

Polish Cookery Book

„Let's share our culture”



Publiczna Szkoła Podstawowa nr 2 im. Marii Konopnickiej w Jasle

Rosót - chicken broth

Ingredients:

Chicken or parts of a chicken (wings, legs: 1-2 kilograms)

Vegetables: 2 carrots, 1 parsley, little leek, little celery, a bunch of parsley stems

Salt

Pepper

"Vegeta" spice

Chicken bouillon cube

Preparation:

Wash and cut the meat into small portions. Put it in a pot and pour 3-4 litres of water. Put in the vegetables (cut into small chunks) and one chicken bouillon cube. Bring to boil, skim any foam and simmer until the meat is soft. Season the soup with salt, pepper and "Vegeta".

Serve with pasta (strings), and dress with parsley stems.



Kotlet schabowy - pork chop

Ingredients:

Pork chop - 1kg

Salt

Pepper

Eggs - 2

Flour

Breadcrumbs

Olive oil or cooking oil

Preparation:

Slice the meat for two-three centimetres thick pieces. Smash them with mallet, season with salt and pepper.

Cover the meat with flour, dip in scrambled eggs and then cover with breadcrumbs. Fry on hot oil turning over when fried on one side.

Serve with potatoes, rice or vegetable salad.

Instead of pork one can use chicken or turkey fillet.



Sałatka jarzynowa - vegetable salad

Ingredients:

4 carrots

4 parsleys

4 potatoes

1 little, boiled celery

4 - 5 boiled eggs

2 - 3 apples

2 - 3 pickled cucumbers

Tinned peas (30 dkg)

Salt

Pepper

Mayonnaise

Preparation:

Boiled and peeled vegetables, peeled apples, pickled cucumbers and eggs cut into little dices. Mix it all in a bowl, add peas and mayonnaise. Season with pepper, salt.

Serve with pork-bucher's products (ham, sausage) and bread.

