Online Recreations of PHC (AJ’s apartment cookbook)

<http://www.food.com/recipe/polish-angel-wings-chrusciki-359778>

Polish Crullers Recipe – Chrusciki

© 2008 Barbara Rolek licensed to About.com, Inc.

Traditionally, ***[chrusciki](http://easteuropeanfood.about.com/od/ah/g/chrusciki.htm)*** (hrrooss-CHEE-kee) are associated with the pre-Lenten feasting of Mardi Gras when another fried dessert, [***paczki***](http://easteuropeanfood.about.com/od/desserts/r/Paczki.htm) are served. In America, chrusciki or Polish crullers are served at any special occasion.

When I make these, I'm suddenly 5 years old again at a Polish wedding, inhaling the aroma of freshly-fried "chrusciki" and elbowing my siblings out of the way for first dibs at the dessert platter passed at family-style dinners.



**Prep Time:**15 minutes

**Cook Time:**10 minutes

**Total Time:**25 minutes

**Yield:**6 dozen Polish Chrusciki

**Ingredients:**

* 5 large egg yolks, at room temperature
* 1 large whole egg, at room temperature
* 1/2 teaspoon salt
* 1/4 cup confectioners' sugar
* 1/4 cup heavy cream
* 1 teaspoon vanilla
* 1 tablespoon rum or brandy
* 2 cups all-purpose flour
* Canola or vegetable oil
* Confectioners' sugar

**Preparation:**

1. Combine egg yolks, whole egg and salt in bowl of mixer. Beat at high speed until thick and lemon colored, about 5 minutes. Beat in sugar, cream, vanilla and rum. Add flour and beat until blisters form, about 5 minutes.
2. Turn dough out onto a floured board, divide in half, cover with plastic wrap and let rest for at least 20 minutes.
3. Working with half of the dough at a time, roll out to 1/8-inch thickness. Cut into 2-inch-wide strips. Cut these strips on the diagonal at 4-inch intervals.
4. Heat 2 inches of oil in a large, deep skillet to 350 degrees. Make a slit in the center of each strip of dough. Then pull one end through the slit to form a bow.
5. Fry 6 chrusciki at a time for 1 minute or less per side or until golden. These fry quickly, so watch closely. Drain on paper towels. Dust with confectioners' sugar. Some like to drizzle their chrusciki with honey. These pastries tend not to store well, but if kept tightly covered, they can be recrisped in a 350-degree oven for a few minutes and served the next day.

<http://www.tastingpoland.com/food/recipes/cherry_soup.html>

Morello cherry soup recipe

**Ingredients in this recipe:**

* 0.5 kg of morello cherry
* 5 spoonfulfuls of the sugar
* half a cup of the cream
* 1 teaspoonful of the wheat flour
* cinnamon
* orange peel (optional)
* pasta (optional)

**prep**: 30 min

**Recipe:**

* Wash 0.5 with the kg of the morello cherry and pit it.
* Throw half of the morello cherry into the pot, pour water in order to cover half of cherries. Add five teaspoonfuls of the sugar, mix and start heating.
* Let morello cherries be cooked in boiling water for about 2-3 minutes.
* Next remove the pot from the cooker and pour some small amount of water so that all fruits are now covered.
* Add sugar (brown sugar would be the best) and cinnamon. Add both ingredients according to your taste.
* Add a teaspoon of the wheat flour to half a cup of the cream. Mix precisely.
* Pour the cream with the flour into the pot with cherry soup, than mix and put on the cooker again.
* Lead to boiling. Cook 2-3 minutes stirring incessantly. Taste and add some sugar if needed.
* The morello cherry soup is ready. Put remaining raw cherries with portions into the plates and fill with already prepared soup. Sprinkle with shredded orange skin if you wish.

Cherry soup could be served warm or cold. Cold cherry soup constitutes the excellent dessert during hot days. At many polish homes the soup is served with pasta. If you wish you can use the pasta (some kind that you like).

I hope that you find this morello cherry soup recipe useful. Enjoy your meal! Smacznego! :)

<http://www.tastingpoland.com/food/recipes/zur_zurek_recipe.html>

Polish zur aka zurek soup recipe

**Ingredients in this recipe**

* **Sourdough**
* half cup of rye flour
* peel from one slice of wholemeal bread (not obligatory)
* 2 cloves of garlic - crushed
* 2 bay leaves
* 1 cup of water
* **Soup**
* 2 white sausages
* previously made sourdough
* half of a small parsley
* 1 medium-size onion
* 3 potatoes
* 3 tablespoons of thick sour cream (18% fat)
* 1 spun of marjoram
* salt, pepper
* hard-boiled eggs when ready to be served

**Recipe:**

* Pour rye flour into a clay or cup pot, add pressed garlic and pour over warm but not hot water. Mix it with enough water so that a slurry forms, and then leave for about 4-5 days in a warm and sunny place. After this time it will have a distinctive sourdough sour smell (don't worry - disappears during cooking). The sourdough can be poured into jars or bottles and stored even a month.
* Pour your sourdough into a large pot, add some water or broth, so as to be adequately acid (according to your taste). Cook it.
* After boiling, add the leaves, all spices, juniper, diced sausage.
* In the meantime, boil the potatoes separately - otherwise, they become hard and are distasteful.
* Cook until soup goes an intense aroma of meats and herbs. Add salt, pepper and other seasonings to taste. Cook a moment more and then turn off. At the end add the sour cream, eggs and boiled potatoes. Stir. Serve hot!

I hope that you find this zur aka zurek soup recipe useful. Enjoy your meal! Smacznego! :)

<http://www.tastingpoland.com/food/recipes/sorrel_soup.html>

Polish sorrel soup recipe

**Ingredients in this recipe**

* **Broth**
* 1920 to 1925 grams of meat or meat with bone
* 1925 to 1930 grams of vegetables (carrot, parsley, celery, leek)
* half medium onion
* spices (a few peppercorns, bay leaf, salt to taste)
* **Soup**
* 6 cups of broth
* 3 ounces flour
* 12 ounces sour cream (or natural yoghurt)
* 10 ounces sorrel (fresh or from jar)

**Recipe**

* First prepare broth from the bones and vegetables. Bones and meat thoroughly washed in hot water put them into the pot and pour six cups of cold water. Cook it on a strong fire under cover, then decrease the flame and cook over low heat for about 1 hour.
* Then wash, peel and put the green (vegetables)into the broth cooked bones. Then boil them all together. At the end of cooking add the spices.
* When vegetables and meat are already soft, drain them off. Vegetables can be used to prepare salads. Crush the meat and put into the soup. When we are ready to brew, we can deal with preparing the Sorrel soup.
* Wash the sorrel and finely chop it, boil it in filtrated broth. Instead of boiling it in the broth, sorrel can be chopped, stew in butter, and then added to the broth. If the sorrel is older, after strangling rub through a sieve. Mix flour with sour cream (or natural yoghurt), pour to the soup and cook, you can add some salt.

Sorrel soup can be served with hard-boiled, chopped into quarters eggs. Sorrel soup is also served with potatoes, which are washed and peeled and should be cut into cubes and cooked in the broth before putting sorrel.

I hope that you find this sorrel soup recipe useful. Enjoy your meal! Smacznego! :)

<http://www.tastingpoland.com/food/recipes/dill_soup_koperkowa.html>

Dill Soup — zupa koperkowa recipe

Dill soup is one of traditional Polish soups - simple, showing the taste of spring dill off. Therefore, it is most tasty in spring and in the summer, when you can use fresh ingredients.

Not always, but usually dill soup is served as 'clean', i.e. after cooking we take soup vegetables (wloszczyzna) out of it. There are two equally popular ways of serving dill soup: one is with hard boiled eggs as an addition (just like in the case of sorrel soup), and second: batter dumplings/noodles (lane kluski in Polish). In my family, we choose eggs since ever. However, in many Polish homes dill soup is also being eaten with potatoes (cooked in the soup) or with rice.

**Ingredients in this recipe:**

* 1 large bunch of dill
* 0.5 kg of soup vegetables (wloszczyzna: parsley, celery, leek, carrots)
* 1 medium onion
* 200 ml sour cream or tart yoghurt
* 30 ounces of veal ribs or other meat with bone
* 1 tablespoon of flour
* 1 bay leaf
* salt, pepper

**Recipe:**

* Prepare a veal stock with 2 litres of water. To the pot add 1 small onion during cooking the broth. Add greens and then rest of vegetables. If you want to have full-vegetable version of this soup, throw chopped vegetables after 20 minutes of meat cooking. If you want, however, to get rid of it and serve a clean soup, as it is usually prefered, throw all vegetables at the beginning.
* Add salt to taste. Now, cook the soup about 1 hour - until meat and vegetables will be soft.
* When broth is ready it is time for our dill. Cut very finely half of the bundle (the one closer to roots). Than fry it for 1-2 minutes on a hot pan and throw into the soup.
* Now, take the pot out from fire and remove meat.
* Mix cream with flour if you like a bit thicker soup. Pour few tablespoons of soup to the cream (so the cream does not coagulate after adding it to the hot soup). Then mix it all and pour to the pot with a dill soup.
* Slowly heat all together for the last time. Leave it for a moment to let all flavors merge.
* Now chop all remaining dill and throw directly into the pot. Mix the whole.
* Prepare batter dumplings of hard boiled eggs to be served with you dill soup.

I hope that you find this dill soup - zupa koperkowa recipe useful. Enjoy your meal! Smacznego! :)

<http://easteuropeanfood.about.com/od/polishsoups/r/zurek.htm>

Ryemeal Soup with Sausage Recipe - Polish Zurek



This recipe for Polish ryemeal soup with sausage,*żurek* (ZHOO-rrek), is from chef Marek (Mark) Widomski, founder and director of the Culinary Institute in Cracow, Poland, and is typical of the "sour" soups beloved by many Eastern Europeans.

A *żur* (ZHOOR) or sour (also known as *kwas*), the base for this soup, is created by fermenting rye flour with water in a jar or crock for up to five days. So start the sour ahead of time! In Poland, this is often served before *obiad* (the main meal of the day).

Makes about 6 servings of Polish Ryemeal Soup or Żurek

Prep Time: 30 minutes

Cook Time: 45 minutes

Total Time: 1 hour, 15 minutes

**Ingredients:**

* Ryemeal Sour (*Żur or Kwas*):
* 3/4 cup rye flour
* 2 cups water boiled and cooled to lukewarm
* Soup:
* 1/2 pound peeled and chopped soup vegetables (carrots, parsnips, celery root, leeks)
* 6 cups water
* 1/2 pound fresh (white) Polish sausage (*kielbasa biala*)
* 1 pound potatoes, peeled and cut into 1-inch pieces
* 2 cups ryemeal sour (above)
* 1 heaping tablespoon all-purpose flour mixed with 4 tablespoons water
* 1 garlic clove crushed with 1/2 teaspoon salt
* 3 large hard-cooked eggs (optional)

**Preparation:**

1. To make the ryemeal sour (*żur or kwas*): Mix together rye flour with lukewarm water. Pour into a glass jar or ceramic bowl that is large enough for the mixture to expand. Cover with cheesecloth and let stand in a warm place for 4 to 5 days. This should make 2 cups or enough for the soup. If the sour isn't used immediately, it can be stored, covered, in the refrigerator for up to a week.
2. To make the soup: In a large soup pot, bring soup vegetables and water to a boil. Reduce heat and simmer 30 minutes. Add sausage, return to the boil, reduce heat and cook another 30 minutes. Remove sausage from soup, slice when cool enough to handle, and set aside. Strain stock through a sieve, pressing on the vegetables to extract as much flavor as possible. Discard the vegetables, skim the fat off the stock, and return the stock to the soup pot.
3. Add the potatoes and ryemeal sour to the stock, adding salt if necessary. Bring to a boil, reduce heat to simmer and cook until potatoes are al dente. Whisking constantly, add flour-water mixture, sliced sausage and garlic-salt paste. Bring the soup to a boil. Reduce to a simmer and cook until potatoes are tender. Serve in heated bowls with half a hard-cooked egg in each serving (if desired), and rye bread on the side.