

# Spis potraw / List of Dishes / Liste des plats

## KUCHNIA KASZUBSKA .... 11

### ZUPY:

|                             |    |
|-----------------------------|----|
| Kaszubska marchwianka ..... | 13 |
| Kociolek kaszubski .....    | 15 |

### DANIA ZASADNICZE:

|                                        |    |
|----------------------------------------|----|
| Bigos po marynarsku .....              | 17 |
| Golonka po kociewsku .....             | 19 |
| Klopsiki z dorsza .....                | 21 |
| Kotlety gdyńskie z brzoskwiniami ..... | 23 |
| Prażucha ziemniaczana .....            | 25 |
| Wątróbka z grzybami .....              | 27 |

### PRZYSTAWKI:

|                                  |    |
|----------------------------------|----|
| Budyń z grzybów .....            | 29 |
| Galaretkę mięsna – zylc .....    | 31 |
| Paszтет z ryby i pieczarek ..... | 33 |
| Śledź po kaszubsku .....         | 35 |

## KUCHNIA KURPIOWSKA .. 37

### ZUPY:

|                          |    |
|--------------------------|----|
| Barszcz czerwony .....   | 39 |
| Grochówka chłopska ..... | 41 |

### DANIA ZASADNICZE:

|                                                 |    |
|-------------------------------------------------|----|
| Babka ziemniaczana .....                        | 43 |
| Kurpiowskie kotlety schabowe .....              | 45 |
| Kurpiowska kraszanka .....                      | 47 |
| Kurze udka w sosie dereniowym .....             | 49 |
| Pieczone udka z indyka w sosie myśliwskim ..... | 51 |
| Pieczone pierożki wigilijne .....               | 53 |
| Pierogi z soczewicą .....                       | 55 |
| Rolada z farszem mięsno-grzybowym .....         | 57 |

### DESERY:

|                        |    |
|------------------------|----|
| Babka kurpiowska ..... | 59 |
| Tort kurpiowski .....  | 61 |

## KASHUBIAN CUISINE ..... 11

### SOUPS:

|                                   |    |
|-----------------------------------|----|
| Carrot Soup Kashubian Style ..... | 13 |
| Kashubian Cauldron .....          | 15 |

### MAIN COURSES:

|                                          |    |
|------------------------------------------|----|
| Cabbage Stew Sailor's Style .....        | 17 |
| Knuckle Kociew Style .....               | 19 |
| Cod Meatballs .....                      | 21 |
| Pork Chops with Peach Gdynia Style ..... | 23 |
| Fried Potato Stew .....                  | 25 |
| Liver with Mushrooms .....               | 27 |

### STARTERS:

|                                    |    |
|------------------------------------|----|
| Mushroom Pudding .....             | 29 |
| Jelly Meat .....                   | 31 |
| Pâté with Fish and Mushrooms ..... | 33 |
| Herring Kashubian Style .....      | 35 |

## KURPIE CUISINE ..... 37

### SOUPS:

|                                 |    |
|---------------------------------|----|
| Red Borsch from Old Ratow ..... | 39 |
| Peasants Pea Soup .....         | 41 |

### MAIN COURSES:

|                                               |    |
|-----------------------------------------------|----|
| Potato Cupcake .....                          | 43 |
| Pork Chops Kurpie Style .....                 | 45 |
| Stew Kurpie Style .....                       | 47 |
| Chicken Thighs in Dogwood Fruit Sauce .....   | 49 |
| Roast Turkey Legs with Hunter's Gravy .....   | 51 |
| Baked Christmas Dumplings .....               | 53 |
| Lentil Dumplings .....                        | 55 |
| Roulade Stuffed with Meat and Mushrooms ..... | 57 |

### DESSERTS:

|                            |    |
|----------------------------|----|
| Cupcake Kurpie Style ..... | 59 |
| Cake Kurpie Style .....    | 61 |

## CUISINE CACHOUBE ..... 11

### SOUPES:

|                                      |    |
|--------------------------------------|----|
| Soupe de Cachoubie à la carotte .... | 13 |
| Chaudron cachoube .....              | 15 |

### PLATS PRINCIPAUX:

|                                      |    |
|--------------------------------------|----|
| Bigos à la marinière .....           | 17 |
| Jambonneau à la mode de Kociewie ... | 19 |
| Boulettes de morue .....             | 21 |
| Côtelettes de Gdynia aux pêches ...  | 23 |
| Prażucha de pommes de terre .....    | 25 |
| Foie aux champignons .....           | 27 |

### HORS-D'ŒUVRES:

|                                                |    |
|------------------------------------------------|----|
| Flan aux champignons .....                     | 29 |
| Gelée de viande « zylc » .....                 | 31 |
| Pâté de poisson aux champignons de Paris ..... | 33 |
| Hareng à la cachoube .....                     | 35 |

## CUISINE DE KURPIE ..... 37

### SOUPES:

|                                                    |    |
|----------------------------------------------------|----|
| Soupe aux betteraves rouges (de Stary Ratów) ..... | 39 |
| Soupe paysanne aux pois .....                      | 41 |

### PLATS PRINCIPAUX:

|                                                     |    |
|-----------------------------------------------------|----|
| Gâteau de pommes de terre .....                     | 43 |
| Côtelettes de porc de Kurpie .....                  | 45 |
| Kraszanka de Kurpie .....                           | 47 |
| Cuisses de poulet à la sauce aux cornouilles .....  | 49 |
| Cuisses de dinde rôties à la sauce chasseur .....   | 51 |
| Raviolis du réveillon de Noël rôtis ..              | 53 |
| Raviolis aux lentilles .....                        | 55 |
| Roulade farcie à la viande et aux champignons ..... | 57 |

### DESSERTS

|                                         |    |
|-----------------------------------------|----|
| Kouglof aux raisins secs de Kurpie .... | 59 |
| Gâteau fourré de Kurpie .....           | 61 |

# Spis potraw / List of Dishes / Liste des plats

## KUCHNIA

ŁOWICKO-ŁÓDZKA ..... 63

### ZUPY:

Grzybowa z łazankami ..... 65  
Kapuśniak z prażkami ..... 67  
Zalewajka łódzka ..... 69

### DANIA ZASADNICZE:

Knedle ze śliwakami ..... 71  
Parówki po łowicku ..... 73  
Żeberka w sosie ..... 75

### DODATKI

Kapusta zasmażana ..... 77  
Kluski żelazne ..... 79

### DESERY:

Ciasto drożdżowe ..... 81  
Kompot z suszu ..... 83

KUCHNIA ŚLĄSKA ..... 85

### ZUPY:

Barszcz śląski ..... 87  
Kwaśnica ..... 89  
Parzybroda ..... 91  
Żur żeniaty ..... 93

### DANIA ZASADNICZE:

Duszony królik ..... 95  
Karminadle z królika ..... 97  
Rolada śląska ..... 99

### PRZYSTAWKI:

Placuszki śledziowe ..... 101  
Sałatka śledziowa ..... 103

### DESERY:

Kasza jaglana ze śliwkami ..... 105

## LOWICZ

AND ŁÓDZ CUISINE ..... 63

### SOUPS:

Mushroom Soup with Noodles ..... 65  
Sauerkraut Soup with Potatoes with  
Flour ..... 67  
Sour Rye Soup Łódź Style ..... 69

### MAIN COURSES:

Dumplings with Plums ..... 71  
Sausages Łowicz Style ..... 73  
Ribs with Gravy ..... 75

### SIDE DISHES:

Sauerkraut with Roux ..... 77  
Potato Dumplings ..... 79

### DESSERTS:

Yeast Cake ..... 81  
Compote of Dried Fruits ..... 83

SILESIAN CUISINE ..... 85

### SOUPS:

Silesian Style Borsch ..... 87  
Sauerkraut Soup ..... 89  
Sauerkraut Stew with Ribs ..... 91  
Sour Rye Soup ..... 93

### MAIN COURSES:

Rabbit Stew ..... 95  
Rabbit Chops ..... 97  
Silesian Style Roulade ..... 99

### STARTERS:

Herring Pancakes ..... 101  
Herring Salad ..... 103

### DESSERTS:

Millet Groats with Plums ..... 105

## CUISINE

DE ŁOWICZ ET DE ŁÓDŹ .... 63

### SOUPES:

Soupe aux champignons avec  
des lasagnes ..... 65  
Soupe à la choucroute avec prażoki .... 67  
Zalewajka de Łódź-soupe à la farine  
de seigle ..... 69

### PLATS PRINCIPAUX:

Quenelles aux prunes ..... 71  
Saucissons à la mode de Łowicz ... 73  
Côtes à la sauce ..... 75

### ACCOMPAGNEMENTS:

Choucroute frite ..... 77  
Gnocchis de fer ..... 79

### DESSERTS:

Gâteau au levain ..... 81  
Fruits secs au sirop ..... 83

CUISINE DE SILESIE ..... 85

### SOUPES:

Bortsch de Silésie ..... 87  
Kwaśnica-soupe à la choucroute .... 89  
Parzybroda ..... 91  
Żur żeniaty – soupe à base de farine  
de seigle fermentée ..... 93

### PLATS PRINCIPAUX:

Lapin braisé ..... 95  
Karminadle de lapin ..... 97  
Roulade de Silésie ..... 99

### HORS-D'ŒUVRES:

Galettes de hareng ..... 101  
Salade de hareng ..... 103

### DESSERTS:

Millet aux prunes ..... 105

## Spis potraw / List of Dishes / Liste des plats

|                   |     |
|-------------------|-----|
| KUCHNIA           |     |
| PODHALAŃSKA ..... | 107 |

### ZUPY:

|                            |     |
|----------------------------|-----|
| Chrzanica .....            | 109 |
| Żurek po zakopiańsku ..... | 111 |

### DANIA ZASADNICZE:

|                                           |     |
|-------------------------------------------|-----|
| Galuski z bryndzą .....                   | 113 |
| Grule napychane jojkami .....             | 115 |
| Hajda .....                               | 117 |
| Kotlet schabowy „Giewont” .....           | 119 |
| Pierogi z kaszą gryczaną i boczkiem ..... | 121 |
| Pstrąg z masłem czosnkowym .....          | 123 |

### DODATKI:

|                         |     |
|-------------------------|-----|
| Moskole z bryndzą ..... | 125 |
| Podplomyki .....        | 127 |

### DESERY:

|                         |     |
|-------------------------|-----|
| Bombolki z miodem ..... | 129 |
| Kołacz .....            | 131 |

|               |     |
|---------------|-----|
| PODHAŁE       |     |
| CUISINE ..... | 107 |

### SOUPS:

|                                 |     |
|---------------------------------|-----|
| Horseradish Soup .....          | 109 |
| Sour Rye Soup Zakopane Style .. | 111 |

### MAIN COURSES:

|                                          |     |
|------------------------------------------|-----|
| Dumplings with Sheep Cheese ....         | 113 |
| Potatoes Stuffed with Eggs .....         | 115 |
| Sauerkraut Stew with Potatoes ....       | 117 |
| Pork Chops Giewont .....                 | 119 |
| Dumplings with Buckwheat and Bacon ..... | 121 |
| Trout with garlic butter .....           | 123 |

### SIDE DISHES:

|                                  |     |
|----------------------------------|-----|
| Pancakes with Sheep Cheese ..... | 125 |
| Crumpets .....                   | 127 |

### DESSERTS:

|                            |     |
|----------------------------|-----|
| Doughnuts with Honey ..... | 129 |
| Cake .....                 | 131 |

|                  |     |
|------------------|-----|
| CUISINE          |     |
| DE PODHAŁE ..... | 107 |

### SOUPES:

|                                    |     |
|------------------------------------|-----|
| Chrzanica - soupe au raifort ..... | 109 |
| Żurek à la mode de Zakopane .....  | 111 |

### PLATS PRINCIPAUX:

|                                              |     |
|----------------------------------------------|-----|
| Galuski au fromage de brebis bryndza .....   | 113 |
| Grule - pommes de terre farcies d'œufs ..... | 115 |
| Hajda .....                                  | 117 |
| Côtelette de porc Giewont .....              | 119 |
| Pierogi au sarrasin et au lard .....         | 121 |
| Truite au beurre à l'ail .....               | 123 |

### ACCOMPAGNEMENTS:

|                                            |     |
|--------------------------------------------|-----|
| Moskole au fromage de brebis bryndza ..... | 125 |
| Podplomyki - galettes .....                | 127 |

### DESSERTS:

|                        |     |
|------------------------|-----|
| Bombolki au miel ..... | 129 |
| Kołacz- gâteau .....   | 131 |