
Culinary e-book with recipes of dishes

- Europe's Kaleidoscope





We are creating a shared digital cookbook, in which each country participating in the project will add its own traditional recipes. Our goal is to explore diverse culinary traditions and try them out in practice – after collecting the recipes, we will cook and taste them together. This way, we can discover the flavors of different cultures in a funny and creative way.

Borscht (Polish dish)

Ingredients:

- 3–4 beets
- 1 liter of water
- 2–3 garlic cloves
- 1 bay leaf
- Salt and pepper
- A splash of lemon juice or



Peel and slice the beets, then cook them in water with garlic, bay leaf, salt, and pepper. Simmer for about 30–40 minutes. When the color is nice and strong, remove the beets. Add a little lemon juice or vinegar to make the flavor brighter. Serve hot.

Angel Wings

(Polish dish)

Ingredients:

- 2 cups of flour
- 4 egg yolks
- 1 tablespoon of sugar
- 1 tablespoon of spirit alcohol or vinegar
- 3–4 tablespoons of sour cream
- A pinch of salt
- Oil or lard for frying
- Powdered sugar for sprinkling



Preparation:

1. Put flour, egg yolks, sugar, salt, alcohol (or vinegar), and sour cream into a bowl.
2. Mix and make a smooth dough.
3. Hit the dough with a rolling pin for a few minutes (this makes it crispy).
4. Roll the dough very thin.
5. Cut it into strips, make a small cut in the middle, and pull one end through.
6. Fry in hot oil until golden.
7. Put on paper to remove oil and sprinkle with powdered sugar.

Dumplings with meat (Polish dish)

Instructions:

Ingredients:

Dough:

- 500 g flour
- 1 egg
- 1 cup warm water
- 1 tsp salt
- 2 tbsp oil

To cook:

- Water + salt
- Butter (optional)



Meat filling:

- 500 g minced meat (pork/beef mix)
- 1 onion, finely chopped
- Salt & pepper
- 1 tbsp butter/oil

- Mix the flour, salt, egg, oil and warm water into a smooth dough. Let it rest for about 20 minutes.
- Fry the chopped onion in a bit of butter or oil, add the minced meat, cook until browned, then season with salt and pepper. Let the filling cool.
- Roll out the dough thinly and cut out circles using a glass.
- Put a small spoon of meat filling in each circle, fold the dough over and seal the edges tightly.
 - Boil salted water, add the pierogi, and when they float, cook for 1–2 more minutes.
 - Serve immediately or fry in butter until golden.



Vegetable salad (Polish dish)

Ingredients:

- 3 medium potatoes - 350 g
- 4 large or more smaller carrots - 450 g
- 2 thinner parsley roots - 200 g
- celery root - a piece the size of an egg
- 4 large pickled cucumbers - 200 g
- small onion or a piece of leek - 50 g
- 1 small apple
- 1 can of pickled peas - 400 g
- 4 medium eggs
- 4 tablespoons of good mayonnaise
- 4 tablespoons of plain yogurt
- seasoning: $\frac{1}{2}$ level teaspoon of salt, $\frac{1}{4}$ level teaspoon of pepper



Recipe:

1. Wash the carrots, parsley roots, celery (optional), and potatoes without peeling them. Cook them covered until tender (about 30 minutes), then remove, cool slightly, peel, and dice.
2. Hard-boil 4 eggs (about 9 minutes from boiling), cool them in cold water, peel, and chop.
3. Finely slice about 10 cm of the white part of a leek and pour boiling water over it to soften. You can use a small onion instead or skip this step.
4. Peel and dice pickled cucumbers and a firm, slightly sour apple. Drain canned peas.
5. Combine all ingredients in a bowl, add 4 tablespoons of mayonnaise and 4 tablespoons of natural yogurt, and mix gently. Season with salt and pepper to taste.

Enjoy! :)

Żurek – traditional Polish soup

• Ingredients

- • 1 liter broth
- • 300 ml sour rye starter (żurek starter)
- • 300 g white sausage
- • A piece of smoked bacon
- • 1 onion, 2 garlic cloves
- • Bay leaf, allspice, marjoram
- • Salt, pepper, optional cream
- • Hard-boiled eggs for serving

• Instructions

- 1. Fry the diced bacon and chopped onion in a pot.
- 2. Add the broth, bay leaf, allspice, and whole white sausage. Simmer 20 minutes.
- 3. Take out the sausage, slice it. Pour in the sour rye starter, add garlic and marjoram. Simmer 10 minutes.
- 4. Return the sausage to the pot, season with salt and pepper.
- 5. Serve with hard-boiled eggs; add cream if you want it milder.





Ingredients:

1 kg sauerkraut

300 g fresh white cabbage

400–500 g mixed meat (pork, sausage, bacon)

1–2 onions

2–3 tbsp tomato paste

bay leaf, allspice, pepper

(optional: dried mushrooms, prunes, caraway)

oil or lard, water or broth

Instructions:

Chop the sauerkraut (squeeze if very sour) and shred the fresh cabbage. Put both into a large pot with bay leaf, allspice, optional mushrooms and a little water or broth at the bottom.

Cut the meat into pieces. Brown it in oil or lard, then add the chopped onion and cook until soft. Transfer everything from the pan into the pot with the cabbage.

Stir well, cover and simmer on low heat for about 1.5–2 hours. Stir occasionally and add a bit of water if it starts to dry out. Optional: add a few prunes halfway through cooking.

When the cabbage is soft, stir in the tomato paste and cook for another 10–15 minutes. Season with pepper and only add salt if needed.

HUNTER'S STEW (Polish dish)

