

Cooking Live

with Gosia

Kotlety Mielone (Ground Meat Cutlets)

Ingredients:

2 pounds ground meats (any kind you like)
1 medium onion – chopped (reserve 1/4 for cucumber salad)
1 egg
1 roll (your choice) - soaked in water
Salt and pepper to taste
Bread crumbs
Oil for cooking

Steps:

1. Heat cooking oil in a pan over medium heat.
2. Combine first five ingredients into a large mixing bowl.
3. Mix thoroughly so the mixture is smooth.
4. Form the mixture into palm sized balls, roll them in the bread crumbs and form them into 1-1/2 inch thick cutlets.
5. Carefully place cutlets into frying pan, and cook on each side for approximately 4-5 minutes until they are golden brown and cooked through.
6. Remove the cutlets to a paper-towel-covered plate to drain excess oil.
7. Serve with your favorite sides. For a traditional Polish meal, serve with mashed potatoes topped with fresh chopped dill and a side of cucumber salad (mizeria).

Courtesy of



SEVEN OAKS SENIOR CENTER
Energizing the Lives of Seniors in Perry Hall, MD



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Mizeria

(Polish Cucumber Salad)

Ingredients:

2 large cucumbers (any kind you like) - peeled and sliced thin
1/4 medium onion - chopped
1-2 tbsps white vinegar (to taste)
Salt and pepper to taste
Sour cream*
Heavy whipping cream*
Fresh chopped dill (optional)

*You can use sour cream, heavy whipping cream, or both

Steps:

1. Combine first four ingredients in a mixing bowl.
2. Adjust seasoning to taste.
3. Add sour cream or heavy whipping cream (or both) and mix.
4. Enjoy with your favorite main dish, or all on its own.

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