



Let's eat together



***Polish calendar
2011***

Gimnazjum w Janikowie



BIGOS

Ingredients:

1/2 medium green cabbage, 1 liter jar of sauerkraut, 1 medium can of tomato paste, 1/2 lbs (half of kilo) bacon, 1 lbs pork, 1 lbs (Polish) kielbasa, 1 large onion pimento, bay leaf, salt, pepper

Preparation:

Chop and boil cabbage in a pot with a gal water. Boil sauerkraut in a separate pot with 2 cups of water until cooked. Chop pork meat. Heat some oil on a saucepan and fry the meat until cooked. Cut bacon and kielbasa also in small squares. Peel and chop the onion. Fry bacon, kielbasa and onion together in a separate pan until golden brown.

Combine in a tall pot all precooked ingredients. Add tomato paste, and spices.

Mix well and leave to stew for about 1 hour.

January 2011

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ZUPA POMIDOROWA
(TOMATO SOUP)

Ingredients:

8 tomatoes, coarsely chopped, 1 large onion, sliced, 2 tsp butter, 1 cup water, 5 cups beef broth or chicken broth, 2 tsp instant flour, 1/4 cup cold water, salt, 1/2 tsp sugar, 1/2 cup sour cream, 1 tsp fresh dill, chopped

Preparation:

Place the tomatoes, onions, butter and 1 cup water in a sauce pan and cook until the vegetables are soft. Rub mixture through a sieve or food mill. Place in a soup pot, add broth and heat. Combine flour and 1/4 cup cold water, add to the soup. Add salt to taste and sugar and bring to a boil. Remove from heat, add sour cream and dill. Serve with cooked rice or croutons.

February 2011

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SAŁATKA WARZYWNA
(VEGETABLE SALAD)

Ingredients:

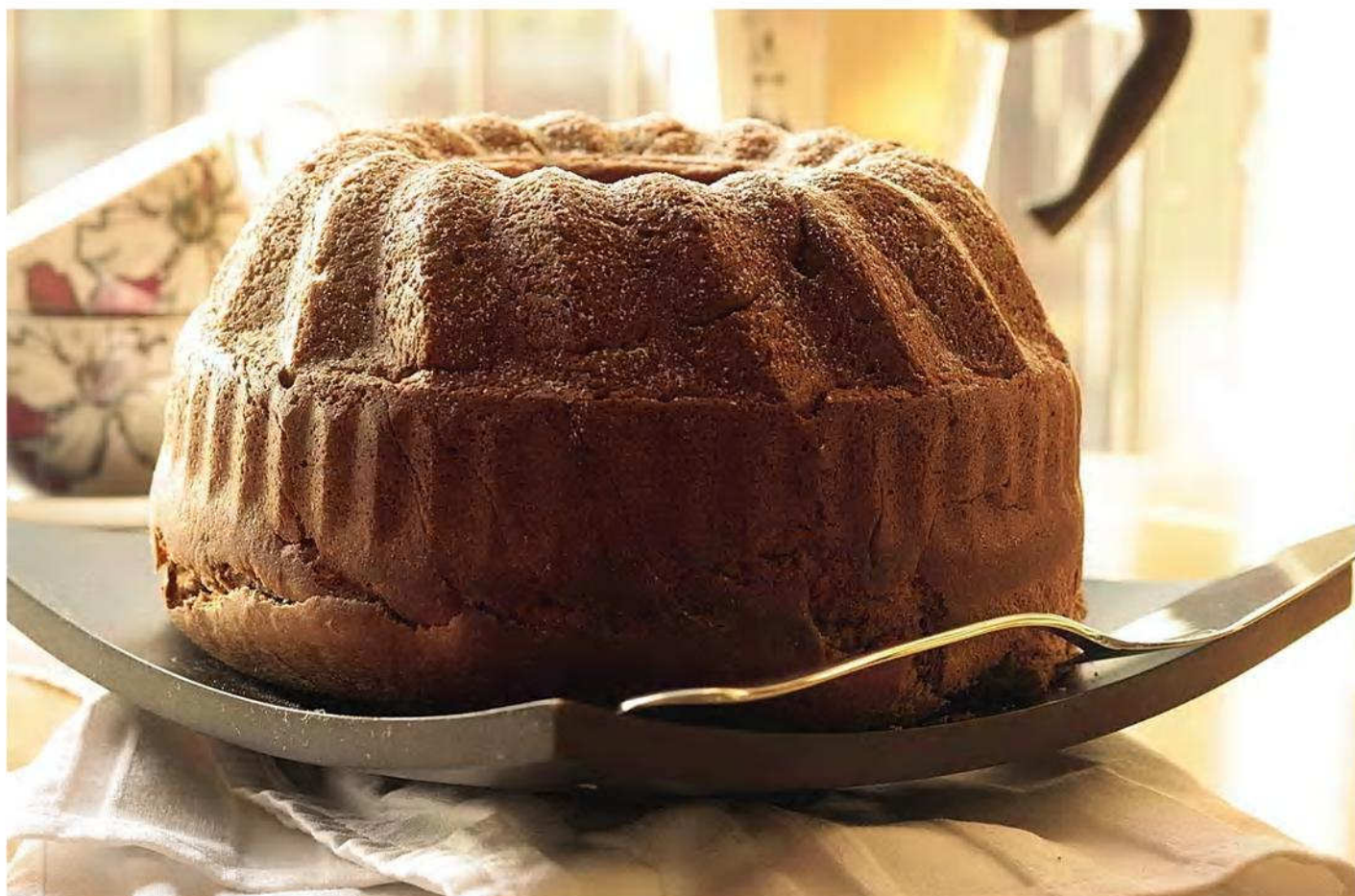
1 kilo of boiled potatoes, 500 grams of boiled carrots, 2 boiled parsley-roots, 1 small boiled celery, 5 pickled cucumbers, 5 boiled eggs, some salt and pepper, some mayonnaise

Preparation:

Cut everything into very small pieces, put into a big bowl, add some salt, pepper and mayonnaise to combine all the ingredients. It's ready to eat but keep it in a fridge.

March 2011

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>	<i>Sat</i>	<i>Sun</i>
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BABKA - CAKE

Ingredients:

200 gramms butter, 1 tablespoon butter, 1/4 cups sugar, 4 eggs, 3 tsp baking powder, 1 1/2 cups flour, 1/8 tsp salt, 1/8 tsp vanilla extract or rum extract, 1/2 cup raisins

Preparation:

Preheat oven to 350°F. Grease and flour a cake pan. Cream butter and sugar together. Combine flour and baking powder. Resume beating while gradually the eggs alternating with the flour mixture. Add salt, extract and raisins and mix well. Place dough in prepared pan and bake 50-60 minutes. Remove from pan when cool and dust with confectioner's sugar or glaze with lucre.

April 2011

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RUSKIE PIEROGI
(COTTAGE CHEESE DUMPLINGS)

Ingredients:

2 1/2 cups flour, 1 egg, 1/2 teaspoon salt, 2 teaspoons oil, 3/4 cup warm water

Filling:

couple of tablespoons grated onion, a few cups cold mashed potatoes,
200 grams of white/farmer's cheese, some butter, salt and pepper

Preparation:

Cook onion in butter until soft. Add to potatoes and cheese, season and mix well.
Mix flour and salt in a bowl. Add egg, oil and water to make a medium soft dough.
Knead on floured board. Roll dough thin. Cut out round pieces with open end of glass.
Put some filling in the middle and fold in half to make a semi-circle. Press edges together
firmly ensuring no holes or filling are at the edges. Cook 3-4 minutes by putting
a few into rapidly boiling salted water and some oil.

May 2011

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ROSÓŁ
(CHICKEN SOUP)

Ingredients:

1 chicken or pieces of chicken, 2 lbs. beef round steak, trimmed of fat, optional, 2 leeks, 2 or 3 carrots, 2 parsley roots or 1/2 bunch parsley, 1/4 celery root or 4 ribs celery, chopped fresh parsley, 1 tsp. Vegeta, black and salt pepper to taste, 1 pkg. angel hair pasta,

Preparation:

Trim fat from chicken, but do not remove skin. Wash chicken. Fill a 4-quart or larger pot with water to about 6" from the top. Bring water to a boil, then add chicken pieces and beef. Reduce heat to a simmer. Add leeks, carrots, parsley and celery. Add Vegeta and pepper and salt to taste. Increase heat; bring ingredients to a rolling boil.

Reduce heat simmer 1 to 2 hours, until meat is tender.

June 2011

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OGÓRKI KISZONE
(BRINED DILL PICKLES)

Ingredients:

4 lbs of cucumbers, 3 stalks of pickling dill, 4 1" slivers of horseradish root, half of a horseradish root, 5 buds of garlic, 3 cherry tree leaves, 6 cups water, 3 tablespoons salt

Preparation:

Wash pickling cucumbers and place them on the bottom of a well-scrubbed, pre-scalded earthenware crock or gallon glass jar. Cover with 3 stalks of mature pickling dill, 3 to 4 1" long slivers of horseradish root, half a horseradish leaf, 5 buds of garlic and 2-3 cherry-tree leaves. In pot combine 6 c water with 3 T salt. Bring to boil and remove from heat, pour the warm brine over the cucumbers to cover. Place a scalded, inverted dinner plate or other dish over the cucumbers to keep them submerged and weight it down. Pickles will be ready in 10 days.

July 2011

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KOMPOT
 (HOMEMADE JUICE MADE OF FRESH OR FROZEN FRUIT)

Ingredients:
 500 grams of fresh or frozen fruit,
 2 litres of water, some sugar

Preparation:
 Boil water add fruit (you can mix different kind of fruit), add some sugar to make it sweet. Boil for 15-20 minutes. You can drink it hot, cool or cold.

August 2011

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SAŁATKA ŚLEDZIOWA (HERRING SALAD)

Ingredients:

4 salty herrings, 2 big onions, 5 pickled cucumbers
100 ml of cooking oil, 3 boiled potatoes, pepper

Preparation:

Cut herrings into 2 cm pieces, chop onions and cucumbers, dice potatoes, mix everything in a bowl, give some pepper and pour with cooking oil. Keep in the fridge.

September 2011

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SMALEC
(LARD SPREAD)

Ingredients

2 ¼ lbs white pork fat, 1 tablespoon salt, 1 onion, 1 apple,
3 cloves fresh garlic, 1 tsp marjoram

Preparation:

Dice 2-1/4 lbs white pork fatback (słonina) and render in frying pan until pale golden. Add 1 T salt, 1 finely diced onion, 1 cooking apple (peeled, cored and diced) and 2-3 cloves finely chopped garlic. Simmer until fatback nuggets turn a deep golden. Remove from heat, add 1 t marjoram. Stir. When cooled to room temperature, transfer to jar or crockery container and refrigerate. Serve spread on bread.

October 2011

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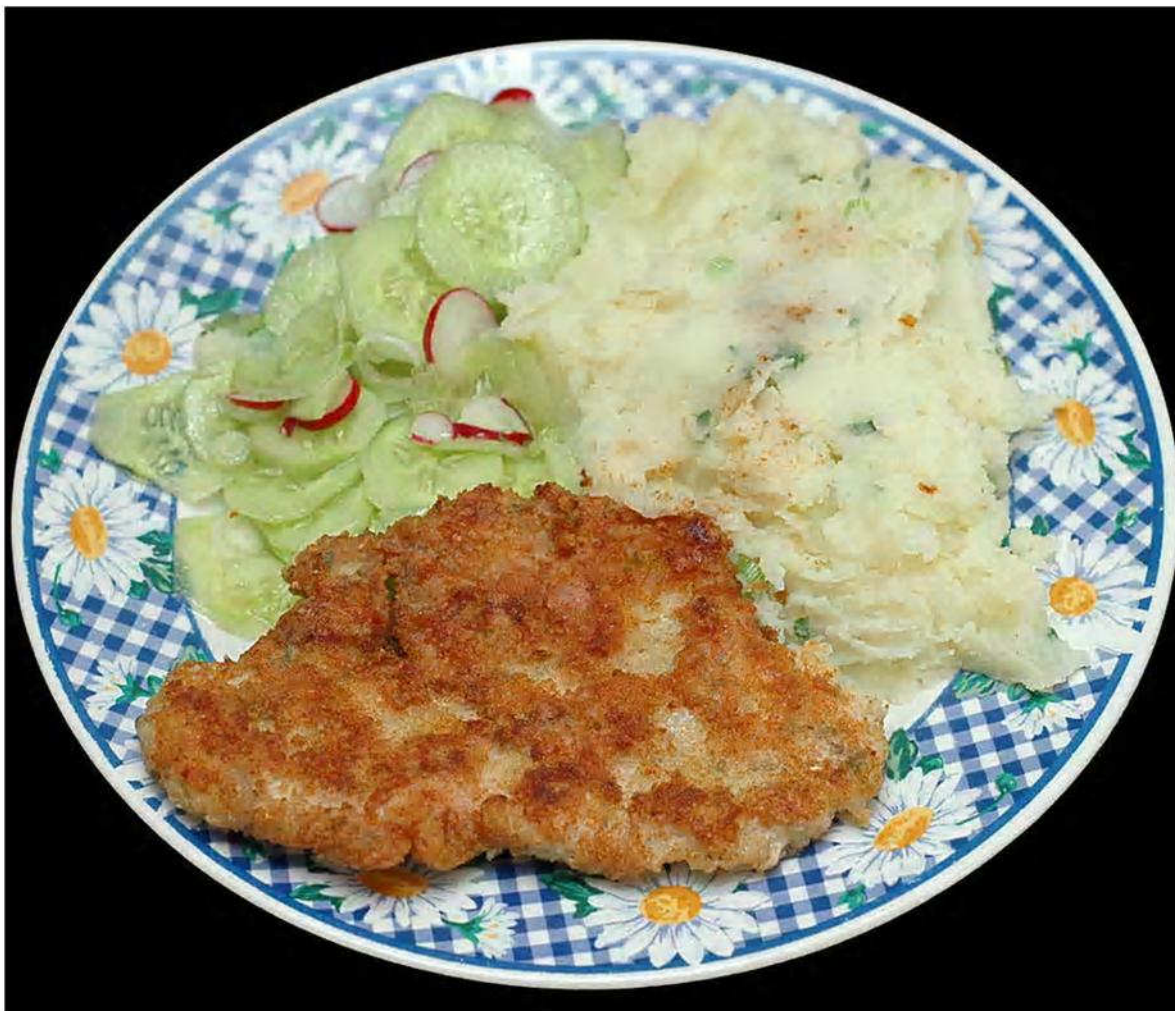
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**KOTLET SCHABOWY
(BREADED PORK CUTLETS)**

Ingredients:

4 boneless center-cut pork chops or 1-pound pork tenderloin, salt and black pepper
all-purpose flour, 1 large egg beaten with 1 teaspoon water, bread crumbs

Preparation:

If using chops, trim off fat and gristle. If using tenderloin, trim off fat, remove silver skin and cut into 4 equal pieces. Pound pork between two pieces of plastic wrap to 1/4-inch thickness. Season both sides with salt and pepper. Dredge in flour, then egg, then bread. Heat shortening or oil to a depth of 1 inch in a large skillet. Fry one at a time by placing cutlets top side down into the pan. Fry 5 to 7 minutes per side until golden.

November 2011

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BARSZCZ CZERWONY
(BEETROOT SOUP)

Ingredients:

beetroot (about 1kg), a couple of litres of meat or vegetable stock,
2 garlic cloves, beetroot concentrate, majoram, salt, pepper

Preparation:

Peel and chop beetroot roughly into chunks the size of large dice.
Add to soup stock. Add garlic, crushed. Cover and boil until the beetroot
is soft. Add beetroot concentrate, about a 1/4 litre and taste.
Add majoram, salt and pepper.

December 2011

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