



Polish cuisine

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Chicken Soup



- 1 (3 pound) whole chicken
- 4 carrots, halved
- 4 stalks celery, halved
- 1 large onion, halved
- water to cover
- salt and pepper to taste
- 1 teaspoon chicken bouillon granules (optional)

Step 1

Put the chicken, carrots, celery and onion in a large soup pot and cover with cold water. Heat and simmer, uncovered, until the chicken meat falls off of the bones (skim off foam every so often).

Step 2

Take everything out of the pot. Strain the broth. Pick the meat off of the bones and chop the carrots, celery and onion. Season the broth with salt, pepper and chicken bouillon to taste, if desired. Return the chicken, carrots, celery and onion to the pot, stir together, and serve.



Polish dumplings (Potato – cheese dumplings)



For the Dough:

2 to 2 1/2 cups all-purpose flour
1 large egg (room temperature)
1 teaspoon salt
1 cup water (lukewarm)

For the Potato-Cheese Filling:

2 pounds russet potatoes (scrubbed and boiled in their jackets)
2 tablespoons onion (finely minced, sautéed in 1 tablespoon butter)
8 ounces dry curd or farmer's cheese (room temperature; or ricotta)
Optional: kosher salt (to taste)
Optional: freshly ground black pepper (to taste)

Steps to Make It

Gather the ingredients.

Make the filling by peeling the potatoes and fork blending or ricing them (do not mash) into a large bowl.

Add the sautéed onion and farmer's cheese and mix well. Season to taste with salt and pepper and set aside.

Make the dough by placing 2 cups of flour in a large bowl or on a work surface and make a well in the center.

Break the egg into it, then add the salt and lukewarm water a little at a time.

Bring the dough together, kneading well and adding more flour or water as necessary.

Divide the dough in half and cover it with a bowl or towel. Let it rest 20 minutes.

Assemble the pierogi on a floured work surface. Roll out the dough thinly and cut with a 2-inch round or glass.

Spoon a portion of the filling into the middle of each circle.

Fold dough in half and pinch edges together.

Gather scraps, re-roll and fill. Repeat with remaining half of dough.

Sprinkle a baking sheet with flour and place the filled pierogi on it in a single layer. Cover with a tea towel.

Cook the pierogi by bringing a large, low saucepan of salted water to boil. Drop in about six pierogi at a time. Return to the boil and reduce heat. When the pierogi rise to the surface, continue to simmer a few minutes more.

Remove one with a slotted spoon and taste for doneness. When satisfied, remove remaining pierogi with a slotted spoon to a serving platter that has been buttered so the dumplings don't stick.

Serve warm with caramelized onions or skwarki (pork cracklings) or fried bacon pieces, and a dollop of sour cream, if desired.

Enjoy!

Cheese cake

Crust:

2 cups all-purpose flour
1/2 cup sugar
3/4 teaspoon baking powder
5 ounces cold butter
2 large egg yolks (at room temperature)
3 tablespoons sour cream

Filling:

5 ounces butter (at room temperature)
2 cups sugar
4 large eggs (at room temperature, separated)
1 teaspoon vanilla
2 pounds dry-curd cheese (or twaróg or quark cheese passed through a sieve or processed in a blender until smooth)



Steps to Make It

Make the Crust

In a large bowl or food processor, mix together flour, 1/2 cup sugar, and baking powder. Cut in or pulse 5 ounces cold butter as for pie dough.

In a separate bowl, mix together 2 egg yolks and sour cream and add to the flour-butter mixture, combining or pulsing only until combined. If the dough is too dry, add an extra whole egg. If the dough is too soft to roll, refrigerate for 1 hour.

Lightly grease a 13x9-inch pan with butter. Roll pastry dough large enough to line the pan and come up the sides. Fit into pan, making a crimped or rolled edge.(Note: If you have leftover dough, roll it into pencil shapes to decorate the top of the filled cheesecake.)

Make the Filling

Heat oven to 350 F. In a large bowl, cream together 5 ounces room-temperature butter with 2 cups sugar until light and fluffy.

Beat in 4 large room-temperature egg yolks and vanilla until well incorporated. Thoroughly mix in the cheese.

In a separate bowl, beat the 4 large room-temperature egg whites to stiff peaks. Fold them into the cheese mixture.

Pour filling into pastry crust-lined pan. If you have leftover dough, roll into pencil shapes and lay them diagonally across the top of the cheesecake.

Bake 50 to 60 minutes or until center is only slightly jiggly. Don't let the top brown.

Let cool completely before serving. Refrigerate leftovers.

Polish Breaded Pork Chop



2 boneless pork chops

salt and freshly ground black pepper to taste

1 tablespoon all-purpose flour

1 egg

5 tablespoons bread crumbs

2 tablespoons vegetable oil, or as needed

DirectionsInstructions

Checklist

Directions Instructions Checklist

Step 1

Place pork chops between 2 sheets of heavy plastic on a solid, level surface. Firmly pound with the smooth side of a meat mallet, turning occasionally, until very thin. Season with salt and pepper.

Step 2

Pour flour onto a large plate. Whisk egg in a wide, shallow bowl. Place breadcrumbs in a separate shallow bowl.

Step 3

Dredge chops with flour. Dip in whisked egg. Coat with bread crumbs on both sides. Shake off excess coating.

Step 4

Heat oil in a large skillet over medium-high heat. Add breaded chops; cook until golden brown, about 5 minutes per side.

