



APPLE CRUMBLE

INGREDIENTS

Dough:

- 250-300 g flour (maida)
- 125 g butter (unsalted)
- 2-3 egg yolks
- 2 tbs sugar
- pinch baking soda
- 2 tbs lukewarm water
- ¼ tbs salt
- butter and flour for the pan (or baking paper)

Filling:

- 1 kg sour apples (peeled and quartered)
- ¼ cup sugar to taste
- ½ tsp cinnamon
- ¼ tsp ground clover (optional)
- ¼ tsp nutmeg (optional)
- 1 tbs butter

INSTRUCTIONS

1. Make the dough, adding water at the very end, gradually, according to need.
2. It should be smooth, not sticky and not too tough. Divide in two and let rest.
3. Melt butter in a pan, add the apples and stir for a few moments. When they soften, add sugar and spices.
4. Sauté until the apples begin to break up. Cool.
5. Butter and flour a baking pan of your choice (e.g. a 26-centimeter springform pan). Use half the dough for the bottom crust; try to make it as thin as possible. Prick with a fork and bake for 10 minutes in the oven preheated to 190 C.
6. Fill the crust with the apples, cover with the other half of the dough, crumbled.
7. Return the cake to the oven and bake for another 40 minutes. Make sure not to burn it. Baking time depends on the oven and size the pan.
8. When done, cool the cake and sprinkle with powdered sugar.



POLISH CUISINE

Polish Your Culinary Experience





BEET KVASS (ZAKWAS) – FERMENTED BEET JUICE (FOR RED BORSCHT)

INGREDIENTS

- 500 g ecological beetroots, red
- 3 garlic cloves
- 2-3 bay leaves
- 3 black peppercorns
- 3 all-spice berries
- 2 cups (500 ml) water, spring water or boiled, then cooled
- 1 tsp common salt (non-iodized!), optional

INSTRUCTIONS

1. Sterilise both the jar and the lid. Use a dishwasher (on the highest setting), or alternatively - wash them in warm, soapy water, then rinse thoroughly with boiling water.
2. Give the beets a scrub. If you're using conventionally grown beetroots, it's best to peel them.
3. Slice the beets into chunks or rounds - the exact size and shape doesn't matter. Place the pieces tightly in a jar, squeezing garlic cloves and all the spices between the beets.
4. Finally, pour the water in, enough to cover the beets fully. If you're using salt, add a teaspoon of it, close the jar and shake it a few times.
5. Take a one more look at the jar. Are the beets fully submerged? If they stick out or float, they'll get mouldy.
6. Screw the lid on loosely and leave the jar in a cupboard or on your worktop, at room temperature. It's worth opening the jar every day to inspect and to release the gasses - we don't want for the jar to explode.
7. After 4 days grab a clean spoon and have a little taste. Depending on how sour it is (and how sour you would like it to be), leave it for another 1 to 3 days (or more).
8. Beet kvass / zakwas is good when it has a deep, slightly sour aroma and a dark color. That's when it's ready to be used in the Christmas borscht.



POLISH POTATO PANCAKES

INGREDIENTS

- 6 medium potatoes, peeled and finely grated (you can use almost any starchy potato)
- 1 medium onion, finely grated
- 2 large eggs
- Salt, to taste
- Freshly ground black pepper, to taste
- 1/4 cup all-purpose flour, more as needed
- Vegetable oil, for frying
- Granulated sugar, for garnish
- Sour cream, for garnish

INSTRUCTIONS

1. Gather the ingredients. Add the potatoes, onion, eggs, 2 teaspoons salt, and pepper to a large bowl. Add enough flour to bind the mixture together while leaving it somewhat thin. In a large skillet set over medium-high heat, add vegetable oil to a depth of about 3/4-inch. Heat until hot, but not smoking. Drop a 3/4 cup of potato mixture into the skillet and spread out to form a 3-inch circle that's about 1/4-inch thick.
2. Fry until brown on the bottom (don't turn until the pancake is brown or it will stick), about 3 to 5 minutes. If needed, reduce the heat to medium to prevent burning.
3. Turn the pancake and fry the other side for 3 to 5 minutes or until golden brown and crisp.
4. Drain on paper towels. Serve with granulated sugar and sour cream if desired.



POLISH RED BORSCHT

INGREDIENTS

- 0.9 lb (400 g) beetroots
- 2 carrots (160 g)
- 2 parsley roots (160 g), can substitute for celery root
- 200 dried mushrooms
- 1 leek
- 1/4 celery root (85 g)
- 1 onion, any colour
- 2 garlic cloves
- 1/2 apple
- 4-5 thyme or rosemary sprigs
- 1 tbsp oil, olive oil or other
- 4 bay leaves
- 4 allspice berries
- 4 juniper berries
- 2 cloves
- 10 dried wild mushrooms (e.g. porcinis)
- 1 litre of water
- 2 cups (roughly 500-600 ml) beet kvass/fermented beet juice, 1 portion from this recipe
- 1 tsp dried marjoram
- Black pepper, to taste, salt, to taste

INSTRUCTIONS

1. Preheat the oven to 425°F (220°C).
2. Thoroughly scrub the vegetables (beetroots, carrots, parsley roots, mushrooms, leek). Peel the celery root and the onion, leave the rest of the vegetables (and a half an apple) in the peel. Chop the veggies into chunks.
3. Grab a large roasting pan, pour a tablespoon of oil in. Toss all the mushrooms, veggies, herb sprigs and garlic together into the roasting pan.
4. Roast in the middle of the oven for 30 to 40 minutes, turning occasionally, until vegetables turn golden brown.
5. Transfer everything into a cooking pot. Pour in 1 quart / 1 litre of water in, bring to a boil and reduce the heat to "low".
6. Add bay leaves, allspice & juniper berries, cloves and dried wild mushrooms.
7. Cover the pot with a lid and cook for at least an hour.
8. Pour the stock through a large fine sieve into another pot (or a large bowl), firmly pressing on to push out as much stock as possible. Skim off the fat.
9. The soup is served clear or with small amount of beetroots, therefore we will need some of remaining ultra soft carrots and beetroot pieces before discarding the rest.
10. Pour in 2 cups of beet kvass / zakwas into a large cooking pot. You can skip the fermented beets, but it's better to add them in. Pour in 3 cups (3/4 litre) of the stock we just cooked.
11. Add in one teaspoon of dried marjoram and generously season with black pepper. Cook together on the lowest heat for 3-4 minutes, stirring occasionally. Have a taste - if it's too strong, add a little bit more stock.
12. Cook together for another 30 minutes on a very low heat, making sure the soup doesn't boil at any point.
13. Remove beetroots (if you added any with your beet zakwas), season with salt and pepper if necessary. If the flavour is too sour, add a little bit of sugar. You can use the remaining beetroot pieces as a garnish (optionally).
14. Serve warm, on its own or with 'Uszka' dumplings.



POLISH VEGGIE SALAD

INGREDIENTS

- 3 potatoes, large size, boiled, chopped
- 3 carrots: medium size, boiled, chopped
- 6 eggs boiled, chopped
- 3 Pickles or cucumber, medium size, peeled, chopped (optional)
- 1/2 Sweet Onion Large or one small, chopped or one leek (white part)
- fresh (eventually frozen) peas (200g)
- 1 apple, chopped, peeled
- 1 cup mayonnaise
- 1 tbsp Dijon Mustard or other preferred mustard
- Salt and Pepper to taste
- Other seasonings to taste, chili (optional)

INSTRUCTIONS

1. Place eggs in a pot of cold water. Bring to boil and cook for 10 minutes. Remove the eggs from the water and let them fully cool off before peeling.
2. Place whole, unpeeled potatoes, and carrots in a pot of water. Add a teaspoon of salt and bring to boil. Cook until vegetables are fork tender for about 20-25 minutes. Remove from water and let cool off fully before peeling.
3. Chop the pickles or peel and chop cucumbers.
4. Chop the onions or leek.
5. Strain and rinse canned peas.
6. Peel and chop into cubes eggs, potatoes, and carrots.
7. Place all the ingredients into a large bowl and mix all together.
8. In a small bowl combine mayonnaise with mustard and pepper. Add it into the salad ingredients and mix all together.