



## **POLISH CUISINE**

### **Treasures of Polish cuisine at European tables...**

**For the average Pole old Polish cuisine is associated with the wealth of spices used. On Polish tables introduced by Queen Jadwiga. In the time of her reign sugar came the way. At that time began to use spices such as saffron, pepper, nutmeg, ginger, cloves.**

**The lemon and sweetmeats like raisins, figs, almonds and dried fruit was considered delicacies**

**JADWIGA food in times, that were considered delicacies, include the fish in saffron sauce, goose stuffed with spiced almond sauce, chicken stuffed with seasoned generously with raisins, rice flavored Hungarian paprika. Do can't forgotten about a variety of meats and venison, roasted, stewed, boiled and in spicy sauce.**

**The old Polish menu could not leave out a variety of meats. On the tables were given a whole roasted pigs stuffed with buckwheat, deer and wild boar, roast with no shortage of different species of birds and fish. They used as spices: salt, garlic, horseradish and vinegar, often used to sweeten the honey. Venison played in traditional Polish cuisine a great role, and no important feast could not be without it. For the spices used in Polish cuisine to the venison are dried juniper berries and mushrooms. Favorites additives venison used in Poland are of red berries, beets and red cabbage with red wine. Classic sauces for wild venison meat (roast) is a sauce hawthorn and juniper sauce.**

**Of all the dishes considered typical Polish - BIGOS still occupies a place of honor. In old times in Poland without BIGOS could not have done any hunting.**

Frequently on the Polish table were dishes so-called soup. Among them a special dish from pieces prepared beef or veal has gained fame, it's called TRIPE. For now enjoy the recognition BORSCHT WHITE- cream soup, due to the slightly sour, refreshing taste. CZERNINA - this is a specific Polish soup, whose basic ingredients are chicken broth, and the blood of ducks or chickens, with fewer piglets.

For centuries, the Polish daily drink was BEER. In addition to the traditional Polish beer, mead host tables.

GROATS - a favorite dish in Old Slavonic cuisine, appeared formerly than bread. The Poles were great experts groats.

BREAD play an important role in religious ceremonies Slavic long before Christianity. Before the start new loaf were marked it with a cross. To this day we welcome and greeted with bread and salt distinguished guests at the threshold of their apartment.

PATE - in wealthy homes the that time we always have one of the cooks specialized in making pies-pate. He did pies with different meats, game, small birds, the woodcock, fieldfare, quails, partridges, grouse, ducks, capons.