

Recipes for regional Christmas Eve dishes

Christmas Eve is one of the most important and beautiful Polish traditions. One of its elements is a gala dinner consisting of twelve dishes, which we

often eat only on this day. They may be different, but all of them should be Lenten. Each dish should be tasted to ensure happiness the following year. The dishes vary from region

to region, but Polish tables will certainly include red borscht with ravioli or mushroom soup, cabbage with mushrooms, carp, herring, and dried fruit compote.

BEATA LEKSZYCKA

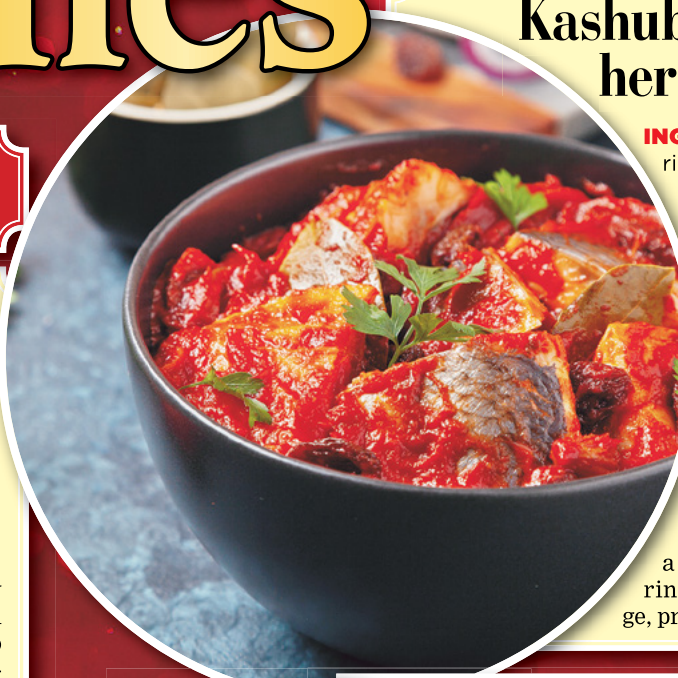


Kashubia

Kashubian style herring

INGREDIENTS: 1/2 kg salted herring, 1 kg onion, tomato concentrate, 10 dried prunes, a handful of soaked raisins, pepper, salt, marjoram, milk, oil.

INSTRUCTIONS: Soak the herrings in milk for several hours. Heat the oil in a frying pan, add the julienned onion and sauté. Add prunes and raisins and fry for about 10 minutes. Finally, add tomato paste, marjoram, pepper and mix thoroughly. Fry for another 5-10 minutes. Put everything into a large jar in layers - onion, herring, onion. Set it aside in the fridge, preferably for 24 hours.

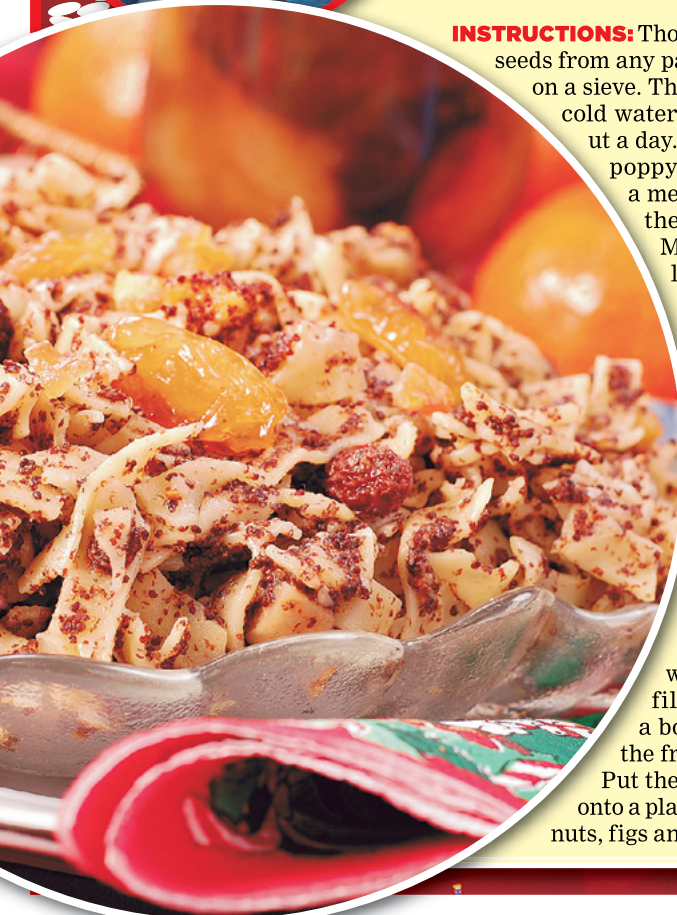


Greater Poland

Makielki

INGREDIENTS: 500 g poppy seeds, 300 g dried fruits and nuts (raisins, almonds, nuts, orange peel, raisins, apricots, figs, dried plums, dates), 300 g butter, 3 eggs, 5 stale Kaiser rolls, grated lemon peel, 3 tablespoons of honey, 1/2 l milk, sugar, dried fruits and nuts for decoration.

INSTRUCTIONS: Thoroughly rinse the poppy seeds from any particles and drain them on a sieve. Then put poppy seeds into cold water, leave to soak for about a day. Scald, drain and grind poppy seeds three times in a meat grinder. Finely chop the dried fruits and nuts. Melt the butter and while it is still hot, pour it over poppy seeds. Add yolks, chopped dried fruits and nuts, honey and lemon zest. Add sugar to taste and mix everything. Cut the rolls into small pieces and pour warm (not hot) milk over them. When they soften, add them to the poppy seeds. Whip the egg whites and gently mix them with the poppy seed filling. Transfer to a bowl and put it in the fridge for a while. Put the cold poppy seed onto a plate, decorate with nuts, figs and dates.



Silesia

Almond Soup

INGREDIENTS: 150 grams of almonds, 2 l of milk, 4 tablespoons of sugar, 1 cup of rice.

INSTRUCTIONS: Scald almonds with boiling water, peel off the skin, dry and run through a food processor. Boil the milk with sugar. Boil the rice until it is loose. Add almonds to the hot milk and continue cooking over very low heat for about 15 minutes. Put the cooked rice into a tureen and pour over with the soup.

