

Mushroom picking is a well-known Polish autumn tradition continued from generation to generation.

Mushrooms are vital in Polish cuisine, and luckily for us, Ms. Malgosia Bondyra arranged for a few versatile recipes starring mushrooms. Since mushrooms are a rich, low-calorie source of fiber, protein, and antioxidants, unless you are allergic, nothing should stop you from testing these recipes in your kitchen. Smacznego!

Dumplings with mushroom

Goły z pieczarkami



Ingredients:

- 1.7 lb. boiled potatoes (weight after peeling)
- 2 lb. champignon mushrooms
- 2 pinches of black pepper
- 2 pinches salt
- 1 cup breadcrumbs
- 1 onion, chopped
- 2 eggs
- 2 tbsp. of oil
- 1 tsp. salt
- 6 tbsp. potato flour/starch

Directions:

Grate potatoes on the small eyes of the grater. In a bowl, combine grated potatoes, eggs, and potato flour and season with salt. Grate mushrooms on the large eyes of the grater (or in a food processor).

Heat the oil in the frying pan, add grated mushrooms and chopped onion and fry for 15 minutes. Cool it down, add breadcrumbs, and season with black pepper to taste. Soak your hands in water. Take a piece of the potato dough and flatten it in your hands. Place a spoonful of mushroom filling in the middle and form a round or oblong dumpling. Bring a pot of salted water to a boil. Place dumplings in boiling water and cook for 5 minutes after they float to the water's surface. Take them out with a slotted spoon and serve with ketchup, melted butter, or breadcrumbs and melted butter.

Parzybroda Cabbage

Kapusta Parzybroda



Ingredients:

- 2 lb. white cabbage shredded or cut into small cubes
- ¼ lb. smoked bacon cubed into small pieces
- 2-4 tbsp. oil or butter
- 2 tbsp. flour
- 1 tbsp. vinegar or lemon juice
- Salt, pepper, sugar, caraway seeds

Directions:

Place cabbage into a pot, pour 1 cup of boiling water over it, salt it to taste, and simmer for 15-30 minutes. In a frying pan, combine half of the oil or butter with bacon and fry it until bacon becomes a bit crispy. Drain the cabbage well (save the cabbage water), add the cabbage to the pan with bacon and fry everything for 5 minutes. In a separate small pot or pan, melt the remaining butter or oil, add flour and mix well (roux). Thin the roux with saved cabbage broth to stay somewhat thick but not too thick (add as much as needed). Mix the roux into the cabbage, add salt, pepper, and caraway seeds and cook for 5 more minutes. Serve it on its own or as a side dish.

Wild Mushroom Sauce

Sos z grzybów leśnych



Ingredients:

- 1 lb. fresh wild mushrooms
- 2 shallots or 1 medium onion
- 1 clove chopped or minced garlic
- 2 tbsp. butter
- ¼ cup heavy whipping cream or 3 tbsp. natural yogurt
- 1 cup vegetable broth
- Salt and pepper
- 3 bay leaves
- 3 grains allspice
- Fresh parsley chopped

Directions:

Thoroughly clean and wash the mushrooms to remove dirt in a water bowl (change the water several times). Cut clean mushrooms into desired size pieces. Add butter, shallot, onion, and garlic to a frying pan

and fry. Add mushrooms and fry for about 10 minutes, stirring occasionally. Add a cup of hot broth, pinch of salt, bay leaves, and allspice, and simmer under cover for about 20 minutes, stirring occasionally. Add heavy whipping cream (if using natural yogurt, pour some of the stock into a separate glass, add yogurt and mix the content thoroughly, preferably with a whisk or blender and add it back to the sauce). Simmer for 2 more minutes, turn the heat off, add fresh parsley, mix and serve with boiled potatoes, pasta or bread.

Tip: If you want to thicken the mushroom sauce more, add mushrooms, yogurt, or cream to a food processor and blend it. The mushroom sauce will acquire a natural density without flour or potato starch.

Chocolate Covered Prunes

Śliwki w czekoladzie



Ingredients:

- 20 pitted prunes
- ¾ cup rum
- 1 bar of dark chocolate
- ½ bar of milk chocolate

Directions:

Soak prunes overnight in rum: drain and dry prunes. Break chocolates into small pieces and melt. Dip each prune in the chocolate and cover it entirely. Place them on a wire rack and let the excess chocolate drip off. When the chocolate hardens, place the prunes in a serving dish and enjoy!



*Małgorzata Bondyra,
PNA Lodge 238
President,
Council 21,
Baltimore, MD*



*Photos by
Michael Carnahan,
Lodge 339,
Council 21, MD*