

# Poland



## Bigos

### Ingredients:

One 33 ounce jar of Sauerkraut  
One Savoy Cabbage  
Two pounds beef  
Two pounds pork  
One pound of "breakfast" sausage links  
½ pound smoked bacon  
One pound Kielbasa  
One onion  
One SMALL can of Tomato paste or sauce  
3 to 5 Bay Leaves  
salt  
pepper  
oil  
sugar  
allspice

### Directions:

First, get a jar of Polonaise Sauerkraut and a pound of kielbasa.  
Don't use watered down sauerkraut that comes in a plastic sack with lots of water and vinegar.  
The final product is only as good as the best ingredients you can get.  
Then, get the best beef and pork with a minimum of fat.  
Cut off all that you can before cooking.  
Get a half pound of thick sliced bacon.  
If you cannot find a Savoy cabbage a regular cabbage works just fine.  
Start by getting a large pot of water boiling.  
Add the sauerkraut.  
Let it bubble away.  
Cut up the beef and pork into little fork size squares and brown.  
Generally this takes two frying pans (one each for beef and one each for pork).  
Season with secret herbs and spices.  
Grate the cabbage.  
Throw it into the boiling pot.  
Chop up the onion and in it goes too.  
When the beef and pork is browned, pour both in the pot, drippings and all.  
Cut the kielbasa into short pieces and sear in one of the frying pans.  
The searing keeps kielbasa from mushing up when it spends a lot of time in hot water.  
When seared, into the pot it goes.  
Cut all the bacon, except one slice, into half inch long pieces and fry.  
Drain off the extra fat as necessary.

When the bacon is done eat the single strip and throw the pieces in the pot.

It's ok to cook the sausage in the same frying pan with the bacon.

Little chunks, any size.

Add a little (teaspoon full) of salt, a half teaspoon of pepper (go light on this), one eighth cup sugar, and the bay leaves to the pot.

And here's the final touch. Dump in a SMALL can of tomato paste or tomato sauce. Stir.

Add water as necessary.

Cook at low heat.

They call this simmer. The longer it simmers, the better it gets.

Leftovers can be frozen and thawed. Or you can just store in the refrigerator and reheat through the week.

## Pierogi Dough

### Ingredients:

1 lrg. Idaho potato  
1 Tbsp. + 1 tsp. salt  
1 3/4 cup all purpose flour  
1 cup cornstarch or potato starch  
1 lrg. egg  
3 1/2 Tbsp. creme fraiche or sour cream  
5 Tbsp. unsalted butter, melted

### Directions:

Place an unpeeled potato in a large saucepan and cover by two inches with cold water. Add 1 tablespoon salt and bring to a boil. Lower hear to medium, and cook until tender, about ten minutes. Drain. While still hot, peel and pass through a potato ricer or food mil into a large bowl. Sift flour, starch and remaining salt into the bowl with the potato. Combine. In a small bowl, whisk together the egg, sour cream and butter. Add to the bowl with the potato mixture. Mix until well combined. Turn dough out onto a lightly floured surface, and knead for five minutes, until smooth and firm. Let rest, covered for ten minutes. Roll dough out on a lightly floured surface to a thickness of approximately 1/8 inch thick. Cut the dough with a 3 1/2 inch in diameter cookie cutter. Cover with plastic wrap while preparing the filling.

## Sauerkraut and Mushroom Pierogi Filling Kapusta z Grzybami - nadzienie

### Ingredients:

2 cups of sauerkraut 1 cup mushrooms  
1 onion chopped butter, salt, pepper

### Directions:

Cook sauerkraut for 10 minutes. Drain and chop well. Fry onion and chopped mushrooms in butter, add sauerkraut and fry until flavors are blended. Cool and fill dough circles.

### Potato Filling (Ruskie Pierogi)

1 lb. cooked potatoes and 6oz. cottage cheese through a meat grinder. Add 1 small raw egg to this along with 1 medium onion, finely chopped and browned to golden brown. Add salt and pepper.

### Cheese Filling (Pierogi z Serem)

Rub 1 lb well drained cottage cheese through a wire sieve, then mix thoroughly

with 1 small egg (raw) and salt. The filling swells during cooking, so do not use too much. Serve immediately, after pouring butter over them.

# Kolachky

## Ingredients:

1/4 cup sour cream  
1 pkg. Yeast  
1 lrg. egg, beaten  
1 cup butter  
2 cup flour  
1 cup preserves

## Directions:

Preheat oven to 400 degrees.

Combine sour cream and yeast and set aside.

Cut butter into flour until you have a mixture that resembles a coarse meal.

Add the egg to the sour cream mixture and stir the mixture into the flour until a dough forms.

Roll ¼ inch thick and cut into 2-1/2 inch rounds.

Place the rounds on ungreased cookie sheets, cover with plastic and let rest for fifteen minutes.

Make a thumbprint in the cookie's center and fill with 1 tsp. preserves.

Bake until golden, about 12-15 minutes.

## While warm, glaze with:

1 cup confectioner's sugar  
2 Tbsp. melted butter  
2 tsp. light corn syrup  
2-3 Tbsp. whole milk

# Polish Sauerkraut Soup

## Ingredients:

2 lbs. Polish Sausage  
1 qt. water  
1 onion, well browned  
1 qt. sauerkraut juice  
1/4 cup sugar  
1/4 cup cream  
1 egg  
1 Tbsp. flour  
3/4 cup milk

## Directions:

Cook sausage in water until well done, if not pre-cooked.  
Add onion, sauerkraut juice and sugar.  
Beat egg, add flour, milk and cream.  
Add to the soup and bring to a boil.  
Serve with mashed potatoes or dumplings.

## Polish Noodles (Kluski z Kapusta)

Boil egg noodles medium thickness

Sauté in 1/4 pound of melted butter:

5 cloves garlic, minced

1 large onion chopped

1 very large head of cabbage (green) shredded medium

When the vegetables are limp, add 1 Tablespoon of caraway seed and salt and pepper to taste. Drain noodles. Pour vegetables over noodles. Stir in 1 pint or more of sour cream. Sometimes I serve sausage and bread, but usually we just have bread. (Dark rye, homemade of course).