

With the fall season fast approaching, we will be spending more time cooking at home. Małgorzata Bondyra and Micheal Carnahan have truly delicious suggestions for a hearty soup, interesting fish dish, and everybody's favorite autumn cakes. Enjoy!

“Niebecz” Soup *Zupa Niebecz*



Ingredients:

- 1-2 lbs. poultry meat or a 1-2 lb. piece of beef (or mixture of both) to make a broth
- 8 cups water
- 1 lb. of smoked Polish sausage diced, or 1 lb. of Polish cooked ham, diced
- 3 medium carrots, each cut

in half

- 3-4 medium parsley roots cut in half
- 1 small celery root cut in half
- 1 lb. potatoes, diced
- A handful of dried wild (Polish) mushrooms
- Salt
- Marjoram
- 2-3 bay leaves
- 5-7 grains of allspice

Sauerkraut:

- Approx. 1.5 lbs. sauerkraut
- Bay leaf
- A few grains of allspice
- Freshly ground pepper
- A good pinch caraway seeds
- 1 tablespoon of lard
- Salt

Directions:

Soak the mushrooms at least a few hours in advance, then clean and

rinse. Add water, meat portions, carrots, parsley roots, celery root, allspice and bay leaves, and cook for approximately two hours to make a broth. Remove meat and vegetables from the broth, and set aside the carrots for the soup. Add diced potatoes and cleaned mushrooms to the broth, and simmer until potatoes are soft. At the end, dice the carrots from the broth and add to soup, add the diced sausage or ham, and allow soup to cook for a few more minutes. After turning off the heat, add a pinch or two of marjoram.

Cook the sauerkraut, bay leaf, allspice and caraway seeds, then strain. Add lard, season with salt and pepper, and mix well. Serve the soup in a deep soup bowl, adding cabbage on the top. Alternatively, place cabbage in the bottom of the bowl and pour soup over top. It is a perfect soup for the coming chilly autumn days.

Sour Fish

Ryba na kwaśno



Ingredients:

- 2 lb. fish fillets (cod, tilapia, etc.)
- Coating: egg, flour, and breadcrumbs

Pickling/brining mix:

- 3 medium white onions, finely sliced
- 4 ½ cups of water
- 2/3 cups of 10% vinegar
- 3 ½ tbsp. sugar
- 1 ½ tsp. salt
- Bay leaves
- Allspice berries
- 1 medium carrot, diced or grated
- 1 medium parsley root, diced or grated

Directions:

Salt the fish fillets. Coat in flour, eggs, and breadcrumbs. Fry in oil on both sides. Mix the ingredients of the

pickling/brining mix and cook for 10 minutes. Allow pickling/brining mix to cool completely, then remove the vegetables from the mix and divide into two portions (reserve the brining liquid). Place a layer of the fried fish fillets into a clay dish and cover with the vegetables from the pickling/brining mix. Place another layer of the fried fish fillets on the first layer and cover with vegetables from the pickling/brining mix. Pour the cooled brining liquid over the layers of fish and vegetables. Cover dish and refrigerate for 3-4 days. Serve chilled.

Plum Cake with Crumbs

Ciasto ze śliwkami i kruszonką



Ingredients:

Cake:

- 380g all-purpose flour / 13.5oz
- 200g sugar / 7oz
- 1 tsp vanilla sugar
- 1 tsp baking powder
- Pinch of salt
- 230g cooled butter/8oz.
- 1 egg

Filling:

- 700g washed plums/1lb 9oz.
- 2 tbsp. rum (optional)
- 1 heaping tbsp. potato flour/starch
- Powdered sugar for dusting.

Directions:

Preheat oven to 190°C / 375°F. Line a 28 x 24cm or 20 x 30cm baking pan with parchment paper. Cut the plums in half, remove seeds, and cut the large plums into quarters. Place plums into a bowl, add potato flour and rum, mix with a spoon and set aside. Add all-purpose flour, sugar, vanilla sugar, salt, and baking powder to a bowl and mix with a spoon. Coarsely grate the cooled butter into the dough mixture, and sprinkle some of the dough mixture over the butter about 3-4 times during the grating process, to prevent the grated butter from sticking together. Add the egg and knead the dough with your hands or with a mixer. Divide the dough into two equal parts. Place one part of the dough into the lined baking pan and spread it evenly to cover the bottom. Place the plums on top with the skin side down. Crumble (or coarsely grate) remaining part of the dough in your hands and spread evenly over the plums. Place your cake into the preheated oven and bake for about 45-50 minutes. Remove from the oven and set aside to cool completely. Sprinkle with powdered sugar and cut into pieces.

Note: Plums will give off a lot of juice when baking, but don't worry. When the dough cools down, it will be perfect!

Pumpkin Bread

Ciasto dyniowe



Ingredients:

- 4 eggs
- 1 ½ cups sugar
- 1 cup oil (canola/regular)
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1/8 tsp salt
- 1 cup canned pumpkin
- 2/3 cup orange juice
- 3 cups flour
- 2 tsp baking soda
- ½ cup chopped walnuts or pecans (optional)

Makes 2 regular size loaves.

Directions:

Grease baking pans. Preheat oven to 350°F. Mix all ingredients and transfer to pans. Bake in 350°F for about 1 hour. Cool in pans 10-15 minutes before removing. Cool completely before slicing.



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