

*Since this summer issue of the Zgoda takes you to the West Pomeranian Voivodship, Małgorzata Bondyra and Michel Carnahan tested and approved recipes from that region. They are great choices for a light summer supper. Enjoy!*

## Szczecin Fish Salad

*Paprykarz szczeciński*



### Ingredients:

- about 1/2 lb. of smoked fish (mackerel, eel, trout, hake) - weight of peeled fish
- 1/4 lb. of rice cooked
- 2 carrots
- 1/2 red bell pepper
- 1 parsley root
- 1 large onion
- 1-3 whole allspice berry
- 1 bay leaf
- 1/2 cup vegetable stock
- 3 tablespoons of vegetable oil
- 2 tablespoons of tomato paste
- salt, pepper, 2 teaspoons of (sweet) paprika, 1/2 teaspoon of cayenne pepper

### Directions:

Peel the skin and remove the bones of the fish, leaving the meat. Peel the carrots and parsley root and grate them on a large-mesh grater. Grate bell pepper. Peel and dice the onion. Pour 2 tbsp. of oil into a large frying pan and add the onion. Sauté the onion, stirring from time to time until soft. Add grated vegetables, allspice berry, and bay leaf. Pour in the remaining spoon of oil, season with salt and pepper, cook for 3 minutes, stirring occasionally. Add vegetable stock, cover, and simmer for 5 minutes. Remove lid and add shredded fish, paprika, cayenne pepper, and cooked rice. Continue cooking for about 4 minutes, stirring occasionally. Add the tomato paste and stir to combine. Remove allspice berries and bay leaf. The dish is now ready. It can be served warm with bread or stored in the fridge and used as cold pâté.

## Polish Layered Herring Salad

*Śledzie pod pierzynką*

### Ingredients:

- 1 lb. of herring in oil - 6 fillets
- 2 medium red beets
- 5 hard-boiled eggs
- 3 medium carrots
- 3 medium potatoes
- a small onion
- 10 cm piece of leek
- 5 small cucumbers in brine
- 8 oz. of your favorite yellow cheese, shredded
- 5 tablespoons of mayonnaise
- 2 tablespoons of plain yogurt
- 1 teaspoon of mustard
- salt and pepper
- chives and parsley for decoration



### Directions:

*For the best result, a transparent dish with straight sides should be used to serve this salad so you can show off the layers.*

Slice herrings into small pieces. Cook, cool, peel, and grate carrots, potatoes, beets, and eggs (keep each item in a separate bowl). Chop the onions, leeks, chives, parsley, and cucumbers in brine (keep each item in a separate bowl). Place ingredients in layers in the order listed, making sure to spread the ingredients across the entire area: Herring, onion, and leek, 1 tbsp. mayonnaise, potatoes, 1 tbsp. mayonnaise, mustard, salt and pepper, beets, salt and pepper, 1 tbsp. mayonnaise, 1 tbsp. yogurt, carrots, 1 tbsp. mayonnaise, 1 tbsp. yogurt, cucumbers in brine, 1 tbsp. mayonnaise, eggs, and cheese. Decorate with chives and parsley. Refrigerate for a few hours and serve chilled.

## Polish Vegetable Salad

*Salatka warzywna*



### Ingredients:

- 3-4 medium potatoes (skin on)
- 2-3 carrots (skin on) or 1 can of carrots
- 1 medium parsley root (skin on) – optional
- 1 small celery root (skin on) – optional
- 1 can of corn
- 1 can of peas
- 6 hard-boiled eggs, finely diced
- 1 small onion, finely diced
- 1 apple, finely diced
- 4 medium cucumbers in brine, finely diced
- Fresh parsley and/or dill, chopped – optional
- 1 tbsp mustard
- Mayonnaise (adjust amount for personal taste)
- Salt and pepper to taste

### Directions:

Boil potatoes, carrots, parsley root, and celery root in their skins. Allow to cool, then peel, finely dice, and add to a large bowl. Add eggs, onions, apples, and cucumbers in brine. Add corn, peas, and parsley/dill. Add mustard, mayonnaise, salt, and pepper. Mix until all ingredients are thoroughly combined. Refrigerate for several hours before serving.

## Artisan Home-Made Bread

*Chleb domowy*

### Ingredients:

- 3 cups (approx.) of flour (regular or bread)
- 1.5 cups lukewarm water
- 1 packet (1/4oz) dry yeast or 3/4 oz fresh yeast
- 1 tsp. sugar
- 2 tsp. salt
- 1 tbsp. oil

### Directions:

Mix yeast, sugar, salt and water together until all ingredients dissolve. Add flour and oil. Mix well. If the dough is too dry, add water, if too wet, add flour. The dough should be moist but not sticking to your fingers. After forming a nice ball, place the dough in a flour-sprinkled bowl, cover with a clean kitchen towel and let it rise for 1/2-1



hour in a warm place. Preheat the oven to 450°F, place your baking dish in the oven to heat up for at least 20 minutes. When the dough doubles its volume, take the dish out of the oven, sprinkle the bottom with a dash of flour. Take your risen dough out and gently fold it under a few times. Form a nice round loaf and place it in your baking dish. Make a few very shallow cuts on the top of the loaf. Bake covered for 30 minutes then remove the lid and bake for 15 more minutes. Take the baking dish out of the oven and carefully remove bread to the cooling rack. Slice and enjoy!



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