Milk:** Used to cook the poppy seeds.
3. **Sugar:** Sweetens the filling.
4. **Honey:** Adds sweetness and flavor to the filling.
5. **Raisins:** Optional. Adds sweetness and texture to the filling.
6. **Almonds or Walnuts:** Optional. Adds texture and nutty flavor to the filling.
7. **Vanilla Extract:** Adds flavor to the filling.
8. **Butter:** Adds richness to the filling.

Preparation Procedure:

1. Prepare the Dough:

- Warm the milk slightly and dissolve yeast and sugar in it. Let it sit for a few minutes until frothy.
- In a large mixing bowl, combine the flour, melted butter, eggs, and the yeast mixture.
- Mix the ingredients until a dough forms. Knead the dough on a floured surface until smooth and elastic.
- Place the dough in a greased bowl, cover it with a clean kitchen towel, and let it rise in a warm, draft-free place until doubled in size, usually about 1-2 hours.

2. Prepare the Filling:

- Grind the poppy seeds in a spice grinder or food processor until finely ground.
- In a saucepan, combine the ground poppy seeds with milk, sugar, honey, raisins, chopped almonds or walnuts, vanilla extract, and butter.
- Cook the mixture over medium heat, stirring constantly, until thickened and the flavors are well combined. Let the filling cool slightly.

3. Assemble the Makowiec:

- Preheat the oven to the temperature specified in the recipe.
- Roll out the dough on a floured surface into a large rectangle, about 1/4 inch thick.
- Spread the cooled poppy seed filling evenly over the dough, leaving a small border around the edges.
- Roll up the dough tightly from one of the longer sides to form a log.
- Place the rolled dough on a baking sheet lined with parchment paper, seam side down.

4. Bake the Makowiec:

- Brush the surface of the makowiec with beaten egg for a shiny finish.
- Bake the makowiec in the preheated oven for the time specified in the recipe, or until golden brown and cooked through.
- Remove the makowiec from the oven and let it cool slightly before slicing and serving.

5. Serve:

- Makowiec is traditionally served at room temperature, either as a dessert or with coffee or tea.
- It can be stored in an airtight container at room temperature for a few days or refrigerated for longer storage.

Conclusion:

Makowiec is a delicious and festive pastry that holds a special place in Polish culinary traditions. With its tender dough and flavorful poppy seed filling, it is a beloved treat enjoyed by generations of Poles and Polish communities around the world. Whether served during holidays or special occasions, makowiec continues to delight dessert lovers with its rich flavor and cultural significance.

4. Biszkopt z truskawkami

History:

Biszkopt z truskawkami is a classic Polish dessert that combines light and airy sponge cake with fresh strawberries. While the exact origins of this dish are not well-documented, sponge cakes have been enjoyed in various forms across Europe for centuries. In Poland, where strawberries are a popular summer fruit, combining them with sponge cake creates a delightful and refreshing dessert.

The tradition of making biszkopt z truskawkami likely originated in home kitchens, where families would use seasonal ingredients like strawberries to create simple yet delicious desserts. Over time, it became a beloved summer treat enjoyed during picnics, family gatherings, and celebrations.



Ingredients:

For the Sponge Cake (Biskopt):

1. **Eggs:** Separated into yolks and whites.
2. **Sugar:** Sweetens the cake and helps stabilize the egg whites.
3. **Flour:** All-purpose flour is typically used for the cake batter.
4. **Vanilla Extract:** Adds flavor to the sponge cake.
5. **Baking Powder:** Helps the cake rise and become light and fluffy.

For the Strawberry Filling:

1. **Fresh Strawberries:** Hulled and sliced.
2. **Sugar:** Sweetens the strawberries and helps release their juices.
3. **Lemon Juice:** Adds brightness and enhances the flavor of the strawberries.

For Assembly and Garnish:

1. **Whipped Cream:** Optional. Adds richness and creaminess to the dessert.
2. **Fresh Mint Leaves:** Optional. Adds a fresh herbal flavor and garnish.

Preparation Procedure:

1. Prepare the Sponge Cake (Biskopt):

- Preheat the oven to the temperature specified in the recipe.

- Grease and flour a round cake pan or line it with parchment paper.
- In a mixing bowl, beat the egg yolks with sugar until pale and creamy.
- In a separate bowl, beat the egg whites until stiff peaks form.
- Gently fold the beaten egg whites into the egg yolk mixture.
- Sift the flour and baking powder over the egg mixture and fold gently until just combined.
- Pour the batter into the prepared cake pan and spread it evenly.
- Bake the sponge cake in the preheated oven until golden brown and a toothpick inserted into the center comes out clean.
- Remove the cake from the oven and let it cool completely.

2. Prepare the Strawberry Filling:

- In a bowl, combine the sliced strawberries with sugar and lemon juice.
- Let the strawberries macerate for about 15-30 minutes, or until they release their juices and become slightly syrupy.

3. Assemble the Cake:

- Once the sponge cake has cooled, carefully remove it from the cake pan and place it on a serving platter.
- Spread the macerated strawberries evenly over the top of the sponge cake.
- Optionally, spread a layer of whipped cream over the strawberries.
- Place another layer of sponge cake on top, if desired, and repeat the process with the remaining strawberries and whipped cream.
- Garnish the top of the cake with fresh mint leaves, if using.

4. Serve:

- Biskopt z truskawkami is best served chilled.
- Slice the cake into portions and serve it as a refreshing and delightful summer dessert.

Conclusion:

Biskopt z truskawkami is a delightful Polish dessert that celebrates the vibrant flavors of summer. With its light and airy sponge cake layered with fresh strawberries and whipped cream, it is a perfect treat for picnics, parties, and family gatherings. Whether enjoyed as a casual dessert or as a centerpiece for a special occasion, biskopt z truskawkami captures the essence of Polish culinary traditions and the joy of summer.

5. Faworki

History:

Faworki, pronounced "fah-VOR-kee," are traditional Polish pastries that are often enjoyed during festive occasions, especially during Carnival season and on Fat Thursday (Tłusty Czwartek), which is the last Thursday before Lent. The history of faworki can be traced back to medieval Poland, where they were originally made as a way to use up rich ingredients like eggs, butter, and sugar before the fasting period of Lent began.

Faworki are known by various names across different regions and cultures. In Poland, they are commonly called "faworki" or "chrust," which means "twigs" or "sticks" in Polish. In other countries, they may be known as "angel wings" due to their delicate and ethereal appearance.



Ingredients:

For the Dough:

1. **Flour:** All-purpose flour is typically used to make the dough.
2. **Eggs:** Provide structure and richness to the dough.
3. **Butter:** Adds flavor and richness to the dough.
4. **Sugar:** Sweetens the dough.

5. **Sour Cream or Milk:** Adds moisture to the dough and helps bind the ingredients together.
6. **Salt:** Enhances the flavor of the dough.
7. **Vanilla Extract or Lemon Zest:** Adds flavor to the dough.

For Frying and Dusting:

1. **Vegetable Oil:** Used for frying the faworki.
2. **Powdered Sugar:** Dusting the faworki with powdered sugar for serving.

Preparation Procedure:

1. Prepare the Dough:

- In a large mixing bowl, combine the flour, sugar, and salt.
- In a separate bowl, whisk together the eggs, melted butter, sour cream or milk, and vanilla extract or lemon zest.
- Gradually add the wet ingredients to the dry ingredients, stirring until a dough forms.
- Knead the dough on a lightly floured surface until smooth and elastic.
- Wrap the dough in plastic wrap and let it rest at room temperature for about 30 minutes.

2. Roll Out and Cut the Dough:

- Divide the dough into smaller portions for easier handling.
- Roll out one portion of the dough on a floured surface until it is very thin, about 1/8 inch thick.
- Use a pastry wheel or knife to cut the rolled-out dough into strips or rectangles, about 1 inch wide and 4-6 inches long. Optionally, make small cuts in the middle of each strip to create decorative shapes.

3. Fry the Faworki:

- Heat vegetable oil in a deep fryer or large pot to 350°F (175°C).
- Carefully add a few faworki to the hot oil, frying them in batches for about 1-2 minutes on each side, or until golden brown and crispy.
- Use a slotted spoon or tongs to transfer the fried faworki to a paper towel-lined plate to drain excess oil.

4. Serve:

- Once the faworki have cooled slightly, dust them generously with powdered sugar.
- Serve the faworki immediately as a sweet and crispy treat, or store them in an airtight container at room temperature for up to several days.

Conclusion:

Faworki are a beloved Polish pastry with a long history and cultural significance. With their delicate and crispy texture and sweet flavor, they are a delightful treat enjoyed by people of all ages during festive occasions and celebrations. Whether served on Fat Thursday, during Carnival season, or at other special events, faworki continue to captivate with their irresistible taste and charming appearance.

6. Piernik

History:

Piernik, pronounced "PYER-neek," is a traditional Polish gingerbread cake that has been enjoyed for centuries. The history of piernik can be traced back to medieval times when spices like cinnamon, ginger, cloves, and nutmeg were introduced to Poland through trade routes. These spices, along with honey, were used to flavor and sweeten bread and cakes, giving rise to the creation of piernik.

Piernik gained popularity in Poland during the Middle Ages and became a cherished treat enjoyed during holidays and special occasions, such as Christmas, Easter, and weddings. The intricate designs and shapes of piernik cakes were often used to adorn festive tables and impress guests.

Over the years, piernik has evolved into various regional variations across Poland, each with its own unique flavors and techniques. Today, piernik remains a beloved part of Polish culinary traditions, cherished for its rich flavor, dense texture, and festive appeal.



Ingredients:

For the Cake:

1. **Flour:** All-purpose flour is typically used as the base of the cake.
2. **Honey:** Provides sweetness and moisture to the cake. Dark, flavorful honey is preferred.
3. **Sugar:** Sweetens the cake.
4. **Eggs:** Add richness and help bind the ingredients together.
5. **Butter:** Adds flavor and richness to the cake.
6. **Spices:** Cinnamon, ginger, cloves, nutmeg, and sometimes cardamom are commonly used to flavor the cake.
7. **Baking Powder or Baking Soda:** Leavening agents that help the cake rise.

For the Glaze (Optional):

1. **Powdered Sugar:** Used to make the glaze.
2. **Lemon Juice or Water:** Adds liquid to the glaze and helps achieve the desired consistency.

Preparation Procedure:

1. Prepare the Dough:

- In a saucepan, heat the honey and sugar over low heat until the sugar is dissolved and the mixture is smooth. Let it cool slightly.
- In a large mixing bowl, beat the eggs until frothy. Gradually add the cooled honey mixture, stirring continuously.
- In a separate bowl, sift together the flour, spices, and baking powder or baking soda.
- Gradually add the dry ingredients to the wet ingredients, mixing until a smooth dough forms.
- Cover the dough with plastic wrap and refrigerate it for at least 1 hour or overnight to allow the flavors to develop.

2. Roll Out and Shape the Dough:

- Preheat the oven to the temperature specified in the recipe.
- On a lightly floured surface, roll out the chilled dough to the desired thickness.
- Use cookie cutters or a knife to cut out shapes from the dough, such as rectangles, circles, or hearts.
- Optionally, use decorative molds or stamps to imprint designs onto the dough.

3. Bake the Piernik:

- Place the shaped dough pieces on a parchment-lined baking sheet, leaving space between each piece.

- Bake the piernik in the preheated oven for the time specified in the recipe, or until golden brown and firm to the touch.
- Remove the piernik from the oven and let it cool completely on a wire rack.

4. Glaze and Decorate (Optional):

- In a small bowl, whisk together powdered sugar and lemon juice or water to make a glaze.
- Drizzle the glaze over the cooled piernik cakes, or use a pastry brush to coat them evenly.
- Optionally, decorate the glazed piernik with sprinkles, chopped nuts, or edible gold dust for a festive touch.

5. Serve:

- Piernik can be served immediately once glazed and decorated, or stored in an airtight container at room temperature for several days.
- Enjoy the piernik cakes as a delightful treat with a cup of tea or coffee, or share them with friends and family during holiday celebrations.

Conclusion:

Piernik is a cherished part of Polish culinary heritage, celebrated for its rich flavor, aromatic spices, and festive appearance. Whether enjoyed during Christmas, Easter, or other special occasions, piernik brings warmth and joy to gatherings with its delicious taste and decorative designs. With its centuries-old tradition and enduring popularity, piernik continues to delight dessert lovers of all ages in Poland and beyond.

POLISCH TRADITIONAL DRINKS

1. Compote



History

Compote has been known in Poland since the Middle Ages, with seasonal fruits being used to make sweet beverages. In traditional Polish homes, it was often served as an alternative to tea or water, especially popular during Christmas, when dried fruit compote is a staple.

Recipe:

- Ingredients: 1 kg of assorted fruits (e.g., apples, pears, strawberries), 2 liters of water, sugar to taste.

- Instructions:

1. Wash and slice the fruits.
2. Place fruits in a pot, cover with water, and add sugar as desired.
3. Simmer over low heat for about 30 minutes.
4. Strain and serve hot or chilled.

2. Żurek (Drink)



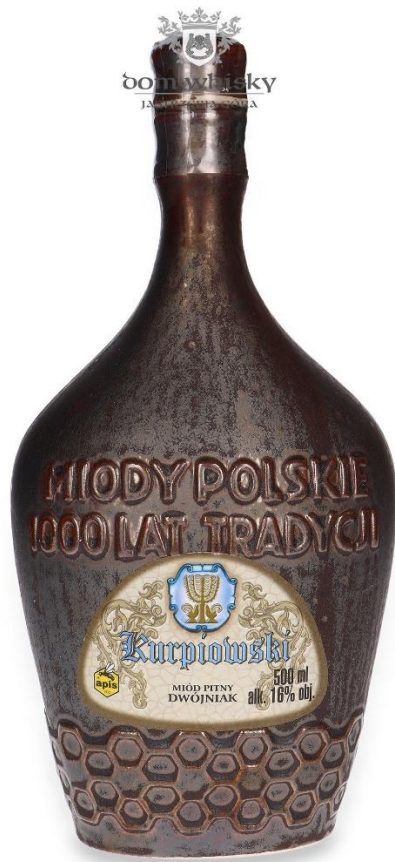
History

Żurek, a drink made from fermented rye flour, was traditionally consumed in rural areas as a source of vitamins. Originating in the Middle Ages, it later evolved into the base for żurek soup, which remains popular in Poland today.

Recipe:

- Ingredients: 5 tablespoons of rye flour, 500 ml water, 1 garlic clove, 1 bay leaf, allspice.
- Instructions:
 1. Combine flour and water, add garlic, bay leaf, and allspice.
 2. Cover with a cloth and leave in a warm place for 3–5 days to ferment.
 3. Strain and enjoy chilled.

3. Mead



History

Mead is one of the oldest alcoholic beverages in Poland, known since the Piast dynasty. In medieval times, it symbolized wealth and was often enjoyed at royal feasts and major celebrations.

Recipe:

- Ingredients: 1 liter of honey, 3 liters of water, lemon juice, spices (e.g., cinnamon, cloves).
- Instructions:
 1. Dissolve honey in water, add lemon juice and spices.
 2. Boil, then allow it to cool.
 3. Pour into a bottle and let ferment for a few weeks before serving.

4. Kvass



History

Kvass, popular especially in the eastern Polish territories, has been enjoyed for centuries. Made from rye bread, it was a staple among peasants, providing a source of energy and refreshment.

Recipe:

- Ingredients: 300 g of rye bread, 2 liters of water, 2 tablespoons of sugar, 5 g of yeast.
- Instructions:
 1. Slice and dry the rye bread in the oven.
 2. Pour hot water over the bread and let it steep for a few hours.
 3. Add sugar and yeast, stir, and let ferment for 2–3 days.
 4. Strain and chill before serving.

5. Grain Coffee



History

Grain coffee became popular in Poland in the 19th century as a cheaper alternative to traditional coffee. Made from roasted barley, rye, or chicory, it was often given to children as a healthier version of coffee.

Recipe:

- Ingredients: 3 tablespoons of grain coffee, 500 ml water, milk and sugar to taste.

- Instructions:

1. Pour water over the grain coffee, bring to a boil, and simmer for 5 minutes.
2. Strain, then add milk and sugar to taste.
3. Serve hot.

6. Fermented Beet Juice



History

Fermented beet juice, a drink made from pickled beets, has been enjoyed in Poland for centuries, especially as a staple of Christmas Eve. This beetroot elixir was also used for its health benefits, aiding immunity.

Recipe:

- Ingredients: 1 kg of beets, 1 liter of water, 3 garlic cloves, 1 bay leaf, a few peppercorns.

- Instructions:

1. Peel and slice the beets, place in a jar.
2. Add garlic, bay leaf, and peppercorns, cover with water.
3. Cover with a cloth and let ferment for 5 days in a warm place.

4. Strain and serve chilled, or use as a soup base.

These drinks are not only delicious but also carry a rich history and cultural significance in Polish cuisine.

***FRENCH
TRADITIONAL
CUISINE***



MAIN COURSES

POT AU FEU

The "pot-au-feu" is a traditional French dish that dates back to at least the 18th century, although its roots are probably earlier. This is a meat stew simmered with vegetables in a flavored broth. The "pot-au-feu" has a humble history and is associated with peasant cuisine.

Initially, the pot-au-feu was a popular dish among the working classes, because it was economical and allowed to use less noble pieces of meat. It was cooked in a cast iron or terracotta pot, hence its name "pot-au-feu". The dish was often prepared in large quantities, which allowed families to have meals for several days.

The preparation of the "pot-au-feu" consists in simmering meat (usually beef, but sometimes also pork or lamb) with bones, vegetables (carrots, leeks, turnips, celery), aromatic herbs (thyme, bay leaf) and spices in a broth. The slow cooking time allowed the flavors to develop and the meat to become tender.

Over time, the "pot-au-feu" has become an emblematic dish of French cuisine. It has also been adopted by more affluent social classes and has seen different variations according to regions and local preferences. The broth of "pot-au-feu" is often served as a starter, followed by meats and vegetables as a main course.

Today, the "pot-au-feu" remains a popular specialty in France, and although it is often associated with rustic cuisine, many chefs have revisited this traditional dish to give it a contemporary touch while preserving its comforting and friendly character.



Recipe

Preparation time: 30 min

Cooking time: 3 hours 25 min

Ingredients for 8 people:

For the pot-au-feu recipe:

- 600 g Paleron
- 500 g Beef Tail
- 600 g Beef cheek
- 600 g Side dish uncovered
- 2 Veal bones
- 8 Bone marrow
- 8 Carrot
- 12 Turnip
- 6 Leek
- 1 Stalk of celery
- 1/2 Green cabbage
- 6 Potatoes
- 1 Onion
- 1 head Garlic
- 2 Cloves
- 1 Bouquet garni
- Coarse salt and pepper

For the dressing:

- 4 Shallot
- 1 tbsp. Strong Dijon Mustard

- 4 tbsp. Wine vinegar
- 4 tbsp. Olive oil
- 4 tbsp. Peanut oil
- 1/2 Bunch of parsley
- Salt and pepper

Realisation:

1. The day before: Immerse the pieces of meat prepared and tied by your butcher in a pot containing at least 5 l of water or vegetable broth prepared in advance (see below). Bring to a boil quickly. Skim regularly for 5 min, then lower the heat to keep a slight simmer.
2. Peel the onion cut in half in height, then brown it strongly on its flat face in a hot pan (it must be well browned). Then prick 1 clove in each half. Crush the garlic head.
3. Add everything to the casserole with the coarse salt, bouquet garni and veal bones. Cook over low heat for 2 hours.
4. Add the vegetables: Carrots and turnips peeled, leeks tied together, and celery. Cook for 30 min, then add the quartered kale and marrow bones. Lengthen the broth with a little water if necessary.
5. Cook for another 30 minutes, then stop cooking. Let cool and refrigerate for 1 night.
6. The same day: An hour before eating, warm the pot-au-feu. Cook the potatoes separately in boiling salted water for 20 to 25 min depending on their size.
7. Prepare a dressing: Combine the mustard, vinegar, oils, chopped shallots, and chopped parsley. Season with salt and pepper.
8. Cut the meat and divide it in the plates with the vegetables and broth. Season with pepper at the last moment. Serve with the vinaigrette, marrow bones, toast and fleur de sel.

The homemade broth

Prepare vegetable broth in advance with the following ingredients:

- 1 beef tail,
- 3 carrots,
- 3 greens of leek,
- 2 onions cut in 2,
- 5 cloves,
- 4 cloves of crushed garlic,
- 1/2 bunch of parsley,
- 1 bouquet garni,
- olive oil.

Burn the 1/2 onions directly on the baking sheet or on a grill, then prick them with cloves. In a large casserole dish, brown the beef tail, then add the vegetables and spices. Add water 10 cm above the meat, without salt or pepper and cook 6 hours very gently. Remove the vegetables, herbs, beef tail. Strain the broth through a colander covered with a clean cloth.

Source:

<https://www.regal.fr/recettes/plats/le-pot-au-feu-traditionnel-7650>

Cassoulet

Cassoulet is a traditional dish of French cuisine, originating from the Languedoc region, in the southwest of France. Its history dates back to the Middle Ages, and it is often associated with the regions of Toulouse, Carcassonne and Castelnaudary. The exact origin of cassoulet is subject to debate, with each city claiming its own version as the most authentic.

The most famous history of cassoulet dates back to the Hundred Years War (1337-1453), a period of conflict between France and England. According to legend, during the siege of Castelnaudary by the English, the inhabitants of the city gathered all the ingredients they had (beans, meat and sausages) to create a hearty and nourishing dish that would have given the necessary strength to repel the attackers. Thus would be born the cassoulet.

The traditional cassoulet consists of white beans, pork (usually shoulder, shank or sausage), duck or goose confit, all cooked slowly in a terracotta dish called «cassole». The dish is then baked until it develops a golden crust on top.

Over the years, many regional variations of cassoulet have emerged, each highlighting its own ingredients and cooking techniques. However, the base always remains the same: beans, meat and a long cooking process to create a rich and tasty dish.

Today, cassoulet is considered one of the iconic dishes of French cuisine and is enjoyed not only in its home region but also throughout the country and beyond. It continues to be a celebration of traditional French cuisine and its rustic roots.



Recipe

Preparation time: 45 min

Cooking time: 3 hours 20 min

Ingredients for 6 people:

- 500 g Dry bean, ingot type
- 480 g Toulouse sausage
- 3 Duck leg confit
- 300 g of pieces Pork
- 300 g Pork rind
- 150 g Desalted bacon
- 1 Carcass of poultry
- 2 Onions
- 2 Carrots
- 3 cloves of garlic
- Salt and pepper

Realisation:

1. Soak dry beans overnight in cold water.
2. The next day: Drain the beans, put them in a casserole and cover with cold water. Bring to a boil for 5 minutes. Drain the water and reserve the beans.
3. In the same pot, pour 3 litres of water again. Add the sliced rinds, the poultry carcass, the peeled and chopped onions and carrots, and the beans. Season generously with salt and pepper. Cook for 1 hour at a low boil. Strain the broth and recover the rinds.
4. Meanwhile, in a large skillet, degrease the confit pieces over low heat, set aside. In the rendered fat, brown the Toulouse sausages on all sides, reserve. Brown the pork pieces until golden brown.
5. Drain the beans, add the peeled and crushed garlic and the minced bacon. Line the bottom of a large terracotta dish with pieces of rind. Add a third of the beans, then the meats and the rest of the beans. Add the sausages by slightly pushing them in. Top it off with broth.
6. Preheat the oven to 160°C (th. 5/6). Pepper the top of the dish and add 1 spoon of duck fat. Bake for at least 2 hours.

Source:

<https://www.regal.fr/inspiration/cuisine-des-terroirs/cassoulet-rapide-et-facile-12886>

BOEUF BOURGUIGNON

The "boeuf bourguignon" is a classic dish of French cuisine, originating from the Burgundy region. Its history goes back in time, and it has become one of the emblematic dishes of French gastronomy.

The precise origin of the "beef bourguignon" is difficult to determine, but we can trace its roots in the peasant tradition of the Burgundy region, where peasants used less noble cuts of beef and local ingredients to create hearty and tasty dishes.

The idea behind the "beef bourguignon" was to slowly cook the meat in red wine, which gave the dish exceptional tenderness and rich flavor. The traditional recipe also includes onions, carrots, mushrooms, garlic and herbs, all simmered in a cast-iron casserole.

The use of red wine, specifically Burgundy wine, is characteristic of "beef bourguignon". The wine adds a depth of flavor to the dish and contributes to the tenderness of the meat. Slow cooking over low heat allows the ingredients to release their aromas, creating a rich and delicious sauce.

The "beef bourguignon" was originally a rustic dish, prepared in the farms and modest homes of the Burgundy region. However, it has gained popularity over time and has become a symbol of traditional French cuisine.

Today, the "boeuf bourguignon" is appreciated worldwide as a comforting and delicious dish, thus perpetuating the culinary tradition of the Burgundy region.



Recipe

Ingredients for 4 people:

- pepper
- salt

- 100 g of butter
- 1 bottle of good red wine
- 4 carrots
- 4 onions
- 600 g of bourguignon
- 1 bouquet garni

Preparation:

Total time: 5 hours

Preparation: 1 h

Cooking: 4 h

Steps:

1. Cut the meat into 3-cm cubes, remove the large pieces of fat.
2. Cut the onion into pieces. fry in a butter pan. Once transparent, pour into a cast-iron casserole dish preferably.
3. Do the same with the meat, but in several batches, until all the pieces are cooked. Add them gradually to the casserole. Do not be afraid to add butter between each batch.
4. When all the meat is in the casserole, deglaze the pan with water or wine and boil, scraping to recover the juice. Season with salt and pepper, add to the rest.
5. Cover with some of the wine and simmer for a few hours with the bouquet garni and sliced carrots.
6. The next day, simmer for at least 2 hours in several batches, add wine or water if necessary.

Source

https://www.marmiton.org/recettes/recette_boeuf-bourguignon_18889.aspx

NAVARIN D'AGNEAU

The "Navarin d'agneau" (Navarin of lamb) is a classic dish of French cuisine that finds its origins in the nineteenth century. Its name is derived from the Battle of Navarin, a naval battle that took place in 1827 during the Greek War of Independence. The name was given to the dish to commemorate the victory of the Franco-British and Russian forces in this battle.

Lamb navarin is a kind of lamb stew, usually prepared with spring vegetables such as peas, carrots, potatoes, onions and sometimes turnips. Everything is simmered in a broth flavored with white wine, herbs of Provence and garlic. Pieces of lamb are often braised until tender, and the vegetables absorb the rich flavors of the broth.

The idea behind the Lamb Navarin was to create a light spring dish that would use the ingredients available during this season. With the Battle of Navarin in the fall, the dish was created to celebrate victory and symbolize the end of hostilities.

Since its creation, the Navarin of lamb has become a classic dish of French cuisine, appreciated for its delicate flavor and melting texture. It is often served with a garnish of chopped fresh parsley to add a touch of freshness. Although traditionally associated with spring, Lamb Navarin is enjoyed throughout the year and remains an example of the richness and diversity of French cuisine.



Recipe

Preparation time: 35 min

Cooking time: 50 min

Utensils: 2 cast iron pots and 1 sieve

Ingredients for 6 people:

- 1 shoulder of lamb boneless and cut into large cubes (or collar or breast of lamb with bone)
- 1 carrot and onion cut into mirepoix (diced)
- 1 tbsp. of clean flour
- 1 tbsp. Tomato paste
- 1 clove of garlic, peeled
- 1 Bouquet garni
- 30 cl Brown lamb or vegetable stock
- 1.5 kg Small seasonal vegetables cleaned (carrots, tomatoes, potatoes, mushrooms, turnips, onions, green beans)
- 30 g butter
- 2 tbsp. Olive oil

Realisation:

1. In a casserole, brown the meat on all sides in butter and oil. Season with salt and pepper.
2. Peel and cut the aromatic filling into small cubes (mirepoix). Add it to the casserole and let sweat for a few minutes.
3. Sprinkle with flour (singez), then stir over high heat until lightly browned. Add the tomato paste and bouquet garni.
4. Wet high with brown bottom. Cover and simmer over low heat for 1 hour to 1 hour and 15 minutes.
5. Meanwhile, clean and peel potatoes, carrots and turnips. Add them to the casserole and cook for 30 minutes. Finally add the peas, peas and green beans, prolong cooking for 15 minutes.
6. Using a slotted spoon, transfer the meat and its filling to a clean casserole dish or preheated serving dish. Strain the sauce through a sieve over the meat. Serve the navarin hot.

Source

<https://www.regal.fr/recettes/plats/navarin-dagneau-traditionnel-10200>

BLANQUETTE DE VEAU

The "Blanquette de veau" (Veal Blanquette) is a classic dish of French cuisine, originating from the Lyon region in the 19th century. The term "blanquette" refers to the white color of the sauce characteristic of the dish.

The precise history of “Blanquette de veau” is a little fuzzy, but it is believed to have emerged at a time when French cuisine was increasingly focusing on sauces and meat preparations. Some suggest that veal blanquette evolved from meat dishes cooked slowly in white sauces, a popular culinary technique in the nineteenth century.

“Blanquette de veau” is prepared by cooking pieces of veal (usually tender pieces like shoulder or breast) in a flavored broth, with vegetables such as carrots, onions, mushrooms, and sometimes small onions. The white sauce is obtained by linking the broth with a roux (mixture of butter and flour) and adding cream. The dish is often enhanced by herbs such as parsley.

“Blanquette de veau” is appreciated for its creamy sauce and delicate taste. It is often served with rice, pasta or potatoes to accompany the dish. This dish has gained great popularity in France and beyond, becoming a staple of traditional French cuisine.

Today, “Blanquette de veau” remains a popular dish for its simplicity, finesse and sweet flavor, an integral part of French culinary heritage.



Recipe

Preparation time: 30 min

Cooking time: 2 hours 45 min

Ingredients for 6 people:

- 600 g veal shoulder cut into pieces
- 600 g Veal breast cut into pieces
- For the broth:
- 2 Carrot
- 2 cloves of garlic
- 2 Onion
- 2 Cloves
- 10 Peppercorns
- 1 Bouquet garni
- 1/2 tsp. coffee Fine salt
- For the filling:
- 2 Bunch of fresh onions
- 200 g Paris mushroom
- 20 g butter
- 1 tsp coffee Sugar
- Salt
- For the sauce:
- 15 cl Whole liquid cream
- 1 Egg yolk
- 50 g butter
- 50 g Flour
- Salt and pepper

Realisation:

1. Put the meat cut into pieces in a large casserole dish, then cover with cold water. Bring to a boil, skimming regularly.
2. Peel and cut the carrots into 2 or 3 pieces. Peel the onion and prick it with the cloves. Crush the garlic cloves. Add the vegetables to the meat with the bouquet garni and season. Cook slowly for 1 hour and 30 minutes.
3. Meanwhile, peel and wash the onions. Put the onion in a pan with half a glass of water, sugar, a pinch of salt and butter. Bring to a boil, cover with a disc of parchment paper and cook over low heat until the liquid evaporates.
4. When the meat is cooked, drain it and strain the cooking broth by recovering the carrots. Melt the butter in the casserole and add the flour. Whisk and cook for a few minutes, then gradually pour 1 litre of hot broth. Bring to a boil and cook for 10 minutes.
5. Add the meat, sliced carrots, cleaned and sliced mushrooms and iced onions to the casserole. Warm them gently for about ten minutes. Finally incorporate the egg yolk mixed with the cream. Mix and adjust the seasoning in salt and pepper.

Source

<https://www.regal.fr/recettes/plats/blanquette-de-veau-traditionnelle-6388>

HACHIS PARMENTIER

"Parmentier hash" is a classic French dish that has been eaten for centuries. The dish consists of mashed potatoes and minced meat, which are mixed and cooked together. It is usually served hot and covered with a mixture of grated cheese and breadcrumbs.

The original recipe for Parmentier hash dates back to the 18th century, when chef Antoine-Augustin Parmentier encouraged the cultivation of potatoes in France. Parmentier popularized the dish by creating a unique blend of mashed potatoes and ground meat, making it one of the first dishes to be invented with local products.

Today, the recipe for Parmentier hash is quite varied, since many professional chefs bring their personal touch. The base of the dish remains the same: the potatoes are crushed or finely chopped and mixed with the minced meat. Once the mixture is cooked, it is served with either béchamel sauce or tomato sauce, or covered with a mixture of grated cheese and breadcrumbs.



Recipe

Preparation time: 40 min

Cooking time: 1 hour 10 min

Ingredients for 6 people:

- 600 g Leftover meat from a pot-au-feu

- 1 kg Potato
- 6 Shallot
- 2 cloves Garlic
- 120 g butter
- 30 cl Milk
- 1/2 bunch Parsley
- Nutmeg
- Salt and pepper

Preparation:

1. Peel and rinse the potatoes. Cut them in half and put them in a saucepan. Cover with cold salted water. Bring to a boil and cook for 30 minutes.
2. After this time, drain and mill. Return the purée to the saucepan. Add 60 g of butter, a few pinches of nutmeg, salt, pepper and hot milk. Mix.
3. Peel and mince the shallots. Peel and crush the garlic. Melt everything in a pan over low heat in 20 g of butter, for about ten minutes. Wash, remove leaves and chop the parsley.
4. Cut the meat into cubes and chop it in a large rack. Mix it with the shallots, garlic and parsley. Butter a gratin dish. Preheat oven to 200°C (th. 6/7).
5. Spread the meat in the bottom of the dish, then cover with purée. Smooth the surface and add the remaining butter in pieces on top. Bake for 25 to 30 minutes. Serve hot with a green salad.

Source

<https://www.regal.fr/recettes/plats/hachis-parmentier-traditionnel-9264>

SIDE DISHES

RATATOUILLE

The "ratatouille" is a recipe from Provence and the former county of Nice. It was created in 1778. The word ratatouille means motley stew. The rata refers to a mixture of beans and potatoes, but also to various vegetables, fatty meat and bread. This recipe like the other recipes of Provence gives pride of place to southern cuisine.

Ratatouille was not appreciated in the past. Today, it is a must everywhere in France. It earned him an animated film. This Mediterranean dish is based on solar vegetables, including eggplants, zucchini, tomatoes, peppers and onions.



Recipe

Preparation time: 30 min

Cooking time: 1 hour 30 min

Ingredients for 6 people:

- 4 Tomato
- 4 Courgette
- 2 Red pepper
- 2 Eggplant

- 1 Onion
- 2 cloves of garlic
- 3 sprigs of thyme
- 5 cl Olive oil
- Salt and pepper

Preparation:

1. Wash all the vegetables. Peel and thaw the garlic cloves. Peel and chop the onion. Dice the zucchini and eggplant. Open and seed the peppers, then cut them into strips.
2. Heat a drizzle of oil in a casserole. Cook the onion for 5 minutes without browning. Set aside, then add a drizzle of oil to the casserole.
3. Add the zucchini and 1 clove of pressed garlic. Season with salt, sprinkle with thyme and fry for about 10 minutes over medium heat. Set aside.
4. Pour a drizzle of oil into the casserole. Add the peppers, salt, pepper, sprinkle with crumbled thyme and fry for 15 minutes over medium heat. Book.
5. Replace them in the casserole with the diced eggplant. Season with salt, pepper, add the second clove of pressed garlic, sprinkle with thyme. Fry for about ten minutes.
6. Put all the reserved vegetables back in the casserole. Add the peeled and crushed tomatoes. Half cover and cook for 45 minutes to 1 hour.
7. Adjust the seasoning and serve with meat or fish.

Source

<https://www.regal.fr/recettes/accompagnements/ratatouille-nicoise-7665>

POÊLÉE AUX CHAMPIGNONS DE PARIS

The “Poêlée aux champignons de Paris” (Paris Mushroom Casserole) is a dish that showcases Paris mushrooms, also known as *Agaricus bisporus*, a variety of mushrooms grown widely around the world. These mushrooms are appreciated for their delicate flavor and tender texture.

The history of the Paris mushroom pan goes back to French gastronomic culture, which has long celebrated mushrooms in various dishes. Paris mushrooms, originally from France, were already consumed in the Middle Ages. However, the popularity of the Paris mushroom pan as a separate dish has increased over time, especially since the 19th century with the development of modern cuisine.

The preparation of the Paris mushroom pan is relatively simple. Mushrooms are usually cleaned, sliced and cooked in a pan with butter, garlic, aromatic herbs and sometimes white wine. Some also add cream to obtain a smoother texture. The dish can be served as an accompaniment to other dishes, such as grilled meat, or as a main course, for example, mixed with pasta or rice.

Today, the Paris mushroom pan is a versatile and popular dish, which can be adapted according to personal tastes and culinary preferences.



Recipe

Ingredients for 4 people:

- Mushroom(s) of Paris 800 g
- Dry white wine 10 cl
- Parsley 10 sprigs(s)

- Garlic 2 clove(s)
- Onion(s) 2
- Shallot(s) 1
- Olive oil 1 fillet

Preparation:

1. Peel the mushrooms, remove the end of their tail and cut into quarters. Finely chop the shallot, onions and garlic and chop the parsley.
2. In a lightly oiled skillet or wok over low heat, melt onion, shallot and garlic for 5 min, until shallot becomes translucent. Stir occasionally with a wooden spatula. Add the mushrooms and pour the white wine. Season to taste and simmer over low heat for 10 min without covering.

Source

<https://www.cuisineaz.com/recettes/poelee-aux-champignons-de-paris-103677.aspx>

PURÉE DE CÉLERI-RAVE

The “céleri-rave” (Celeriac) has a distinct flavor that differs from other varieties of celery. It offers a combination of sweet and slightly peppery notes, making it an interesting option for those looking to diversify their vegetable purees.

Celeriac puree can be served with meat, poultry or fish. It is an interesting alternative to traditional mashed potatoes and harmonizes well with different sauces.

Although celeriac puree is popular in many kitchens, it has a strong presence in French cuisine. It is often used as a refined accompaniment in more elaborate dishes.

Celeriac is rich in fiber, vitamins (including vitamin C) and minerals, making it a nutritious choice to complement a balanced meal.



Recipe

Ingredients for 4 people:

- Celeriac ball 1
- Milk 75 cl
- Butter 20 g
- Salt
- Pepper
- Nutmeg

Preparation:

1. Cut your celeriac ball into 8 pieces. Peel and wash under cold water.
2. Cut each piece into cubes and place in a saucepan.

3. Cover with milk. Season with salt and pepper and add a little grated nutmeg.
4. Cook over medium heat for about 20 minutes, when your knife sinks easily, drain the celeriac pieces, keeping the cooking milk.

Source

<https://www.cuisineaz.com/recettes/puree-de-celeri-rave-96354.aspx>

GRATIN DAUPHINOIS

The gratin dauphinois is mainly composed of finely sliced potatoes, cream, milk, garlic, salt, pepper and nutmeg. Unlike potato gratin, it usually does not include cheese.

Like the potato gratin, the gratin dauphinois is baked. The slices of potatoes are arranged in a baking dish, then covered with a mixture of cream, milk and seasonings. The dish is then cooked slowly until the potatoes are tender and the top is golden brown.

The name "dauphinois" refers to the historic Dauphiné region, now incorporated into the Auvergne-Rhône-Alpes region. The dish is often associated with this region, although its popularity has spread throughout France and beyond.

Gratin dauphinois is often served with roasted meats, poultry or main dishes. Its creamy texture and delicate taste make it an ideal complement to many dishes.



Recipe

Ingredients for 6 people:

- pepper
- salt
- nutmeg
- 100 g of butter
- 1.5 kg of potato
- 2 cloves of garlic
- 30 cl of fresh cream
- 1 l of milk

Preparation:

1. Peel, wash and cut the potatoes into thin slices (NB: do not wash AFTER cutting, as starch is necessary for proper consistency).
2. Chop the garlic very finely.
3. Bring the milk, garlic, salt, pepper and nutmeg to a boil in a saucepan, then add the potatoes and cook for 10 to 15 min, depending on their firmness.
4. Preheat oven to 180°C (thermostat 6) and butter a baking dish with a sheet of paper towels.
5. Place the drained potatoes in the dish. Cover with the cream, then arrange the small butternuts on top.
6. Bake for 50 min to 1 hour. Use the remaining milk from the cooking of the potatoes to make soup or mashed potatoes.

Source

https://www.marmiton.org/recettes/recette_gratin-dauphinois_13809.aspx

LENTILLES VERTES DU PUY

Puy green lentils are a specific variety of lentils grown in the Puy-en-Velay region of Auvergne, France. They are often considered an ingredient of choice in French and international cuisine.

The green lentils of Le Puy are like other kinds of lentils a nutritious ingredient to integrate into a balanced diet. They can be used in salads, soups, stews, side dishes, or even as a main ingredient in vegetarian dishes. Their ability to retain their shape makes them ideal for dishes where a firm texture is desired.



Recipe

Ingredients for 4 people:

- salt
- pepper
- smoked bacon
- 1 leek
- 1 carrot
- 1 onion
- 200 g Puy green lentils
- 1 bouquet garni
- goose fat (or other fat)

Preparation:

1. Put the lentils in a pot of cold water, bring to a boil. Boil for 1 min (no more).

2. Drain the lentils. Peel and mince the onion. Cut the carrots and leeks into mirepoix, in very thin cubes.
3. In a casserole dish, fry the chopped onion and bacon in goose fat if possible. Add the carrot and leek cut into mirepoix, in very small cubes, then the drained lentils. Let brown slightly.
4. Cover with boiling water, add the bouquet garni, salt, pepper, and cook for 30 min over low heat and covered (can also be baked).
5. To use these lentils in salads, do the same without the carrot and leek and replace the bouquet garni with thyme and bay leaf only.

Source

https://www.marmiton.org/recettes/recette_lentilles-vertes-du-puy_34542.aspx

JULIENNE DE LÉGUMES

The “Julienne de légumes” (Vegetable julienne) is a cutting technique that consists of cutting vegetables into thin strips of rectangular or cylindrical shape, usually 4 to 6 centimeters long and 1 to 2 millimeters thick. Julienne is a fine and elegant cut that makes it possible to prepare vegetables in an attractive way while preserving their crunchy texture. In addition to the cutting technique, the term "julienne" is also used to describe dishes or culinary preparations that include these thin strips of vegetables.



Recipe

Start by cutting julienne vegetables, peppers, carrots, onions, leeks, mushrooms, peas, courgettes and Chinese cabbage, in short, use the vegetables that are in your fridge...

You must then fry the beef in 1 little fat and set aside.

Then in the wok, cook the vegetables starting with the longest to cook (carrots, peppers and onions) adding a little water to facilitate cooking. Then continue with the faster cooking vegetables (mushrooms, zucchini, Chinese cabbage, peas, etc.)

Season with a dash of soy sauce, sesame oil and a little sweet sour sauce, put back the meat and serve with cilantro.

Source

https://www.france-hotel-guide.com/fr/blog/plats-accompagnement-francais/?utm_content=cmp-true

DESSERTS

Crème Brûlée

A vanilla cream baked in the oven, covered with a thin layer of caramelized sugar on the surface. It is often served in individual ramekins.



Recipe

Ingredients for 4 people:

- 4 egg yolks
- 1 vanilla bean
- 40 cl of liquid cream
- 100 g of powdered sugar
- 4 tablespoons of brown sugar

Realisation:

1. Preheat oven to 180°C (thermostat 6).
2. Split the vanilla pod in half and place in the liquid cream. Heat the cream without boiling.
3. In a bowl, beat the egg yolks with the sugar until the mixture whitens.
4. Remove the vanilla pod and whisk the warm cream over the eggs.
5. Divide the mixture into ramekins and cook for 20 minutes in a double boiler.
6. Finally: Allow to cool completely before refrigerating. Just before serving, sprinkle the top of each cream with a tablespoon of brown sugar and burn them with a cooking torch or oven grill.

Source

<https://cuisine.journaldesfemmes.fr/recette/342177-creme-brulee>

TARTE TATIN

An upside down apple pie where apples are caramelized in butter and sugar before being covered with puff pastry and baked. Once cooked, the pie is turned to reveal a caramelized top.



Recipe

Ingredients for 6 people:

- 1 shortcrust pastry
- 50 g of butter
- 100 g of sugar
- 1 kg of apple

Preparation:

1. Prepare the caramel: Place the diced butter in a saucepan, then pour over the sugar. Cook on low heat for 5 min without mixing, the caramel is done alone.
2. Place the caramel on the bottom of a pie dish.
3. Add the apples, cut into large cubes, then cover with the shortcrust pastry.
4. Bake for 25 min at 210°C (thermostat 7).
5. Serve warm with a scoop of vanilla ice cream.

Source

https://www.marmiton.org/recettes/recette_tarte-tatin-facile-et-rapide_37301.aspx

ÉCLAIR AU CHOCOLAT

A choux pastry filled with pastry cream, then topped with chocolate icing. Eclairs can also be topped with whipped cream or various cream flavors.



Recipe

Ingredients for 10 pieces:

For cream:

- 3 tablespoons of sugar
- 50 g of butter
- 2 tablespoons of flour
- 30 cl of milk
- 210 g of dark chocolate
- 1 egg
- 2 egg yolks

For the choux pastry:

- oil
- 1 pinch of salt
- 1 tablespoon of sugar
- 75 g of butter
- 150 g of flour
- 25 cl of water
- 4 eggs
- 1 egg yolk

Preparation:

For the choux pastry:

1. Preheat oven to 210°C (Thermostat 7).
2. Combine salt, sugar, butter and water in a saucepan and boil.
3. Incorporate the flour and stir until a compact dough is obtained. Work until firm enough
4. Add 4 eggs, one by one, making sure to mix well between each egg.
5. Work the dough to make it firm.
6. On a previously oiled baking sheet, spread with the piping bag a dozen dough rolls about 15 cm long.
7. Brush with egg yolk until golden brown on baking.
8. Bake 25 min in a hot oven and let stand 10 min, oven turned off, to prevent puffs or lightning from deflating.

For the cream:

1. Melt 60 g broken chocolate pieces in milk over low heat.
2. In a bowl, whisk egg, yolk and sugar until frothy.
3. Add the flour and pour into the chocolate milk.
4. Thicken, stirring constantly.
5. Off the heat, add 20 g of butter. Let cool.
6. Top with this cream the eclairs cut in half lengthwise and melt the remaining chocolate and butter in a double boiler.
7. Drizzle with the lightning. Let the icing harden before serving.

Source

https://www.marmiton.org/recettes/recette_eclairs-au-chocolat-rapide_46735.aspx

MILLE-FEUILLE

Also known as Napoleon, it is a dessert composed of thin layers of puff pastry alternated with pastry cream. It is often glazed with icing sugar or chocolate icing.



Recipe

Ingredients for 6 people:

For the dough:

- 3 round puff pastry

For the pastry cream:

- 1 vanilla pod or a packet of vanilla sugar or vanilla extract
- 140 g of flour
- 200 g of sugar
- 4 eggs

Preparation:

1. Spread the pasta and superimpose them. Cut the pasta into a rectangle of the same size. Prick the pasta with a fork.
2. Put them one after the other on a baking sheet with a pie tray on top, for 15 min at 180°C (thermostat 6).
3. Meanwhile, prepare the pastry cream:
4. In a mixing bowl, combine the egg, sugar, vanilla bean and flour.
5. Boil the milk, being careful not to grill it on the bottom. When the milk is boiling, immediately pour it into the bowl.
6. Cook for a few minutes (2 to 3 min) so that the liquid becomes the consistency of a cream.

7. Once done, put it back in a cold bowl and beat with an electric whisk, adding butter (about 50 g) little by little until the texture is fairly smooth and shiny.
8. While waiting to use the pastry cream, cover it with a stretch film to prevent skin from forming on the surface.
9. When the pasta is cooked and slightly cooled, place the first on a work surface, spread the pastry cream on a first layer of dough with a flat metal spatula.
10. Place a second baking sheet on top. Press with your hand to adhere. Spread a second layer of pastry cream. Finally place the last paste on top.
11. Wait until the cake is cold to spread the icing.
12. Frosting:
13. In a bowl put 300 g of icing sugar. Add a tablespoon of water and mix. Add water until all the icing sugar is mixed with the water and you get a not too liquid paste.
14. If there is not enough icing to cover the cake, prepare again with the remaining sugar. Keep some of it for mixing with the coffee extract or melted chocolate.
15. Quickly pour the white fondant over the cake and spread with the flat spatula.
16. Next, with a stencil or plunger, draw parallel lines on the cake with the coloured fondant.
17. With the tip of a knife, scratch the surface in one direction and then in the other, drawing lines parallel to each other but perpendicular to the coloured ones.
18. Cut the edges of the cake with a bread knife to make it presentable. Refrigerate until ready to serve.

Source

https://www.marmiton.org/recettes/recette_millefeuille-maison_81821.aspx#d6479-p1

ÎLE FLOTTANTE

A light dessert composed of egg whites beaten in snow and steamed, served on a custard. Everything is often sprinkled with slivered almonds and sometimes sprinkled with caramel.



Recipe

Ingredients for 4 people:

- 1 pinch of salt
- 110 g of powdered sugar
- 1 vanilla bean
- 4 eggs
- 60 cl of milk
- 30 g of sliced almonds
- 60 g of sugar in pieces
- 0.5 lemon

Preparation:

1. Boil the milk with the vanilla pod slit lengthwise and having previously scraped the pod.
2. Let the mixture steep for 5 minutes, then remove the pod.
3. Separate the egg yolks and beat with 80 g of sugar.
4. Add the hot milk and return to low heat to thicken the mixture. Shake constantly with a wooden spoon and without boiling the cream. The cream is taken when the white foam on the surface disappears.
5. Refrigerate after cooling.

6. In a large saucepan, boil 2 litres of water.
7. Beat the egg whites with a pinch of salt and gently add 30 g of sugar.
8. Form egg white balls with two tablespoons and cook all sides in boiling water.
9. Allow 1 min and drain on paper towels.
10. Brown the almonds in the pan.
11. Make a light caramel with the sugar, a drizzle of lemon and 2 tablespoons of water.
12. Put the cream in a hollow dish. Add the whites and garnish with caramel fillets and a few almonds.

Source

https://www.marmiton.org/recettes/recette_iles-flottantes_22034.aspx#d82823-p1

TARTE AU CITRON MERINGUÉE

A tart with a crust of shortbread pastry, filled with lemon cream, and crowned with a golden meringue in the oven. The contrast between the acidity of the lemon and the sweetness of the meringue makes it a very popular dessert.



Recipe

Ingredients for 6 people:

For the shortbread dough:

- 1 pinch of salt
- 70 g of sugar semolina
- 125 g of sweet butter
- 250 g of flour
- 2 egg yolks
- 5 cl of water

For lemon cream:

- 1 tablespoon of cornstarch
- 150 g of sugar semolina
- 4 medium-sized lemons
- 3 eggs

For the meringue:

- 0.5 teaspoon of baking powder
- 100 g of icing sugar

- 2 egg whites

Preparation:

1. Start with the shortcrust: preheat the oven to 180°C (thermostat 6). Separate the egg whites from the yolks.
2. Whisk the egg yolks with the sugar and 2 spoons of water to lather.
3. Mix flour and butter cut into small cubes with your finger
4. to obtain a sandy consistency and so that all the butter is absorbed (it is necessary to do quickly so that the mixture does not soften too much).
5. Pour the liquid mixture in the middle of this "sand".
6. Quickly incorporate the elements into the knife without giving them body.
7. Form a ball with palms
8. and crush it 1 or 2 times to make the ball more homogeneous.
9. Line a 25 cm diameter mould with the shortbread pastry
10. then cover with parchment paper and dry beans.
11. Bake for 20 to 25 minutes (NB after lowering the oven to 120°C/150°C for the meringue).
12. Continue with the lemon cream: wash the lemons and grate two to recover the zest.
13. Put the very fine zests in a saucepan with the lemon juice, sugar and cornstarch.
14. Stir and start heating over low heat.
15. Beat the eggs in a separate container. Once the eggs are beaten, stir in the lemon juice, sugar, cornstarch and zests.
16. Set over high heat and continue stirring with a whisk. The mixture will begin to thicken. Be sure to always stir when the eggs are added as the lemon cream may burn.
17. Remove from heat and pour over cooked pie.
18. Allow to cool.
19. Finish with the meringue: beat the egg whites with a pinch of salt.
20. When they begin to firm, add the sugar and yeast. Whisk until the snow is firm.
21. Top lemon cream with meringue
22. Then bake the pie at 120°C/150°C until the meringue is golden brown (about 10 minutes).

Source

https://www.marmiton.org/recettes/recette_the-tarte-au-citron-meringuee_22082.aspx

TURKISH TRADITIONAL CUISINE



MAIN COURSES

1. Kebabs (Şiş Kebap)



Ingredients:

- 500g lamb or beef, cut into cubes
- 1 onion, grated
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 teaspoon paprika
- Salt and pepper to taste
- Skewers

Instructions:

1. In a bowl, combine the grated onion, garlic, olive oil, lemon juice, paprika, salt, and pepper.
2. Add the meat cubes to the marinade, ensuring they are well coated. Cover and refrigerate for at least 2 hours, preferably overnight.
3. Preheat the grill to medium-high heat.
4. Thread the marinated meat onto skewers.

5. Grill the kebabs for 8-10 minutes, turning occasionally, until the meat is cooked through and slightly charred.
6. Serve with rice, grilled vegetables, and flatbread.

2. İskender Kebab



Ingredients:

- 500g lamb or beef, thinly sliced
- 1 tablespoon butter
- 1 cup tomato sauce
- 2 pieces of pita bread, cut into small squares
- 1 cup plain yogurt
- 1 tablespoon olive oil
- Salt and pepper to taste

Instructions:

1. Melt butter in a pan over medium heat and add the sliced meat. Cook until browned and tender.
2. Heat the tomato sauce in a separate pan and season with salt and pepper.
3. In a serving dish, arrange the pita bread pieces and pour the heated tomato sauce over them.
4. Place the cooked meat on top of the bread and sauce.
5. Drizzle with olive oil and serve with a side of yogurt.

3. Manti



Ingredients:

- 2 cups all-purpose flour
- 1/2 cup water
- 1 egg
- 1 teaspoon salt
- 250g ground beef or lamb
- 1 onion, finely chopped
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 cup plain yogurt
- 2 cloves garlic, minced

Instructions:

1. In a bowl, mix flour, water, egg, and salt to form a dough. Knead until smooth and let it rest for 30 minutes.
2. Mix the ground meat with onion, black pepper, and paprika in another bowl.
3. Roll out the dough into a thin sheet and cut it into small squares (about 2 inches).
4. Place a small amount of meat mixture in the center of each square, fold into a triangle, and seal the edges.
5. Boil water in a pot, add the dumplings, and cook for 10-15 minutes until they float to the surface.

6. Mix yogurt with minced garlic, and serve the cooked dumplings topped with the yogurt sauce and a sprinkle of paprika.

4. Lahmacun



Ingredients:

- 500g ground beef or lamb
- 1 onion, finely chopped
- 2 tomatoes, diced
- 1 green bell pepper, diced
- 1 tablespoon tomato paste
- 1 teaspoon red pepper flakes
- Salt and pepper to taste
- 6 pieces of flatbread or pizza dough

Instructions:

1. Preheat the oven to 220°C (430°F).
2. In a bowl, mix the ground meat, onion, tomatoes, bell pepper, tomato paste, red pepper flakes, salt, and pepper.
3. Spread a thin layer of the meat mixture over each piece of flatbread.
4. Place the topped flatbreads on a baking sheet and bake for 10-12 minutes until the edges are crispy.
5. Serve with lemon wedges and fresh parsley.

5. Dolma



Ingredients:

- 12 bell peppers or vine leaves
- 1 cup rice
- 250g ground beef or lamb
- 1 onion, finely chopped
- 2 tablespoons pine nuts
- 2 tablespoons currants
- 1 tablespoon tomato paste
- 2 tablespoons olive oil
- 1 teaspoon cinnamon
- Salt and pepper to taste

Instructions:

1. Hollow out the bell peppers or rinse the vine leaves.

2. In a pan, heat olive oil and sauté onions until soft. Add pine nuts and cook until golden.
3. Stir in the rice, currants, tomato paste, cinnamon, salt, and pepper. Add 1 cup of water and cook until the rice is half-cooked.
4. Mix in the ground meat and let it cool slightly.
5. Stuff the peppers or wrap the vine leaves with the mixture.
6. Place stuffed peppers or vine leaves in a pot, add enough water to cover halfway, and simmer for 40-50 minutes.
7. Serve warm or at room temperature.

6. Pide



Ingredients:

- 500g all-purpose flour
- 1 cup warm water
- 1 packet (7g) dry yeast
- 2 tablespoons olive oil
- 1 teaspoon salt
- 250g ground beef or lamb
- 1 onion, finely chopped

- 1 tomato, diced
- 1 green pepper, chopped
- 1 cup grated cheese
- 1 egg yolk (for glazing)

Instructions:

1. In a bowl, combine yeast and warm water. Let sit for 5 minutes until frothy.
2. Add flour, olive oil, and salt to the yeast mixture, and knead into a smooth dough. Cover and let rise for 1 hour.
3. Preheat the oven to 200°C (390°F).
4. In a pan, cook ground meat with onion, tomato, and green pepper until cooked. Season with salt and pepper.
5. Divide the dough into four portions, roll each into an oval shape, and place on a baking sheet.
6. Spread the meat mixture over the dough, leaving edges free. Sprinkle with cheese.
7. Fold the edges over slightly to form a crust. Brush edges with egg yolk.
8. Bake for 15-20 minutes until the crust is golden.
9. Serve hot.

SIDE DISHES

1. Meze Platter



Ingredients:

- 1 cup hummus
- 1 cup baba ghanoush
- 1 cup tabbouleh
- 1 cup stuffed grape leaves
- 1 cup feta cheese
- Olives, pickles, and fresh vegetables for garnish

Instructions:

1. Arrange hummus, baba ghanoush, tabbouleh, and stuffed grape leaves on a platter.
2. Add slices of feta cheese, olives, pickles, and fresh vegetables.
3. Serve with pita bread or flatbread.

2. Sigara Böreği



Ingredients:

- 250g feta cheese, crumbled
- 2 tablespoons chopped parsley
- 1 egg
- 12 sheets of phyllo pastry
- Olive oil for frying

Instructions:

1. In a bowl, mix feta cheese, parsley, and egg.
2. Cut phyllo sheets into strips (about 10x20 cm).
3. Place a spoonful of filling at one end of each strip, fold the sides, and roll tightly into a cigar shape.
4. Heat olive oil in a pan over medium heat.
5. Fry the rolls until golden and crispy on all sides.
6. Drain on paper towels and serve hot.

3. Mercimek Çorbası



Ingredients:

- 1 cup red lentils
- 1 onion, chopped
- 1 carrot, chopped
- 1 potato, chopped
- 1 teaspoon cumin
- 1 tablespoon tomato paste
- 2 tablespoons olive oil
- Salt and pepper to taste
- Lemon wedges for serving

Instructions:

1. In a pot, heat olive oil and sauté onions until translucent.
2. Add carrots, potatoes, and lentils. Stir in tomato paste, cumin, salt, and pepper.
3. Add 4 cups of water and bring to a boil. Reduce heat and simmer for 20-25 minutes until lentils are tender.
4. Blend the soup until smooth using an immersion blender or a regular blender.
5. Serve hot with lemon wedges.

4. Acılı Ezme



Ingredients:

- 3 tomatoes, finely chopped
- 1 onion, finely chopped
- 2 green peppers, finely chopped
- 1 tablespoon tomato paste
- 1 teaspoon red pepper flakes
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped

Instructions:

1. In a bowl, mix tomatoes, onion, green peppers, and tomato paste.
2. Add red pepper flakes, olive oil, lemon juice, salt, and pepper. Mix well.
3. Garnish with fresh parsley.
4. Serve as a salad or dip.

5. Haydari



Ingredients:

- 1 cup thick plain yogurt
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh mint, chopped
- Salt to taste

Instructions:

1. In a bowl, combine yogurt, garlic, olive oil, dill, and mint.
2. Season with salt and mix well.
3. Refrigerate for at least 30 minutes to allow flavors to meld.
4. Serve chilled as a dip or side dish.

6. Çoban Salatası



Ingredients:

- 2 tomatoes, diced
- 1 cucumber, diced
- 1 onion, sliced
- 1 green bell pepper, chopped
- 2 tablespoons olive oil
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh parsley, chopped

Instructions:

1. In a bowl, combine tomatoes, cucumber, onion, and bell pepper.
2. Drizzle with olive oil and lemon juice, and season with salt and pepper.
3. Toss gently to mix.
4. Garnish with fresh parsley and serve.

DESSERTS

1. Baklava



Ingredients:

- 400g phyllo pastry
- 250g unsalted butter, melted
- 300g walnuts or pistachios, finely chopped
- 1 teaspoon cinnamon

Syrup:

- 2 cups sugar
- 1 cup water
- 1 tablespoon lemon juice

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Grease a baking dish and layer half of the phyllo sheets, brushing each sheet with melted butter.
3. Mix chopped nuts with cinnamon and sprinkle evenly over the layered phyllo.
4. Layer the remaining phyllo sheets on top, brushing each with butter.
5. Cut into diamond shapes using a sharp knife.
6. Bake for 30-35 minutes until golden and crisp.

7. While baking, prepare the syrup by boiling sugar, water, and lemon juice until thickened.
8. Pour hot syrup over the hot baklava and let it cool completely before serving.

2. Künefe



Ingredients:

- 250g kataifi (shredded phyllo dough)
- 100g butter, melted
- 200g mozzarella cheese or unsalted cheese
- 1/2 cup pistachios, ground

Syrup:

- 1 cup sugar
- 1/2 cup water
- 1 tablespoon lemon juice

Instructions:

1. Preheat the oven to 180°C (350°F).
2. Grease a round baking dish with butter.

3. Spread half of the kataifi in the dish and press down firmly.
4. Add the cheese layer and cover with the remaining kataifi, pressing down again.
5. Pour melted butter evenly over the top.
6. Bake for 25-30 minutes until golden.
7. Prepare the syrup by boiling sugar, water, and lemon juice until slightly thickened.
8. Pour hot syrup over the hot künefe.
9. Garnish with ground pistachios and serve warm.

3. Turkish Delight (Lokum)



Ingredients:

- 2 cups sugar
- 1 cup water
- 1/2 cup cornstarch
- 1 tablespoon lemon juice
- 1 teaspoon rosewater or lemon flavoring
- 1/4 cup pistachios or walnuts, chopped (optional)
- Powdered sugar for dusting

Instructions:

1. Grease a square baking dish and dust with powdered sugar.
2. In a saucepan, dissolve sugar in water and add lemon juice. Bring to a boil.
3. In a separate bowl, mix cornstarch with water to make a slurry.
4. Add the cornstarch slurry to the boiling sugar mixture, stirring constantly until thickened.
5. Reduce heat and cook for 30-40 minutes, stirring often.
6. Add rosewater or lemon flavoring and nuts if using.
7. Pour into the prepared dish and let it cool completely.
8. Cut into squares and dust with powdered sugar before serving.

4. Revani**Ingredients:**

- 1 cup semolina
- 1 cup all-purpose flour
- 1 cup sugar
- 4 eggs

- 1 cup yogurt
- 1/2 cup vegetable oil
- 1 teaspoon baking powder
- Zest of 1 orange

Syrup:

- 2 cups sugar
- 1 1/2 cups water
- 1 tablespoon lemon juice

Instructions:

1. Preheat the oven to 180°C (350°F) and grease a baking dish.
2. In a bowl, beat eggs and sugar until light and fluffy.
3. Add yogurt, oil, semolina, flour, baking powder, and orange zest, mixing until smooth.
4. Pour the batter into the baking dish and bake for 30-35 minutes until golden.
5. Prepare the syrup by boiling sugar, water, and lemon juice until thickened.
6. Pour hot syrup over the hot cake and let it soak.
7. Allow to cool before slicing and serving.

5. Sütlaç



Ingredients:

- 1 cup rice

- 4 cups milk
- 1 cup sugar
- 1 teaspoon vanilla extract
- 1 tablespoon cornstarch (optional, for thickening)
- Ground cinnamon for garnish

Instructions:

1. Rinse the rice and cook it in 2 cups of water until soft.
2. Add milk, sugar, and vanilla extract to the cooked rice and bring to a simmer.
3. If desired, dissolve cornstarch in a little water and stir it into the mixture for a thicker consistency.
4. Cook, stirring constantly, until the pudding thickens.
5. Pour into serving bowls and allow to cool.
6. Garnish with ground cinnamon before serving.

6. Aşure (Noah's Pudding)



Ingredients:

- 1 cup wheat berries
- 1/2 cup chickpeas, cooked
- 1/2 cup white beans, cooked
- 1/2 cup dried apricots, chopped
- 1/2 cup raisins
- 1/2 cup dried figs, chopped
- 1/2 cup walnuts, chopped
- 2 cups sugar
- 1 teaspoon cinnamon
- 4-5 cups water

Instructions:

1. Soak wheat berries overnight and then cook until tender.
2. In a large pot, combine cooked wheat berries, chickpeas, white beans, dried apricots, raisins, figs, and sugar with 4-5 cups of water.
3. Simmer for about 30-40 minutes until the mixture thickens slightly.
4. Stir in chopped walnuts and cinnamon.
5. Pour into bowls and let it cool to room temperature.
6. Garnish with extra nuts or pomegranate seeds before serving.