

# TYPICAL POLISH FOOD



Pierogi



Rosół



Golabki

Smacznego!



Bigos



Galaretka Wieprzowa

**Bigos** : a traditional stew (considered to be the national dish of Poland).

It includes sauerkraut, various meats\* and sausages, tomatoes, honey and mushrooms. \*bacon, beef, pork, ham or veal

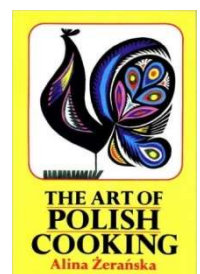
**Pierogi**: Pierogi are boiled dumplings/ravioli stuffed with ingredients (potato and cheese, mushrooms). After they are boiled, they are fried with butter and finely chopped onions.

**Rosół**: the most common soup served in Poland. It is composed of chicken, onion, small leek, onion, green celery, parsley, cabbage, salt and pepper.

**Golabki**: Cabbage rolls

wrapped around pork or beef meat, chopped onions and rice. They are usually baked with a spicy tomato sauce.

**Galaretka Wieprzowa**: Pork Jelly (a typical Polish cold starter!)



## Polish Desserts



**Kutia**



**Paczki**



**Faworki**



**Galaretka**



**Makowiec**



**Nalesniki**



**Budyń**



**Pierniki**



**Sernik**

**Kutia:** A small square pasta with wheat, poppy seeds, nuts, raisins and honey. Typically served during Christmas.

**Paczki:** the Polish equivalent to a doughnut!

**Faworki:** Pastry Twist. Sweet, crispy fried pastry straw

**Galaretka:** Sweet jelly. Made from fruit juices and served as a cold dessert.

**Makowiec:** Sweet poppy cake (a classic Polish dessert !)

**Nalesniki:** similar to crepes.

**Budyń:** the Polish equivalent to pudding! Different flavors.

**Pierniki:** Polish gingerbread cookies. Filled with marmalade of different fruit flavours and covered with chocolate.

**Sernik:** Cheesecake (one of the most popular desserts in Poland!)





# TYPICAL POLISH FOOD



Smacznego!



**Bigos** : a traditional  (considered to be the national dish of Poland).

It includes sauerkraut, various meats\* and  tomatoes, honey and  \* , , ,  or

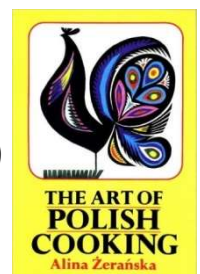
**Pierogi**: Pierogi are boiled dumplings/ravioli stuffed with ingredients ( and  mushrooms). After they are boiled, they are fried with butter and finely chopped

**Rosół**: the most common  served in Poland. It is composed of , onion, small  onion, green  parsley, cabbage, salt and pepper.



**Golabki**:  rolls wrapped around pork or beef meat,  onions and . They are usually baked with a  tomato sauce.

**Galaretka Wieprzowa**: Pork  (a typical Polish cold starter!)



## Polish Desserts



**Kutia:** A small square  with wheat, poppy seeds,  raisins and . Typically served during Christmas.

**Paczki:** the Polish equivalent to a

**Faworki:** Pastry . Sweet, crispy fried pastry straw

**Galaretka:** Sweet  Made from  juices and served as a cold dessert.

**Makowiec:** Sweet poppy  (a classic Polish dessert !)

**Nalesniki:** similar to

**Budyn:** the Polish equivalent to ! Different flavors.

**Pierniki:** Polish  cookies. Filled with marmalade of different  flavours and covered with

**Sernik:**  (one of the most popular desserts in Poland!)

