

Cooking Live

with Gosia

Żurek

(Polish Sour Rye Soup)

Ingredients:

4 qts water
2 lbs dark smoked Polish sausage (preferably swojska) - sliced or bigger pieces
2-3 cloves garlic, minced
Żurek/żur soup starter
Heavy whipping cream or sour cream
Maggi liquid
Marjoram
Salt and pepper to taste

Several hard boiled eggs (however many you like)

Steps:

1. Add water and sausage to a pot, bring to a boil, reduce heat and simmer for 20 minutes
2. Stirring constantly, add sour soup base, bring to a boil, reduce heat and simmer for 2 minutes
3. Add garlic, Maggi liquid, salt and pepper
4. Add cream, bring to a boil, turn off immediately and add marjoram
5. Halve, quarter or slice two or more hard boiled eggs into a soup bowl
6. Ladle soup with pieces of sausage over the eggs and serve

Courtesy of



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



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Tiramisu

(Italian Coffee-Flavored Dessert)

Ingredients:

6 egg yolks
3 egg whites
5 oz. sugar
16 oz. Mascarpone cheese
1-2 7 oz. packages Savoiardi - Lady Fingers Champagne Biscuits
Dark Cocoa Powder

For Dipping Lady Fingers:

280 ml strong coffee - cooled down
60 ml Marsala wine (or other liquor - I used Irish Cream)

Steps:

1. Wash eggs in hot water. Separate egg whites from egg yolks
2. To a bowl with egg yolks add 2/3 of sugar and whip it using mixer until fluffy and light in color
3. Whip egg whites until stiff. Add the rest of the sugar and keep whipping until the resulting foam is white and shiny
4. Add mascarpone to the egg yolk mixture and gently mix (mascarpone doesn't like to be mixed a lot). Fold in the egg whites and gently mix with a spoon starting from the bottom and going up
5. The coffee and alcohol mix for dipping biscuits should be in a wide dish - you should be able to dip the whole biscuit at once (for 1 second)
6. Place dipped biscuits on the bottom of the dish, covering the entire bottom
7. Place half of the cream on top, make a second layer of biscuits on top of the cream and cover with the rest of the cream.
8. Sift at least one tablespoon of cocoa powder over the top to create a heavy coating
9. Refrigerate at least four hours before serving

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