

Easter Delights

Polish Sour Rye Soup

Żurek



The Polish kitchen is known for its soups, and żurek is a favorite with this special treat being one of the earliest soups in Poland. It is absolutely a must-have dish at the traditional Polish Easter breakfast or brunch. There are many ways to prepare żurek. Here is the recipe I love the most.

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)
- (optional: potatoes, carrots, onion and fresh Polish sausage)

Directions:

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

Easter Egnog Cake

Wielkanocna Babka Ajerkoniakowa

Sweet, moist, delicious. Perfect Easter babka. You can decorate it any way you like, and perhaps invite your children to help you. Highly recommended by my family!



Ingredients:

- Cake (all ingredients should be at room temperature)
- 1 cup flour
- 1 cup potato flour
- 4 teaspoons baking powder
- 1 ¾ cup powdered sugar
- 4 teaspoons vanilla sugar
- 1 cup vegetable oil
- 1 cup eggnog
- 5 medium eggs

Frosting

- 1 cup powdered sugar
- about 3 tablespoons eggnog

Directions:

1. Preheat oven to 360°F
2. In a bowl, combine and mix flour, potato flour, baking powder, powdered sugar and vanilla sugar
3. Add the rest of the ingredients and mix at high speed for about 2 minutes
4. Grease a bundt cake pan with butter or margarine and sprinkle with flour
5. Transfer batter to the pan
6. Bake in the preheated oven for 50-55 minutes
7. After baking, leave the cake in the pan for 10 minutes, then place it on a wire rack and leave it to cool completely
8. Prepare the icing - mix powdered sugar with eggnog until smooth
9. Pour the icing over the cake

Waffles with Whipped Cream and Fruit Toppings

Gofry z bitą śmietaną i owocami



If you will have children attending your Easter breakfast waffles will be a guaranteed hit! This isn't a traditional Easter dish, but one of Poland's favorites all year round. I tried many waffle recipes and none of them produced the kind of waffles I was looking for. I kept adjusting ingredients,

and finally ended up with the perfect recipe for flavorful, crispy and light waffles. They are best, served with whipped cream and fresh fruits.

Ingredients:

- 2 cups flour
- 2 cups milk
- 1 tsp. baking powder
- Pinch of salt
- 1-2 tbsp. sugar
- 1/3 cup oil
- 2 eggs (separated)
- 2 cups heavy whipping cream or 1 can of ready whipped cream
- 6 tbsp. powdered sugar
- Fresh fruits (strawberries cut into pieces, raspberries, blueberries, blackberries, etc.)

Directions:

1. Warm up waffle iron
2. Mix all ingredients (except egg whites) together until smooth
3. Beat egg whites until firm
4. Add firm egg whites to the mixture and gently fold in until combined
5. Pour the desired amount of batter in the waffle iron and bake until golden brown or until timer goes off or indicator shows waffle is ready
6. Let it cool on a wire rack
7. Place heavy whipping cream and powdered sugar into a container and beat on high speed until firm
8. Topping Option 1: Top waffle with whipping cream and then with fresh fruits
9. Topping Option 2: Sprinkle with powdered sugar only

Herring with Apples and Onions

Śledzie z jabłkami i cebulą

In Poland, herring is present on holiday table at both Easter and Christmas.

This recipe is proven to be one of the favorites. Herring fillets complemented by apples, sweet onions and garnished with lemon slices and parsley, will look appetizing on any Easter table.



Ingredients:

- 6 salted herring fillets
- 2 large white (sweet) onions
- 2 large apples
- Juice from one lemon
- 1.5 cups heavy whipping cream
- 1 tbsp. sugar
- Lemon for garnish
- Fresh parsley

Directions:

1. Soak the salted herrings in water to reduce saltiness (I use herring fillets in oil which don't have to be soaked in water)
2. Cut herring fillets into small parts
3. Peel onions, cut some slices for decoration, dice the rest
4. Peel apples and shred them on larger shredding holes
5. Mix apples and onions with heavy whipping cream and add lemon juice and sugar to taste
6. Place the mixture on a platter
7. On top of the mixture lay herring pieces
8. Decorate with onion rings, lemon slices or wedges and fresh parsley leaves

Opole Beef Roulade

Opolska Rolada Wołowa

In case your Easter celebration turns out to be a dinner, I tested this delicious recipe from the Opole region featured in this Zgoda issue. Very Polish, very tasty and satisfying. The roulades are traditionally served with Silesian potato dumplings and red cabbage, but you can serve it with any other dumplings and your favorite Polish salad (surowka).



Ingredients:

- 4 large slices top round beef steak
- 1 medium onion, diced
- 3 oz. smoked bacon, diced
- 4 cucumbers in brine, diced
- mustard to brush the meat
- salt and pepper
- 4 allspice berries (whole)
- 3 bay leaves
- 2 tablespoons flour
- cooking oil for frying
- flour and water slurry for thickening the sauce

Directions:

1. Pound the meat, then salt and pepper it and brush each slice with mustard on one side
 2. Place the diced bacon, cucumber in brine and onions on the mustard-brushed side of each piece of meat
 3. Roll it into a tight roll (to hold it in place, you can wrap thread around it or fix it with skewers)
 4. Heat oil in a large pan
 5. Place the roulades in the hot oil, brown on each side, then add water, bay leaves and allspice, and lower the temperature to a simmer
 6. Cover and simmer until the roulades are soft
 7. When ready, remove the roulades and thicken the sauce with the flour and water slurry
 8. Serve with Silesian dumplings and red cabbage (kluski śląskie i modra kapusta)
- Smacznego! Happy Easter and Wesołego Alleluja!

Spring Deviled Eggs



Ingredients:

- 6 eggs
- 1 tbsp. of salt
- 3-4 tbsp. of mayonnaise
- 1/8 tsp. of salt
- Pinch of pepper to taste
- 1 tsp. each of fresh dill, parsley, chives (or other favorite herbs)

Directions:

1. Place eggs in a pot and cover with cold water, add salt and boil for approximately 7 min. Drain and fill pot with cold water for the eggs to cool
2. Peel eggs and cut them in half
3. Take out yolks, place in a shallow medium mixing bowl and mash with a fork adding mayo, salt, and pepper and chopped herbs. Mix until combined. Add salt and/or pepper to taste
4. Fill the egg whites with yolk mixture
5. Decorate with fresh herbs, red radish, cucumber etc.
6. Keep refrigerated until ready to serve

You can use horseradish, finely chopped pickles or roasted red beets instead of fresh herbs for more flavor and color on your Easter table.



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The Custom of Świąconka

Easter is an important holiday in several cultures and the symbolism surrounding it inspires the religious and non-religious alike. Poles around the world see it as a time for spiritual reflection and renewal, a celebration of new life, and gathering together with family. Food and Art are both important elements of Polish culture, and they are especially reflected in the cherished tradition of *Świąconka* meaning, and “the blessing of Easter baskets”.

Every Holy Saturday, Poles from around the world fill their decorated Easter baskets with delicious food that they will eat the next day at Easter Sunday Breakfast and take them to church to participate in the prayer and blessing. In many older or rural communities, the Priest visits the household to do the blessing.

The typical Polish Easter Basket contains:

- **An Easter lamb** made out of butter or sugar to symbolize the goodness of Christ
- **Horseradish** to symbolize the bitterness of His sacrifice
- **Ham** to symbolize great joy and abundance
- **Bread** to symbolize a new life with Jesus Christ, the “Bread of Life”

- **Eggs** to symbolize new life and Christ’s resurrection
- **Cheese** to symbolize moderation
- **Salt** to symbolize purification
- **Smoked Bacon** to symbolize the over-abundance of God’s mercy and generosity
- **A Candle** representing Christ as the Light of the World
- and whatever else the person would like to have blessed!

Staples of Polish cuisine and culture, such as kielbasa, Pisanki (decorated Polish Easter eggs), Easter Bread (Babka, a round loaf generally topped with a cross or fish) can be found in the baskets as well. Sometimes, you might even see a basket with a bottle of wine!

Once the basket is filled, the food is covered with a white linen cloth. The baskets are typically decorated with sprigs of boxwood (bukszpan), spring flowers, and lined with lace or linen fabric, many of which are embroidered with traditional folk patterns or designs.

We hope you have a delicious and peaceful Easter Holiday! Smacznego i Wesołych Świąt!

Magdalena Biedron

