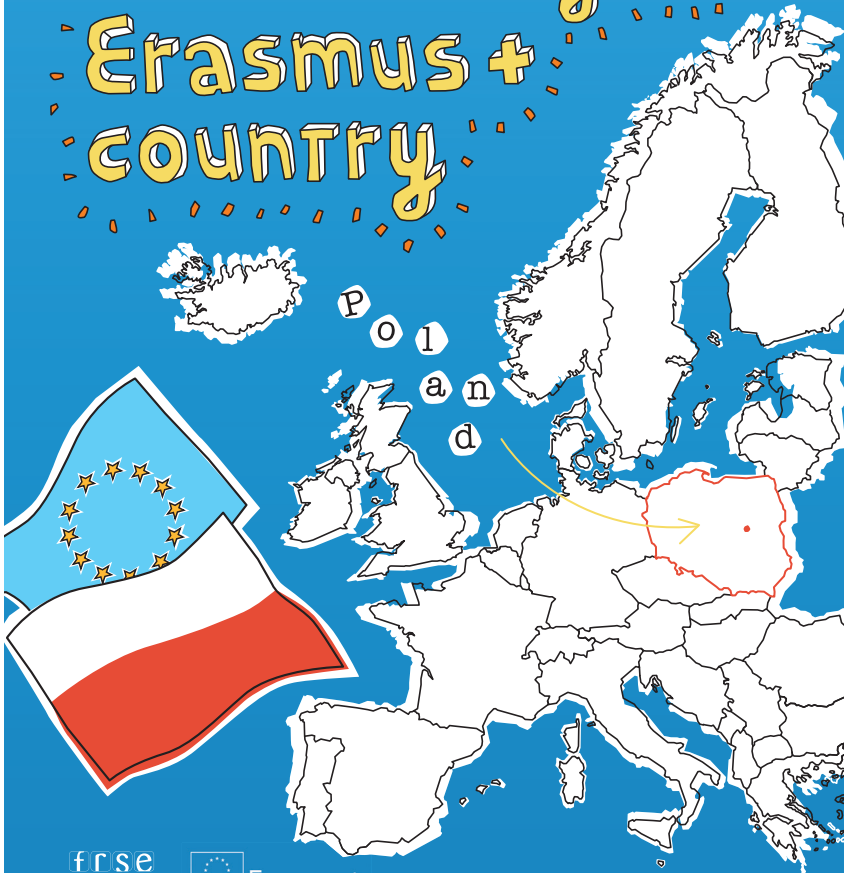


Discover Poland as your Erasmus + country



We love Poland for...

its cuisine



Polish dumplings (pierogi) recipe

You will need:

Dough:

2.5 cups wheat flour (about 450 g - 16 oz.)

1 egg

boiled warm water (just enough to make a smooth and flexible dough)

flour the board and knead the dough from ingredients above (prepare a smooth and flexible one).

Filling:

5 large potatoes

400 g (15 oz.) cottage cheese

3 medium onions

salt and pepper

Cook potatoes and grind them.

Brown the chopped onion in butter.

Mix the ground potatoes, onion and cheese together and add salt and pepper.

Polish cuisine has over years been influenced by many cooking traditions and varies across the country. Some of the Polish specialties are:

- *bigos*, considered the Polish national dish, which is a traditional stew of cabbage and meat;
- smoked meats, such as the famous Polish sausage (*kielbasa*), which comes in many kinds;
- various sorts of delicious dumplings (*pierogi*) stuffed with meat, cabbage and mushrooms, cottage cheese and potatoes or fruits.

Traditional Polish cuisine is often described as hearty and meat-based, but Polish tables have also been laden with vegetables and fruit across the ages. This is because Poland is a perfect land for growing food and today you can still easily get fresh, high quality produce.



Find out more on:

www.erasmusplus.org.pl/in-poland