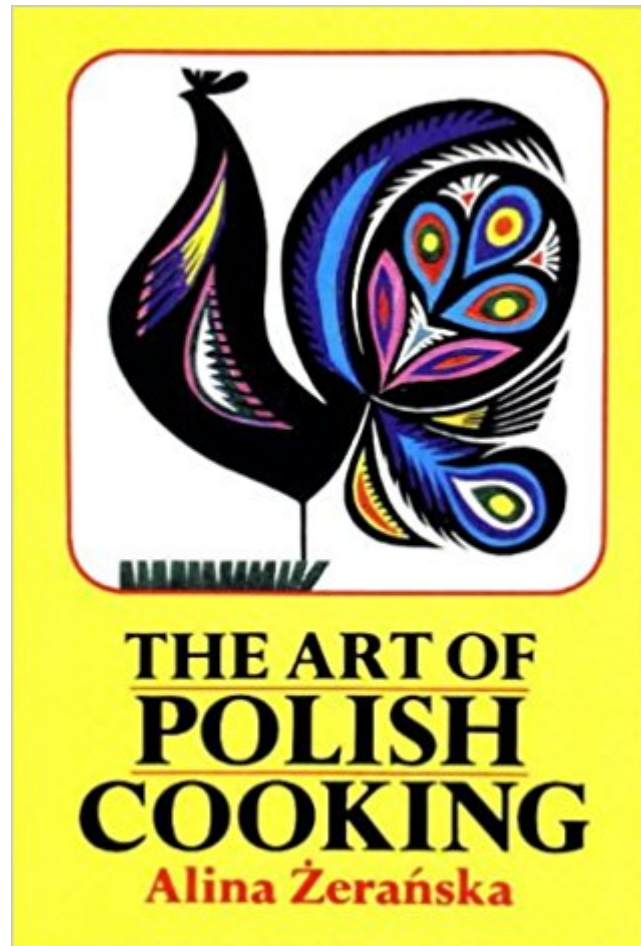




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# The Art Of Polish Cooking



## Synopsis

"A valued standard on Polish traditions and cuisine for thousands of readers in the United States and abroad." -Washington Post Polish gourmet traditions are as old as Polish culture, which has written history over a thousand years. And here is the definitive Polish cookbook, *The Art of Polish Cooking*, containing 500 authentic recipes which reflect the proud traditions of this ancient country. This cookbook is complete with recipes for hors d'oeuvres, soups, entrees, vegetables, pastries, desserts, and beverages. Special holiday menus are also presented, along with charming descriptions of traditional Polish feasts and celebrations. Polish cooking is characterized by herbs like dill, caraway seed, and green parsley. Sour cream is another essential ingredient. Author Alina Zeranska provides easy-to-follow recipes for favorites like Cabbage Rolls, Chicken in Dill Sauce, Meat Pierogis, and Fruit Mazurka. Mrs. Zeranska has translated these Polish recipes perfectly using exact American measurements. This is truly an authentic book of Polish cuisine for family use and elegant entertaining in the old world tradition.

## Book Information

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## Customer Reviews

"A valued standard on Polish traditions and cuisine for thousands of readers in the United States and abroad." -- Washington Post

*Art of Polish Cooking* Polish culinary traditions are as old as Polish culture, which has a written history dating back to the tenth century. This definitive Polish cookbook perpetuates the traditions, with more than five hundred authentic recipes that reflect the customs and culture of the ancient Eastern European country. Fragrant with dill, caraway, and green parsley; enhanced by onions; and

richened by sour cream, Polish cuisine is marked by hearty and full-bodied flavors. This authoritative cookbook presents all of these tastes in a remarkable variety of dishes in all categories. The hors d'oeuvres include traditional bigos, cabbage rolls, and pierogies stuffed with savory meats, sauerkraut, or mushrooms. The soups are thick and sustaining, from GIBLETS Barley Soup to the classic staple of barszcz, or delicate and refreshing, such as blueberry, strawberry, and spiced soups. Main dishes include Chicken with Paprika and Sour Cream, Veal Fricassee with Dill Sauce, and Pork Ribs with Onions. The variety of vegetable dishes reveal the versatile Polish sauces and salads, from polonaise (buttery bread crumb) preparations of cauliflower and other vegetables to bright, vinegary salads. With nearly one hundred dessert and pastry recipes, this volume incorporates every essential sweet dish, from a selection of babas to ten different varieties of mazurka, Polish doughnuts, and Poppy Seed Rolls. Complete from appetizers through dessert, chapters also include entries on Polish customs, such as Christmas Eve supper traditions, menus for holidays and special occasions, and the author's memories from her childhood. Author Alina Zeranska grew up in Warsaw, where she learned Polish cooking and entertaining from her mother. For more than twenty years she was the editor of the family page of the Canadian Polish-language newspaper the Alliancer. Zeranska passed away in 2005. The Art of Polish Cooking "A valued standard on Polish traditions and cuisine for thousands of readers in the United States and abroad."--Washington Post The leading Polish cookbook since the 1970s, The Art of Polish Cooking contains more than five hundred authentic recipes. Incorporating all of the hallmarks of Polish cuisine--from deep in the country's past to modern times--this definitive volume includes appetizers, soups, salads, mains, meats, and desserts. Proud Polish traditions are featured in special holiday menus for entertaining small and large families, along with charming descriptions of traditional Christmas, New Year's Eve, and Easter celebrations. The recipes, all listed in both Polish and English, include a vast array of menu items such as cabbage rolls; barszcz soups; chicken, beef, and veal entrees flavored with various sauces; and Polish pastries, cakes, and baked goods. Details about the historic origins of each dish accompany the recipes alongside information about the ancient and colorful traditions of the Polish people. Jacket illustration by Cezary Nerwinski

Both my parents were Polish and I grew up with this food. The recipes have been Americanised but the end result still tastes pretty much as it should. The difference between recipes from my mother and cookbooks I own written in Polish for Poles are rather minor, with some of Zeranska's recipes being a little simpler. Getting the taste right is not always the case with cookbooks that have been

adapted for use outside the country of origin, and in that sense I would judge the book is very successful. An important measure of that success is the fact that my wife, who is American and knows nothing about Polish food beyond what I make, can surprise me with a meal based on a recipe from the book and the result tastes familiar to me. I would recommend this book for people who want easy access to Polish cooking.

The cookbook has so many of the recipes I remember from when I was a little girl, and Mamusia would cook. I never really picked up on her cooking (how does one exactly add "three handfuls" of flour and determine if it's right or not?), but this takes me back to some of her recipes. All the basics are in there like pickle soup, bigos, and zurek. You even get a lot of neat cakes and pastries, all the ones I remember from being a kid. The scope of foods are truly impressive - everything from appetizers, soups, breads, baked goods, light fare, along with a bit of an explanation where warranted. My mother came to visit me recently - I ended up getting her a copy when she started thumbing through mine bemusedly.

This cookbook is filled with very delicious recipes.

I'm half Polish so I was looking for a particular recipe that my Mother used to make. I spotted it in the "look thru the pgs." and found one so I had to order the book. Very pleased with the entire book. I will be making more than the one recipe I was looking for. Oh, it was the NUTROLL I was looking for.

Excellent cookbook. highly recommend for everyone. this book is an extra treat for people who want to extend their Polish Heritage

Great cookbook for authentic polish food.

This is still one of the go-to Polish cookbooks in my collection.

perfect for learning how to make delicious polish dishes would recommend this book to all who enjoy cooking different meals

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