



FOR GOURMETS

What and where to eat

Specialties of Mazovian cuisine

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MAZOVIA IN A NUTSHELL

Mazovia is a land of history, situated in central and north-eastern Poland. Currently, the Mazowieckie Voivodeship includes a significant portion of the old Mazovia. In addition, the region encompasses a part of Podlachia and Lesser Poland. Thus, the Mazowieckie Voivodeship is characterized by historical and cultural diversity, which is visible especially in the rural architecture, folklore and regional cuisine. Owing to the cultural heritage and the geographical location the Mazowieckie Voivodeship is a very interesting region of our country.

The Mazowieckie Voivodeship in numbers

Area – 35.6 thousand km²

Population - 5.2 million people

The capital of the region - Warsaw

Larger cities – Radom, Płock, Siedlce, Ciechanów, Ostrołęka

Land poviats – 37

City poviats – 5

Gminas – 309

Forest areas – 779.3 thousand ha

Protected areas - 29.6% of the total area

National parks – 1

Natural landscape parks – 9

Larger rivers – Vistula, Bug, Narew, Pilica



SPECIALTIES OF MAZOVIAN CUISINE



The Mazowieckie Voivodeship, situated in the central part of the country is remarkable for its tourist values. It comprises woodlands and lovely river valleys, as well as towns of rich history and many splendid monuments. On the bank of the Narew, in the north-eastern part of the region, close to Ostrołęka and Łomża, among the forests of Puszcza Zielona and Puszcza Biała, lie Kurpie (Kurpiowszczyzna), where customs, rites and traditional regional cuisine are assiduously cultivated. It is an exceptional part of Mazovia. We are bound to come across delicious dishes which have been prepared and consumed for centuries on the borderland of three regions: Mazovia, Masuria and Podlachia.

This guide is a selection of Mazovian dishes you can find in inns and taverns on the tourist trails of our region. Many names of dishes, like rejbak, kiszka ziemniaczana (roasted potato sausage) or czernina (duck blood soup) may sound exotic... yet they are worth a bite.

Once we get hungry and tired we are sure to stop for a meal. Best to choose places which offer regional cuisine. Mazovia offers most of traditional Polish cuisine dishes. We will find treats that have for centuries crowned the tables of Polish noblemen, bourgeois and peasants. This work gathers both sublime specialities which were consumed in the palaces of Jabłonna and Wilanów and in the Pułtusk castle, as well as traditional meals of noblemen, which dominated the tables in manors and hamlets. Peasant food, based mainly on flour, cabbage and onion, is also described.

Though this work includes descriptions of 40 dishes, it intentionally does not present the full abundance of traditional Mazovian cuisine. We would like you to take a liking to the charms of Mazovian gastronomy. Many a culinary surprise still awaits the hungry visitors in the numerous inns, taverns and restaurants of Mazovia.

**INGREDIENTS:**

0.5 kg of flour,
1 glass of wheat bran,
50 g of yeast,
1 glass of flax-seeds,
1 glass of sunflower seeds,
1/2 glass of milk,
1.5 glass of water,
spoonful of salt,
oil

Country bread

PREPARATION: 2 HOURS

Mix the yeast with the milk (the so-called starter). Sift the flour and add the flax-seeds, the sunflower seeds, the wheat bran and the well grown starter. The dough has to be knead with care. Put the total into a bowl smeared with oil, cover it with a linen napkin and leave it for about an hour and a half. The dough needs to double its volume. Once it has grown, punch it with your fist several times. Then take the dough out and divide it into two parts. On a pastry board sprinkled with flour form it into a flat cake, coating it with flour. The wrap the dough into a roll, put it into moulds and cover them with linen napkins. Leave it to grow. It has to double its volume once again.

Put the moulds into the oven heated to a temperature of 250°C. Bake for about 15 minutes.

Schmaltz (or lard) to spread on the bread

PREPARATION: 2 HOURS

Rinse the pork fat, dry it and dice it. Do the same with the goose fat, which is melted separately. Then pour 3 spoons of pork oil into a pan (without cracklings) and brown the chopped onion. Add the apple, shredded thickly on a grater. Braise and stir until it becomes a homogenous mass. Combine the two fats and the onion fried with the apple. Add salt and a pinch of sugar and spices and stir it. Take it off the stove and pour it into a clay dish or jar. Wait for it to thicken, stirring from time to time.

Best served with fresh country bread.



INGREDIENTS:

200 g of goose fat,
100 g of pork fat,
1 big apple (russet apple
or Antonovka),
3 onions,
powdered marjoram and
thyme,
salt and sugar



**INGREDIENTS:**

1 kg of sauerkraut (not too sour though),
100 g of dried forest mushrooms,
1/2 glass of linseed oil (and an additional spoon for the roux),
2 diced and fried onions,
salt,
pepper,
a spoonful of wheat flour

Sauerkraut with linseed oil and mushrooms

PREPARATION: 2 HOURS

COOKING: 1 HOUR 45 MIN.

The traditional method of preparing this dish has not changed to our days. The dried mushrooms have to be left in water for the night. The next day we cut them into small pieces (the water they were in can later be added to the stewed sauerkraut).

Rinse the sauerkraut carefully in cold water. Then shred it and mix it with the mushrooms and onions.

Take a pot with a thick bottom and pour a thin layer of linseed oil inside. Then add the sauerkraut, cover it and stew it on low flame until it becomes tender. You can add the water used to boil the mushrooms to make the process faster. Once the sauerkraut is tender, make the roux out of a spoonful of linseed oil and wheat flour, and then add it to the dish. Spice it up with salt and pepper. Stew it another moment.

Sauerkraut prepared this way was most often eaten at Christmas Eve with carp and potatoes with linseed oil, and was a side dish served with bread and meat on the festive days that followed.

Sour rye soup

PREPARATION: 1 HOUR

Boil the soup greens to achieve a brew. Use the brew to cook the white sausage on very low flame for around 30-45 minutes. Then take the cooked soup greens and the sausage out of the pot. Pour the sourdough into the pot, add spices and cook it. Add the cream. Divide the sausage and eggs cut into quarters onto plates or hollowed loaves of bread and pour it over with the soup.



INGREDIENTS:

1/4 l of wholemeal sourdough,
250 g of soup greens ,
2.5 l of water,
1 spoonful of shredded horseradish,
3 spoonfuls of cream,
several slices of white sausage,
2-5 boiled eggs,
salt,
a clove of garlic,
laurel leaf,
marjoram



**INGREDIENTS:**

0.5 kg of beef (entrecote is best),
 100 g of poultry liver,
 1/2 chicken,
 carrot,
 parsley,
 onion,
 1/2 celery,
 2 cloves,
 pepper,
 pimento,
 branch of thyme,
 a few dried boletus,
 salt,
 pepper

Traditional broth

PREPARATION: 2 HOURS

Put the mushrooms, carefully cleaned and rinsed into a small amount of boiled water and leave them. Clean the beef and put it in a pot, pour it over with two litres of water and cook. Once it boils lower the flame and cook for about 30 minutes. Gradually add the peeled and washed vegetables (stick the clove into the onion), thyme, pimento, the mushrooms, the chicken meat and the parsley. Cook for another 30-45 minutes, then strain it.

Meanwhile prepare the liver, dicing it. Put it into a deep pot and pour it over with the previously prepared broth. Cook again and add small straps of chicken meat and mushrooms. Add pepper and salt for flavour.

Depending on the region the broth is served with dumplings, gruel or noodles.



Parzybroda or 'burn-chin'

PREPARATION: 1 HOUR

Wash the cabbage and shred it into small pieces. Peel the potatoes and cut them as if for soup. Pour a little water into a large pot, add the cabbage and potatoes on top. Do not mix it! The potatoes have to be on top for the water to evaporate freely. Add the laurel leaf and several grains of pepper. Cook until tender, checking if there is water at the bottom. Do not mix it yet. Once the cabbage and the potatoes get tender, fry the onion on oil on a large pan. At the end of the process pour cream onto the pan (carefully, so it doesn't turn). When the cabbage and potatoes are tender, mix everything and pour the cream and onion into the pot. Add salt and pepper for flavour.

The dish must be served hot and spicy!

Curiosity:

The dish owes its name to the fact that it is so delicious, that nobody waits until it gets colder, and when you eat it hot you can easily burn your chin.



INGREDIENTS:

1 middle sized cabbage,
equal proportion of potatoes,
200 ml of 32% cream,
2 large onions,
salt,
pepper,
laurel leaf,
oil or olive oil

**INGREDIENTS:**

Turkey or chicken thigh,
a few carrots,
onion,
parsley root (or 2 or 3 parsley
roots),
parsley,
1 glass of millet,
several potatoes,
pepper,
salt and a pinch of sugar

Millet soup

PREPARATION: 2 HOURS.

Boil the brew on meat (see: traditional broth). Put the peeled vegetables, meat and parsley into a pot and pour cold water over it, adding pepper (salt comes at the end). Simmer it on medium flame. When it starts to boil, reduce the flame to minimal. After 1.5 hour take out the vegetables, the poultry, the soup greens and the onions and throw in the diced raw potatoes. Pour a glass of millet in it and cook it. Dice the meat and vegetables and put them back into the pot. Boil it, add a pinch of salt and a pinch of sugar.

General advice:

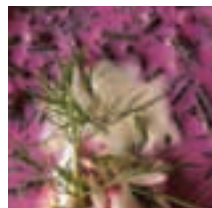
- Sugar breaks down the flavour, so a pinch of it should be added to sauces, soups, etc
- Vegetables cooked in one piece take time to give taste to the dish, that is why in the old days brews were made out of whole vegetables, which were later cut into smaller pieces.

Cold borsch

PREPARATION: 1 HOUR

Cut the beetroot and its leafy tops into very small pieces, as small as possible. Put it into a pot, pour water until it reaches the level of the vegetables, add sugar and salt and cook for a quarter of an hour, until the beetroots become tender. Leave to cool down. Add the lemon juice. While cooking the brew, shred the cucumbers and radishes on a large hole grater, chop up the dill and the chive, mix the cut vegetables with the sour milk and add crushed garlic. Mix the mass with the boiled brew. Flavour with salt and pepper, mix and taste it.

Serve in small bowls. Cold borsch tastes best after two hours from its preparation. You can add boiled eggs.



INGREDIENTS:

1 large bunch of beetroot with leafy tops,
2-3 cucumbers (best large),
2-3 cloves of garlic,
1 bunch of radishes,
half a bunch of dill,
bunch of chive,
1 l of kefir or natural yoghurt,
or (which is best) sour milk,
juice squeezed out of lemon
half,
salt,
pepper,
spoonful of sugar,
eggs (half or one per plate),
water



**INGREDIENTS:**

1/2 a duck,
8 candy prunes,
a handful of dried apples and
pears,
laurel leaf,
soup greens,
salt,
pepper,
pimento,
sugar for flavour,
1 spoonful of vinegar,
150-200 g of duck blood,
wheat flour

Duck blood soup (Czernina)

PREPARATION: 1 HOUR

Put half a duck into 3-4 litres of water, together with the soup greens, laurel leaf, salt, pepper, pimento, dried fruit and prunes. Cook it together, until the poultry gets tender. Then we pour the blood strained through a dense sieve and mix it with a spoonful of flour. After it boils we add sugar and vinegar (or citric acid) for flavour. The soup should be sweet and sour. Serve with potatoes or dumplings.



Mushroom soup

PREPARATION: 1 HOUR

The preparation of mushroom soup can be based on the traditional broth recipe. Once you have the broth add the mushrooms. The boletus found in the forests of Mazovia are ideal to prepare this dish. Wash them carefully and then pour warm water over them. Keep them in the water for 30 minutes. Only then can you start to simmer the water with the mushrooms. Mix the mushroom brew with the broth and cook for about 45 minutes. Add shredded onion and potatoes.

You can add cream mixed with a spoonful of flour, but the soup is equally tasty without it. Add pepper and a pinch of salt for flavour. Can be served with noodles (best with lazanki).



INGREDIENTS:

A handful of dried mushrooms,
5 l of waters,
1 cube of mushroom bouillon,
1 onion,
cream,
flour,
salt,
pepper,
10 potatoes



**INGREDIENTS:**

11.5 kg of beef tripe,
steamed and cleaned,
2 l of broth or water,
2 carrots,
2 parsleys,
half a celery,
1 onion,
2 leeks,
70 g of butter,
2 spoonfuls of flour,
pimento,
laurel leaf,
quarter of a spoonful of grated
ginger,
nutmeg,
pepper,
coriander,
white mustard and cumin each,
you can add 2-3 bouillon cubes

Tripes a la varsoviennne

PREPARATION: 1 HOUR

COOKING: 3 HOURS 30 MINUTES

Best start preparing the tripe a day before you plan to serve it. Scrub it, clean it, rinse it carefully and pour it over with boiling water, and cook for 15 minutes. Strain it. Pour boiling water over it again, but now with previously prepared broth. Add the pimento and laurel leaf and simmer for at least 4 hours. In case the broth evaporates, keep replacing it with boiling water. The tripe has to be tender. Once cooked, cut it into thin straps and put it back into the broth.

Cook the washed, peeled and cut vegetables (apart from the onion) in a saucepan in a small amount of water. Once they are soft add them to the tripe.

Peel the onion, dice it and braise it on butter, add flour and make the roux, adding a small amount of tripe broth. Pour the roux into the tripe and add the spices.

Finally add salt and simmer it for another 20 minutes. If you have used water, you can add the bouillon cubes.



**INGREDIENTS:**

600 grams of filleted pike,
carrot,
parsley leaves,
1 celery,
1 leek and 1 onion,
100 g of flour,
a pinch of salt,
pepper,
some milk

Pike in butter

PREPARATION: 30 MIN.

Cut the fish into pieces and add a lot of salt. If you leave the fish in salt overnight, it will not wrinkle when cooked. Bear in mind to wash the salt off the pike before cooking

Put the shredded and cleaned vegetables (cut the carrot and onion into thin slices). Place the fish on the vegetables and add enough water to cover it up. Add salt. While cooking gather the scum and add a few drops of vinegar every now and then. The pike has to be cooked for a long time on a large flame. Taste the sauce every now and then. If it gets too bland, add salt.

Meanwhile melt butter on a pan, add ground pepper, a handful of parsley leaves and pour the thick sauce made out of flour mixed with some milk. Make the sauce thinner with the fish sauce from the saucepan.

Then mix the two sauces together and boil them. Pour the resulting gravy over the prepared fish and serve on a hot plate.

Fried trout

PREPARATION: 30 MINUTES

Before handling the fish, peel the garlic and chop it into small pieces. Grate the butter and mix it with lemon juice, garlic and dill. Leave in it the fridge so it stays fresh.

Sprinkle the filleted fish with salt. You can put a clove of garlic inside in each one. Pour the previously prepared dressing. Coat the fish in flour and fry on well heated oil, until they become gold in colour.

Trout prepared this way tastes best when served with fries or boiled young potatoes.



INGREDIENTS:

3-4 trouts,
a few cloves of garlic,
2-3 spoonfuls of flour,
3 spoons of butter,
3-4 spoonfuls of lemon juice,
chopped dill,
salt,
pepper,
oil



**INGREDIENTS:**

3 medium sized (1.5 kg) carps,
coarse-grained salt,
pepper,
pimento,
laurel leaf,
lemon,
fresh horseradish leaves,
Vegeta condiment or fish
condiment

Orońsk carp

PREPARATION: 3 HOURS

In order to prepare the dish you need a smoker or a barbecue.

Cut and slice the gutted and scaled fish. Rinse them carefully and spice it with pepper, Vegeta or fish condiment, ground pimento, laurel leaf and lemon juice. Leave it to stay for 3-4 hours.

Put humid alder wood into the smoker. When you put fire to it it gives out a specific smell a lots of thick smoke. Put the freshly picked horseradish leaves on the barbecue. Place the portions of carp on top, quite close to each other. Cover the smoker tightly and put in inside a burning fire. Smoke it for 20 to 40 minutes, depending on the fire and the size of the portions. Take the smoker off the fire and leave it for 3-5minutes. Carp tastes best with bread and seasoned with vodka or cold beer.



**INGREDIENTS:**

- 1,5 kg of carp fillets,
- 200 g of poultry liver,
- 100 g of dried plums,
- 50 g of dried mushrooms,
- 2 tablespoons dry white wine,
- 200 g of champignons,
- stale kaiser roll,
- 1/2 cup thick cream,
- 3 tablespoons butter,
- 2 tablespoons wine vinegar,
- 2 eggs, salt, pepper,
- 1 tablespoon breadcrumbs

Carp pate

PREPARATION: 3 HOURS

Wash dried mushrooms, put them in a sieve and scald with boiling water. Upon cooling down place them in a deep pan, sprinkle with wine and leave. Then cut the kaiser roll and pour cream over it. Leave it for a half an hour.

Rub the carp fillets with salt and leave for several minutes. During this time cut champignons, sprinkle them with vinegar (or lemon) and leave for 15 minutes. Do the same with the plums. Fry fish fillets with butter. Now mince all ingredients using mincer twice, add spices and eggs. Put the mass into the pan greased with butter. Bake in pre-heated oven for about 40 minutes.



Crayfish a la varsoviennne

PREPARATION: 45 MIN.

Wash all ingredients thoroughly. Cut parsley and dill finely, while carrots, leek and onion into slices. On the bottom of a large pan place vegetables first and then crayfish. Sprinkle generously with pepper and salt. You can arrange a few layers depending on the number of crayfish. Cover the prepared dish and stew on low heat. When crayfish become red pour wine vinegar into the pan and boil. When crayfish is ready put them on a hot platter and pour strained sauce over it.



INGREDIENTS:

Several fresh crayfish,
a bunch of dill,
a bunch of parsley,
leek,
onion,
2 carrots,
salt,
pepper,
200 g of butter,
1/4 cup wine vinegar



**INGREDIENTS:**

- 2 tablespoons of game leftovers,
- 50 g of smoked bacon,
- 1 finely chopped onion,
- 1 tablespoon of dried juniper berries,
- 1/2 carrot,
- 1/4 celery,
- small amount of broth,
- 30 g of butter,
- 1/2 cup dry white wine

Juniper sauce

PREPARATION: 30 MIN.

Fry finely chopped smoked bacon in a saucepan. Add finely chopped game and onion as well as crushed juniper berries. After a while of stewing add carrot and celery grated using medium grating slots.

When vegetable start getting slightly brown add a glass of broth and cook over a slow heat for an hour. Then prepare roux using butter with vegetables and juniper berries. Rub the whole sauce through a sieve. Add 1/2 cup of dry white wine.

The juniper sauce is commonly used in the Polish cuisine. It is served with roasted wild birds, game and hot pates.



Boar saddle Kurpie style

PREPARATION: 3 HOURS

Wash saddle and remove membranes. Rub it with ginger and crushed garlic. Then put the meat in a stone pot, cover with grated vegetables, pour cooled down marinade over it and leave in cool place for 3-4 days. During this time the meat should be frequently turned over.

After 4 days remove the saddle from the marinade, rinse and dry it. Then rub the meat with the salt and brown it in hot fat. Put the saddle into a saucepan. Add plums and vegetables from the marinade and also sliced onions. Sprinkle it with strained marinade. Cover the saucepan and put into preheated oven. Roast the meat while frequently pouring marinade over it. After about 1.5 hours take off the lid, sprinkle the roast saddle with flour and roast a little longer. Remove soft roast, cut into slices, put on a platter and keep warm.

Sauce rub through a sieve. Prepare roux using butter and flour. The remaining marinade mix with cinnamon and hawthorn jam and combine with rubbed sauce. Heat up.



INGREDIENTS:

saddle (loin) of wild boar,
1 tablespoon lard,
2 onions,
1 tablespoon flour,
2 cloves of garlic,
1/4 teaspoon ginger,
1 carrot,
1 parsley,
a piece of celery

Marinade:

1 cup red wine,
juice and rind of 1 lemon,
10 allspice berries and 10
pepper berries,
20 juniper berries,
3 cloves,
1 bay leaf,
10-12 dried plums.

Sauce:

3-4 tablespoons hawthorn
or wild rose jam,
a pinch of cinnamon,
1 tablespoon butter,
1 teaspoon flour



**INGREDIENTS:**

800 g of boneless pork loin,
 2 cups of broth of vegetables,
 2 tablespoons of lard,
 some slices of smoked bacon,
 some slices of cheese,
 salt,
 pepper and 1/2 tablespoon
 sage

Pork chop Rózan style

PREPARATION: 1 HOUR

Put washed pork loin on a sieve; scald with boiling water; dry the meat and rub with salt, pepper and sage. Then cut the loin into wide slices which must be tenderized. Season the meat with pepper and salt and put into the pan (without batter). Brown slices of smoked bacon separately and place them on the pork loin. After frying put thick slices of cheese on hot chop. Cheese should melt. Prepared Kurpie chop serve with finely chopped fresh carrot, beets or cabbage.



Pork loin Radziejowice style

PREPARATION: 1 HOUR 30 MIN.

Stew mushrooms in delicate broth of vegetables. At the end of stewing add some raisins to the taste, 1 tablespoon honey and 2-3 dried plums. Season with salt and pepper.

Brown all sides of meat in hot lard. Place the meat into a pan and roast it in the oven for about 1 hour while pouring in with broth or red wine. Soft pork loin cut into slices and pour the sauce over it. The dish taste the best with potatoes, beets and young cabbage.



INGREDIENTS:

0.5 kg of pork loin,
100 g of lard,
2-3 dried plums,
1 tablespoon honey,
some mushrooms (bay boletes,
king boletes),
1 cup of broth of vegetables,
some raisins,
pepper,
salt,
optionaly 1/2 cup dry red wine



**INGREDIENTS:**

2 pickled pork knuckle,
500 g of sauerkraut,
100 g of peas,
2 medium onions,
1 sour apple,
150 g of lard,
pepper,
salt bay leaves,
allspice

Porkshank in cabbage

PREPARATION: 2 HOURS 30 MIN.

Rinse peas and soak them a day before. The next day cook peas until fluffy into the water in which they were soaked. Rinse sauerkraut, chop it into small pieces and stew. Cut the onion into strips, grate apples and combine these ingredients with sauerkraut. Brown the washed and singed pork knuckles in hot lard, all sides. Pour some water and stew about 30 minutes. Prepare a small pan. Put the sauerkraut mixed with other ingredients and peas on its bottom. Add bay leaf and 2-3 allspice berries. Put the meat onto the sauerkraut, season with ground pepper, pour some water, cover the pan and put it into the oven. Roast about 1-2 hours. Serve with potatoes or bread.



**INGREDIENTS:**

500 g of beef or beef loin,
 100 g of smoked bacon,
 1 tablespoon lard,
 1 tablespoon flour,
 a quarter of lemon,
 1-2 cloves of garlic,
 a pinch of sage, 2-3 onions,
 broth or bouillon,
 2 tablespoons thick cream
 (18%-22%),
 finely chopped chives,
 2 tablespoons (spicy) cheese,
 pickled cucumber,
 salt and pepper and grated,
 1 loaf of wholewheat bread

Beef roulades

PREPARATION: 3 HOURS

After removing membranes and tallow from the meat cut it across fibers into slices little finger thick and about 10 cm in diameter. Tenderize each slice and even its surface. Sprinkle a little seasoning. On slices place smoked bacon cut into leaves, cucumber cut into bars and onions. Tightly roll slices up while closing sides. The formed roulades fasten using a pin or wrap it with cotton thread. Coat the roulades with flour and brown it on a frying pan in boiling fat. Put the roulades into a saucepan, sprinkle it with lemon juice, add the onion cut into strips, sprinkle with salt and pepper, pour some bouillon or broth. Stew the whole dish on low heat until soft. While stewing add finely chopped garlic, cream, chives and seasonings. Add salt and pepper to the taste.

Place roulades on a platter, remove pins or threads. Serve with potatoes or buckwheat and salads. The beef roulades look impressive if placed into hollowed wholewheat bread loaf.

Pour the sauce used to stew the meat over the roulades placed on a plate. It may be decorated with fresh spearmint or parsley leaves.



**INGREDIENTS:**

6 eggs, 60 g of minced meat,
10 g of onion,
10 g of butter,
pepper,
salt

Mazovian scrambled eggs

PREPARATION: 15 MIN.

Season some tablespoons of finely chopped meat with pepper and salt. Add also finely chopped onion and fry on a frying pan with a bit of fat, preferably butter. Whisk 6 eggs and pour it over meat. Place the frying pan on a low heat and fry constantly stirring until eggs are set. Then put scrambled eggs into hot bowls and serve with white bread toasts. In Kurpie scrambled eggs are also served into hot pot placed on hot, sauerkraut with sausage.



Liver with bacon

PREPARATION: 40 MIN.

Cut the liver into very thin pieces. Heat the oil on a frying pan and fry the onion with bacon. Then remove them from the frying pan. Increase the heat. Pour some oil into the frying pan and fry liver for 2 minutes on each side. Liver cannot be fried too long as it will be hard.

Decrease the heat and add previously fried bacon with onion to liver. Sprinkle liver with flour and stir to distribute it evenly. Gradually pour broth and stir until the sauce thickens. Season with salt and pepper. Serve the dish with mashed potatoes and vegetables or bread.



INGREDIENTS:

0.5 kg of liver,
150 g of bacon cut into strips,
1 large onion,
2 tablespoons oil,
1 tablespoon flour,
0.3 l of chicken or beef bouillon



**INGREDIENTS:**

Several equal-sized potatoe,
150 g of minced pork,
100 g of pork liver,
1 large onion,
2 cloves of garlic,
salt,
pepper,
100 g of cheese,
oil and butter.

Kurpie delicacy: baked potatoes

PREPARATION: 1.5 HOURS

Wash the potatoes carefully. Cut off thick slice on one side of each potato in order to hollow it. Leave only a thin layer of flesh.

Brown the finely chopped onion in hot oil. Add finely chopped potato flesh, chopped liver, crushed garlic and minced pork to the onion. Fry all these no more than 5 minutes. Finally add chives and season with pepper and salt. Fill the potatoes with prepared stuffing.

Then place potatoes on pieces of greased aluminum foil. Sprinkle them with grated cheese and add small pieces of butter. Wrap potatoes with aluminum foil individually and put them onto a gridle. Close potatoes in a heavily preheated oven for an hour.

Such potatoes are served as a starter. Nevertheless, the larger ones can be a main dish served with salads.



**INGREDIENTS:**

1.5 kg of sauerkraut,
 1/2 kg (small head) of fresh
 white cabbage,
 about 1-1.5 kg fried or stewed
 meat: beef, pork, pork loin,
 poultry etc.,
 200 g of smoked bacon,
 3 large onions,
 some diced up roasted duck
 (bigos is more tasty through
 adding game),
 250 g of sausage and optionally
 diced up ham,
 100 g of dried plums,
 50 g of dried mushrooms,
 50 g of lard, gravy sauce,
 3-4 bay leaves,
 8-10 of pepper and allspice
 berries,
 2 heaped tablespoons cumin,
 peper and salt to the taste,
 possibly 1 cup dry red wine

Bigos (Hunter's stew)

PREPARATION: 3 HOURS

Cut sauerkraut and stew with seasonings until soft. Shred white cabbage, scald with boiling water, stew and combine with sauerkraut. Brown diced up bacon, chopped onion and meat cut into pieces in very hot lard while pouring with gravy sauce and some amount of water if necessary. Add other ingredients: diced up roasted meat with sauce, dried plums (soaked into water for all previous night and cut into strips) and then finely chopped mushrooms, sausage cut into slices and optionally pieces of ham. Mix all ingredients together carefully and season with pepper and salt to the taste. It must be stewed at least 2-3 hours on a low heat while constatly stirring as the dish burns easily.

Bigos should be prepared several days prior to serving and it should be heated up everyday for at least 1-2 hours. Before serving you can add one cup of red wine to very hot bigos. Bigos is a very durable dish. If it was left after a reception it may be put into a stone pot and stored in a cool place. For better preservation, it should be heated up every 2-3 days and stewed for an hour. If repeatedly heated up the bigos become more and more tasty.

People say that 'bigos is the best when it was almost disappeared'.



**INGREDIENTS:**

- 4 large,
hard pears,
- 1 teaspoon grape juice,
- 1 glass red wine,
- a pinch of sugar,
- 2 cloves of garlic,
- 8-10 pieces of chicken liver,
- 1 onion,
- 2 tablespoons of butter,
- 1 tablespoon of breadcrumbs,
- 2 eggs,
- salt,
- pepper,
- 1 teaspoon dried basil and 1
teaspoon tarragon

Pears in red wine

PREPARATION: 45 MIN.

Cut washed and dried liver into very fine pieces. Similarly do with the onion which is then to be lightly browned in melted butter (one table-spoon) on a low heat. Add liver to the onion and fry while constantly stirring. Add two yolks to the liver and mix together carefully on a low heat. Beat egg whites stiff and add to liver. Sprinkle the whole with very fine breadcrumbs.

Add crushed cloves of garlic. Peel and core pears and then sprinkle them with wine vinegar. Rub the hollowed pears with crushed garlic and then put stuffing into them. Put the fruits into casserole. Pour red wine over it and roast in the preheated oven for about 30 minutes.

Pears in red wine are served as a hot starter.





**INGREDIENTS:**

1 kg of potatoes,
 about 3/4 kg wheat or rye flour,
 200 g of cottage cheese,
 fried bacon,
 salt to the taste

Potato dumpling with cottage cheese and cracklings

PREPARATION: 15 MIN.

Grate potatoes and combine with flour carefully and season with salt. Since the water is not removed from grated potatoes the mass can absorb a large amount of flour. The dough should be thick to the extent that it should allow to be stirred with a table-spoon, however it should resist at the same time (like thick dough for racuchy (mini pancakes with fruits)). People say that the consistency of dough should be such that you can easily throw it against the wall but you do not need rub it off with difficulty afterwards. Then put the dough on the board and roll it out to the thickness of a finger. Detach pieces of dough using table-spoon. Put individual pieces into boiling water and wait until they come to the surface.

Noodles should be served hot with fat and sprinkled with crumbled cottage cheese. They may be also served with bigos, fried eggs or the mushroom soup. The potato noodles with duck blood soup (czernina) were dinner dish typical of Sunday afternoons in the Mazovian peasant farmstead.



Roasted potato sausage

PREPARATION: 45 MIN.

Grate potatoes finely. Dice up the fatback and brown it with onion. Then combine it with grated potatoes, add eggs and flour, season with salt and pepper. Stuff the pork intestine with such a stuffing. Scald in hot water for an hour. Serve with a set of salads and bread with lard.



INGREDIENTS:

2 kg of potatoes,
0.5 kg of fatback,
1 onion,
2 eggs,
2 tablespoons flour,
salt,
pepper,
cleaned pork large intestine –
about 0.4 kg



**INGREDIENTS:**

2 kg of potatoes,
0.5 kg of bacon (or 300 g of
bacon and 200 g of smoked
sausage),
3 eggs,
1 onion,
3 cloves of garlic,
1 cup cream 22%,
pepper and salt,
fat to grease a baking pan.

Siedlce potato cake

PREPARATION: 3 HOURS

Wash potatoes, peel them and then grate (if too much water remove it using a sieve). Dice up bacon finely. Peel and chop the onion and crush garlic. Brown the bacon with onion in the heated frying pan. Split cracklings in half. Set one part aside and the second one put into potato dough together with fat. Add eggs, garlic, salt and pepper. Then mix dough carefully. Put potato dough into the baking pan greased with fat. The layer of the dough should be 5 cm thick.

Place the baking pan into preheated oven and bake it for 1-2 hours depending on thickness of dough until you can see that the surface is very browned. Cut baked and hot potato cake into portions, sprinkle them with cracklings and pour cream.

The potato cake may be served with cooled sour milk or buttermilk.



Ostrołęka rejbak

PREPARATION: 1 HOUR

Grate raw potatoes. Add flour and eggs. Cut cooked pork, backfat, smoked bacon, sausage and onion finely and fry together in a frying pan. Add fried ingredients to grated potatoes, season to the taste and mix carefully. Put the dough into a baking pan greased with lard and sprinkled with breadcrumbs. Place the baking pan into hot oven. Bake rejbak for about 40 minutes.

Serve rejbak hot with browned smoked bacon or with fresh cabbage salad or sauerkraut. Cold buttermilk or sour milk go perfectly with rejbak.



INGREDIENTS:

3 kg potatoes,
0.5 kg of cooked pork,
0.5 kg of smoked bacon,
300 g of sausage,
200 g of backfat,
1 large onion,
3 eggs,
100 g of flour,
1 tablespoon of potato starch,
breadcrumbs and lard,
salt,
pepper



**INGREDIENTS:****Stuffing:**

- 1/2 cup medium-sized pearl barley,
- 6 large potatoes,
- 150 g of smoked bacon or sausage,
- pepper,
- salt

Dough:

- 1/2 kg of flour,
- 1 cup warm water,
- a pinch of salt

Narew style dumplings

PREPARATION: 1 HOUR

Cook pearl barley until fluffy. Grate potatoes finely. Dice up bacon or sausage finely and brown it. Combine slightly cooled down pearl barley with grated potatoes, fried bacon or sausage (together with fat) and season stuffing with salt and pepper. Then, fry stuffing in a frying pan with small amount of fat to produce well-packed mass (potatoes cannot be raw). Leave the stuffing to cool down.

Sift flour through a sieve, add salt and carefully knead dough on pastry board gradually adding hot water. Roll dough out, cut circle slices out using, for instance a cup and put stuffing into it. Scrimp edges of slices together. Put dumplings into boiling, salted water. Cook them about 2 minutes after it come into the surface and remove from the pan using a slotted spoon.

Serve the Narew dumplings with fried bacon or sausage and fat. They are also delicious with sauerkraut or sour milk.



Sauerkraut and mushrooms dumplings

PREPARATION: 45 MIN.

Pour small amount water over washed mushrooms and cook them until soft. Remove them from water and drain them. Then cut them finely. Throw finely chopped sauerkraut into the mushroom stock and stew it until it is soft and water evaporated. Put mushrooms and sauerkraut into finely chopped and lightly browned onion. The stuffing must be slightly fried. Knead the dough. Then roll it out and cut circle slices. Put stuffing onto it. Crimp edges of the slices together. Cook dumplings in salted water.

Serve dumplings preferably with melted butter. They may also be browned.



INGREDIENTS:

Stuffing:

900 g of sauerkraut,
2 handfuls of dried mushrooms,
50 g of onion,
olive oil,
salt and pepper

Dough:

350 g of flour,
1 egg,
1 cup warm water



**INGREDIENTS:****Stuffing:**

dried mushrooms (boletes),
sauerkraut,
onion,
herbs,
bay leaf,
salt,
pepper,
bacon,
olive oil for frying

Dough:

350 g of flour,
1 egg,
30 g of yeast,
1 cup warm water.

Peasant dumpling (Klepiskowy pieróg)

PREPARATION: 1 HOUR

Knead yeast dough (prepare it according to the classical recipe) and leave to rise. Make stuffing of dried mushrooms and sauerkraut. Soak mushrooms in water and then rinse them. Drain sauerkraut and cook with mushrooms until soft. Add slightly browned onion, herbs, bay leaf, pepper and salt to the taste. When stuffing is ready drain it and cool it down. Knead the risen yeast dough once again. Then roll it out and form pancakes the size of saucer. Chop stuffing and wrap it in dough while forming a dumpling. Fry the dumpling until it is browned. Serve with cracklings or fried bacon.



Saffron milk cap in butter

PREPARATION: 2 HOURS

Saffron milk cap mushrooms have many advantages and only one disadvantage: they are not good for transport. Therefore they are extremely rare delicacy on tables. The best way to prepare them is by frying them in butter exclusively.

Rinse and drain mushrooms. Cut off stipes and place the mushroom on the frying pan with the gills up in heated butter. Flip them over after a few minutes. Initially the mushrooms give out juice, but wait until the butter is clear again and turns intensely orange. At this moment sprinkle them with salt and serve them directly from the pan.



INGREDIENTS:

1 kg of saffron milk cap,
50 g of butter,
salt



**INGREDIENTS:****Stuffing:**

2 cups millet,
a handful of dried mushrooms,
about 250 g of raw bacon and
backfat,
about 1/2 kg of sauerkraut
'straight from the barrel',
salt and pepper to the taste

Dough:

2 kg of flour,
4-5 tablespoons oil,
50 g of yeast,
1 teaspoon sugar,
a large pinch of salt.

Mazovian savoury pie (Sójki mazowieckie)

PREPARATION: 1 HOUR 45 MIN.

Cramble yeast, add sugar and warm water and leave in a warm place until the mixture 'rises'. Then put it into flour mixed with oil and salt. Knead the dough long time and carefully until it does not stick to your hand anymore.

It is worth prepare stuffing somewhat sooner. Cook millet until fluffy. Soak mushrooms in water for the night and then cook them. After they cool down cut them into fine strips and sprinkle with water used to soak and cook them. Drain sauerkraut, chop it and fry with diced up bacon and backfat. Combine all ingredients together, stew them and season with salt and pepper to the taste.

Roll the dough out and cut circle or square slices. Put stuffing into slices, crimp dumplings hard and bake them in oven. For the better visual effect, before placing sójki (dumplings) into the oven coat them with scrambled egg. It will give them a shiny look.

Low-yeasty dumplings (rolls) with sauerkraut, millet and mushrooms are traditional baking in east Mazovia. On winter Christmas evenings 'sójki' (dumplings) were served with dried fruit compote with the addition of thyme and linden tree flower, sweetened with honey.



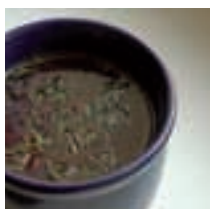
**INGREDIENTS:**

250 g of wholewheat bread,
 5 g of yeast,
 1 lemon or citric acid,
 4 l of water,
 200-250 g of sugar,
 4 one-liter thick glass bottles

Kvass

PREPARATION: 24 HOURS

Pour boiling water over dried and crumbled wholewheat bread and leave for several hours. After it cools drain it with a sieve and then add sugar, dissolved yeast and lemon juice. Leave it for 24 hours and then pour it into bottles and close tight. Keep the bottles in a cool place for three days.

**INGREDIENTS:**

1 kg of red beet,
 2 slices of wholewheat bread,
 2 cloves of garlic,
 2.5 l of boiled warm water,
 a bunch of dill

Beet sour

PREPARATION: 24 HOURS

Cut peeled and washed beetroots into fine slice. Put them into a large jar and pour it with water. Add slices of wholewheat bread and cloves of garlic cut through. Cover the jar with gauze and leave it in a warm place for 4-5 days. In the meantime take off the foam from the surface. Then strain the beet sour through the thick gauze. Pour it into bottles or jars and close tight.

The beet sour is a valued beverage which quenches your thirst and contains elements and vitamins valuable for the health. You may put a teaspoon of fresh dill into the glass before you drink it.

Fresh fruit compote

PREPARATION: 15 MIN.

The preparation of the beverage is simple. To make compote select only ripe fruit as it has best flavor and aroma. Wash them carefully, remove any stalks, stem etc. Remove stones from cherries, sweet cherries and plumes; core apples or pears. Boil water with sugar and a clove. Put fruit into water and keep cooking. Make sure the fruit does not overcook; apples or pear need shorter cooking, while sweet cherries, rhubarb, dried plums need long cooking... In winter you can use frozen fruit to prepare the compote.

Compotes made of mixed fruits taste best. Preferably combine dark fruit with brite one, for instance, gooseberries and strawberries. A compote prepared this way can successfully compete with unhealthy carbonated drinks.



INGREDIENTS:

400 g of fresh fruits,
5 heaped tablespoons sugar to the taste,
2 liters of water,
a piece of vanilla pod,
1 clove

**INGREDIENTS:****1st version of the Kurpie
Kozicowe beer:**

1 l of honey,
0.5 kg of dried juniper berries,
1.5 cup sugar,
300 g yeast,
hops,
10 l of water

**2nd version of the Kurpie
Kozicowe beer:**

1 kg of dried juniper berries,
9 l of water,
1 kg of sugar,
decoction of dried hops
(10 g of hops per every liter
of water),
yeast,
honey,
raisins

Kozicowe beer

PREPARATION: 3 HOURS

1st version of the Kurpie Kozicowe beer:

Boil water and cool it down. Grind juniper berries or crush it in a mortar; pour with water, add hops and cook for about 3 hours on low heat. Strain suspension, add cooled water sweetened with sugar. Finally add honey and yeast. The beverage pour into bottles close it tight and leave for 24 hours in a warm place. Then the beer needs to be cooled. Serve cold.

2nd version of the Kurpie Kozicowe beer:

Grind juniper berries and scald with boiling water; leave for several hours; strain it and combine with 9 liters of water with sugar. Cook the mixture while removing foam. Combine this with a decoction of dried hops, cool the liquid and then add yeast, honey and raisins. Leave it for about 2-3 days.

The beer is served well chilled in earthenware pots with handles.

This is the original drink called *kozicak* or in Kurpi-an 'piwo kozicowe' (*Kozicowe beer*)



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