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January 2009

Poland

N.25

Czech Presidency

EU2009.CZ



Czech ministers present Presidency priorities to Parliamentary Committees. This week in Brussels, members of the Government of the Czech Republic present the Czech EU Presidency priorities to the European Parliament Committees. The schedule of the ministers' presentations can be found here: [CZ PRES Priorities in the EP 19-22 January \(pdf, 728 kB\)](#)  All press conferences will take place in the European Parliament in Brussels.

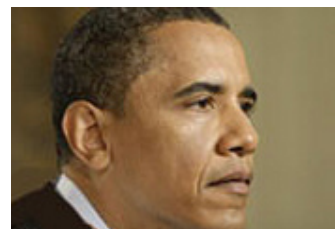
Presidency Priorities

On the 22 January 2009 meeting of the EU Economic and Financial Affairs Council (ECOFIN) in Brussels was presided over by Czech Finance Minister Miroslav Kalousek for the first time. The discussion centred on the main challenges of the 2009 budget and economic policy, particularly in the context of the forecast recently published by the European Commission and the European Economic Recovery Plan adopted by the European Council in December. At the beginning, the President of the ECOFIN Council presented the priorities and objectives of the Czech Presidency. Over the coming six months, the Presidency will focus on the implementation



and continuous assessment of measures to boost economic growth and employment in the EU. It will also strive to reinforce financial stability and to restore normal functioning on the financial markets. Priority will be given to the reform of the international financial architecture and the preparation of the EU position at the G20 summit in April. Against the backdrop of the current economic situation, the Czech Republic wants to promote an efficient coordination of the EU economic and fiscal policy, while stressing the need to respect the rules contained in the Stability and Growth Pact, to bear in mind the long-term objective of sustainable public finances and to pursue structural reforms. Last but not least, in line with its slogan 'A Europe without Barriers', the Presidency wants to continue removing barriers to the functioning of the internal market and its modernisation, above all in the field of taxation and financial services.

EU welcomes Barack Obama



EU Presidency Statement on the inauguration of the new President of the United States. The Presidency of the Council of the European Union warmly welcomes the inauguration of Barack Obama as the President of the United States of America. This event has generated great interest and optimism not only in the United States, but also in Europe, as it creates new encouraging perspectives and opportunities for further promoting the Euro-



Atlantic community of interests and values. As recent history has clearly shown us, acting together represents one of the best ways to respond to the needs and hopes of peoples on both sides of the Atlantic. Therefore, the European Union is looking forward to cooperating closely with the new US administration for the steady advancement of the transatlantic partnership and for its continuous adaptation to the tremendous challenges posed by a changing world. We wish the new President the best of luck and success in tackling the many remarkable challenges that now lie ahead of him.

Putin in Prague

Putin Accepts Invitation to Prague. Speaking over the phone with the Russian Prime Minister yesterday, Czech PM Mirek Topolánek appreciated Putin's active



and constructive approach while looking for a solution to the crisis provoked by the suspended gas supplies via Ukraine to the EU. The Czech Prime Minister also invited Vladimir Putin to a bilateral visit to Prague and the Russian Prime Minister accepted the invitation. The date of the visit is to be specified. The two Prime Ministers agreed to step up preparations ahead of the EU-Russia summit, scheduled to take place in June 2009.

Employment and Social Affairs

Informal Meeting of Ministers for Employment and Social Affairs in Luhačovice. The meeting of the Ministers for Employment and Social Affairs will start today at 16:00 in Luhačovice and it will last until Saturday, 24 January. One day before the start of the meeting (21 January) Minister Petr Nečas met with representatives of social partners and the Social Platform in Brussels. They addressed the issue of labour

mobility, which is also the main topic of the meeting of Ministers in Luhačovice. Full liberalisation of the labour market and elimination of mobility obstacles are the priority of the Czech Presidency in the area of employment. Therefore, the meeting will particularly focus on discussions of individual aspects of mobility. Three thematic parts will address professional and geographical mobility, mobility of persons disadvantaged by unemployment and labour market inactivity. Each thematic part will be addressed by representatives of two Member States and European Commissioner Vladimír Špidla. Speeches by ministers of the current Social Troika, Sven Otto Littorin from Sweden and Spanish Minister Celestino Corbacho Chaves are planned for the meeting. Agnès Leclerc will address the meeting on behalf of France and Viera Tomanová on behalf of Slovakia. The Presidency, represented by Minister Petr Nečas, will deliver a statement on geographical mobility in cooperation with Austria that, as well as Germany, still applies limitations on access to the labour market for citizens of the new Member States. The



Presidency would like to point out that such measures are unreasonable. On Friday, the working part of the meeting will be concluded by a lunch dedicated to a discussion on the revision of the working time directive. The rest of the day and Saturday morning will be reserved for the accompanying programme for Ministers and delegates. A press conference will be held on 22 January at 18:00 and on 23 January at 13:30. The press conference will be attended by the Presidency, Ministers from France and Sweden and Commissioner Vladimír Špidla.



EU Member States

For information about a Member State, click on the country's sign on the map

Austria

Official name: Republic of Austria

Government: Republic

Area: 83.870 km²

Population: 8 199.783

Capital: Vienna

Official Language: German

Currency: euro (EUR)

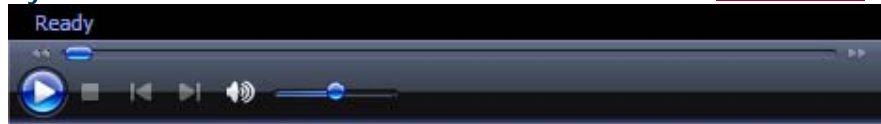
EU member since: 1.1.1995

Links

- government: www.austria.gv.at
- tourism: www.austria.info



Hymn



Belgium

Official name: Kingdom of Belgium

Government: Constitutional monarchy

Area: 30.528 km²

Population: 10 392.226

Capital: Brussels

Official Language: Dutch, French, German

Currency: euro (EUR)

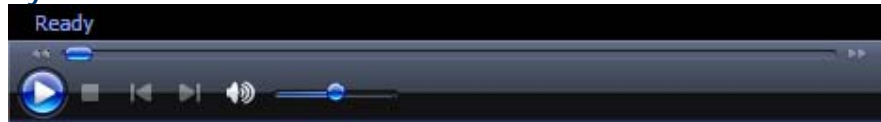
EU member since: Founding member

Links

- government: www.belgium.be/eportal
- tourism: www.visitbelgium.com



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Bulgaria



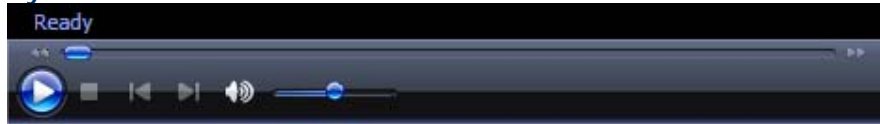
Official name: Republic of Bulgaria
Government: Republic
Area: 110.910 km²
Population: 7 322.858
Capital: Sofia
Official Language: Bulgarian
Currency: Lev (BGL)
EU member since: 1.1.2007

Links

- government: www.government.bg
- tourism: www.bulgariatravel.org



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Cyprus

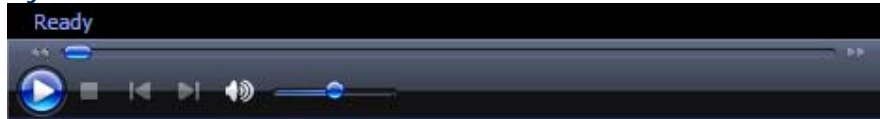
Official name: Republic of Cyprus
Government: Presidential republic
Area: 9.250 km²
Population: 788.457
Capital: Nicosia
Official Language: Greek, Turkish
Currency: euro (EUR)
EU member since: 1.5.2004

Links

- government: www.cyprus.gov.cy
- tourism: www.visitcyprus.com



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Czech Republic

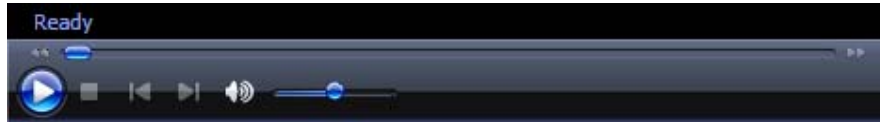
Official name: Czech Republic
Government: Republic
Area: 78.866 km²
Population: 10 288.744
Capital: Prague
Official Language: Czech
Currency: Czech koruna (CZK)
EU member since: 1.5.2004

Links

- government: www.vlada.cz
- tourism: www.czech.cz



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Denmark

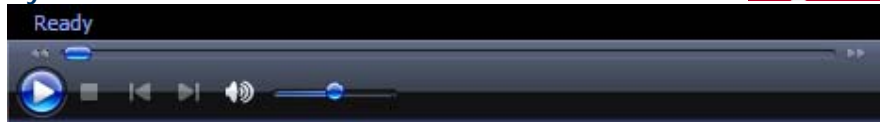
Official name: Kingdom of Denmark
Government: Constitutional monarchy
Area: 43.094 km²
Population: 5 468.120
Capital: Copenhagen
Official Language: Danish
Currency: Danish krone (DKK)
EU member since: 1.1.1973

Links

- government: www.stm.dk
- tourism: www.denmark.dk



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Estonia

Official name: Republic of Estonia
Government: Republic
Area: 45.222 km²
Population: 1 315.912
Capital: Tallinn
Official Language: Estonian
Currency: Estonian kroon (EEK)
EU member since: 1.5.2004

Links

government: www.valitsus.ee
tourism: www.visitestonia.com, www.vm.ee/estonia



Hymn



Finland

Official name: Republic of Finland
Government: Republic
Area: 338.145 km²
Population: 5 238.460



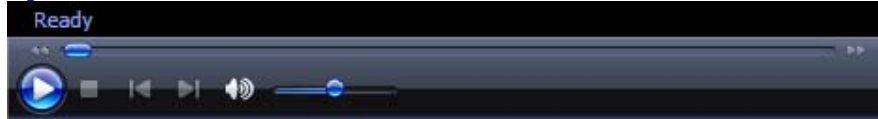
Capital: Helsinki
Official Language: Finnish, Swedish
Currency: euro (EUR)
EU member since: 1.1.1995

Links

- government: www.valtioneuvosto.fi
- tourism: www.visitfinland.com



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France

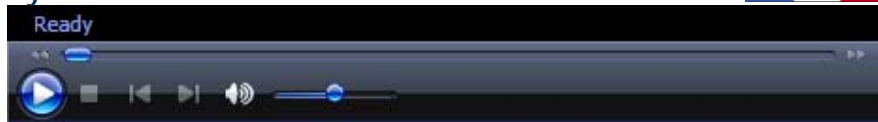
Official name: French Republic
Government: Republic
Area: 547.030 km²
Population: 64 057.790
Capital: Paris
Official Language: French
Currency: euro (EUR)
EU member since: Founding member

Links

- government: www.premier-ministre.gouv.fr
- tourism: www.tourisme.fr



Hymn



Germany

Official name: Federal Republic of Germany
Government: Republic
Area: 357.021 km²
Population: 82 400.996
Capital: Berlin
Official Language: German
Currency: euro (EUR)
EU member since: Founding member

Links

- government: www.bundesregierung.de
- tourism: www.germany-tourism.de



Hymn





Greece

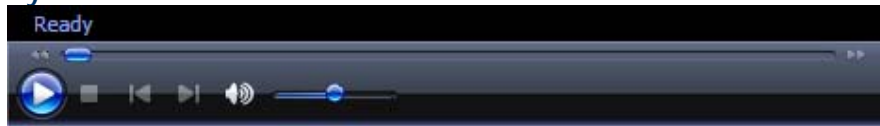
Official name: Hellenic Republic
Government: Republic
Area: 131.940 km²
Population: 10 706.290
Capital: Athens
Official Language: Greek
Currency: euro (EUR)
EU member since: 1.1.1981

Links

- government: www.primeminister.gr
- tourism: www.gnto.gr



Hymn



Hungary

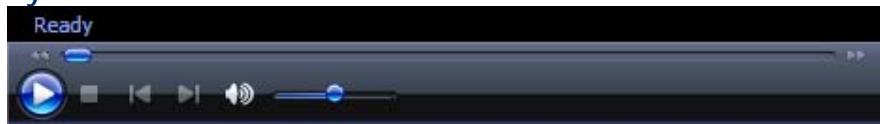
Official name: Republic of Hungary
Government: Republic
Area: 93.030 km²
Population: 9 956.108
Capital: Budapest
Official Language: Hungarian
Currency: forint (HUF)
EU member since: 1.5.2004

Links

government: www.meh.hu
tourism: www.hungarytourism.hu



Hymn



Ireland

Official name: Ireland
Government: Republic
Area: 70.280 km²
Population: 4 109.086
Capital: Dublin
Official Language: English, Irish



Currency: euro (EUR)

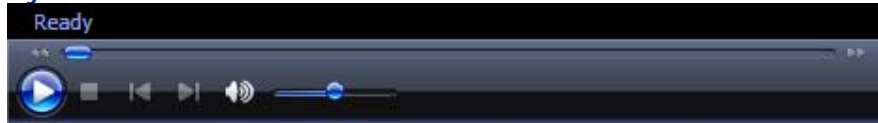
EU member since: 1.1.1973

Links

- government: www.gov.ie
- tourism: www.discoverireland.ie



Hymn



Italy

Official name: Italian Republic

Government: Republic

Area: 301 230 km²

Population: 58 147 733

Capital: Rome

Official Language: Italian

Currency: euro (EUR)

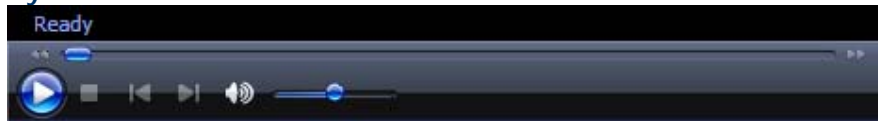
EU member since: Founding member

Links

- government: www.governo.it (Italian)
- tourism: www.enit.it



Hymn



Latvia

Official name: Republic of Latvia

Government: Republic

Area: 64.589 km²

Population: 2 254.810

Capital: Riga

Official Language: Latvian

Currency: Lats (LVL)

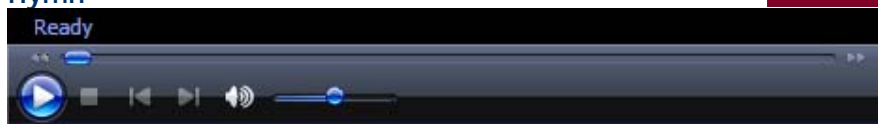
EU member since: 1.5.2004

Links

- government: www.mk.gov.lv
- tourism: www.latviatourism.lv



Hymn



Lithuania



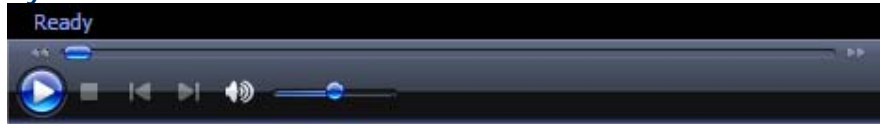
Official name: Republic of Lithuania
Government: Republic
Area: 65.200 km²
Population: 3 575.439
Capital: Vilnius
Official Language: Lithuanian
Currency: Lithuanian litas (LTL)
EU member since: 1.5.2004

Links

- government: www.lrvk.lt
- tourism: www.travel.lt



Hymn



Luxembourg

Official name: Grand Duchy of Luxembourg
Government: Constitutional grand duchy
Area: 2.586 km²
Population: 480.222
Capital: Luxembourg
Official Language: Luxembourgish, German, French
Currency: euro (EUR)
EU member since: Founding member

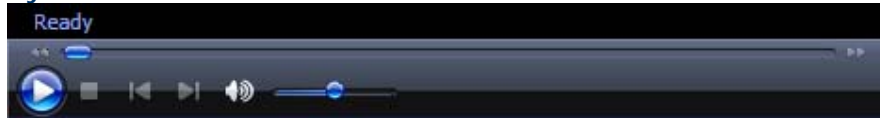
Links

- government: www.gouvernement.lu
- tourism: www.visitluxembourg.com



(French)

Hymn



Malta

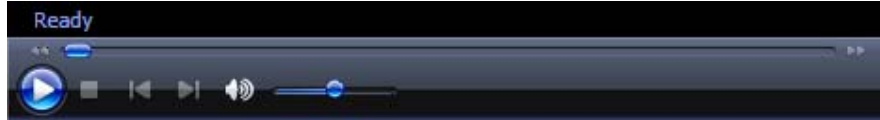
Official name: Republic of Malta
Government: Republic
Area: 316 km²
Population: 401.880
Capital: Valletta
Official Language: Maltese, English
Currency: euro (EUR)
EU member since: 1.5.2004

Links

- government: www.gov.mt
- tourism: www.visitmalta.com



Hymn



Netherlands

Official name: Kingdom of the Netherlands

Government: Constitutional monarchy

Area: 41.526 km²

Population: 16 570.613

Capital: Amsterdam

Official Language: Dutch

Currency: euro (EUR)

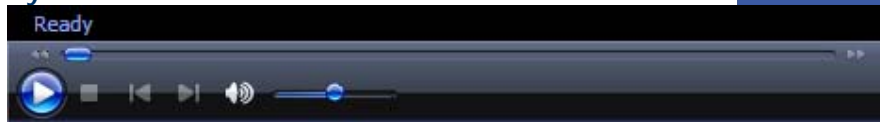
EU member since: Founding member

Links

- government: www.government.nl
- tourism: www.holland.com/global



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Poland

Official name: Republic of Poland

Government: Republic

Area: 312.685 km²

Population: 38 518.241

Capital: Warsaw

Official Language: Polish

Currency: Zloty (PLN)

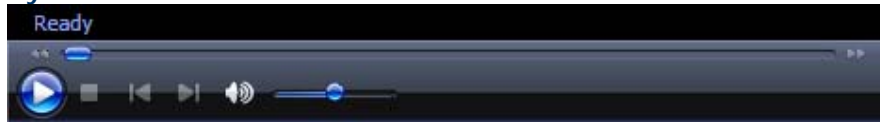
EU member since: 1.5.2004

Links

- government: www.kprm.gov.pl
- tourism: www.poland.travel



Hymn



Portugal

Official name: Portuguese Republic

Government: Republic

Area: 92.391 km²

Population: 10 642.936

Capital: Lisbon



Official Language: Portuguese

Currency: euro (EUR)

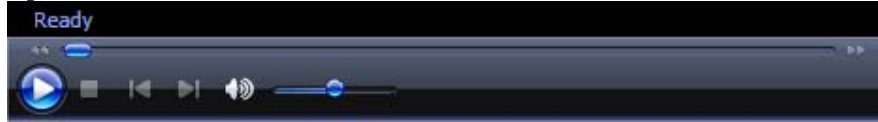
EU member since: 1.1.1986

Links

- government: www.portugal.gov.pt
- tourism: www.visitportugal.com



Hymn



Romania

Official name: Romania

Government: Republic

Area: 237.500 km²

Population: 22 276.056

Capital: Bucharest

Official Language: Romanian

Currency: Leu (RON)

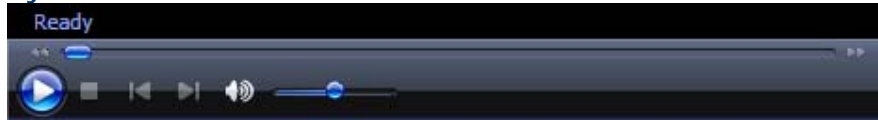
EU member since: 1.1.2007

Links

- government: www.gov.ro
- tourism: www.romaniatourism.com



Hymn



Slovakia

Official name: Slovak Republic

Government: Republic

Area: 49.035 km²

Population: 5 477.502

Capital: Bratislava

Official Language: Slovak

Currency: euro (EUR)

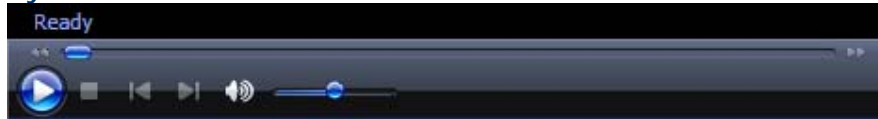
EU member since: 1.5.2004

Links

- government: www.vlada.gov.sk
- tourism: <http://www.slovakia.travel/>



Hymn





Slovenia

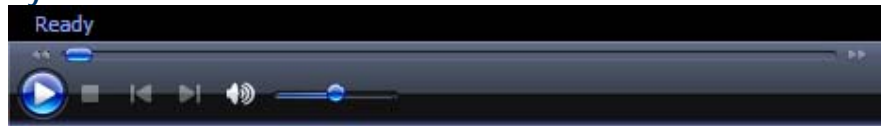
Official name: Republic of Slovenia
Government: Republic
Area: 20.273 km²
Population: 2 009.245
Capital: Ljubljana
Official Language: Slovenian
Currency: euro (EUR)
EU member since: 1.5.2004

Links

- government: www.vlada.si
- tourism: www.slovenia.info



Hymn



Spain

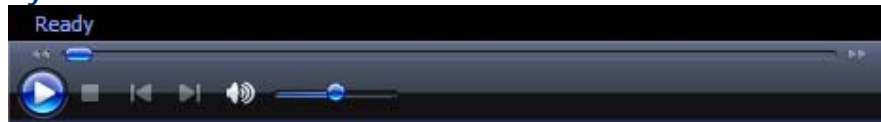
Official name: Kingdom of Spain
Government: Constitutional monarchy
Area: 504.782 km²
Population: 40 448.191
Capital: Madrid
Official Language: Spanish
Currency: euro (EUR)
EU member since: 1.1.1986

Links

- government: www.la-moncloa.es
- tourism: www.tourspain.es



Hymn



Sweden

Official name: Kingdom of Sweden
Government: Constitutional monarchy
Area: 449.964 km²
Population: 9 031.088
Capital: Stockholm
Official Language: Swedish (de facto)
Currency: Swedish krona (SEK)
EU member since: 1.1.1995

Links

- government: www.sweden.gov.se





- tourism: www.visitsweden.com

Hymn



United Kingdom

Official name: United Kingdom of Great Britain and Northern Ireland

Government: Constitutional monarchy

Area: 244,820 km²

Population: 60 776.238

Capital: London

Official Language: English (de facto)

Currency: Pound sterling (GBP)

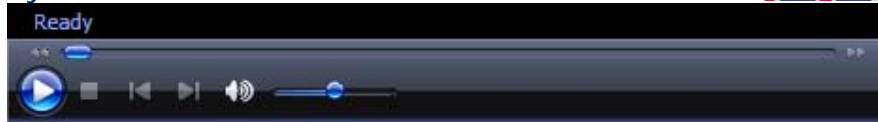
EU member since: 1.1.1973

Links

- government: www.direct.gov.uk
- tourism: www.visitbritain.co.uk



Hymn



This month is about Poland

Every month the United Euro Bridge will issue a newsletter customised to a different European Country. If you like to contribute with the editing, email us: info@unitedeurobridge.org.

History

The indigenous population of Poland were the Slavic tribes:

- 'West Slavs' tribes were the Poles, the Czechs and the Slovaks
- 'East Slavs' tribes consisted of Russians, Ukrainians and Belarusian's
- 'South Slavs' tribes consisted of Bulgarians, Croats, Macedonians Serbs and Slovenians
- 900's - The Polania tribe became dominant
- 966 - Duke Mieszko I became Poland's first recorded Christian leader
- 966 - 1370 The Piast Polish Dynasty
- 1382 - 1572 The Jagiellonian Dynasty
- 1572 - 1795 The Royal Republic
- 1700s - The Three Partitions of Poland - Russia, Prussia and Austria divide Poland

amongst themselves

1914-18 World War I - Poles were forced into the Russian, German, and Austrian armies and forced to fight each other

1918 - 11 November - Poland becomes independent

1932 - Poland concludes non-aggression pact with the Soviet Union.

1934 - Poland signs 10-year non-aggression pact with Nazi Germany

1939 - 23 August Germany and the Soviet Union sign a non-aggression pact and threaten Poland

1st September Germany invades Poland - 17th September Soviet Union invades eastern Poland

1939 - 1945 World War II

1944 - The Warsaw Uprising - Poland comes under Soviet control

1947- Poland becomes a Communist People's Republic

1978 - Karol Wojtyla, Cardinal of Krakow, elected Pope.

1980 - Strike leader Lech Walesa is elected as the head of Solidarity



1981 - Martial law imposed. Many of Solidarity's leaders, including Walesa, are imprisoned

1983 - Martial law lifted.

1990 - Walesa elected president of Poland.

1995 - Aleksander Kwasniewski, a former Communist, narrowly beats Lech Walesa to become president.

2004 - May - Poland is one of 10 new states to join the EU.

The beauties of Poland



The Park Lazienkowski is the most important park in Warsaw. For my money it is one of the great city parks in

Europe and that is considering that I visited in the pouring rain. The park is very leafy and green full of tree lined pathways where there are many a peacock wandering around. However what makes the park so enjoyable is the Palac Lazienkowski which straddles across a park lake. This palace was designed in a Neo-Classical style in the late 18th century for the last king of Poland, King Stanislaw August. It's position on the lake is quite striking. Inside of the palace is good but not great collection of art with a Rubens here and a Rembrandt there. The king's personal apartments are displayed here having been reconstructed after the palace was damaged by the Nazis. Throughout the park there are other interesting buildings commissioned by King Stanislaw including a Greek theatre, guardhouse, an orangery, a hunting lodge and a guesthouse that is now being as an apartment for visiting foreign dignitaries.

They say 'an Englishman's

home is his

castle', but in



Poland the castle made the man. The entire country is covered with castles; many have been restored to their original splendour and now operate as museums to display the wealth of history they possess. Many others have been converted into hotels and conference centres and centres for cultural exchange. While many others are ruins, seen from a distance on the skyline and leaving to the imagination the centuries of history they evoke. Take a tour round my 'Castles of Poland' travelogue. I've just started constructing this, and slowly I aim to add the location and a little of the history surrounding the castle.

If you are planning to be in the south of Poland, try to make a visit to the city of Wroclaw, in the south-west part of the country. Known as the mini Venice of Poland, it's a beautiful town still relatively undiscovered by mass tourism. Full of splendid Gothic and Baroque architecture



well worth seeing, what draws visitors more than anything is this painting, "The Raclawice Panorama". Shown

here is a small section of the Panorama which measures a colossal 15 metres x 115 metres. To learn more of this painting and see the delights of Wroclaw, please visit my Wroclaw page. No holiday in Poland is complete without a visit to the Mountains in the south of the country. There are many mountain ranges to choose from, but the most popular by far is the Tatras, the high peaks which form part of the tourist centre in the Tatras is Zakopane and I lived here for five months in

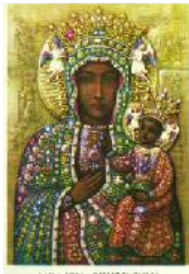


1991. Then it was a sleepy little mountain town with quaint shops in the High Street, very few restaurants, and a lot of large



resort centres owned by trade unions and used during Communism for workers and their families to get away from the cities for free holidays in the fresh, pure mountain air. Now Zakopane has embraced tourism completely. The quaint shops have disappeared to be replaced by restaurants and boutiques. The trade union centres are hotels and pensions and the town buzzes with tourists 365 days a year. It's hard to move in the High Street now, but the glorious mountains are a short ride away by cable car, or funicular railway, or even horse and cart, so very quickly you can leave everyone behind.

The Black Madonna



The Black Madonna Shrine at Jasna Gora (Bright Mountain) in Czestochowa is visited by millions of pilgrims from all over the world every year. Many make this journey truly a pilgrimage

and travel great distances on foot to reach Czestochowa. While the less pious, but no less curious, catch a train. See more of Czestochowa - it's present pilgrimages and an interesting travelogue during Communism - by visiting my Czestochowa page.

Approach to the Royal Route



Any visitor to Poland must include Krakow on their itinerary. And allow at least 3-4 days for the visit. The ancient royal

capital of Poland and the present-day cultural capital, Krakow was undamaged during WWII, so parts of its architecture date back to the 13th century. Krakow is the heart and soul of Poland. If you can only choose one place to visit in Poland, you really have no choice. Krakow has to be the place to go. For a full tour of the sites and delights of Krakow, and a glimpse into its historical past, please visit my Krakow page.

In contrast to Warsaw, Krakow was left completely untouched in WW II and so has retained its medieval town square. The center of the city is



gorgeous and many a day can be whiled away wandering about the twisty streets and enjoying the cafes lining the old town square.

Though it is rather a sombre activity, a visit to Auschwitz/Birkenau is really something no one should miss while in Poland. They are located only about an hour's bus ride from Krakow. Auschwitz has been turned into a museum with some especially chilling displays of personal articles taken from prisoners as well as a lot of the history of Poland's role in the War. Birkenau has been left as a monument and has been left as it was when the Nazis abandoned it at the end of the war.

Interesting Facts about Poland

Poland is situated in the **very heart of Europe**. The geometrical central point of the whole continent can be found in a town of Schowola in the East of the country.

Poland is **1042 years old**. The official founding of Poland happened in the year 966 when prince Mieszko I adopted Christianity as the official religion what meant establishment of political bonds with the rest of the Europe.

Name "**Poland**" comes from the name of the tribe "Polanie" what used to mean "people living in open fields".

The **Polish alphabet** consists of 32 letters. Here they are:

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Bruderschaft

Bruderschaft is something like a fraternal toast. Declining it could be taken as an offence. Relations between people who have taken part in this ceremony turn from official to personal. From then on first names can be used, in Polish "przejsć na ty" ("ty" being the informal "you" -being on



first-name terms). Bruderschaft is accomplished in the following way: two people simultaneously raise a toast, after which they interlock arms and down their drinks. The last part is an exchange of kisses and a "Call me Marek," - "Call me John". If you haven't got a chance to take part in bruderschaft, you should call your Polish interlocutor Pan (Mr) or Pani (Ms). Saying "Pani Beato" (Ms Beata), "Panie Jacku" (Mr Jacek) you ensure that neither a hotel receptionist nor a company director will take offence. This is the polite form of address to little known peers, people you have just met, and subordinates; superiors should be addressed "proszę Pana" or "proszę Pani", or by their title: "panie doktorze", "pani doktor", "panie dyrektorze" etc.

National drinks



Surprisingly, the Polish national drinks are not alcoholic, but - coffee and tea (tea without milk!). Guests are ambushed with the question which of these beverages they would prefer more or less immediately after they cross the threshold of a Polish home.

Andrzejki – St. Andrew's Day

A well-established Polish tradition is the celebration of **Andrzejki (St. Andrew's Day)** - the last festive day before Advent, with fortune telling to check what the New Year will bring. The best-known method is by pouring hot wax into cold water and "reading" its shapes.

Jaselka – Nativity play

A popular event during the period after Christmas is the jaselka staged by amateurs. Carolers who go from house to house with a star or Nativity crib. Traditionally, they expect to be tipped for the visit; once the payment was in Christmas delicacies, but today these have been largely replaced by small change. The carolers are often dressed up and improvise scenes that loosely draw upon biblical motifs. Typically, the characters are King Herod, Angel, Devil,

Death, sometimes Gypsy and a bear or goat.

Kulig – sleigh rides

Sleigh rides for centuries were favored by the Polish gentry and still extremely popular. Today the rides are ending with a bonfire and sausages or the traditional bigos.

Tłusty Czwartek - Fat Thursday

The last Thursday before the Lent is a day on which Poles stuff themselves with paczki (doughnuts) and deep-fried narrow strips of pastry known as chrust or faworki. Drowning of the Marzanna (Frost Maiden) One pagan tradition still popular today is the drowning of the marzanna, held on the fourth Sunday of Lent. For our ancestors, the custom was associated with the everlasting rhythm of life. It expressed their joy at the coming of spring, which



meant a rebirth of nature, promising crops and abundance, the marzanna was a representation of winter, a straw female effigy, dressed in white and adorned with coral beads and ribbons. In Silesia, she was clad in a beautiful wedding dress with a wreath on her head. Villagers carried the marzanna from house to house, then stripped her and scattered the clothes over the fields. Eventually she was drowned in a river, pond, and lake or simply in a big puddle. Sometimes before throwing her into the water the effigy was set on fire. As the marzanna was carried out of the village one way, on the opposite side the villagers carried in the maik - green branches adorned with ribbons, coral beads and flowers. Over centuries this ceremony evolved into a form of amusement. Today



drowning the marzanna is mainly done by children on 21 March, which are the first day of spring and an unofficial truants' day.

Food from Poland

Beef Rolades

Ingredients

- 2 pounds beef rounds
- 2 onions, one sliced, the other diced
- 1/2 pound of bacon, cut into fine strips
- 1/2 pound sharp cheddar cheese, cut into strips
- 3-4 pickles, cut into strips
- 3-4 tablespoons all-purpose flour
- Vegetable oil, for frying
- 1 bay leaf
- 1 cup beef stock (or one bouillon cube dissolved in 1 cup hot water)
- 2 tablespoons sour cream
- Salt and freshly ground pepper, to taste

Preparation

1. Salt and pepper each patty lightly. In the center of each, place a slice of onion, a trip of bacon, a strip of cheese, and a strip of pickle. Add more pepper.
2. Roll each patty around its filling and close with the toothpick or tie together with thread.
3. Place the flour in the shallow dish. Roll each rolade in flour until it is completely covered with a thin layer.
4. Coat a bottom of a large skillet with oil, and place it over high heat; brown the rolades on all sides.
5. In a separate pot over medium heat, saute the diced onion in vegetable oil until golden. Reduce the heat to low and add a browned rolades and the bay leaf. Cover and simmer.
6. Using the frying pan in which the rolades were browned, heat a stock until it bubbles. Pour the hot stock into a pot with the rolades and simmer over low heat until tender, about 2 hours. Check occasionally to see if you should add some water. Make sure the rolades do not stick to the bottom of the pot.
7. Remove the rolades from the heat, remove the bay leaf, stir in the sour cream,



and check the seasoning, adding salt and pepper if necessary.

Chrust, Chrusciki

This is a delicious fried pastry strips for Fat Tuesday or Thursday, Easter, Christmas or any other special occasion.



Ingredients:

- 2 cups sifted flour
- 1 tbs. melted butter
- 2 heaping tbs. sugar
- 1 egg
- 1 tbs. vinegar

- 1/2 cup sour cream
- 1/2 cup confectioner sugar (later for sprinkling)

Preparation:

Combine flour with melted butter, egg, sugar, vinegar and sour cream. Form dough of a consistency of biscuit dough, smooth and easy to roll. If it is too sticky add more flour, if it is too soft cool it down in the refrigerator for a while. Divide into four parts. Roll each part thin (about 1 mm or less) on a floured board, keep the rest covered to prevent drying. Cut into strips with a knife about 1 inch wide and 3-5 inches long. Cut a short lengthwise slit through the center of each strip and pass one end of the strip through the slit. Fry in a pot half filled with lard or vegetable oil until golden brown. During frying keep it on medium oven – usually 5-7 pieces in one time depending on size. I use two forks for flipping the strips when one side is brown. After both sites are brown remove all strips to a plate. Sprinkle the strips (they should be brown, hot and hardened) with confectioner sugar through the sift. Can be served warm or cold.

INGREDIENTS

- 250 g all-purpose flour
- 6 g salt
- 1 egg, beaten
- 160 ml cold water
- 455 g bacon
- 2270 g baking potatoes
- 115 g shredded Cheddar cheese
- salt and pepper to taste
- 115 g bacon
- 896 g sauerkraut - drained, rinsed and minced
- 45 g sour cream



salt and pepper to taste

To Make Dough: In a medium bowl combine the flour, salt, egg and water. Mix all together to form dough; cover bowl and set aside. To Make Potato Filling: Place potatoes in a large pot. Add water to cover, bring to a boil, and boil for 25 to 35 minutes or until tender. Remove potatoes from water and mash. Place bacon in a large, deep skillet. Cook over



medium high heat until evenly brown. Drain, crumble and stir into mashed potatoes. Stir in cheese and season with salt and

pepper. To Make Sauerkraut Filling: Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and place in a medium bowl. Stir in sauerkraut, then sour cream. Mix well. Roll reserved dough out on a floured surface. Cut circles out of dough, using a small round container. Place a spoonful of potato or sauerkraut filling in the center of each circle and fold over, pinching edges together to seal. Bring a large pot of lightly salted water to a boil; drop perogies in boiling water and cook for 4 to 5 minutes, or until they float.

APPLE FRITTERS Apple crescents dipped in batter.

- 2 eggs, separated
- 40g caster sugar
- 5 tbs single cream
- 110g plain flour
- 1 tbs cornflour
- 450g cooking apples
- 110g butter or oil
- icing sugar



To make the batter, beat the egg yolks with sugar and cream. Whisk the egg whites until very stiff and fold in. Sift the flours and mix in lightly. Peel, core and cut the apples into rings. Spike the apple rings and turn in the batter. Melt the butter or heat the oil in the frying pan, and drop the apple rings into it. Fry on both sides until golden and

nicely puffed up. Pile on a plate, sprinkle icing sugar over them through a fine sieve and serve immediately. Serves 2 to 4.

DOUGHNUTS

Doughnuts are very popular in Poland and traditionally eaten on Shrove Tuesday; at midnight on St. Sylvester's Day (New Year's Eve) and also at Epiphany (6 January) when a coin is normally hidden in one of them.

- 900g flour
- 500 ml lukewarm water
- 50g dried yeast or 100g fresh yeast
- 200 ml sunflower oil
- salt
- flour for sprinkling
- oil for deep-frying
- caster or icing sugar
- for dredging



Mix half the flour with 250 ml of lukewarm water and the yeast. Leave to rise in a warm place for 20 minutes. When it begins to rise, mix the remaining flour and water and the sunflower oil. Sprinkle a little salt on the dough and knead until it becomes moist. Sprinkle lightly with flour and leave to rise and dry in a warm area for 30 minutes. When you press the dough with your finger and it springs back immediately, it is ready to fry. Pull off pieces of dough and shape doughnuts. Set aside. Heat oil in deep frying pan until very hot and drop the doughnuts into it. Fry until nicely browned on all sides. When cooked, they should feel light when pricked with a toothpick. Drain on kitchen paper. Pile up the doughnuts in a bowl and dredge with a little sugar. Serve warm. Makes approximately 16.

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