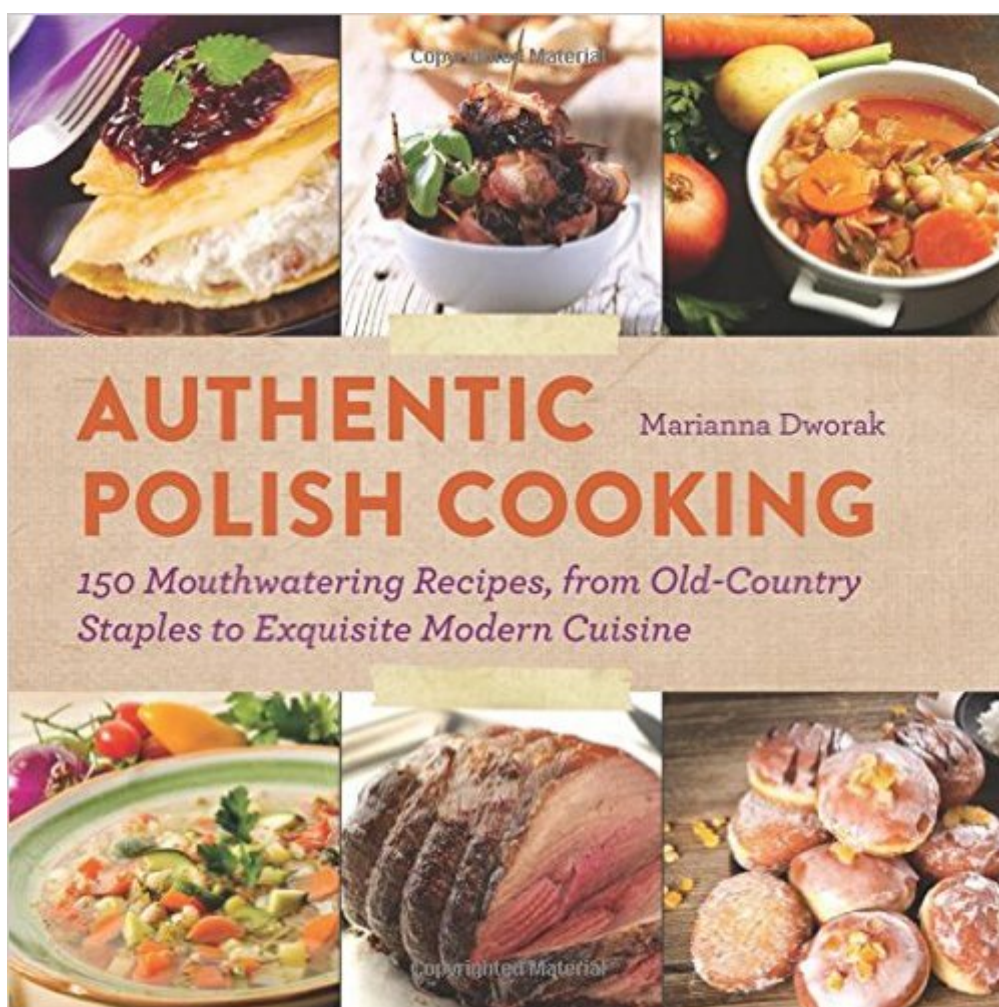


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# Authentic Polish Cooking: 150 Mouthwatering Recipes, From Old-Country Staples To Exquisite Modern Cuisine



## Synopsis

Polish cuisine is hearty and filling, and though some may think the Polish diet is all meat and potatoes, that is far from the truth. With its rich soups, innumerable salads and side dishes, tasty fish and vegetarian meals, colorful and delectable desserts, and yes, meat and potato fare, this cuisine consists of a wide variety of dishes incorporating a broad selection of cultural and regional influences that will have you licking your lips. Organized by course, this cookbook features more than one hundred recipes, including beet soup, cucumber salad, potato pancakes, Hunter's Stew, pork and rice stuffed cabbage leaves, traditional *œbabka* • cake, and of course, pierogies! Numerous recipes for veal, chicken, kielbasa sausage, pork, and beef dishes make this a great and thorough cookbook that is a fantastic addition to any kitchen. With easy-to-follow instructions for simple as well as more intricate dishes, a section on traditional holiday meals, estimated cooking times, and suggestions for healthy ingredient substitutions, this cookbook will teach anyone how to cook delicious Polish food. For those wishing to re-create their grandmother's favorite recipe, or those wanting to experience a new cuisine, Authentic Polish Cooking will bring a bit of Eastern Europe to your home.

## Book Information

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## Customer Reviews

My first attempt trying to cook Polish food and it came out amazing! My boyfriend loved it! The recipes are easy to follow and delicious. I would recommend this cooking book to anyone who wants to try something new.

As a vegetarian I was skeptical to try out this polish cookbook-- but so happy I took the risk! The

strawberry pierogies are to die for and there is nothing like some warm asparagus soup. I would highly recommend this cookbook to everyone.

It's very rare to find a cookbook that offers recipes that are new and different. I loved making the soups and salads from this cookbook because my guests were happy to not have to eat the same old food. I had never cooked Polish food before but the recipes were all easy to follow. I plan on giving this book as a gift to my Polish roommate!

The recipes seem authentic, but many skip important details. A cake recipe tells us to bake the batter, but neglects to specify the type and size of pan. None of the recipes indicate the number of servings. I would only recommend this book to experienced cooks who can improvise. Also lacking are Polish names for most dishes.

brilliant large print, bright colorful pictures. Easy recipes and details. An excellent present for any true starter cookbook. Good Recipes.

This has great recipes and is very pretty. I just wish she would have also used the polish names for these dishes.

My family is Polish and these recipes bring back lots of fond memories of my grandmother's kitchen. The recipes are simple and easy to follow.

Love this cookbook! It has the classics along with some fun new recipes. I made the pierogies and they were delicious.

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