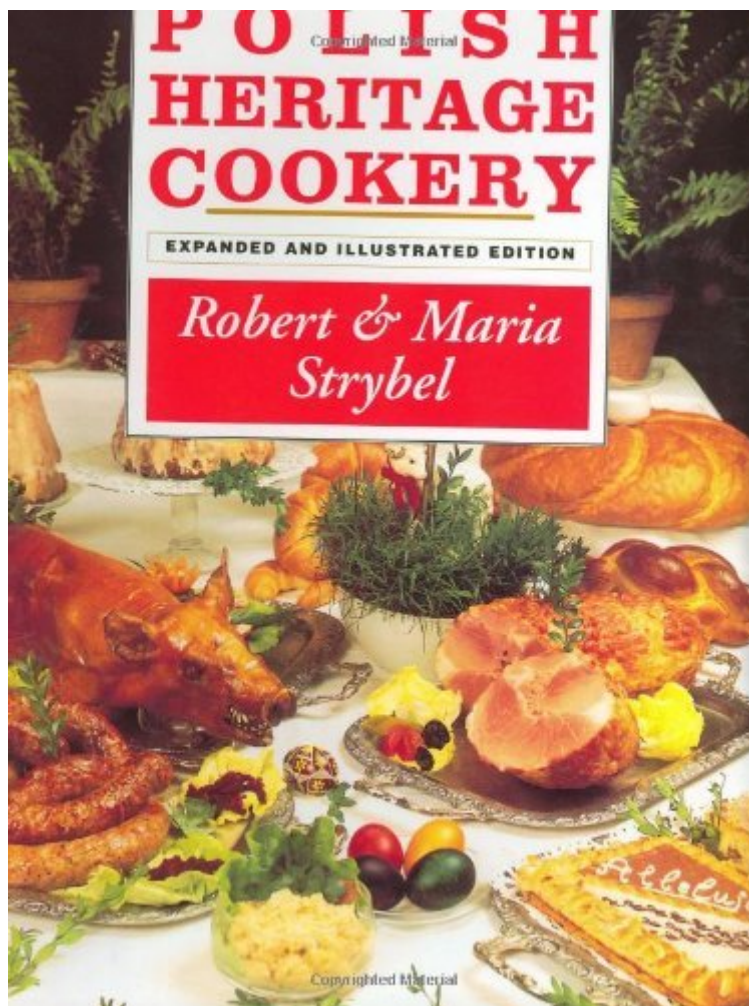


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# Polish Heritage Cookery



## Synopsis

A perennial bestseller, Polish Heritage Cookery is the most extensive and varied Polish cookbook ever published. More than 2,200 recipes use easily available American ingredients and measurements. Modern Polish cuisine is a blend of hearty peasant dishes and more elegant gourmet fare, incorporating a broad cross-section of cultural influences. The book includes numerous cultural notes, historical accounts of Polish culinary traditions, and descriptive line drawings. Its expanded edition includes information on Polish products available in the United States, such as plum butter, honey mushrooms (opieÅŒka), and kielbasa, and their culinary uses. Complete with full color photographs.

## Book Information

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## Customer Reviews

After purchasing two Polish cookbooks and being disappointed at how small they were, I ordered this one. I had to buy it used, as I couldn't find any new versions, but this copy was acceptable, only showing minimal wear and tear. My neighbor is a delightful slender Polish lady in her eighties who is an INCREDIBLE cook, which is what got me interested in Polish cuisine in the first place. Dinner at her house is a much to be desired event, and if eating Polish food every night keeps you as thin as

they , are, I'm all for it. Her husband is a healthy weight and extremely strong, especially for a man his age. I am assuming that this is one of the major reasons they are both so attractive and so healthy, even as they are heading into their 90s. I can only say, that Polish food is beyond wonderful, and I've completely fallen in love with it, thanks to my neighbor. I can't give an honest or accurate review this book because right now it's across the street being assessed by my lovely Polish neighbor, but if she gives it her stamp of approval, I'll update this review at a later time. In looking through this book, I can say one thing: Polish cooking uses some pretty strange combinations of ingredients, many of which I would never imagine using. The odd thing is that they work and the results are spectacular!

Anybody interested in an encyclopedic compendium of Polish recipes will not regret buying this book. This hefty tome, at over 800 pages, is as thorough a resource to the Polish kitchen as Irma Bombeck's *Joy of Kitchen* is to an American one. The format of the recipes may be a little daunting if you're used to a chart of ingredients preceding the cooking instructions, but the sheer volume of recipes in this book lend themselves best to this format. Sometimes, instructions can be a little non-obvious. For example, recipes will call for items like "beet sour" or "Polish pork seasoning," which, if you're just leafing through the book, you might not realize that there are recipes contained in the cookbook for those ingredients. In other words, where a cookbook may typically write "1/2 cup beet sour (see recipe on page XYZ)," the parenthetical reference is omitted, and you have to check the index. It's a minor point, but I can see it being confusing if you don't immediately realize it. The book contains recipes for almost everything Polish food related under the sun. I was especially impressed to find recipes for homemade sausages (both fresh and cold smoked) and cured meats (like bacon), even though many kitchens may not be equipped for sausage making or cold smoking. If you have access to these things, those recipes are there for you. The spice & herbs section is a complete and informative rundown of the role of seasonings in Polish cookery. There is an entire chapter devoted to mushroom dishes (an important ingredient in our cuisine.) Five different recipes for pierogi doughs, and an entire section on Polish dumplings of all types, from pierogi to pyzy to kopytka. There's a chapter on home preserves, as well as recipes for various flavored cordials, vodkas and brandies (nalewki) that are sure to be part of any Polish bar. In short, the breadth and depth of the research and recipes are amazing. This is the best English-language resource I've seen for the Polish cuisine.

If you ever wanted to know where Babcia learned to cook - this is it! Every conceivable Polish recipe

can be found on these pages, provided with loving detail and insider tips. Mr Strybel makes it his business to ensure you get the "feel" of Polish cooking, not just the bare bones..He provides a very useful intro describing what makes Polish cooking unique, what kept it relatively unknown and unappreciated, what gives it its national flavour and even why Poles use the ingredients they do - fascinating insights, not just for Poles. There are just enough photos and step-by-step illustrations to make things easy and inspiring, and whole sections are devoted to making your own produce, such as dairy products and meat products not readily available outside Europe. This is an immense help to Westerners who don't even seem to have access to natural, raw milk these days - Mr Strybel has some interesting things to say about health benefits and modern nutrition here! Though probably not his intent, Mr Strybel makes some of the most compelling arguments for a return to "slow" food I have ever read. Although ingredients aren't listed at the beginning of recipes (to save space) it really isn't that much of a big deal - after all, when you're cooking you probably have to read through the recipe a few times anyway to get the feel for the job, thus familiarising yourself with what's required. Instead, Mr Strybel has provided an excellent index, in both Polish and English, making recipes easy to find, even by ingredient, which I think is far more useful than listed ingredients. What I loved most about this book, however, is Mr Strybel's courage to present Polish cooking unashamedly as it is - a relatively unknown (he explains why this is so) culinary tradition, which once sampled cannot be forgotten - the kind of home-cooking that will always be chosen and enjoyed far more than any haute cuisine can be because it feeds the soul as well as the body. It's simple and stodgy cuisine, right? Wrong! This prejudice Mr Strybel blows completely out of the water by reminding us that peasant fare mixed with royal culinary tradition gives you dishes such as slow-roasted duck with wild mushrooms and juniper berries - it ain't all cabbage, folks..not that there's anything wrong with cabbage if you know how to cook it. For the health conscious, on the face of it, Polish cooking is high fat, high everything cooking, but as Mr Strybel points out - well, you'll just have to read what he has to say about all that! It's been said before but I'll say it again - this is the definitive Babcia's bible! Whether you're Polish or not, you'll be amazed at the breadth and depth of this book - I know I was and I've been cooking Polish food all my life. Thank you Mr Strybel :)

This is the companion book to another by the same author. Really like the idea about the traditions and history being in the book. However, my feelings about this book is the same as the other. Good representation of Polish cooking, however, a difficult recipe book to read and follow. Recipes are in paragraph style and additional time is needed to determine the ingredients. Not sure the recipes were edited and tested as written as I found I had to adjust each one that I used. The

concept was good but the delivery was poor. Perhaps the author/book publisher should have created versions for the US and Europe.

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