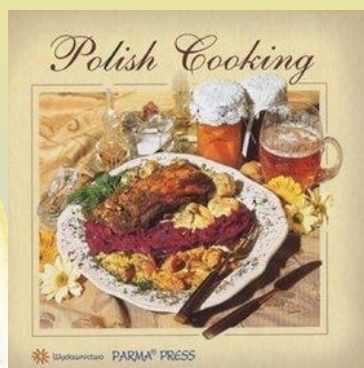
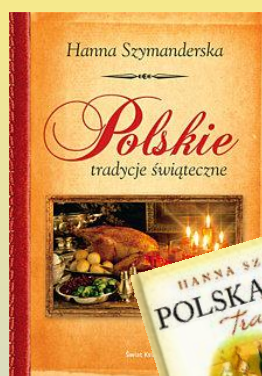




# Polish Traditions and Recipes



**September 2012 - August 2013**



**Zespół Szkół Ogólnokształcących Nr 1 STO – Warszawa - Poland**

# Wrzesień - September



September

2012

Mo	Tu	We	Th	Fr	Sa	Su
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17	18	19	20	21	22	23
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# WORLD MUSIC

in Warsaw 23-29/09/2012

ORIENT  
Inspirations

The Cross-Culture Warsaw Festival, initiated by the city's authorities in 2005, is a presentation of the most interesting phenomena within the field of world culture and music. It is one of the biggest events of such kind in Poland, as well as in Central and Eastern Europe. During the past seven years of its existence, the Festival has become a permanent element of the multicultural landscape of Warsaw, building its character and prestige and gathering its own loyal audience. Over 150 individual artists and groups from over 50 countries have presented their art within the Festival so far.

The main idea and mission of the Festival is to make Warsaw citizens and visitors open to the cultural variety of modern world. The Festival organizers would like it to be like Warsaw and the world we live in - more open and responsive to both cultural and artistic stimuli and finally interested in others and interesting for them in return.

The journey into the most interesting musical regions is accompanied by music workshops with world-class masters, documentary screenings, exhibitions and special programmes for children.

## Cross-Culture Warsaw Festival



## Oscypek

is smoked cheese made of salted sheep milk in the Polish Tatra Mountains.

Oscypek is a protected trade name.

You can eat it cold or hot (grilled and served with cranberries).

### Ingredients:

1 oscypek (if you cannot get oscypek you can use any salty and smoked sheep cheese)

### Preparation:

- Cut oscypek into 1 cm slices.
- Heat your frying pan
- Fry the slices on both sides, until they start melting and turning gold.
- Put the slices of cheese on warm plates and serve quickly with lingoberry or cranberry jam on top of each slice.

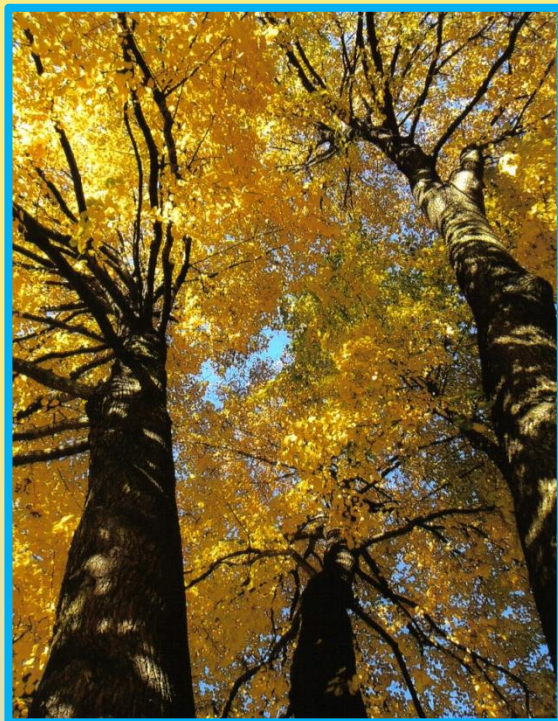


You can also grill oscypek in your oven on a baking tray.

If you like bacon, it is also possible to roll a slice of oscypek into a thin rasher of bacon and grill it until bacon becomes crispy.



# Październik - October



October

2012

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15	16	17	18	19	20	21
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29	30	31				

**October is dedicated to the Holy Rosary**



Do you like the rosaries made by our students?

# Teachers' Day

## Dzień Nauczyciela

**On the 14<sup>th</sup> October  
in Poland we celebrate Teachers' Day**



This day is the anniversary of the creation of the Commission for the National Education, established in 1773 on the initiative of King Stanisław August Poniatowski.



# Drożdżowe ciasto

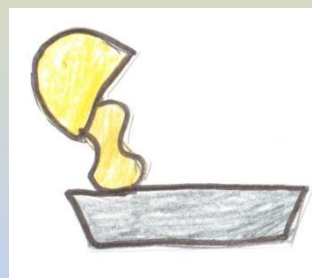
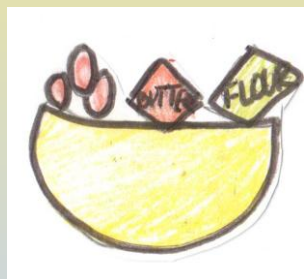


## Ingredients:

500 g flour  
150 g butter  
40 g yeast  
4 eggs  
1 glassfull milk  
 $\frac{1}{2}$  glassfull sugar

## Recipe:

- Mix sugar, milk and yeast
- Add eggs, butter, flour and mix
- Dough must stay 1 hour
- Pour a dough into a pan and put it into a warm oven
- It is ready to eat after 1 hour
- It is delicious with jam



# Yeast dough

# Listopad - November



1st - All Saints' Day  
2nd - All Souls' Day



November

2012

Mo	Tu	We	Th	Fr	Sa	Su
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19	20	21	22	23	24	25
26	27	28	29	30		





11<sup>th</sup> November

**National Independence Day**



# Andrzejki – St Andrew's Eve

In Polish tradition the 30<sup>th</sup> November - the day before the feast of St Andrew - has long been associated with fortune-telling games. It is especially suitable for magic that would reveal a young woman's future husband.

## Some of St Andrew's Eve fortune-tellings:

- **Pouring of hot wax through a hole in the key into cold water in a bowl.** Traditionally the melted wax is poured in a thin stream through the hole of large, old-fashion key which is said to unlock the future. On contact with cold water the wax immediately hardens. The shape itself or the shadow it casts when held up to a source of light is said to predict one's matrimonial future. The shape may resemble someone's head, the first letter of a name etc.
- **Shoe line.** All the eligible girls take off their left shoes and place them near a wall. The shoes should be lined up heel-to-toe towards the nearest door. The girl whose shoe crosses the threshold first is expected to marry the earliest.
- **Pot game.** It is prepared in advance by the hosts. Each girl taking part is led individually to a series of pots placed upside down on a table. Various objects said to predict the girl's future are concealed under each one of them. For instance, a ring (symbolizing imminent marriage), a baby toy (pregnancy), a rosary (becoming a nun), apron (housewife), money (career woman) etc. The first container the girl points to is said to reveal what the future holds in store for her.
- Some women put pieces of paper (on which they had written names of potential husbands) under the pillow, after having woken up they take one out, it is supposed to reveal the name of their future husband.



# Placki ziemniaczane

## Ingredients:

- 6 medium peeled and finely grated potatoes
- 1 medium finely grated onion
- 2 large eggs
- salt and pepper
- about 1/4 cup plain flour



## Preparation:

- Mix potatoes, onion, eggs, salt and pepper.
- Add enough flour to bind the mixture together
- In a large, heavy skillet set over medium-high heat, add enough vegetable oil to come to a depth of 1/4 inch. Heat until hot, but not smoking.
- Drop tablespoons of potato mixture into skillet and spread out to a 3-inch circle, about 1/4-inch thick. Fry until brown on the bottom (don't turn until the pancake is brown or it will stick), about 3 to 5 minutes, reducing the heat to medium, if needed, to prevent burning.
- Turn the pancake and fry the other side 3 to 5 minutes or until golden brown and crisp. Drain on paper towels. Serve with granulated sugar or sour cream.

# Potato pancakes

# Grudzień - December



December

2012

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## Roraty – Advent Dawn Mass

Masses at Dawn 'Roraty' are celebrated in December.

These votive Masses are dedicated to the Virgin Mary.

The churchgoers bring beautiful, frequently handmade lanterns.

## Mikołajki – St Nicholas Day

St Nicholas Day is celebrated on the 6<sup>th</sup> of December. In Christian tradition this particular day is dedicated to Nicholas of Myra who was the 4<sup>th</sup> century saint. On the 6<sup>th</sup> December St Nicholas brings presents to Polish children. These are usually sweets or gifts. Quite frequently the grownups exchange presents as well.

In Poland children find sweets and small gifts under their pillows or in their shoes the morning of the 6<sup>th</sup> December.

St Nicholas Day is also celebrated in numerous schools. Students and teachers alike exchange small gifts with a given person, which is done by drawing lots.





# Boże Narodzenie Christmas

In Poland traditional Christmas Eve Supper is celebrated on the 24<sup>th</sup> December. It is a special time. People travel long distances to be with their family.

**Traditional Christmas-Eve Supper begins when the first star can be seen in the sky. All children look for the star.**



- ✧ Women cook traditional dishes.
- ✧ There should be 12 dishes served on Christmas Eve: mushroom soup, herring in oil, carp in jelly, borsch, *pierogi*-dumplings with cabbage and mushrooms, *kompot*-dried fruit juice - mainly plums, fruit cake, poppy seed cake, gingerbread...
- ✧ Men's task is to buy and bring home the Christmas Tree.
  - ✧ There is often a nativity scene placed underneath the Christmas Tree.
  - ✧ The tradition is that under the tablecloth there is some hay.
  - ✧ On the table people put a wafer, they share it and exchange best wishes with everyone sitting at the table.
  - ✧ There is always an empty chair and plate for an unexpected guest.
- ✧ Underneath the Christmas Tree there should be presents for everyone in the family.
  - ✧ At midnight many people in Poland go to church for a very special Mass.



## Poppy seed cake



### Ingredients:

½ l vegetable soup  
dried mushrooms  
sour cream  
salt, pepper  
noodles prepared in advance

### Preparation:

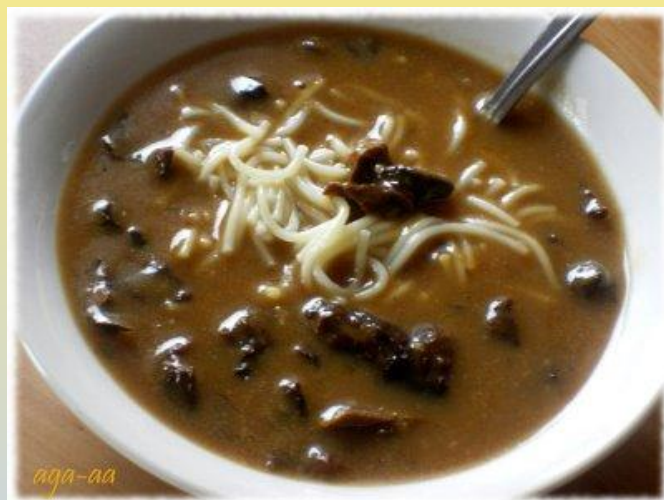
Soak the mushrooms with cold water for 3 hours, cook in the same water adding chopped onion. Combine vegetable soup with mushroom stock. Add sour cream, salt and pepper to taste. Serve with noodles.



## Gingerbread



## Mushroom soup



## Herring in oil

### Ingredients

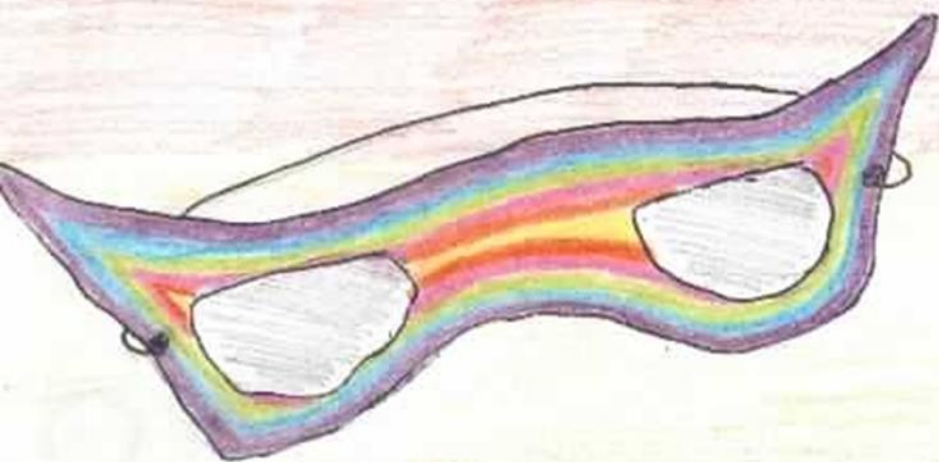
- ☐ fillets of herrings
- ☐ onion
- ☐ oil

### Preparation

- ☐ chop the fillets of herring to small pieces
- ☐ chop the onion
- ☐ put the herrings into a glass vessel and then cover herrings with onion
- ☐ pour the oil and add some pepper, bay leaf, all spice and some drops of wine vinegar
- ☐ wait for 24 h and you can eat this traditional Polisk dish

# Styczeń - January

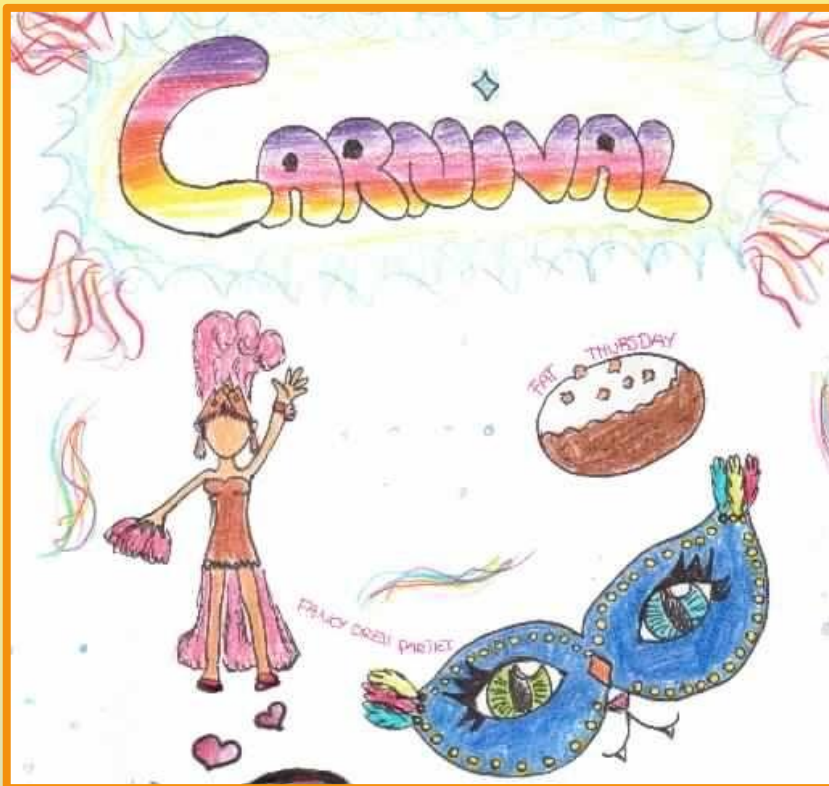
# CARNIVAL



JANUARY 2013

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**In the old days of Poland Carnival was a time of huntings, weddings and balls.**

**People organized horse rides with sleighs („kulig”).**

**Today it is time of parties. People have colourful costumes. At schools there are also fancy dress parties.**

**We really love them.**



# Faworki – „Angel Wings”



Traditional Polish  
sweet, crispy, fried pastry  
in the shape of thin, twisted ribbons,  
sprinkled with Caster sugar.

They are eaten in Poland during  
Carnival.

## Ingredients:

2 eggs

½ tbsp salt

4 tbsp sugar

1 tbsp cream

1 tbsp butter

1 cup flour

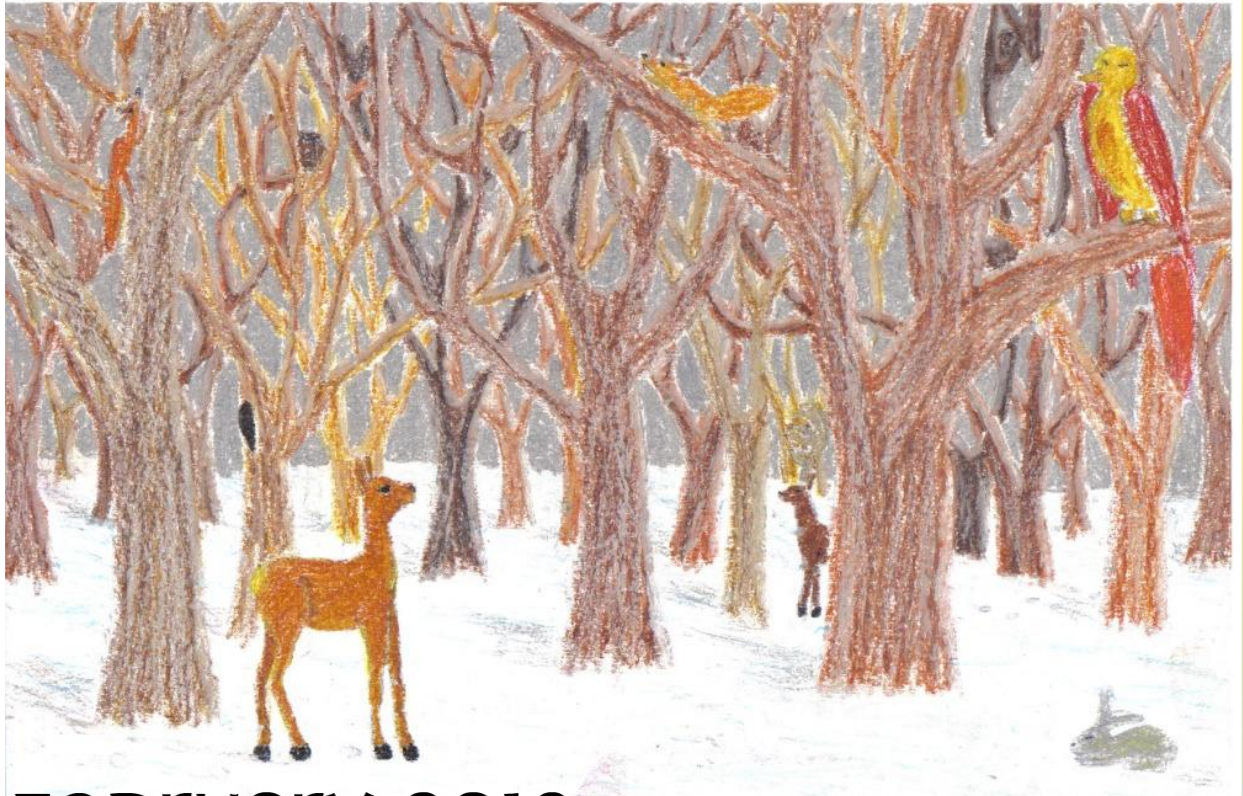
almond extract

- Beat eggs with salt
- Add sugar, cream, butter and almond extract
- Knead until smooth and firm
- Cut and fry in hot fat until light brown





# Luty - February



FEBRUARY 2013

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## Walentynki St Valentine's Day

Although St Valentine's Day has been celebrated across Europe since the Middle Ages, it became popular in Poland in the 1990's.

There are some Poles who criticise celebrating St Valentine's Day as they believe it does not constitute a part of Polish culture and seems to supplant familiar traditions. St Valentine's Day is also criticised for being too commercial, however, it has become tremendously popular amongst the youth who have developed a strong liking of exchanging Valentine's cards.

## Popielec Ash Wednesday



The Carnival is ended by the Ash Wednesday. On that day many Polish people go to church and priests sprinkle ash on their heads. Ash Wednesday marks the beginning of the Lent .

# Tłusty Czwartek - Fat Thursday

- the last Thursday before Lent

It is a day dedicated to eating. People meet in their homes or cafés with their friends and relatives and eat large quantities of 'pączki' (jam doughnuts filled with rose marmalade).



## Pączki - Doughnuts

¾ l of milk  
100 g butter  
1 ½ kg plain flour  
6-10 eggs  
5 tbsp sugar  
vanilla sugar  
alcohol  
100 g yeast  
orange extract  
candied orange peel



Bring milk to boil adding the butter. Add ½ kg of flour and stir until you obtain custard-like texture. Whisk the egg whites with sugar, vanilla sugar and the egg yolks. Combine the orange extract, candied orange peel and alcohol. Dilute the yeast in ¼ l of lukewarm milk. Add eggs, yeast mixture and the remaining flour to the custard-like dough. Knead the dough and then leave it in a warm place. After a while form dough balls, filling them with marmalade and set aside.

Deep fry your jam doughnuts until golden, then blot with kitchen paper and sprinkle with caster sugar.



# Marzec



# March



## MARCH 2013

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# Niedziela Palmowa



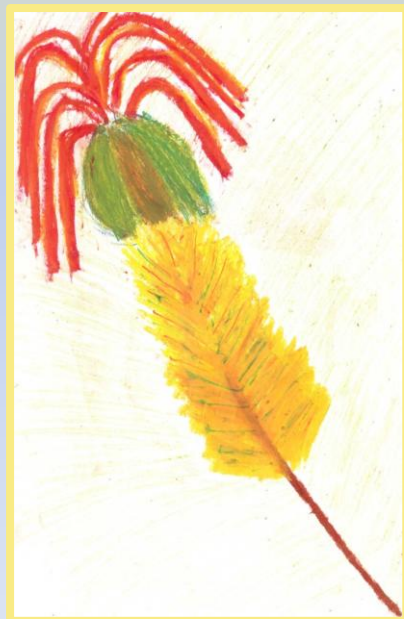
## Palm Sunday

has been celebrated in Poland since the Middle Ages.  
Making Easter palms is an interesting Polish tradition.

In Kurpie region the palms reach the high  
of dozen or so meters.

Polish palms are usually decorated with catkins  
and flowers made of crepe paper.

The congregation members bring palms to church.  
The palms are a symbol of a new life.







## Stuffed Eggs

### Ingredients

eggs, dill, chives or parsley, butter, salt, pepper, tomato paste

### How to make them

- Hard boil eggs, cool them and cut into halves
- Take out the yolks and mix them with butter
- Add salt and pepper
- Mix the yolks with chopped chive and tomato paste or mashed spinach
- Fill the egg halves with this paste
- Serve chilled.



# Kwiecień - April



april 2013

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## Święconka

Blessing of the Easter baskets on Easter Saturday, is one of the most enduring and beloved Polish traditions.

Baskets containing a sampling of Easter foods are brought to church to be blessed on Easter Saturday. The basket is traditionally lined with a white linen napkin, decorated with sprigs of boxwood, typical Easter evergreen in Poland. Poles take special pride in preparing a decorative and tasteful basket. Observing the creativity of other parishioners is one of the joys of the event. The 'Blessing of the Food' is, however, a festive occasion. The blessing prayers are connected with the various contents of the baskets such as: meat, eggs, salt and bread. The priest then sprinkles the individual baskets with holy water. The food in the baskets have a symbolic meaning. The food blessed in church remains untouched until Sunday morning when Polish families have their Easter Breakfast.



In many Polish homes 'żurek' soup is traditional food eaten during Easter holidays. This dish is very nutritious and quite lavish. Oftentimes, Polish 'żurek' is dished up in a special hollowed out loaf of bread (see photo below). 'Żurek' is almost always served with hard-boiled eggs and special white sausage.



There are as many recipes for 'żurek' as there are regions of Poland. It is made differently in Krakow (with vegetables) than in Kielce, Podlasie and elsewhere. The essential and common ingredient is the leaven made of fermented rye flour with a piece of whole-meal bread crust.

**Ingredients:** 100 g of whole-wheat rye flour, 250 g of carrot, leek and parsley, 200 g of white sausage, water, salt, flour, garlic, marjoram. **Allow the flour to sour in the water for a few days. Cook a stock from mixed vegetables, strain, add sour flour liquid (żur), spice with flour, bring to boil, add salt. Add white sausage cut into small pieces, spice with garlic or marjoram. Serve with hard boiled eggs cut into halves**



# Maj - May

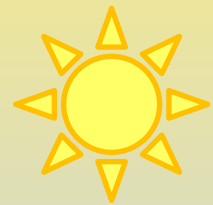
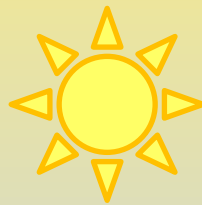


MAY 2013

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**In Poland 'Dzień Matki'  
(Mother's Day)  
is celebrated on May, 26<sup>th</sup>**



**The month of May is dedicated to the Virgin Mary.  
Every day in May in Polish churches  
Masses of the Blessed Mary are consecrated  
and the road-side shrines are beautifully decorated.**



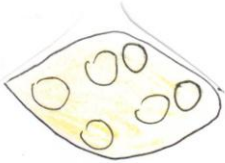
# Pierogi z serem – Dumplings with cottage cheese



Mix 700 g flour, 2 eggs, 250 ml warm water and make dough



In the other bowl mix 1 kg cottage cheese, 2 yolks, 300 g sugar and vanilla



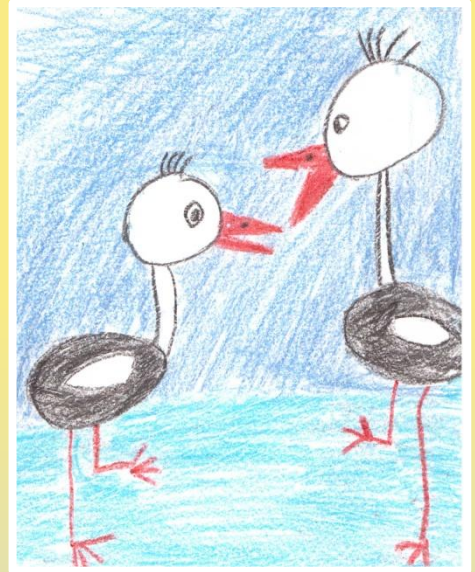
Roll out the dough and cut circles



Spoon the filling into the middle of each circle, fold dough in half and pinch the edges together



Cook in boiling water until they come up.



# Czerwiec - June



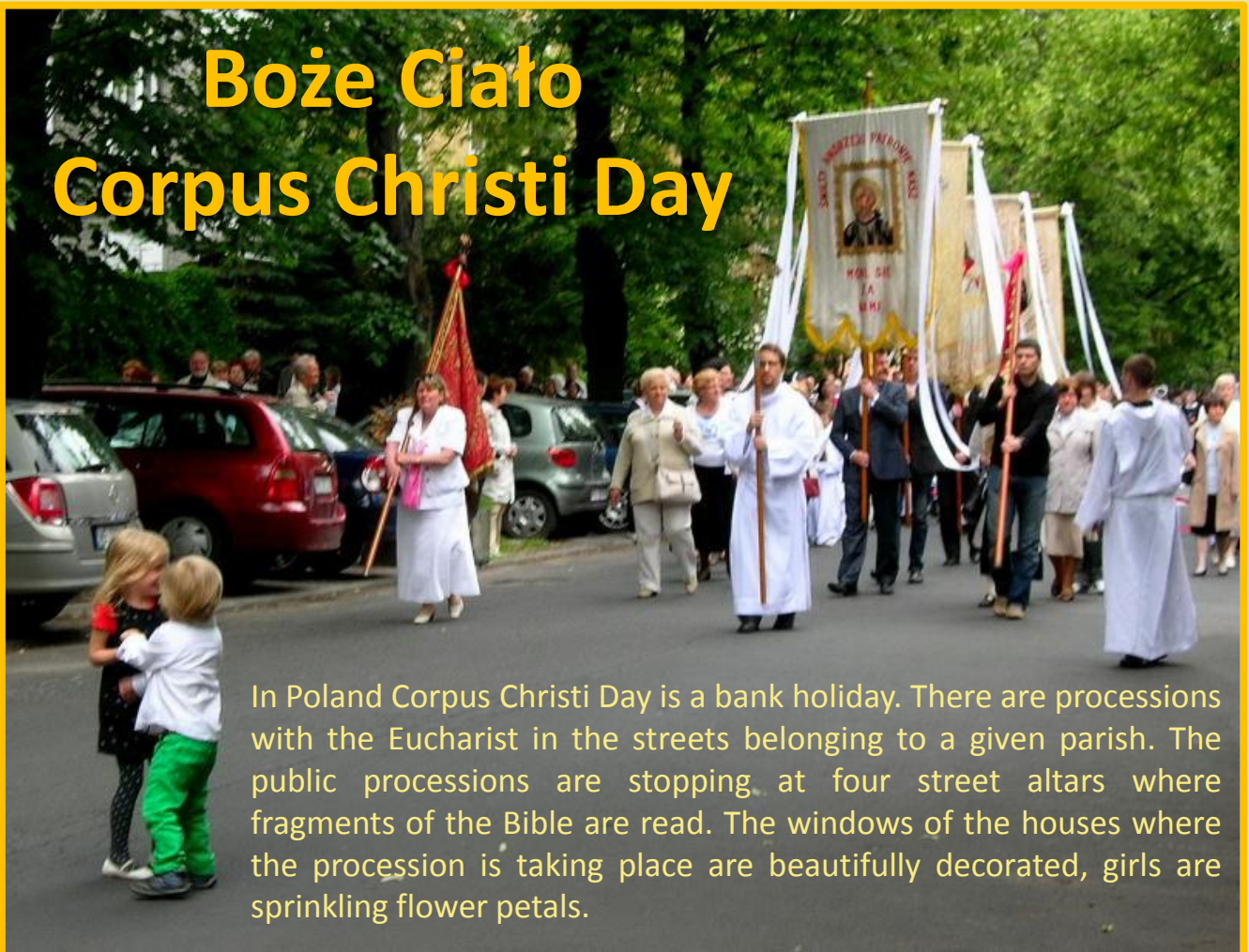
JUNE 2013

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# Boże Ciało Corpus Christi Day



In Poland Corpus Christi Day is a bank holiday. There are processions with the Eucharist in the streets belonging to a given parish. The public processions are stopping at four street altars where fragments of the Bible are read. The windows of the houses where the procession is taking place are beautifully decorated, girls are sprinkling flower petals.





## Wianki – Wreaths

The event takes place at river banks around the 22<sup>th</sup> June. The tradition of organising cultural events during the summer solstice reaches back a long time. This festival was primarily a pagan tradition. After the adoption of Christianity by Poland, the tradition did not die, however, its context was changed: it became "Noc Świętojańska" (*St John's Night*). Some elements of the original festival remained, such as telling fortunes, letting wreaths float on water, jumping over bonfires or burning herbs. Nowadays various concerts and firework displays are organised around the 22<sup>nd</sup> June.



fot. T. Zieliński



# Truskawki strawberries



In Poland in the month of June, when the strawberries ripen, apart from eating them, we also use them in a variety of preserves, dumplings or pancakes. It is possible to use them when baking. There are numerous strawberry cakes, gateaux or scones: bake a sponge cake, spread jam on top of it, cover with whipped cream mixed with gelatine, decorate with strawberries and pour red jelly on top of it. Enjoy 😊

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# Lipiec

## July

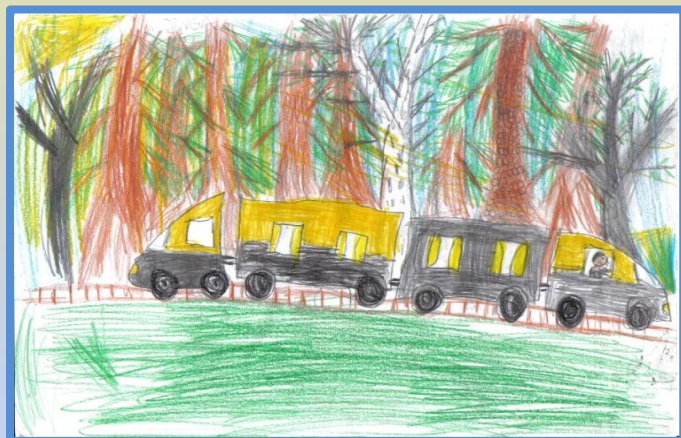
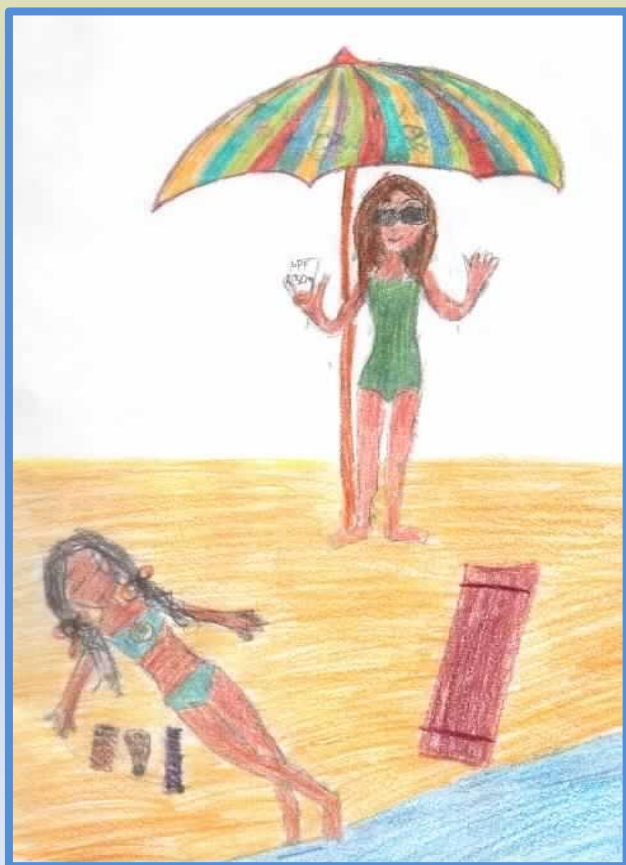
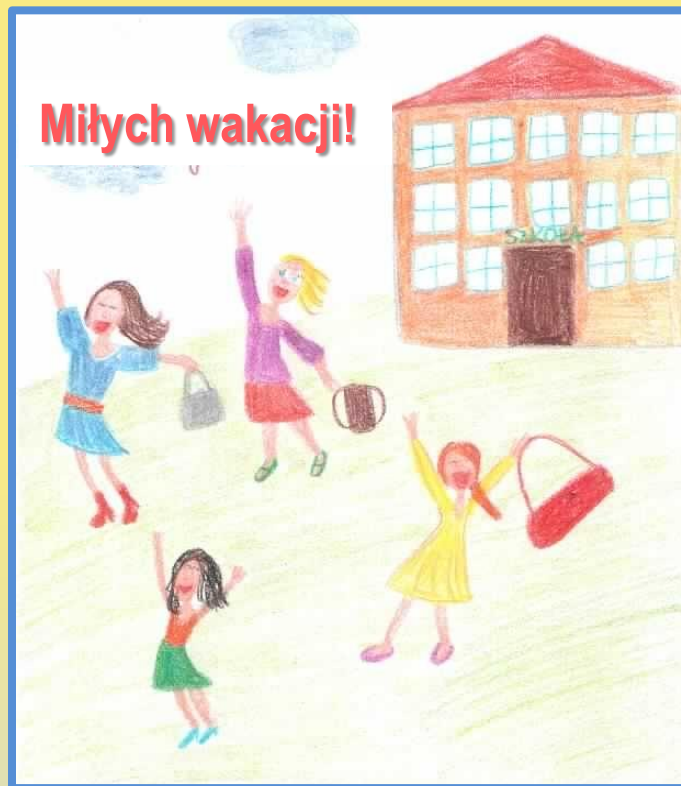


JULY 2013

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28	29	30	31			



**Enjoy your holidays!**



# Jagodzianki - Wild blueberry buns



## DOUGH:

½ kg all purpose flour  
2 eggs  
½ cup sugar  
2 tbsp butter  
4 teaspoon dry yeast  
1 cup milk  
pinch of salt

## FILLING:

½ kg fresh wild blueberries  
2 tbsp bread crumbs  
3 tbsp sugar  
vanilla sugar  
egg  
1 tbsp milk  
sugar

- Heat the milk until slightly warm
- Place the yeast in a bowl, add the heated milk, 1 tbsp of sugar and 1 tbsp of flour. Stir, cover with a kitchen towel and set aside for about 10 minutes in a warm place.
- Beat eggs and sugar together.
- Melt the butter.
- Sift the flour to a large bowl, add a pinch of salt, then pour into the yeast mixture. Stir to combine.
- Add the egg mixture and melted butter. Stir until well combined.
- Knead the dough until smooth and leave for about 1 hour.
- Place the blueberries in a bowl. Combine with sugar, vanilla sugar and bread crumbs.
- Divide the dough into 18-20 equal pieces. Form a ball from each of the pieces. Flatten on your hand. Spoon the filling into the centre of each circle. Form balls.
- Place on a greased baking sheet. Cover with a kitchen towel and leave for about 20 minutes.
- Preheat the oven to 190 ° C. Just before baking whisk the egg with milk and brush the buns with it, sprinkle with some sugar.
- Bake for about 20 minutes



# Sierpień - August



AUGUST 2013

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## Assumption Day Herbal Bouquets

Assumption Day (15<sup>th</sup> August) has been the main occasion when plants have been blessed in Polish Roman Catholic churches for centuries. Years ago such bouquets were composed mostly of medicinal herbs and crop plants. This tradition continues, although the composition of the plant species has changed. Nowadays there are more flowers and less crop plants in the bouquets.





# Chtodnik – Cold borsch

## Ingredients:

300 g peeled beetroots  
500 ml water  
1 vegetable stock cube  
5 radishes  
5 red onions  
2 tbsp of chives  
1 tbsp of parsley  
juice of ½ lemon  
350 ml Greek yogurt  
50 ml sour cream  
salt  
pepper

- Ⓢ Grate beetroots and cook them in 500 ml of water with the stock cube and pepper
- Ⓢ Cook until the beetroots are soft
- Ⓢ Put aside the beets and the water, let it cool down
- Ⓢ Put it in the fridge to cool completely
- Ⓢ Chop radishes, chives, onions and parsley
- Ⓢ Add vegetables to cold beetroots and beetroot water
- Ⓢ Then add lemon juice, sour cream, yogurt, salt and pepper
- Ⓢ Put the soup in the fridge for about 30 minutes
- Ⓢ Serve with hard boiled eggs



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