

Polish cuisine from the Middle Ages to the 19th century

The Polish cuisine in the Middle Ages was based on dishes made of agricultural produce (millet, rye, wheat), meats of wild and farm animals and fruits, herbs and local spices. It was known above all from abundant salt using and permanent presence of groats. A high calorific value of dishes and drinking the beer as a basic drink (unlike the wine spread in south and west Europe) was typical of Middle Ages Polish cuisine. A beer and a mead were most popular drink for a lot of time, but with time an expensive wine, imported mainly from Silesia and Hungary appeared. Medieval chronicles describe Polish cuisine as very pungent, using large amounts of the meat and groats. Indeed, medieval Polish cuisine applied prodigious seasonings amounts (when compared with other countries of Europe), mainly pepper, nutmeg and juniper. Thanks to close trade relations between Poland and countries of the Orient, prices of spices were lower in Poland than in many other countries. Up to today's times mentions of aromatic, dense and very spicy Polish sauces behaved ('jucha szara' and 'jucha czerwona', nowadays unknown). Apart from that balm, the turnip and pea were common. What's interesting in the Middle Ages a flatware wasn't used at all.

Old Polish cuisine – tastes and ingredients

The Old Polish cuisine – the oldest and most traditional one – specializes in mealy and cereal dishes (dumplings, kasha, pierogi), products of sylvan fleece (mushrooms, fruits, herbs), pork (including cold cooked meats and sausages), freshwater fishes, game, baking (bread, cakes), desserts, vodka and fruit liqueurs. Many kinds of soup and stock made from local vegetables, fruits, cereal crops and meat products are typical of the Polish cuisine.

Spices typical for polish food are horseradish, dill, juniper, pepper, sour cream, curd cheese. Among vegetables and fruits: beetroots, cucumbers, cabbage, apples, cherries, blueberries, gooseberry and other Central-European are typical, and in history also wild plants like the sorrel, young beet green, dandelions or stinging nettles.

Vegetables with high nutritional value, which can be stored during winter, play the great role (pea, the broad bean, kohlrabi, or the turnip). Sometimes in the winter period food was enriched with nuts, while forage for farm animals with acorns. Typical fruits in the Polish cuisine these are apples and fruits of the forest, as well as plums, pears, morello cherries, unknown in the Northern Europe cherries, gooseberry and currants. Poles use these fruits up till today in dishes, desserts, baking, fruit liqueurs as well as compotes, specific plum jam and preserves.

Pork was peculiary popular meat in Poland. Pigs were grazed in forests and people willingly took advantage of the wild sylvan game, as a source of meat too. Therefore the meats typical of the Old Polish cuisine are dishes of the pork, the poultry and the various game – from rabbit or birds to roe deer or wild boars.

Typical tastes of Old Polish cuisine it salty, lightly fermented or marinated (e.g. dill pickles, cabbage, sour milk, kvass), as well as moderately pungent (the horseradish, the mustard, chives, onion, garlic and the overseas pepper), spicy and herbal (juniper, overseas nutmeg, anise, caraway), slightly tart (the sour cream, the cabbage and dill pickles) and sour-sweet (got typically with apples, cranberries or other fruits added to food). Widely applied and typical spices in Polish and Slavic kitchen are a dill and a poppy, and once also a flaxseed.

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Sauerkraut (/ ' s əʊ. ə r k r ə ʊ t /; German: ['zau̯ɐ̯kʁaʊt] ()), lit. "sour cabbage") is finely cut raw cabbage that has been fermented by various lactic acid bacteria. It has a long shelf life and a distinctive sour flavour, both of which result from the lactic acid formed when the bacteria ferment the sugars in the cabbage leaves

Red beets are very popular in Polish cuisine. They are used for variety of dishes. A very popular is red beet soup called Borscht. It is popular not only in Poland but also in Ukraine and in Russia. There are also different types of borscht. Some are clear and some are dense like vegetable soups because they use the pieces of beetroot or the red beets' stem and leaves. Red beets are good for salads and as a spicy side dish for meat.

Pierogi (/pɪˈroʊɡi/ *pih-ROH-ghee*^[note 1]) are filled dumplings of Central and Eastern European origin, made by wrapping unleavened dough around savory or sweet filling and cooking in boiling water, or pan-frying. Pierogi which consist of noodle dough and have to be cooked in boiling water are associated with the Central and Eastern European kitchens where they are considered national dishes, especially in Poland. Pierogi are popular in West Slavic (Polish, Slovak), Hungarian, East Slavic (Belarusian, Ukrainian and Russian), some Baltic (Latvian and Lithuanian) and other Central and Eastern European cuisines, where they are known under their local names. Typical fillings include potato, sauerkraut, ground meat, cheese and fruits. The dumplings may be served with a topping, such as melted butter, sour cream or fried onion, or a combination of those ingredi-

The **Polish Boy** is a sausage sandwich native to Cleveland, Ohio. It consists of a link of kielbasa placed in a bun, and covered with a layer of french fries, a layer of barbecue sauce or hot sauce, and a layer of coleslaw. While the sausage is typically grilled, some establishments will quickly deep fry the sausage after grilling and prior to assembling the sandwich. While Polish Boys can be found at various establishments throughout Cleveland, a popular place is Freddie's Southern Style Rib House, known for their southern style barbecue sauce.

Gołąbki [ɡɔˈwɔmpki] is the Polish name of a dish popular in cuisines of Central Europe, made from boiled cabbage leaves wrapped around a filling of minced pork or beef, chopped onions, and rice or barley. *Gołąbki* is the plural form of *gołąbek*, the diminutive form of *gołąb*, meaning "pigeon", referring to the roll's shape. Gołąbki are often served during the Christmas season and on festive occasions such as weddings. They are also a featured dish for family reunions amongst Polish Americans.^[3] An alternative to the dish are Jewish holishkes, served on Sukkot and Simchat Torah.

Polish Hałuski (hah-WOOSS-kee) is a comfort-food dish that means different things to different people. We make it with onion and cabbage slowly sautéed in lots of butter, mixed with al dente-cooked 1/2-inch-wide noodles. Hałuski dumplings are made with a potato dough that is sometimes mixed with dry curd cheese or drained cottage cheese. Others add chopped smoked kielbasa or ham, or ground pork and sour cream. It's a versatile dish that can be a side or main course. Hałuski is a good candidate for a potluck, buffet, game day or anytime a casserole is just the ticket.

5 Reasons to fall in love with Polish food!

1. Poland has a Michelin star, street food and chocolate festivals
2. Polish food can be vegetarian, vegan and gluten free too
3. Traditional Polish food will keep you warm in the winter
4. Polish cuisine as taken influence from many global cuisines

Milk=Mieko Oil=Olej Meat=Mieso Bread=Chleb
Noodle=Makaron Salt & Pepper=sol & Pieprz Fish=Ryba
Eggs=jajka Flour=Maka Cheese=Ser
Yogurt=jogurt Sausage = Kielbasa



Atlantic Food Items

- #00027 Sauerkraut Balls .75 oz (Connoisseur) 4/4 lb
- #07720 Shredded Sauerkraut (Silver Fleet) 5 gal
- #01341 Retail Sauerkraut (Willie's) 12/2 lb
- #01316 Delikut Sauerkraut (Hermann) 5 gal
- #01317 Delikut Sauerkraut (Hermann) 1/2 gal

- #16135 Sauerkraut (Schwartz) 4/1 gal
- #07515 Potato & 3 Cheese Pierogi (Old World) 6/2 lb
- #16057 Potato & Cheese Pierogi (Krusinski's) 10 lb
- #02141 Potato w/Cheese Pierogi (Mrs. T's) 4/6 lb
- #15879 Kielbasa Smoke Rope (Eckrich) 6/42 oz
- #15283 Kielbasa Smoked Link 8.5 oz (SVB) 10 lb avg
- #17985 Kielbasa Rope Polska (Eckrich) 1/42 oz
- #05078 Kielbasa Link 4-1 (Kent Foods) 10 lb
- #04467 Fresh Red Beets 25 lb
- #18079 Sliced Beets 6/#10

