TRADITIONAL POLISH FOOD
Typical Polish meals are very good and tasty!!! The most typical products used in Polish cuisine are meat, cucumbers, beetroot, cabbage (sauerkraut), potatoes, bread, sour cream, kohlrabi, mushrooms, sausages and herrings. These products have become an essential elements in Polish cooking.
The main meal in Poland is called „obiad” (dinner), which is eaten in the afternoon. A traditional „obiad” consists of soup, the main course and also dessert.
SOUPS
Barszcz czerwony: traditional Polish beetroot soup with sour cream or served clear with dumplings.
ŻUREK

Żurek: sour rye soup with potato, sausage or an egg, sometimes served in a bread loaf.
KAPUŚNIAK

Kapuśniak: sour cabbage soup.

http://kuchnia.o2.pl
Rosół z kurczaka: rosół is a traditional Polish chicken soup, usually served with noodles.
Zupa pomidorowa: tomato soup, often with rice or noodles.
KOTLET SCHABOWY

Kotlet schabowy: (pork chop) typical Polish meat dish, usually served with boiled potato or chips and salad.

http://www.karczma-mysliwska.eu/pliki/potrawy/kotlet_schab.jpg
KLOPSIKI

Klopsiki: meatloaf, often served with tomato sauce.
A stew, called bigos is a combination of cabbage, mushrooms, and various meats—traditionally pork, bacon, and delicious Polish sausage.
FASOLKA PO BRETOŃSKU

Fasolka po bretońsku: cheap bean and sausage stew served with bread.
Gołąbki: boiled cabbage leaves stuffed with beef, onion and rice before being baked in a tomato sauce.
KASZANKA

Kaszanka: this is the Polish variation of blood sausage (pig’s blood mixed with groats).

http://www.supersam24.pl/zdjecia/d/091/9138.jpg
PIEROGI

Pierogi: very traditional small white dumplings filled with sauerkraut with mushrooms, cottage cheese and potatoes or with fruit.
KLUSKI ŚLĄSKIE

Kluski śląskie: Silesian dumplings, made from boiled potatoes, eggs and flour.
SWEET TITBITS
Sernik: traditional delicious fat cheese cake
MAKOWIEC

Makowiec: A traditional Polish Poppy Seed Cake, especially popular during the Christmas and Easter seasons.