

Soups

Yellow pea soup (Grochowka)

by Dominika Stachowska

Ingredients:

1 small carrot, parsnip, onion, small amount of leek, piece of celeriac, 1 clove of garlic
1 vegetable bouillon cube
1 tbsp of oil
½ glass of yellow peas
3 potatoes
marjoram and parsley
salt and black pepper

Boil the yellow peas until soft in a small amount of water with added oil, marjoram, parsley, salt and black pepper. Add a little more water if requires during boiling. In the other pan boil carrot, parsnip, leek and celeriac. In a frying pan, fry onion and garlic. Mix all the ingredients when soft, boil a few minutes longer and serve.

Beetroot soup (Barszcz czerwony)

by Dominika Stachowska

Ingredients:

2 large red beetroot
1 vegetable bouillon cube
wine vinegar
sugar, salt, black pepper

Peel the beetroots and grate them. Pour bullion over them and bring to boil. Simmer until the water becomes very red, then pour it through a sieve and discard the beetroots. Add vinegar, sugar, salt and black pepper to taste and serve. The soup can be served with potato puree.

Sauerkraut soup (Kapusniak)

by Dominika Stachowska

Ingredients:

1 small carrot, parsnip and onion, small amount of leek, piece of celeriac, 1 clove of garlic
1 vegetable bouillon cube
1 tbsp of oil
500g of sauerkraut
3 potatoes
marjoram and bay leaves
black pepper

Chop the sauerkraut, put in a pan and boil until soft (approx.1h) with added oil, marjoram, bay leave and black pepper. Add a little more water if requires during boiling. In a half way, add peeled and chopped potatoes. When almost ready, add the rest of the ingredients and boil until soft. Mix all the ingredients, boil a few minutes longer and serve.

Millet soup (Krupnik)

by Dominika Stachowska

Ingredients:

½ of glass of millet

2 potatoes

1 carrot

1 parsnip

a small piece of celeriac

1 onion

1 vegetable bouillon

salt and black pepper

Chop potatoes into medium size cubes, carrot, parsnip and celeriac into smaller cubes and pour bullion over it. Boil constantly adding small amount of millet. The soup is ready when the millet is getting sticky. Then add previously fried onion, stir together and serve.

Main dishes

Sauerkraut mish mash (Bigos)

by Dominika Stachowska

Ingredients:

500g sauerkraut

150g mushrooms

3 Tofu sausages

½ Cheating Beef

a few slices of Cheating Chicken

150g soy mince

marjoram and bay leaves

black pepper

Chop the sauerkraut, put in a pan and boil until soft (approx.1h) with added oil, marjoram, bay leave and black pepper. Add a little more water if requires during boiling. In the meanwhile, boil soy mince and add to the sauerkraut when soft. Chop the rest of the ingredients to small cubes and add to the sauerkraut. Mix all together, boil a few minutes longer and serve. This dish tastes best after a few days when heated up. It can stay in the fridge for a long time.

Vegetable mish mash (Gulasz warzywny)

by Dominika Stachowska

Ingredients:

2 onions

150g soy mince

1 carrot

150g green peas

150g French beans

1 small leek

1 green, yellow and red pepper

1 vegetable bouillon cube (dissolved in a small quantity of water)

tomato puree

curry, dry garlic, oil

salt and black pepper

Chop onion into medium cubes and fry. Add carrot, green peas and French beans and chopped leek and peppers. Fry till tender and add curry and dry garlic, pour the vegetable bouillon and bring to boil. Add tomato puree, salt and black pepper, stir and serve. If the gulasz is too liquid, add a little of corn flour.

Oats cutlets (Kotlety z platkow owsianych)

by Dominika Stachowska

Ingredients:

200g oats
1 vegetable bouillon cube
1 onion
breadcrumbs
dry rosemary
salt and black pepper

Boil the oats in dissolved bullion until soft and dry. In the meanwhile fry finely chopped onion and add to the oats when ready. Add rosemary, salt and black pepper and form cutlets, roll in the breadcrumbs and fry. Serve with salads.

Potato cakes (Placki ziemniaczane)

by Dominika Stachowska

Ingredients:

6 large potatoes
1 onion
1 carrot
thyme
salt and black pepper

Peel and grate potatoes on a medium size grater and make sure they very dry. Chop very finely onion and grate carrot on a small size grater. Fry onion and carrot and add to the potatoes. Mix all together and add salt, black pepper and thyme. Form thin cakes and fry.

South Polish potatoes with sauerkraut (Ziemniaki z kapusta po Slasku)

by Dominika Stachowska

Ingredients:

6 medium size potatoes
300g sauerkraut
1 large onion
salt and black pepper
cumin seeds

Boil medium chopped potatoes in the water. In the meanwhile, chop the sauerkraut, pour hot water over it, add cumin seeds and boil till tender. Fry the onion with salt and pepper. Boiled potatoes put in the bottom of a pan, on the top of them put sauerkraut and then onion. Cook for a few minutes longer and serve.

Pates for bread

Lentil pate (Pasta z soczewicy)

by Dominika Stachowska

Ingredients:

200g of red lentils

1 onion

1 carrot

parsley

salt and black pepper

Bring lentils to boil with added salt and grated carrot. In the meanwhile fry the onion. Boil for approx. 10min, and then transfer the ingredients to the fried onion and continue cooking till very soft. Add parsley and stir together until smooth consistency. Keep refrigerated.

Green pea pate (pasta z zielonego groszku)

by Dominika Stachowska

Ingredients:

1 can of green peas

3 tbsp of vegan mayonnaise

1 onion

salt and pepper

Fry finely chopped onion with salt and pepper and let it cool down. Mix together with green peas and mayonnaise to form a smooth paste. Keep refrigerated.

Desserts

Apple jelly

by Dominika Stachowska

Ingredients:

3 apples

1 and 1/3 of a glass of water

6 tbsp of sugar

2 tbsp of corn flour

juice of ½ lemon

Grate the apples on a medium size grater, pour the water and boil for 3 minutes in a glass of water. Put lemon juice, flour and sugar into the rest of water, stir well together and add to the boiling water with apples. Mix all well, boil for a few minutes longer and pour into pots once it thickens.

Strawberry rice (Ryz z truskawkami)

by Dominika Stachowska

Ingredients:

200g of strawberries

brown rice

cinnamon

sugar

Crush strawberries with sugar and cinnamon. In the meanwhile boil brown rice until soft. When ready, put the rice into a bowl and pour crushed strawberry mixture on the top. You can use brown egg-free pasta instead of rice or different fruits instead of strawberries.

Drinks

Compote (Kompote)

by Dominika Stachowska

500g rhubarb
sugar
cinnamon and cloves

Bring rhubarb to boil and simmer till very soft and over boiled. Add sugar, cinnamon and clove and boil a few minutes longer. It can be drunk warm or cold.

Apple-peppermint drink (Napoj jablkowo-mietowy)

by Dominika Stachowska

Ingredients:
2 bags of peppermint tea
500ml of apple juice
juice of 1 lemon
4 tbsp of sugar
ice cubes

Pour 1 glass of water over peppermint teas, brew it and cool down. Add apple juice, lemon juice and sugar. Mix and stir well. Serve with ice cubes.