
POLAND/GREEK

KITCHEN



POLAND

KITCHEN



Pierogi

01

Wash the meat and then cut it into large cubes. Peel the vegetables and cut them into smaller pieces. In a hot pot, fry the meat, then add vegetables, mushrooms and spices - leaf, herb and pepper. Fry for a while on high heat.

Pour the whole thing with 700 milliliters of water, add Knorr Beef Bouillon and stew until the meat is tender. Remove the meat and vegetables from the broth and cool.

Scald the cabbage for a while in boiling water, then drain the water and add fresh water - we do so so that the cabbage is not too sour. Boil the cabbage, when it is soft, squeeze it.

Pass the cooled meat with vegetables and cabbage through a meat grinder. Season to taste with salt and pepper and mix.

Knead the dumpling dough from flour, water and salt, then roll it out thinly and cut circles with a glass. Put a spoonful of filling on each one.

Pinch the edges of the dough tightly so that the filling does not come out. Cook the formed dumplings by dropping them into salted boiling water, about 3 minutes from the moment they float to the surface. Serve with greaves and onions. Garnish with parsley leaves.

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- wheat flour 1 cup
 - Knorr beef broth 1 piece
 - water 0.7 cups
 - salt 0.5 tsp
 - beef and pork meat 300 grams
 - greens 1 bunch
 - onion 2 pieces
 - sauerkraut 200 grams
 - dried mushrooms 3 pieces
 - bay leaf 3 pieces
 - allspice 3 grains
 - 3 grain black pepper
 - salt 1 pinch
 - oil for frying 30 milliliters

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Boil the broth or broth with the addition of smoked ribs or bones cut into 2 - 3 parts or bacon cut into 4 parts. Cook for about 20 minutes.

Add the raw white sausage, reduce the heat and simmer for about 20 minutes.

Add sour rye soup and cook for about 10 minutes. In the meantime, add the marjoram and garlic prepared as follows: put the unpeeled garlic on a small pan and roast it for about 10 minutes, then gently crush it.

Remove the soup from the fire. Add the cream and season with salt and pepper if needed.

Remove the sausage from the soup, cut it into slices, put it back into the pot with the soup (you can bake part of the sausage as described below).

02

Żurek

Serve sour rye soup with boiled egg and bread.

- 1.5 liters of broth or meat stock
- 400 g smoked pork ribs or bones or smoked or steamed bacon
- 500 g of raw white sausage
- 500 ml of sour soup (sour rye soup, sourdough starter) from a bottle
- 2 tablespoons of dried marjoram
- 1 clove of garlic
- 6 tablespoons of cream 18% or 30% (for soups and sauces)

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Bigos

03

Cut the meat into cubes. Dice the onion and fry it in oil in a large pot. Add the meat and fry it thoroughly.

Pour 2 cups of hot broth or water with salt and pepper, bring to a boil. Then add the broken dried mushrooms, cover, reduce the heat and cook for about 45 minutes.

Add bay leaf, allspice, cumin, marjoram, plum jam or chopped plums, peeled and diced apple and mix.

Add squeezed sauerkraut and pour a glass of water, mix. Cover and cook for about 15 minutes.

Peel the sausage from the skin, cut into cubes and fry in a pan. Add to the cabbage and cook for about 30 minutes. At the end add tomato paste.

Fry the flour in a dry frying pan, when it starts to brown, add a tablespoon of butter and stir until the butter melts.

Keeping the pan on fire, gradually add a few tablespoons of cabbage, stirring all the time. Transfer the contents of the pan back to the pot, stir and bring to a boil.

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- 500 g of pork (e.g. neck)
 - 200 g of sausage
 - 1 onion
 - 2 tablespoons of vegetable oil
 - 3 cups of broth or water
 - 30 g dried boletus
 - 2 tablespoons of plum jam or a few prunes
 - 1 apple (e.g. reneta or antonówka) - optional
 - 1 kg of sauerkraut
 - 1 tablespoon of tomato paste
 - 1 tablespoon of flour
 - 1 tablespoon of butter

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Use a sharp knife to cut off the white thread from the outside of the meat. Cut into 4 slices. Place on a board and thoroughly pound into thin fillets (they can be large, the size of half a plate). It is best to use a special pestle with a metal cover with an embossed grid to break up the meat.

Soak the fillets in milk with the addition of salt and pepper (possibly with the addition of a few slices of onion) for about 2 hours or longer if you have time (you can also leave it to soak overnight).

Remove the fillets from the milk and pat them dry with paper towels. Season with salt (not too much, because the milk brine was already salted) and pepper, roll in flour, then in beaten egg, and finally in breadcrumbs.

Heat clarified butter (approx. 1/2 cm layer) or lard in a frying pan. Fry 2 cutlets in batches, over a higher heat, 2 minutes on each side. Then reduce the heat and fry for about 3 more minutes on each side. Wipe the pan with a paper towel and repeat with the next batch in fresh fat.

04

Schabowy

- 600 g boneless pork loin
- salt and pepper
- for soaking: milk
- for coating: 2 tablespoons of flour, 2 eggs, 5 tablespoons of breadcrumbs
- for frying: 6 tablespoons of clarified butter or lard

Drain the fried pork chops on a paper towel and serve with potatoes and cabbage or cucumber salad.

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Cut the tomatoes into quarters, remove the stalks, then cut into even smaller pieces.

Peel the cucumbers (you can leave strips of green skin in places), cut in half lengthwise and then into thicker half-slices.

Slice the onion thinly. Cut the olives into halves.

Put all the ingredients in one larger salad bowl or in 4 smaller ones, season with freshly ground pepper.

Put slices of feta cheese on top. Sprinkle with dried oregano and drizzle with olive oil. You can season with salt, but the feta cheese is already quite salty.

05

Salad

- 2 tomatoes
- 4 field cucumbers or 2 greenhouse cucumbers
- 1/2 red onion
- 1/2 cup of black olives
- 250 g of original Greek feta cheese
- 4 teaspoons dried oregano
- 4 tbsp extra virgin olive oil
- freshly ground pepper

GREEK KITCHEN



06

Musaka

Ingredients:

- 2 large eggplants
- 400 g minced meat (lamb, beef or beef and pork)
- 3 medium potatoes
- big onion
- 4 cloves of garlic
- 300 g of fresh tomatoes
- hard cheese to grate
- spices: oregano, thyme, rosemary, salt and pepper
- oil for frying

Ingredients for the béchamel sauce:

- 50 g of butter
- 3 tablespoons of flour
- 500 ml of milk
- pinch of nutmeg
- salt

Wash the eggplants and cut them into slices about 1 cm thick. Pour them with water with lemon juice (so they don't turn black), salt and set aside for half an hour.

In the meantime, prepare the remaining ingredients: peel and cut the potatoes into slices, put them in a bowl of water to get rid of excess starch. Cut the onion into small cubes, squeeze the garlic in a juicer. Scald the tomatoes, remove the skin and dice them as well.

Heat the oil in a pan, add the onion and sauté. Then put the minced meat, add garlic, season with rosemary, thyme, oregano, salt and pepper, mix. Fry until the meat is lightly browned, add chopped tomatoes and mix again. If the tomatoes are not very juicy, you can add a little tomato puree. Then remove the pan from the heat and set aside.

In another pan (preferably a grill pan), heat a little olive oil and spread it thoroughly over the surface. Put the eggplant slices (previously rinsed and dried) and fry them briefly on each side. The pan should be well heated, and the oil should be very little - we want short frying and that the eggplants do not "drink" too much fat, and they absorb it very well. Fry the chopped potatoes in a similar way to the eggplant. You can also pat the vegetables dry on a piece of paper towel.

Prepare the béchamel sauce:

Melt the butter in a saucepan (on low heat). Add the flour and mix until the ingredients are completely combined.

Stirring constantly, slowly pour in the milk.

Cook the sauce for 3-4 minutes, stirring constantly and being careful not to burn it.

Season with nutmeg, salt and pepper to taste.

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07

Souvlaki

Prepare the marinade from the lemon zest and juice, 1 onion cut into feathers, thyme, oregano, smoked paprika, cumin, salt, pepper and olive oil.

Cut the cleaned meat into cubes, which are then placed in a bowl with the marinade. The lamb should marinate for at least 2 hours.

Dice the pepper without the core, and dice the other onion. After removing the meat from the marinade, add the second onion to it, stir.

Line the baking mold with aluminum and place a layer of onion along with the marinade.

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- ½ kg leg of lamb,
 - 2 onions,
 - 1 green pepper,
 - juice of one lemon,
 - peel of one lemon,
 - 1 teaspoon of thyme,
 - 1 teaspoon of oregano,
 - ½ teaspoon of smoked paprika,
 - 1 teaspoon of cumin,
 - ½ teaspoon of salt,
 - ½ teaspoon freshly ground black pepper,
 - 5 tablespoons of olive oil.

Stuff the meat and peppers on the skewers, then place the still raw sliders on the onion.

Bake Greek skewers for 20-25 minutes in an oven preheated to 220°C.

GREEK KUCHNIA



o8

Baklava

- 1 package of phyllo dough
- 20 grams of walnuts
- 20 dag of almonds (but here you can use peanuts or pistachios instead) or 10 dag of almonds and 10 dag of pistachios)
- half a glass of sugar
- 2 teaspoons of cinnamon
- optional: half a teaspoon of cardamom
- melted butter or olive oil to spread the sheets of dough

Syrup;

- 1 cup of sugar
- 1 cup of water
- zest and juice of a whole large lemon

Line a rectangular pan with baking paper.

In a bowl, mix the cinnamon nuts and half a cup of sugar, optional. cardamom.

On the baking sheet gently! lay out the first sheet of phyllo dough, if it is torn, nothing will be visible, brush with fat and sprinkle with nuts from the bowl - spread the sheet with fat and cover the nuts with it. Brush again with a brush (each sheet should be smeared on both sides) and again nuts, and so on until the ingredients are used up and nuts should be on top. My filo pastry has 7 sheets. and to the bakery 150 degrees about half an hour. If the sides are browned, it means it's done.

When it cools down, cut it into diamonds and pour hot syrup on it, when it cools down, put it in the fridge and it's best the next day when the syrup solidifies on the baklava.

Syrup, boil all ingredients together. When we put the cake on the plate, we additionally pour the syrup from the bottom of the cake.