

# Delicious Authentic Polish Recipes

## Classic Golden Potato Pierogies

This traditional pierogi is a classic and staple in Poland. The filling is made of various ingredients which gives it a great taste that will leave everyone raving about it.

*Serves 8 | Prep. time 2 hours | Cooking time 30 minutes*

### **Ingredients**

#### Filling

- 5 potatoes, cleaned
- 1 tablespoon oil or ghee
- 1 large yellow or white onion, peeled and finely chopped
- 8 ounces farm cheese or cottage cheese
- 2 tablespoons cheddar cheese, optional
- 1 tablespoon blue cheese, optional
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- Salt and black pepper, to taste

#### Dough

- 3 cups all-purpose flour
- ½ cup water, warm or more if needed
- ½ cup milk, warm
- 1 tablespoon unsalted butter, melted
- Salt

#### Garnish

- 2 tablespoons vegetable oil or ghee
- 1 large onion, finely chopped
- 3 bacon strips, finely chopped
- ½ cup sour cream

### **Directions**

#### Filling

1. Wash the potatoes, then place them in a large pot of boiling water. Cook them for 20 to 30 minutes until they become soft.
2. In the meantime, place a skillet over medium heat. Heat in it the oil, then cook in it the onion for 4 to 6 minutes until it becomes transparent.
3. Once the potatoes are cooked, allow them to cool down for a bit, then peel and mash them with a fork or potato masher.
4. Add to it the cheeses and combine them well. Mix the remaining filling ingredients with cooked onion until they become well combined.

#### Dough

1. Combine the flour with a pinch of salt in a large mixing bowl. Add to it the melted butter with warm milk and mix them well.
2. Pour in the water and combine them well until you get a dough. If your dough is too dry, add more warm water. Continue to knead the dough until it becomes soft.
3. Shape the dough into a ball, then transfer it to a large bowl floured ball, cover it with a piece of cloth, and let it rest for 25 to 30 minutes.
4. Put 1 to 1½ tablespoons of the filling in the middle of each dough circle, fold it in half, moisten the edges with some water then press them to seal it. Repeat the process with the remaining dough circles and filling.
5. Bring a large pot of water to a boil with a pinch of salt. Add to it the pierogies then cook them in batches for 2 to 4 minutes until they rise to the top and let them stay in it for a full minute, then drain them.

6. You can serve your pierogies as they are, or cook them in some ghee in a skillet until golden brown on both sides.
7. To serve your pierogies, heat the oil in a large skillet, and cook in it the onions and bacon until they become golden brown.
8. Transfer your pierogies to a serving plate, then serve them with the onion mixture. Drizzle the sour cream on top and enjoy!

***Nutrition (per serving)***

Calories 411, fat 5 g, carbs 56 g, sugar 2 g,  
Protein 14 g, sodium 197 mg

# Polish Chicken Paprikash

Yes, Hungary is known for its chicken Paprikash, but Polish also are famous for their traditional chicken Paprikash that comes out in very creamy, sauces, and goes amazing with rice.

*Serves 6-8 | Prep. time 30 minutes | Cooking time 1 hour 30 minutes*

## **Ingredients**

- 4 pounds chicken thighs, skinless and boneless
- $\frac{3}{4}$  cup mild paprika powder
- 1 tablespoon salt
- 1 tablespoon black pepper
- 3 tablespoons butter, salted
- 1 large bell pepper, seeded and cut into chunks
- 1 white onion, peeled and cut into chunks
- 2 tablespoons olive oil
- 4 garlic cloves, peeled and minced
- 14 ounces crushed tomato or diced
- 1 cup chicken broth
- $\frac{1}{3}$  cup all-purpose flour
- 1 tablespoon sour cream, optional
- Cooked rice or pasta for serving

## **Directions**

1. Discard any fat from the chicken thighs then transfer them to a large zip lock bag.
2. Mix  $\frac{1}{3}$  cup of paprika with 1 tablespoon of salt and 1 tablespoon of black pepper in a small bowl. Add it to the chicken thighs and rub the mixture into the chicken until it's completely coated.
3. Seal the bag and let it sit in the fridge for 2 hours so the chicken can absorb the seasoning.
4. Place a large Dutch oven or pot over medium-high heat and melt in it the butter. Add in the onion then put on the lid and let it cook for 8 to 10 minutes until it becomes transparent.
5. Add in the bell pepper, then put on the lid and cook them again for another 10 minutes until they soften.
6. Place a large pan over medium heat and heat it in the olive oil, then brown in it the chicken thighs in batches for 3 to 5 minutes on each side.
7. Once the chicken is done, place it on top of the veggie's mixture, then add to it the garlic with tomato, the remaining paprika, salt, and pepper. Stir them well to combine then put on the lid and let them cook for 50 to 60 minutes until the chicken is done.
8. Once the chicken is done, spoon  $\frac{3}{4}$  cup of its broth into a mixing bowl, then add to it the flour and chicken broth. Mix them well until no lumps are found, then pour the mixture back into the pot.
9. Heat it until the sauce starts to thicken then turn off the heat and stir in the sour cream.
10. Allow your chicken paprikash to sit for at least 30 to 40 minutes, then heat it through again and serve it hot with cooked rice or pasta.

## **Nutrition (per serving)**

Calories 780, fat 51 g, carbs 33 g, sugar 7 g,  
Protein 51 g, sodium 384 mg

# Stuffed Polish Cabbage Rolls

This polish dish is very simple to make and makes a delicious hearty meal. The cabbage is stuffed with a nice, seasoned mix of meat and rice, then baked in a creamy tomato sauce to perfection.

*Serves 6 | Prep. time 15 minutes | Cooking time 20 minutes*

## **Ingredients**

- 4 pounds cabbage head, cored
- 2 tablespoons butter
- 1 large onion, peeled and finely chopped
- 1 pound ground beef
- ½ pound ground pork
- 1 ½ cup white rice, cooked
- 1 teaspoon salt
- 1 teaspoon garlic, finely chopped
- ¼ teaspoon black pepper
- 2 cups tomato sauce
- Sour cream, for garnish (optional)

## **Directions**

1. Preheat the oven to 350°F (177°C).
2. Bring a large pot of salted water to a boil, and cook in it the cored cabbage for 3 to 4 minutes until the leaves start to soften. Once the time is up, drain it, pull the leaves apart and place them aside.
3. Place a large pan over medium-high heat and melt in it the butter. Add in the onion and cook it for 3 to 5 minutes until it becomes soft.
4. Pick 18 large cabbage leaves and place them aside, then finely chop the remaining leaves.
5. Transfer the onion with beef, pork, rice, salt, garlic, and pepper in a large bowl.
6. Remove the stems from the cabbage leaves, place the filling on top of them and roll them.
7. Transfer the chopped cabbage to a large baking dish or pot, place the cabbage rolls on top.
8. Pour the tomato sauce all over the cabbage rolls and bake them for 60 minutes.
9. Once the time is up, serve your rolls with some sour cream, and enjoy.

## **Nutrition (per serving)**

Calories 499, fat 34 g, carbs 28 g, sugar 10 g,

Protein 22 g, sodium 610.5 mg

# Polish Beef Roulade

If you are looking for a restaurant-style dish, this polish beef roulade will do the trick. The beef steak is stuffed with a combination of mustard, pickles, ham, and onion which gives it a nice spicy and crunchy taste that goes very well with the white wine sauce.

*Serves 10 | Prep. time 15 minutes | Cooking time 20 minutes*

## **Ingredients**

- 8 thin beef sandwich steaks
- 1 tablespoon mustard
- 4 ounces ham slices, cut into thin strips
- White part of 2 green onions, peeled and cut into strips
- 2 dill pickles, cut into strips
- ¼ cup canola oil
- 2 tablespoons all-purpose flour
- 1 tablespoon tomato paste
- ¼ cup white wine
- 1 cup beef stock
- 1 teaspoon salt
- ½ teaspoon black pepper
- Fresh parsley leaves, for garnish

## **Directions**

1. Spread the mustard on top of the stakes to cover one side only. Top the mustard side with some ham, green onion, and dill pickles strips.
2. Wrap the steaks around the filling while making the filling stuffed inside, then secure them with toothpicks.
3. Place a large pan over medium-high heat and heat in it the canola oil. Sear in it the beef roulades on all sides until they become brown, then drain them and place them aside.
4. Add the flour to the drippings in the pan and stir until it becomes golden brown. Add to it the white wine, tomato paste, chicken stock, salt, and pepper. Whisk them until no lumps are founds and cook them for 1 minute.
5. Add the beef roulades to the sauce, then put on the lid and let them cook on low heat for 50 to 60 minutes over low heat.
6. Once the time is up, discard the toothpicks, then serve your roulades warm with their sauce and enjoy.

## **Nutrition (per serving)**

Calories 500, fat 35 g, carbs 8 g, sugar 2 g,  
Protein 36 g, sodium 1208 mg

# Classic Braised Red Cabbage

The combination of cabbage and raspberries might sound odd to you, but in Poland, it's a loved side dish that is served mostly with roasted duck or chicken.

*Serves 6 | Prep. time 10 minutes | Cooking time 30 minutes*

## **Ingredients**

- ¼ cup of butter
- ¼ teaspoon ground all-spice
- 6 juniper berries
- 8 whole peppercorns
- 2 bay leaves
- 3 tablespoons of all-purpose flour
- 1½ pounds red cabbage, cored and thinly sliced
- 8 ounces fresh or frozen raspberries
- ½ cup red wine
- 2 tablespoons wine vinegar
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon white granulated sugar

## **Directions**

1. Place a large skillet over medium-low heat. Add to it the butter with all-spice, juniper berries, peppercorns, and bay leaves. Cook them for 1 to 2 minutes until the butter melts.
2. Add in the flour and mix them well until it absorbs the butter.
3. Stir in the cabbage with raspberries, red wine, vinegar, 1½ cups of water, and salt. Put on the lid and let them cook for 8 to 10 minutes until the cabbage softens.
4. Stir in the sugar, then put on the lid and let them cook for another 10 to 20 minutes while adding water if needed until the cabbage is cooked to your liking.
5. Adjust the seasoning of your dish, then serve it warm with some roasted meat or duck and enjoy.

## **Nutrition (per serving)**

Calories 167, fat 8 g, carbs 19 g, sugar 8 g,  
Protein 2 g, sodium 158.5 mg

# Custard Filled Polish Doughnuts (Paczki)

Polish doughnuts, also known as Paczki, are often filled with a rich vanilla custard. This recipe is easy to make and so worth the effort of making the custard and doughnuts from scratch.

*Makes 14 | Prep. time 1 hour 50 minutes | Cooking time 10 minutes*

## **Ingredients**

- 1 cup whole milk
- 1 tablespoon active dry yeast
- ⅓ cup sugar
- 1 large egg, room temperature
- 2 large egg yolks, room temperature
- 6 tablespoons butter, melted
- 1 teaspoon vanilla extract
- 4 cups all-purpose flour
- 2 quarts vegetable oil, for frying
- ¾ cup sugar, for coating

## Custard filling

- ¼ cup sugar
- 4 teaspoons cornstarch
- 1 cup whole milk
- 1 egg yolk
- 1 teaspoon vanilla

## **Directions**

1. To make the custard filling, mix the sugar and cornstarch in a small saucepan over medium-low heat. Stir in milk and egg yolk slowly. Let it boil and stir for a minute. Add the vanilla and stir to combine. Let it cool undisturbed before using. The filling will thicken as it cools. You can refrigerate it if you want it to cool faster.
2. In a large bowl, whisk the flour, yeast, and sugar.
3. In another bowl, whisk together the egg, egg yolks, whole milk, melted butter, and vanilla.
4. Pour the wet ingredients into the dry ingredients and fold until combined into a smooth dough.
5. Let the dough rise at room temperature for 90–120 minutes until tripled in size.
6. Roll out the risen dough on a lightly floured working surface and cut out the doughnuts with a doughnut cutter.
7. Line a baking sheet with parchment paper and place the doughnuts to rise for 20 minutes.
8. Meanwhile, warm the vegetable oil on medium heat to 375°F (190°C).
9. Deep fry the doughnuts for about 1 minute on each side.
10. Coat the warm doughnuts with sugar.
11. Transfer the cooled custard filling into a piping bag and fill each doughnut with it.
12. Serve warm.

## **Nutrition (per serving)**

Calories 305, fat 4 g, carbs 45 g, sugar 25 g,  
Protein 4 g, sodium 44 mg

**\*\*\*These recipes and more are found in Sarah Spencer's A Taste of Poland: Traditional Polish Cooking Made Easy with Authentic Polish Recipes. To get your own copy, click on the cover below or click [here](#).**

