

# TRADITIONAL POLISH FOOD



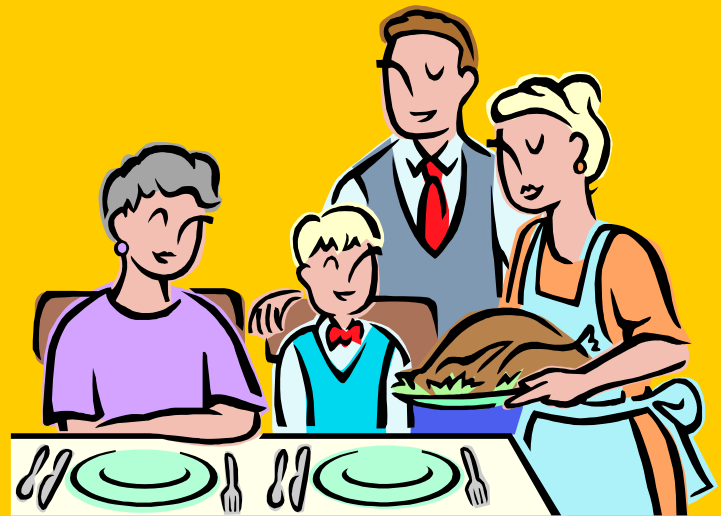
Typical Polish meals are very good and tasty!!!

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 element in Polish cooking.



# OBIAD

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



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.



# ROSÓŁ

Rosół z kurczaka: rosół is a traditional Polish chicken soup, usually served with noodles.





# ZUPA POMIDOROWA

Zupa pomidorowa: tomato soup, often with rice or noodles.



# MAIN COURSE



# KOTLET SCHABOWY

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



# KLOPSIKI



Klopsiki: meatloaf, often served with tomato sauce.

# BIGOS

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



Gołąbki:boiled cabbage leaves stuffed with beef, onion and rice before being baked in a tomato sauce.

# KASZANKA

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



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



# PIEROGI



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

# KLUSKI ŚLĄSKIE

[http://www.czwa.odr.net.pl/produkt\\_regionalny/photo/\\_470/00019.jpg](http://www.czwa.odr.net.pl/produkt_regionalny/photo/_470/00019.jpg)



Kluski śląskie: Silesian dumplings, made from boiled potatoes, eggs and flour.

# SWEET TITBITS



# SERNIK



Sernik: traditional  
delicious fat cheese  
cake

# MAKOWIEC

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

<http://upload.wikimedia.org/wikipedia/commons/thumb/f/f7/Makowiec.jpg/800px-Makowiec.jpg>

