

A Taste of Krakow and Malopolska Favorites....

Welcome Malgorzata Bondyra and Michael Carnahan! They bring their talents to one of Zgoda's most popular sections. Malgorzata's culinary skills make Polish cuisine easy to prepare and make. Michael's photographs makes the food come to life. Together they present the food from the kitchens of Poland to your home. Make sure to invite the friends and neighbors because the food is sure to impress.

ZRAZY WOŁOWE (BEEF ROLLS)



Ingredients:

- 1.5-2 pound piece of beef (it needs to be sliced later)
- 1 red or orange bell pepper – cut into thin strips
- 1 onion – cut into strips
- 2-3 cucumbers in brine – cut into long strips
- Smoked bacon – cut into strips
- Salt, pepper
- Toothpicks
- Oil for frying
- 1 chopped onion
- Flour and Water slurry for thickening sauce
- 1 red, orange or yellow pepper cut into long strips - optional

- A few baby carrots or a handful thickly shredded carrots - optional
- Finely chopped dill
- Heavy whipping cream
- Other spices of your choice
- Saran wrap
- toothpicks
- salt and pepper for taste

STEPS:

1. Slice meat into thin slices against the grain.
2. Pound each meat slice on both sides and then salt and pepper both sides of each piece.
3. Place one strip each of bell pepper, onion, cucumber in brine, and bacon on one piece of meat and roll it, tucking the sides inside, and secure the roll with one or two toothpicks.



4. Repeat until all meat is rolled.
5. Heat some oil (enough to cover the bottom of the frying pan) on medium high heat.
6. Carefully place the beef rolls into the hot oil and fry on both sides until browned nicely.
7. Take the meat out, and in the same oil, fry chopped onion until golden brown.
8. Return the meat to the pan, add some water and bring it to boil. Reduce heat to low, cover, and let simmer for 1 hour until soft.



9. Add salt and pepper to taste (and other desired spices). Thicken the sauce with a mixture of water and flour to desired consistency.
10. Add some heavy whipping cream, chopped dill, carrots and fresh bell peppers. Simmer for 2-3 minutes more, and serve.

OBWARZANKI KRAKOWSKIE



Ingredients:

- 100 ml (3.4 ounces) warm water
- 100 ml (3.4 ounces) warm milk
- 50 grams (1.75 ounces) fresh yeast or (2) ¼-ounce packets dry yeast
- ½ teaspoon salt
- Pinch of sugar
- 100 grams (3.5 ounces) softened butter
- 500 grams (about 3 cups) flour, sifted
- 1 egg, beaten
- Poppy seeds or sesame seeds

STEPS:

1. Combine yeast, water, milk and sugar and let stand for 10-15 minutes.
2. Prepare a large pot of water for boiling the obwarzanki.
3. Combine sifted flour, softened butter and yeast mixture.
4. Mix together and knead the dough.
5. Preheat oven to 400° F.
6. Cover it with clean cloth and leave it to rise for 20 minutes in a warm place.

7. After 20 minutes divide the dough into 6 pieces.
8. Roll each piece with your hands into about an 18-inch rope.
9. Grab in in the middle and start twisting both parts together. Shape into a hoop and connect ends together. Repeat with remaining pieces of dough.
10. Place each obwarzanek into boiling water and boil for 1-2 minutes.
11. Place each obwarzanek on a baking sheet lined with parchment paper.
12. Brush each obwarzanek with beaten egg and sprinkle with your choice of poppy or sesame seeds.



13. Place obwarzanki in the preheated oven and bake for 20 minutes or until golden in color.

KREMÓWKA PAPIESKA (Papal Cream Cake)



Ingredients:

- 1 pack of puff pastry sheets (2 sheets)
- 2 cream-flavored pudding packets (budyń śmietankowy)
- 0.5 liter (2 ¼ cups) milk
- 3-4 tablespoons sugar
- 250 grams (2 sticks + 2 tablespoons) softened unsalted butter
- 250 grams (1 ¼ cups) heavy whipping cream
- 1 packet vanilla sugar (0.18 ounces)
- 3 tablespoons powdered sugar
- Additional powdered sugar to dust the pastry after baking

STEPS:

1. Preheat oven to 400° F.
2. Prepare pudding according to the directions on the package, but use only 2 ¼ cups of milk and add 3-4 tablespoons of sugar. Allow to cool.
3. Prepare puff pastry sheets according to the directions on the package. Before baking, cut each sheet into 12 (or less) equal rectangular pieces.
4. Bake at 400° F for 15 minutes or until golden in color. Allow to cool.

5. Divide each shell into two halves – top and bottom pieces.



6. Beat heavy whipping cream with vanilla sugar until stiff, and at the end of beating add 3 tablespoons of powdered sugar and beat some more.
7. Add butter to the pudding and mix it until nicely combined and smooth.
8. Add heavy whipping cream mixture to the pudding and mix it together.
9. Place filling in a pastry bag (or place in a zip top bag and cut off one corner to make your own pastry bag) and fill bottom part of pastry shells with cream mixture.



10. Cover the cream-filled bottom pastry with the top portion of the shell and sprinkle heavily with powder sugar using a mesh strainer to distribute it evenly.
11. Place kremówki on a platter, and place them in the refrigerator.
12. Remove kremówki from the refrigerator about 20 minutes before serving.



These recipes come from the kitchen of Malgorzata Bondyra of Baltimore, Maryland and PNA Council 21. Michael Carnahan has made videos showing how to prepare and make these tasty Polish dishes. Check out PNA Council 21 website for these recipes and more!

<https://pnacouncil21.com/zgodarecipes>

Smacznego!

*Recipes and preparation by
Malgorzata Bondyra*

Photos by Michael Carnahan

PNA Council 21 and Technology

Secret to our success!

With the future in mind, we have embraced new technology and trends for our advantage. Council 21's Facebook page was created in 2016. It started slow, but we realized that we were missing an opportunity to reach to people. We regularly started posting our events, sharing posts and events of other Polish organizations, and frequently sharing posts of interest, such as those from the PNA's Facebook page.

We updated our website, established an email list via a service called MailChimp. These avenues allow us to share information in an inexpensive, efficient manner. We focus on the two-fold Core Mission of PNA: to recruit new members and to promote our amazing Polish culture. We post links to join our email list, to "like" our Facebook page, and to visit our website. For the greatest exposure, we encourage all members to share our posts, to invite others to like the page, and share them in various Facebook groups, such as "Baltimore Polonia."

It has dramatically increased attention to our efforts bringing in many new members and guests - who we hope to make members! Our Facebook following grows every day, from just a few people to now, more than 500 followers. Our email list has become enormous. We encourage all PNA councils and lodges to do the same, reap the benefits. It's up to us to make it happen and spread the good word about the PNA.

*By Michael Carnahan
PNA Council 21*