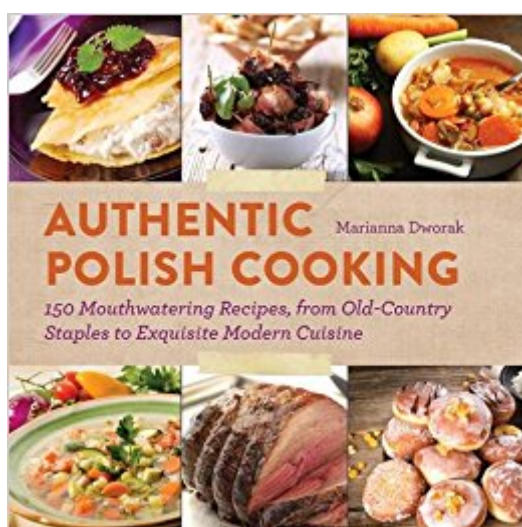


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# Authentic Polish Cooking: 150 Mouthwatering Recipes, From Old-Country Staples To Exquisite Modern Cuisine



## Synopsis

Polish cuisine is hearty and filling, and though some may think the Polish diet is all meat and potatoes, that is far from the truth. With its rich soups, innumerable salads and side dishes, tasty fish and vegetarian meals, colorful and delectable desserts, and yes, meat and potato fare, this cuisine consists of a wide variety of dishes incorporating a broad selection of cultural and regional influences that will have you licking your lips. Organized by course, this cookbook features more than one hundred recipes, including beet soup, cucumber salad, potato pancakes, Hunter's Stew, pork and rice stuffed cabbage leaves, traditional babka cake, and of course, pierogies! Numerous recipes for veal, chicken, kielbasa sausage, pork, and beef dishes make this a great and thorough cookbook that is a fantastic addition to any kitchen. With easy-to-follow instructions for simple as well as more intricate dishes, a section on traditional holiday meals, estimated cooking times, and suggestions for healthy ingredient substitutions, this cookbook will teach anyone how to cook delicious Polish food. For those wishing to re-create their grandmother's favorite recipe, or those wanting to experience a new cuisine, Authentic Polish Cooking will bring a bit of Eastern Europe to your home.

## Book Information

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## Customer Reviews

Marianna Dworak was born and raised in Warsaw, Poland, and has been a foodie all of her life, learning all about Polish cooking from her mother and grandmothers. She now lives in the United States, where she writes, edits, and cooks.

brilliant large print, bright colorful pictures. Easy recipes and details. An excellent present for any

true starter cookbook. Good Recipes.

This has great recipes and is very pretty. I just wish she would have also used the polish names for these dishes.

I grew up in a polish household, but never took the time to learn my grama's recipes. This book allowed me to enjoy those flavors of old

I received this book as a gift and was excited to start cooking some of my favourite dishes with it! The book is mostly well written, however, some of the recipes are missing some tips and instructions. Also, I think some of the recipes are...off. I'm from the countryside in Poland, Nowogrod to be exact, and I have never had vegetable salad like the one in the book... similar yes, but definitely different as well. I've also not seen some of these dishes in authentic Polish cooking and my mother and grandmother AND my grandmothers sister cooked A LOT of Polish food. Maybe the author is from a different region with food I'm unfamiliar with.... overall I would look elsewhere for an authentic Polish recipe book. Nice pictures and cover though, it's also put together pretty nicely!

Yes it is a good book. I love it and my mother-in-law also liked it so much that I had to buy her one too.

I like it; I like it a lot. I would've like to see a couple more kielbasa recipes. A kapusta recipe wouldn't hurt either...

I was looking for years, for a dumpling recipes that my mom once made when she was alive, finally found it in this book. Also found a bunch of other recipes that I remember from my childhood

Lovely illustrations and pretty simple recipes which are similar to the ones that I grew up with. I would recommend this book!

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