

## Mazovia

### Mushroom soup with sauerkraut juice

**INGREDIENTS:** 1 l of sauerkraut juice, 5 l of water, 250 grams of dried mushrooms, a handful of sauerkraut, 1 onion, a few bay leaves, a few balls of allspice, 0.5 l of cream, 1 tablespoon of flour, salt, pepper.

**INSTRUCTIONS:** Soak mushrooms overnight in water, rinse thoroughly. Cut them into strips and cook in sauerkraut juice mixed with water. Add sauerkraut, bay leaf, allspice, salt, pepper and onion roasted on the fire. Cook for about 45 minutes. Whiten with sour cream mixed with hot soup and one tablespoon of flour.

## Podlasie

### Kulebiak

**INGREDIENTS: Dough:** 2.5 cups flour, 10 g yeast, 1 tablespoon oil, 1/3 cup milk, 1/2 cup water, 2 teaspoons salt, 1 teaspoon sugar, 1/4 stick butter, 1 egg. **Filling:** 2 onions, 200 g cabbage, 10 g dried mushrooms soaked in water, a clove of garlic.

**INSTRUCTIONS: Filling:** put the cabbage in a sieve and rinse under running water. Cook with the chopped mushrooms in the water they were previously soaked in. Fry diced onion and chopped garlic. Add to cabbage and season with salt and pepper, mix.

**Kulebiak:** make yeast leaven with milk, water, sugar, salt and oil. Set aside in a warm place. After 30 minutes, knead the dough and set it aside again. Roll it out into a rectangle and brush with melted butter when the dough has risen. Arrange the cabbage on it (leave 3 cm free at the edges). Roll the whole thing up. Set aside until it rises. Brush with whisked egg and put in the oven pre-heated to 140 degrees C, bake for about 30 minutes.

## Podhale

### Moskoli

**INGREDIENTS:** 1 kg of boiled potatoes, 1 glass of kefir or buttermilk, 2 glasses of wheat flour, 1 level tablespoon of salt, 100 g of butter, 4 cloves of garlic, a pinch of salt.

**INSTRUCTIONS:** Add kefir or buttermilk, salt and enough flour to the cooked and ground potatoes to knead the dough. Roll out the dough into a 1 cm thick sheet and cut out oval-shaped moskoli. Dust them lightly with flour and bake on the edge of a hot oven tray. You can also fry the pancakes on a frying pan.

## Subcarpathia

### Cabbage with peas

**INGREDIENTS:** 100 g shelled peas, 600 g sauerkraut, 2 onions, bay leaf, butter, cumin, salt, pepper.

**INSTRUCTIONS:** Soak the peas overnight with cumin seeds. Drain them and cook in new water until they are cooked. Shred the cabbage. If it is too sour, rinse it with water. Boil the cabbage in another pot, combine with cooked peas, add bay leaf. Peel the onion, cut into cubes and fry in butter, pour it into the cabbage with peas. Season with salt and pepper.

## Lublin

### Carp meatballs

**INGREDIENTS:** 1.5 kg of carp, 1 carrot, 1 onion, 1 parsley, a piece of leek, a piece of celery, 4 tablespoons of breadcrumbs, 2 eggs, gelatin, 2-3 bay leaves, 4 balls of allspice, 1/2 teaspoon of black pepper, salt.

**INSTRUCTIONS:** Divide the cleaned carp into pieces and put them into a pot together with the vegetables, bay leaves, peppercorns and allspice. Lightly salt and pour in water to slightly cover the fish and vegetables. Cook the whole thing until the fish flesh comes off the bones easily. Strain the cooked fish together with the vegetables through a fine sieve. Separate the meat from the bones and grind in a mincer (discard the vegetables). Add eggs, breadcrumbs and spices to the meat mixture, knead thoroughly. Form balls from the prepared mass, using your hands or two spoons. Put the fish balls in boiling water and cook until they float to the top, then put them in a salad bowl and decorate with boiled carrots. Pour off 1 cup of the liquid from the strained fish stock, heat it up and dissolve the gelatin in it (the amount of gelatin should be according to the recommendations on the package). Add the dissolved gelatin to the remaining stock, season with salt and pepper, then pour it over the fish balls in the salad bowl.

