

CHRISTMAS

Christmas is a special time in Poland. Nowhere else in the world is there a tradition of twelve dishes on the Christmas Eve table...

That's why the preparations for Christmas start early. One can make plenty of foods ahead of time and freeze them or take advantage of the atmosphere and prepare everything from scratch.



Some of the most common Polish Christmas traditions are:

- The Christmas Eve table is set for one extra person, just in case somebody unexpectedly comes over. This symbolizes that fact that Joseph and Maria were also knocking on strangers doors, asking for shelter.
- Straw is put under the table cloth.
- Wigilia (vigil night)– the supper before Christmas day – starts usually at 6 pm, when the first star appears on the sky.
- Usually the head of the house reads a passage from the Bible about the night Jesus was born and then the “oplatek” sharing begins.
- Sharing the “oplatek” (Christmas wafer) with the family and wishing each other all best.
- 12 different dishes are served during the “wigilia” – vigil night. No meat is served, only fish, mostly carp made in all possible ways.
- The Christmas tree is decorated on Christmas Eve.
- Polish people go to Church on Christmas day (25th of Dec.), not on the 24th as for example in Germany. The midnight mass (Pasterka) is very popular, as it starts at midnight, therefore counting as December 25 th.
- 25th is a holiday to be celebrated with the family. No cooking or cleaning is done, just leftovers from the feast from night before.
- In Poland the 26th of December is also a holiday. The Holy Family is celebrated on this day.

BEETROOT SOUP

Tradition says that who eats beetroot will live long and stay beautiful.
In Poland on the Christmas Eve beetroot soup is served with dumplings



INGREDIENTS:

1kg beets
very sour apple
carrots
parsley
a piece of celery
4-5 cloves of garlic
onion
lemon juice
5-6 dried mushrooms

PREPARATION

Wash mushrooms and pour water. Boil for about one hour in the same water. Wash, peel and cut vegetables and add chopped apple and garlic cloves. Pour 2 liters of water and add 1 spoon of salt and cook approximately 30 minutes. Add the lemon juice and put in the fridge until the next day. Before serving warm it up, add a cup of broth with mushrooms, add salt, sugar, lemon juice and pepper to taste.

Anna Kryszkowska class 1c

HERRING IN VINEGAR

INGREDIENTS :

- herring fillets
- oil
- sugar
- water
- vinegar
- salt
- pepper
- bay leaf
- spices



TRADITION:

This is one of the twelve dishes on the table on Christmas Eve.(*)
On Christmas Eve we do not eat meat, so there are a lot of fish dishes.(**)

Weronika Lesniewicz class 1c



MAKIEŁKI



Polish Christmas Recipe



INGREDIENTS

- 50 grams of poppy
- 25 grams of butter
- 30 grams of dried fruits (raisins, nuts, almonds, orange peel, apricots, figs, dates)
- 3 eggs (separate yolks and whites)
- one lemon peel
- 0.5 liter of milk
- some sugar
- 3 tablespoons of honey



COOKING INSTRUCTION



Rinse Poppy thoroughly in water then sieve and drain. Transfer to cold water, allow to soak for about 24 hours. Blanch, drain and grind three times in a meat grinder. Melt butter and pour it into hot poppy. Add egg yolks, honey, crushed almonds and lemon zest. Season with sugar and mix. Rolls tear into small pieces, pour the warm milk. When softened, add the poppy seeds. Beat up the whites and gently mix ground poppy. Put everything into a bowl, let it cool down. Cold "makiełki" put on platter, garnish with walnuts figs and dates.

Tradition

Noodles with poppy seed, honey, nuts and raisins also known as Makiełki are a very typical dish on Christmas tables all over Poland.

FRIED CARP



Ingredients:

- 4 pieces of carp
- flour
- 2 eggs
- oil for frying
- breadcrumbs
- salt & pepper



Tradition: Polish are eating this meal during Christmas. The fried carp is one of 12 dishes on Christmas table.

Recipe:

1. Season the pieces of carp with a bit of salt and pepper.
2. Roll every piece in the flour, then roll them in eggs.
3. Sprinkle the pieces of the carp with breadcrumbs.
4. Fry them on the frying pan.
5. When they are ready, you can lay them on the plate.

Olga Jarłowiecka
class 1c

POPPY SEED CAKE

Ingredients:

- wheat flour
- milk
- butter
- eggs
- yeast
- raisins
- sugar
- oil
- salt
- vanilla sugar
- POPPY seed
- nuts

Recipe:

-Dough:

Dissolve yeast with sugar and milk and wait 15 minutes. Add other ingredients and knead the dough, at the end add dissolved butter. Allow to rise in a warm place.

-Mass of POPPY:

Boil poppy seed in water. Wait for cooling down and grind. Add other ingredients and mix. Divide the cake, roll up, put POPPY mass on and wrap up. Bake in the oven in the temperature of 180 degrees for 30 minutes.

-Tradition: Poppy seed cake is a traditional dish for Christmas. It is present on Christmas table in every house.



Marta Cendalska class 1c

COMPOTE OF DRIED FRUIT

Ingredients:

- mixed dried fruit (apples, pears, plums, apricots..)
- sugar
- a few pieces of cinnamon

Preparation:

Drain dried fruit thoroughly washed in warm water and put into a dish, pour boiled, cooled water and leave for several hours. When the fruit soften, put them into the saucepan, add sugar and cinnamon and cook slowly until tender in water. Pour compote into a bowl.

Tradition:

Dried fruit compote is a traditional Polish Christmas dish.



MUSHROOM SOUP

Ingredients:

dried mushrooms, onion, cream, salt, pepper, 2-3 stock cubes and wheat flour.

Preparation:

Put clean dried mushrooms to cold water and leave them for 2 hours, then boil them for 25 minutes.

Then, cut mushrooms and onion to slices and fry; after 2 minutes we sprinkle little bit with wheat flour. Then put 2-3 stock cubes, mushrooms and onion to water and boil for 20 minutes. In the end put a little bit of cream. Enjoy!

Tradition:

It's a traditional dish, in Poland we eat this soup on Christmas Eve.

Olga Magnuszewska class 1b



FISH SOUP

Ingredients:

- fish heads
- semolina
- spice

How to make it:

You must put fish heads into the pot, you pour some water. You must cook it . Take out fish heads and then thicken with semolina. Now you can finish or you can put there some spices like pepper. Now your soup is ready. Enjoy your meal!

Tradition:

In Poland we eat fish soup on Christmas Eve and this is one of the twelve traditional dishes.



EASTER

The tradition of Easter celebrations in Poland are as old and elaborate as Christmas celebrations and they involve a lot of preparation and Easter customs. The picture below is of a typical Easter basket, which will be blessed by the local Priest on Easter Saturday and eaten by the family on Easter Sunday.



The "blessing basket" is one of the unique Easter traditions in Poland. The blessing basket is prepared the Saturday before Easter Sunday. The basket, stashed with colored eggs, bread, cake, salt, paper and white colored sausages, is taken to the church to have it blessed. This tradition stems from the belief that the Great Lent, which is the forty day fast before Easter, is not over until the basket has been blessed.



The family breakfast on Easter Sunday morning is an important part of Polish Easter celebration. On the breakfast table, each of the participants wishes the others of the family good luck and happiness. The table is decorated with green leaves and a sugar lamb may be placed as a centre-piece. Sharing a boiled egg with ones relatives is a national tradition of Poland on Easter breakfast table. A piece of egg with salt and pepper, sanctified by priest, is a vital item on this occasion.

The Easter cuisine is not as rich as that at Christmas, nevertheless there are some specialties we can be proud of.

LIVER PATE

Ingredients:

1. 1 small onion
2. 2 cut cloves of garlic, a bunch of fresh sage
3. 0.5 kg of purified chicken livers with a handful of raisins port
4. 6 slices of Parma ham, salt, PEPPER, sugar
5. 2 cubes of butter



How to do it:



Boil raisins in port until they are bulky. Put the butter into the pan and dissolve them slowly over low heat. At the top will create a white foam, which should be removed, and the bottom drops to the water with minor impurities. Pour gently into a separate vessel, pure fat, which collects the water. Heated clarified butter to throw a handful of sage leaves, lightly fry. Pour into the pan with a generous spoonful of butter, glaze onion and garlic, add the livers. Fry them to a small fire, slowly, add a lot of freshly ground pepper. When livers browned on the outside, increase the gas and pour port, evaporate over high heat. Fry until the blood in liver will cut off, but only as long as it is still pink in the middle. Remove from pan and cool. In

blender mix livers, add ham to taste, salt, pepper and sage leaves a lot. Finally stir in raisins soaked in port wine. Small, individual dishes fill the pate, pour over top of warm sage butter. With the lid with butter, pate will not be darkened. We eat it traditionally on Easter Sunday.

Filip Bielat class 2a

EASTER CREAM SOUP

Ingredients:

- 300 grams of white sausage one onion (below)
- 80 grams of smoked bacon 2 spoons of grated horseradish some dried mushrooms
- 2 boiled eggs 150 ml of 36% sour cream
- 1 spoon of oil
- 2 spoons of marjoram, half a spoon of caraway, garlic, salt, black minced pepper
- 2 glasses of sourdough (recipe below)



Sourdough:

- $\frac{3}{4}$ glass of rye flour 2-3 cloves of garlic
- 2 glasses of warm, boiled water 1 thick slice of black bread

Easter Sour Soup recipe:

Wash the mushrooms and keep them in water for about 30 minutes. Cut the onion in two, brown it on a frying pan from both sides until you get a gold color. Then, put it in a pot, add mushrooms and pour in two glasses of water. When it boils, add sausage and bacon. After 15 minutes remove the sausage. Cook the rest for another 25 minutes. Then, add in sourdough filtered by sieve, add horseradish, marjoram, caraway, pepper and salt, cook it, and at the end white with sour cream. On the dishes, put the sausage and eggs cut in parts, and pour soup in.

We eat this soup on Easter Sunday or Monday.

Piotr Włodarczyk class 1b



BIGOS – CABBAGE STEW

Ingredients:

- 2 kg of cabbage.
- 0.5 kg of fresh bacon.
- 0.5 kg pork neck or shoulders.
- 0.5 kg of sausage
- 20 ounces sausage juniper.
- 30 ounces button mushrooms or dried mushrooms.
- 4 pieces of dried plums (pitted).
allspice, bay leaves, pepper, salt.
- 2 onions.
- 1 jar of tomato paste



Preparation:

Cabbage, cover with water, add the allspice, bay leaves. Meat fry in fat, cut into cubes, add to cabbage. Sausage, diced onion and fry together with the fat, add the cabbage. Add the sliced mushrooms or dried mushrooms, soaked and cooked before the water in which the wetting and plums. Simmer stew over low heat, at the end of cooking add the tomato paste, stir well and season to taste with salt and pepper.

Tradition

It's traditionally eaten on Easter

Marysia Wosiek 2a

TATAR SAUCE

Ingredients:

- 2 yolk
- 3 tablespoons white wine vinegar
- 1 spoon dijon mustard
- 200 ml of vegetable oil
- 1 tablespoon chopped capers
- 1 tablespoon chopped gherkins
- 4 green olives, chopped
- 1 red onion, chopped
- 1 tablespoon chopped parsley
- lemon juice



How to do it?

Mix together egg yolks, mustard and vinegar. Very slowly add oil, stirring gently, until you get thick mayonnaise. Season with salt and pepper. Add the lemon juice. Add onions, gherkins, capers, parsley and olives to the mayonnaise and mix.

Tradition

We eat this on Easter Sunday. Tatar Sauce we eat with breaded fish.

Michał Kmieciak class 2a

