

So yummy I can't resist! Traditional polish food.

Hello everybody!

They say that there is no better way to know the culture of certain country than by its food culture. I completely agree with that! Tasting the local food is definitely something I do whenever I'm travelling.

So let's talk about traditional polish food today! Poland is often called a "Potato Country". It's true that some of the most typical dishes consist of meat and potatoes but we have a lot more on the menu, including some delicious soups! Below a list of 6 probably most popular traditional polish dishes you should find wherever you go in Poland.

1. Żurek

Żurek is a soup made of sour rye flour, with pieces of sausage, potatoes and eggs. It's often served in a bread bowl that you can eat as well. The one of a kind taste of the soup and its original way of serving make it very popular among tourist visiting Poland.

2. Pierogi

Polish dumplings are made by wrapping unleavened dough around a savory or sweet filling and cooking it in boiling water. A classic version of this dish are *pierogi ruskie* stuffed with potatoes, cottage cheese and some sautéed onion, but pierogi may come with many different fillings, like meat, cabbage and mushrooms or fruits in the summertime.

3. Gołąbki

Known in English as stuffed cabbage. Cabbage leaves are cooked and filled with rice, sautéed onions, and meat (often chicken or beef). The name of the dish literally means "little doves", but don't ask me why it's called like that, I have no idea!

4. Bigos

Cabbage stew made with fresh cabbage usually with addition of sauerkraut, assorted meats like sausage, bacon, or beef, with mushrooms. It's said the taste of bigos gets better 2-3 days after the cooking. It's a comforting dish perfect for cold Winter.

5. Barszcz

It's a soup made from beetroots and its very often eaten with pierogi. There are a few different types of barszcz but the most popular is: beetroot soup as a bullion with plenty of vegetables,

Beet roots are one of the healthiest vegetables and they widely used in polish cuisine.

6. **Kotlet schabowy**

It's a pork cutlet coated with breadcrumbs pan-fried, usually served with potato and some vegetables. It's a dish beloved by Polish men, perhaps because it's very nutritious.

Are you feeling hungry after reading this post? I'm definitely hungry now! You can easily find recipes for these dishes online, so I hope you will have a go with one of them. Good luck and *Smacznego!*

"Smacznego" is a word used before eating. It's like Japanese *"itadakimasu"*, however, unlike *"itadakimasu"* which expresses gratitude for the meal, *"smacznego"* is said to one's company and it's more like *"Enjoy your meal!"*

Till next time!

Hanna