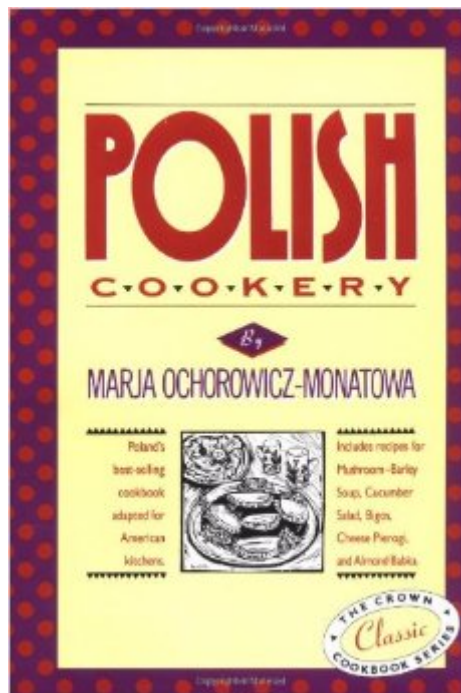


The book was found

Polish Cookery : Poland's Bestselling Cookbook Adapted For American Kitchens



Synopsis

Poland, like France, is a country where people really know food. One can stop at a wayside inn in the country or at a modest restaurant in a working-class city neighborhood and be served a meal worth remembering. Good food is a tradition. Polish Cookery is an American adaptation of *Uniwersalna Ksiązka Kucharska* (The Universal Cookbook), long the most famous standard cookbook in Poland. All weights and measures have been converted to American usage, and suitable substitutions are provided for hard-to-get ingredients. The recipes range from the familiar to the exotic and include soups like Polish Mushroom and Barley Soup, Fresh Cabbage Soup, many variations of Barszcz, the famous Polish beet soup, and Sorrel Soup with Sour Cream. The Poles are very fond of pates, dumplings, and meat pastries. In Polish Cookery, you'll find recipes for Meat Patties, Potato Croquettes, Venison Pastry, Partridge Pie, Game Pate, many variations on the celebrated Pierogi, or dough pockets, and Buckwheat Cakes. Authentic entrees include Loin of Venison, Roast Wild Goose, Smothered Pike, Turkey in Madeira Sauce, Chicken Casserole with Currants, Smothered Duck in Caper Sauce, Hussar Pot Roast, Tenderloin Smothered in Sour Cream, and perhaps Poland's most famous dish, Bigos, or Hunter's Stew. To round out the Polish meal, there are recipes for Mashed Turnips and Potatoes, Split Pea Fritters, Stuffed Kohlrabi, Fried Carrots, Mushroom Ramekins, and Pearl Barley with Dried Mushrooms. Finally Polish Cookery offers such dessert treats as Almond Torte, Cracow Torte, Spice Cake, and Almond Babka. Polish cuisine evolved over centuries, a combination of East and West, aristocratic hauteur and peasant fare. It is a rich culinary heritage that is faithfully represented here in Polish Cookery.

Book Information

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Customer Reviews

This is not a fool proof cookbook, it's one for people who already know how to cook. The transposed century-old recipes are bare bone and plain, with none of the sights and sounds of more modern cookbooks, that often hold your hand through and teach you about, the cooking process. But in all their simplicity in ingredients and instruction, these recipes can hold the keys to a kingdom of taste that's extraordinary, if you have the expertise to unlock it. As a case in point, in an excerpt that is available here at , find the soup recipe for Clear, Hot Barszcz No. 12, which includes No.11 Pickled Beet Soup as one of the ingredients. Looks like beets, water, meat stock and flavoring, pretty uninteresting, eh? But how many recipes have you encountered that have as instruction " Should mold appear, carefully skim it off"? This recipe presupposes knowledge in how to make this a clean soup with no off flavors, how to clarify and degrease the meat stock, de-scum and strain the Pickled Beet Soup, and some understanding of what the finished product should taste like and the timing and proportions that are needed. In the end it should be a combination of equal portions of 1) a deep purple and clear, sour, syrupy liquid with 2) a deep purple and clarified, sweet, jellied when cold, liquid. If properly done, it's an extraordinary combination of sweet and sour, creating a third flavor that is not like an Asian sweet/sour dish where you taste both, but a new Unami flavor that favors and hints at neither. The addition of Maggi (splurge for the German made) and a bit of salt brings a fullness to the flavor that's perfectly complementary to the satiny feel of the soup on your tongue.

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