



Culinary
Łódź of
four
cultures

POLISH CUISINE "

Kapuśniak"

Which is roughly translated to "

Sauerkraut soup"

- Kliknij, aby dodać tekst



Ingredients:

- 500g of Pork ribs
- 100 g of smoked raw bacon
- 400g of sauerkraut
- 600g of potatoes
- 2liters od cold water
- 1 onion
- 1 big carrot
- A piece of calery
- Two twings of parsley
- 1,5 tea spoon of salt
- 1/3 teaspoon od milled pepper
- 1 bay leaf
- 1 allspice
- 1 tea spoon of carway seed
- 1 te spoon of majoram



Recipe

- Clean the meat and cut it into two, or three pieces, Put in a big pot, put cold water, add the salt and boil it up. Clarify it, lower the fire, cover it and cook it for approx. 40 minutes
- Peel the carrot, parsley and celery. Do not peel the onion, clean it. Put the vegetables into the soup. Add the bay leaf, allspice, cover it and cook it on moderate fire for 30 minutes.
- Peel the potatoes and cut it into cube. Add it into the soup, boil it, cover it and cook on low fire for 10 minutes
- Add the cleaned and cut sauerkraut with caraway seed and majoram, cook it for 20 minutes. At the end remove the onion, celery, and the parsley
- Add the freshly milled pepper, try the water, add half teaspoon if desired
- Cut the bacon into plasters and then into strips. Warm up the pan with a tablespoon of butter or oil, add the bacon and colour it from both sides for 10 minutes
- Move the bacon into the pot with the soup. Remove the carrot from the soup, cut it into a desired shape and ENJOY!

JEWISH CUISINE- Jewish styl carp



INGREDIENTS:



One carp



One spoon
of gelatine



Two spoons
of knorr



Four big
onions



One carrot



50 grams of
almonds



50 grams of
raisins

Recipe

- Fillet the fish. put all the parts that are supposed to be cooked in to the pot
- Cut two onions into a cube, put them into the pot, pour the half of brewr on it and cook it until it's soft
- Cut the fish into so called 'bells', pour the second half of the brew r on it and cook for 20 minutes, until it' soft, but not overcooked. Take it out of the pot and put on the dish
- Mix the fish brew with the onion brew and mix it up. Fire the almonds, cut and alongside with raisins add into the brew. Season for the flacor. Pour the brew on the fish and let it cool off (for night)
- If you prepared the brew from couple of carp heads and tails, you don't need to add gelatine. But if you cook it only using one fish, you need to melt a spoon of gelatine in a small amount of cold water and add it to the hot brew
- Cut the last two onions in quarters. Add the carret, the onions and knorr. And pour a liter of water on it. Cook it for 1,5 hour on small fire and strain the brew and pour it all over the fish , ENJOY!

GERMAN CUISINE- Maultaschen, german dumplings



INGREDIENTS:

- 2 eggs
- 4 cups of type 550 flour
- Half the cup of warm water
- Half spoon of salt
- 40 decagrams of mincemeat (for ex. Minced pork knuckle)
- 25 decagrams of cut bacon
- Salt
- Black pepper
- 50 decagrams of chanterelles
- One spoon of butter
- 250 ml of 18 procent cream
- A bunch of chives
- Garlic
- Spinach



Recipe

- On the pan we sauté the minced meat and season it with salt and pepper. Then, we cook the bacon until it's soft, and the onion until it is golden. On the second pan, On hot olive we saute the garlic with spinach. Season it with salt and pepper and we cook it on the pan until spinach becomes wider. After it cools off, slightly cut it. We mix bacon, meat and the onion with spinach. On the end we can season it as we wish
- When it comes to dough, we mix flour with salt. Make a slight pit, add the eggs and make the dough, and if needed pour some water. The dough needs to be smooth and consistent. Roll the cake and cut it into 10x10cm pieces
- On each piece we put the stuffing using a spoon and shape it into a rectangle. To a boiling water with salt we add the dumplings and keep them in the pot for like 2 or 3 minutes
- During that, we can prepare the cut onion with the mushrooms, season the mushrooms with salt and pepper and keep it on a pan for 5 minutes. At the end, we lower the fire, pour some cream on it, season it and take it from the fire
- Put the mushrooms on the prepared dumplings and put some chives on it. ENJOY!

RUSSIAN COUSINE- Chebureki



INGREDIENTS:

- 2,5 cups of wheat flour
- 1 spoon of oil
- 0.5 teaspoon of sugar
- 0.5 teaspoon of salt
- 1 spoon of vinegar or spirit
- 1 egg yolk
- Aprox. 1/3 cup of hot water + 1 cup of cold water
- Aprox. 0.5 kg of minced pork meat
- 2 garlic cloves
- Salt, pepper and spicy/ mild pepper
- 2 spoons of cold water
- Vittrifird and cut onion on a spoon full of oil
- Vegetables and favourite seasoning if desired



Recipe

- One cup of water should be boiled with salt, sugar and oil. Take it off the fire and put 1 cup of flour into it and mix, so it will become a flat mass, let it cool off a bit
- Put the last bits of flour on the pastry board, add vinegar or spirit, add the yolk while slowly adding the hot water and make the dough
- The dough is supposed to absorb the flour and it should come off the hand easily. If it doesn't, add more flour
- After making the dough, roll it in the flour and start making the inside
- Mix the meat with the minced and cut onion with the seasoning, garlic and water for a smooth mass
- Roll the cake on a thinly floured pastry board. Cut circles from the cake, put the filling inside and stick the bridges
- Make sure to "paint" the dumplings with egg white, so our dumplings will not fall apart
- Then push the fork "teeth" on the bridges of our dumplings, and then fry the dumplings in deep fat until it's golden
- After that, degrease the dumplings on the paper towel, and consume ENJOY!



Thank you for you're attention!

