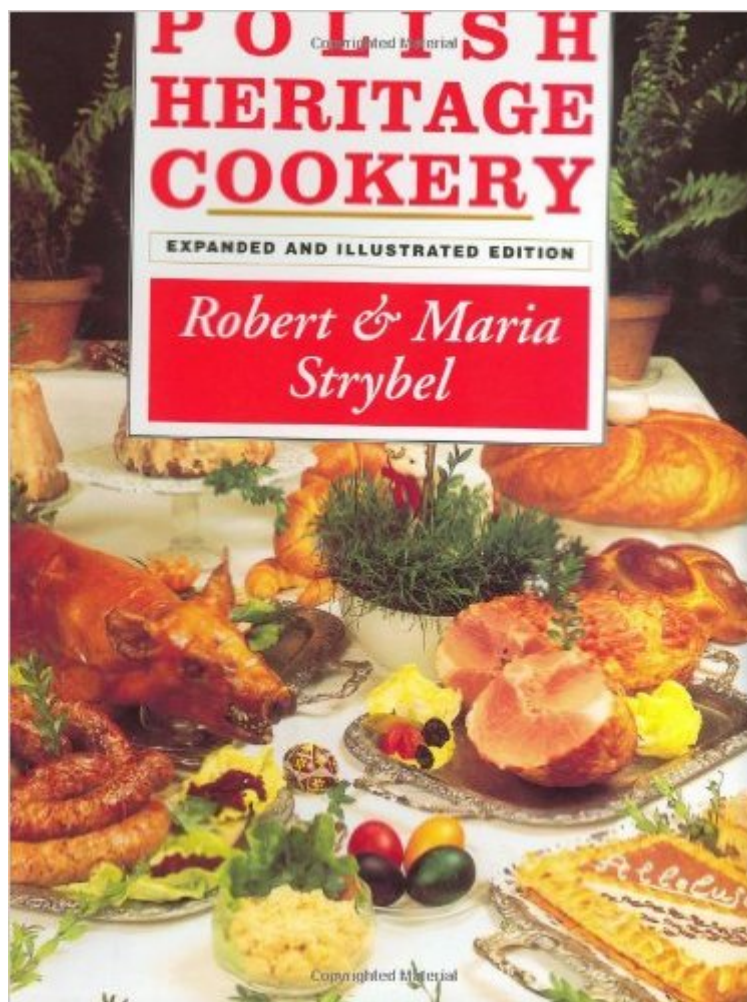


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# Polish Heritage Cookery



## Synopsis

A perennial bestseller, Polish Heritage Cookery is the most extensive and varied Polish cookbook ever published. More than 2,200 recipes use easily available American ingredients and measurements. Modern Polish cuisine is a blend of hearty peasant dishes and more elegant gourmet fare, incorporating a broad cross-section of cultural influences. The book includes numerous cultural notes, historical accounts of Polish culinary traditions, and descriptive line drawings. Its expanded edition includes information on Polish products available in the United States, such as plum butter, honey mushrooms (opieÅ´nka), and kielbasa, and their culinary uses. Complete with full color photographs.

## Book Information

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (33 customer reviews)

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## Customer Reviews

If you ever wanted to know where Babcia learned to cook - this is it! Every conceivable Polish recipe can be found on these pages, provided with loving detail and insider tips. Mr Strybel makes it his business to ensure you get the "feel" of Polish cooking, not just the bare bones..He provides a very useful intro describing what makes Polish cooking unique, what kept it relatively unknown and unappreciated, what gives it its national flavour and even why Poles use the ingredients they do - fascinating insights, not just for Poles. There are just enough photos and step-by-step illustrations to make things easy and inspiring, and whole sections are devoted to making your own produce, such as dairy products and meat products not readily available outside Europe. This is an immense help to Westerners who don't even seem to have access to natural, raw milk these days - Mr Strybel has some interesting things to say about health benefits and modern nutrition here! Though probably not his intent, Mr Strybel makes some of the most compelling arguments for a return to "slow" food I

have ever read. Although ingredients aren't listed at the beginning of recipes (to save space) it really isn't that much of a big deal - after all, when you're cooking you probably have to read through the recipe a few times anyway to get the feel for the job, thus familiarising yourself with what's required. Instead, Mr Strybel has provided an excellent index, in both Polish and English, making recipes easy to find, even by ingredient, which I think is far more useful than listed ingredients.

Anybody interested in an encyclopedic compendium of Polish recipes will not regret buying this book. This hefty tome, at over 800 pages, is as thorough a resource to the Polish kitchen as Irma Bombeck's *Joy of Kitchen* is to an American one. The format of the recipes may be a little daunting if you're used to a chart of ingredients preceding the cooking instructions, but the sheer volume of recipes in this book lend themselves best to this format. Sometimes, instructions can be a little non-obvious. For example, recipes will call for items like "beet sour" or "Polish pork seasoning," which, if you're just leafing through the book, you might not realize that there are recipes contained in the cookbook for those ingredients. In other words, where a cookbook may typically write "1/2 cup beet sour (see recipe on page XYZ)," the parenthetical reference is omitted, and you have to check the index. It's a minor point, but I can see it being confusing if you don't immediately realize it. The book contains recipes for almost everything Polish food related under the sun. I was especially impressed to find recipes for homemade sausages (both fresh and cold smoked) and cured meats (like bacon), even though many kitchens may not be equipped for sausage making or cold smoking. If you have access to these things, those recipes are there for you. The spice & herbs section is a complete and informative rundown of the role of seasonings in Polish cookery. There is an entire chapter devoted to mushroom dishes (an important ingredient in our cuisine.) Five different recipes for pierogi doughs, and an entire section on Polish dumplings of all types, from pierogi to pyzy to kopytka.

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