

ZGODA

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Winter Greetings
Zimowe pozdrowienia

The holiday season would not be complete without our favorite traditional Polish dishes. Two important Polish Christmas traditions include refraining from eating meat on Christmas Eve and sampling 12 dishes for good luck and health in the upcoming year. These dishes are perfect for keeping tradition and to be enjoyed year-round. As always, we thank Ms. Małgorzata Bondyra for sharing her culinary expertise with us!

Merry Christmas and Wesolych Świąt!

Lenten Red Beet Soup

Barszcz czerwony postny



Ingredients:

- 3 L (12.7 cups) water
- 5-6 medium beets
- 1 onion
- 1 small carrot
- 1 small parsley root
- 1 small piece of celery root
- 2 bay leaves
- 2-3 allspice berries
- 1 tbsp. vegetable oil
- 2-3 cloves garlic

- Sour cream or heavy whipping cream (optional)
- 1 tsp. dried marjoram
- Lemon juice
- Salt, pepper, and Maggi liquid seasoning (I recommend Polish style) to taste

** In the place of water and vegetables, vegetable broth may be used.*

Directions:

Peel and wash all vegetables. Cut beets into quarters. Place all vegetables into a pot, and add bay leaves, allspice berries, and water. Bring to a boil and cook until soft. Add salt, pepper, Maggi liquid seasoning, oil, and lemon juice, and bring it to a boil. Reduce heat. Add minced garlic cloves and cook for an additional minute (add cream if desired). Turn off the heat. Add dried marjoram and mix. Serve plain or with uszka or krokiety (ravioli or croquettes).

Wild Mushroom Soup

Zupa grzybowa postna



Ingredients:

- 2 oz. dried wild mushrooms
- 5 L (21 cups) water
- 1 onion
- 1 small carrot
- 1 small parsley root
- 1 small piece of celery root
- 2 bay leaves
- 2-3 allspice berries
- 1 tbsp. vegetable oil
- Sour cream or heavy

whipping cream (optional)

- Chopped fresh parsley leaves to garnish
 - Salt, pepper, and Maggi liquid seasoning (I recommend Polish style) to taste
- * Vegetable broth may be used in place of the water and vegetables*

Directions:

Soak the mushrooms for a few hours until soft, then clean thoroughly under running water to eliminate any dirt. Chop mushrooms into smaller pieces, place into a pot and add bay leaves, allspice berries, and water. Bring to a boil, and cook until the mushrooms are soft. Grate carrot, parsley root, and celery root on the large eye of the grater. Cut onions. Add all vegetables to the pot with mushrooms, and cook for 30 minutes. Add salt, pepper, Maggi liquid seasoning, vegetable oil, and some chopped fresh parsley leaves. Optional: mix in heavy whipping cream if desired. Turn off the heat. Serve with pasta, and garnish with fresh parsley leaves and swirls of sour cream (if heavy whipping cream was mixed in, you don't have to use sour cream).

Pierogi with Mushrooms and Sauerkraut

Postne pierogi z kapustą i grzybami

*Please note that many people use “pierogies,” but the plural form in Polish is “pierogi.”



Pierogi Dough

Ingredients:

- 2 cups All-Purpose flour (more as needed)
- 1 egg
- 1/2 tsp. salt
- 1-2 tbsp. vegetable oil
- Water as needed for consistency

Directions:

Add flour to a bowl, then add egg, salt, vegetable oil, and a small amount of water. Mix with a wooden spoon or mixer using a dough hook. Add water or flour as needed to ensure proper texture of the dough and is ready to knead. Add some flour to a sturdy surface, such as a large wooden cutting board or a kitchen counter, and knead the dough until it is soft and elastic.

Mushroom and Sauerkraut Filling

Ingredients:

- 1 lb. sauerkraut
- 2 handfuls of dried wild mushrooms
- 1 medium onion
- 3 tbsp. oil
- 2 allspice berries
- 2 bay leaves
- Salt and pepper to taste

Directions:

Soak mushrooms in cold water for 1-2 hours, then rinse well and drain. Cut the drained mushrooms into thin strips, and then chop even finer. Peel the onion and chop it finely. Preheat

the frying pan with 3 tbsp. oil, add chopped onion, and sauté on medium heat for about 10 minutes. Add chopped mushrooms and sauté for an additional two minutes. Rinse the sauerkraut in cold water, and squeeze the water out very well. Chop the sauerkraut and place it in a pot. Add bay leaves, allspice, pepper, and ¾ cup cold water. Add the onion with mushrooms, and mix everything thoroughly with a wooden spoon. Cover the pot with a lid, and cook for about an hour on low heat, stirring well about every 20 minutes. Remove the lid, and fry the filling for about 20 minutes. The excess water will evaporate, and the filling will brown. Add salt and pepper to taste and allow to cool.

Forming the Pierogi:

Lightly flour the surface you use for the dough and use a rolling pin to roll the dough thin. Some people like thicker dough, and some like it thinner. You could also use the pasta attachment of a stand mixer to “roll” the dough. Use a glass or cup to cut out circles of the size you want for your pierogi. Use a spoon to take some mushroom and sauerkraut filling into each dough circle. Use only a little filling, as the pierogi will not seal properly. Fold the dough in half, enclosing the filling and creating a half-circle shape. Gently pinch the circular side to seal the pierogi. Keep pierogi separate from each other on a tray or work surface until ready to cook.

Cooking the Pierogi:

Bring a large pot of salted water to a boil. Carefully add pierogi to the water, and gently boil until they float. Use a slotted spoon to remove the pierogi once they float, draining as much water as possible. The pierogi are then ready to eat! Optionally, sauté pierogi in butter to create a slightly crunchy texture.

Wheat and Poppy Seed Dessert

Kutia



Ingredients:

- 2 cups All-Purpose flour (more as 1 lb. whole wheat grains)
- 1 cup dry poppy seeds
- 5 oz. raisins
- 7 oz. honey
- 3 oz. walnuts
- 3 oz. hazelnuts
- Orange peel and candied fruit for decoration

Directions:

Rinse the wheat grains in a strainer/sieve, place them into a pot, pour boiled water over them, and set aside a few hours to soak. After a few hours, without changing the water, bring the grains to a boil and cook until soft. Then drain in a strainer and allow to cool. Place the poppy seeds in a sieve and rinse with cold water. Transfer to a bowl and pour boiling water over the seeds. Leave for 2-3 hours to soak, drain well and grind twice in a meat grinder. Soak the raisins in boiling water (add some alcohol – optional), then strain them. Place honey in a saucepan and heat on low heat. Chop the nuts, add to the honey, and stir. Take the pot off the heat. Combine poppy seeds, whole wheat seeds, raisins, and honey with nuts and cool down. Transfer to a serving bowl, and decorate with orange peels and candied fruits.

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