

# Cooking Live

*with Gosia*

## Panierowane Kotlety z Kurczaka

(Breaded Chicken Breast Cutlets)

### Ingredients:

2 Boneless Chicken Breasts (makes 4 cutlets)

2 Eggs

Bread Crumbs (any kind - we use Panko)

Salt & Pepper to Taste

Cooking Oil

### Steps:

1. Rinse and dry the chicken breasts, trim fat, place each chicken breast flat on a cutting board and cut it in half parallel with the counter top (like cutting a hamburger roll in half) so each breast is now two thinner breast pieces. Then cover each piece with plastic wrap and use a meat mallet to pound it to about 1/4 inch thickness. Sprinkle each piece with salt and pepper.
2. In a frying pan, heat cooking oil over medium/medium-high heat.
3. While the oil is heating, on a plate gently scramble the eggs with a fork. On a second plate sprinkle bread crumbs.
4. One at a time, dip each chicken breast cutlet in the egg to coat it, then place it into the bread crumbs, gently pressing to coat both sides.
5. Carefully place the breaded cutlets, one or two at a time, into the heated cooking oil. Be sure to place the cutlets into the pan by laying them away from you so as not to splash oil onto you. Adjust the heat as needed so the cutlets do not burn.
6. When the cutlets are golden brown, turn them to cook on the other side. Total cook time will vary but should be approximately 5 minutes total for each cutlet.
7. Remove the cooked cutlets, placing them onto a plate with paper towels to drain excess oil.

Serve with your choice of sides\*

\*For a traditional Polish household dinner, serve with a side of mashed potatoes topped with fresh chopped dill, and a side of steamed vegetables, such as green beans or cauliflower, topped with Panko bread crumbs that have been toasted golden brown in butter.

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## Rosół

(Chicken Soup with Noodles)

### Ingredients:

One whole chicken (portioned)  
Piece of beef (optional)  
1 parsnip  
1 small celery root  
2-3 carrots  
1 onion  
3-4 celery sticks  
Fresh parsley  
Fresh dill  
2-3 bay leaves  
3-4 allspice berries  
3-4 black peppercorns  
Salt to taste  
Maggi liquid to taste  
Fresh chopped parsley for garnish  
Cooked home-made noodles or angel hair pasta

### Steps:

1. Rinse chicken and beef and place in a large pot of lightly salted water water (about 6 quarts).
2. Bring to a boil and reduce to simmer. Skim off any foam that forms. Add spices. Simmer for about 90 minutes.
3. Remove chicken and set aside.
4. Add all of the raw vegetables, add the fresh herbs, add Maggi, adjust salt to taste, and simmer for another 60 minutes.
5. Add pasta to a bowl, add cut carrots from soup, ladle broth over top, add parsley garnish, and serve.

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## Sałatka z Kurczaka

(Chicken Salad)

### Ingredients:

**Cooked chicken breast\* (left over from Rosół) – cut into small pieces**

**3-4 celery sticks – chopped**

**1 small onion – chopped**

**Mayonnaise**

**Ranch dressing**

**Salt and pepper to taste**

### Steps:

1. **Combine first five ingredients into a large mixing bowl.**
2. **Mix thoroughly, adjust mayonnaise or ranch dressing as needed to ensure the chicken salad is moist.**
3. **Salt and pepper to taste.**
4. **Serve plain, on a roll with lettuce and tomato, with crackers or over a bed of greens.**

**\*You can use all of the chicken pieces that were left over from the Rosół if you like.**

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## Kotlety Mielone (Ground Meat Cutlets)

### Ingredients:

2 pounds ground meats (any kind you like)  
1 medium onion – chopped (reserve 1/4 for cucumber salad)  
1 egg  
1 roll (your choice) - soaked in water  
Salt and pepper to taste  
Bread crumbs  
Oil for cooking

### Steps:

1. Heat cooking oil in a pan over medium heat.
2. Combine first five ingredients into a large mixing bowl.
3. Mix thoroughly so the mixture is smooth.
4. Form the mixture into palm sized balls, roll them in the bread crumbs and form them into 1-1/2 inch thick cutlets.
5. Carefully place cutlets into frying pan, and cook on each side for approximately 4-5 minutes until they are golden brown and cooked through.
6. Remove the cutlets to a paper-towel-covered plate to drain excess oil.
7. Serve with your favorite sides. For a traditional Polish meal, serve with mashed potatoes topped with fresh chopped dill and a side of cucumber salad (mizeria).

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## Mizeria

(Polish Cucumber Salad)

### Ingredients:

2 large cucumbers (any kind you like) - peeled and sliced thin  
1/4 medium onion - chopped  
1-2 tbsps white vinegar (to taste)  
Salt and pepper to taste  
Sour cream\*  
Heavy whipping cream\*  
Fresh chopped dill (optional)

\*You can use sour cream, heavy whipping cream, or both

### Steps:

1. Combine first four ingredients in a mixing bowl.
2. Adjust seasoning to taste.
3. Add sour cream or heavy whipping cream (or both) and mix.
4. Enjoy with your favorite main dish, or all on its own.

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## Gołabki

(Stuffed Cabbage Rolls)

**Makes Approximately 25 Gołabki**

### Ingredients:

2 large heads of green cabbage  
2 cups uncooked rice (prepared according to package directions)  
3 medium onions, chopped (divided use)  
3 cloves garlic, minced (optional)  
3 eggs, beaten  
3 lb. ground meat (beef, pork, or chicken)  
1 quart chicken stock  
1 quart beef stock  
3 tablespoons flour (mixed with water to thicken tomato sauce)  
Salt, pepper  
2 cans tomato paste  
Cooking oil or butter  
Water for gently boiling the cabbage

### Steps:

1. Preheat oven to 375 degrees F.
2. Carefully cut around the core of the cabbage. Place the heads of cabbage in a large pot of gently boiling water. Gently boil cabbage for 5 minutes, or until outer leaves are pliable, removing them as they release (and repeat with remaining leaves). Drain the leaves and allow to cool completely. Use a knife to remove the thick outer vein from the leaves so they are easier to fold/roll later.
3. Sauté onions (and garlic if using) in oil for butter until soft.
4. In a separate large bowl, combine the ground meat, rice, 3/4 of the sautéed onions, eggs, salt and pepper, and mix well.
5. Place a small amount of mixture, about the size of your palm, into the center of a cabbage leaf and fold leaf over, tucking in the sides of the leaf to keep meat mixture inside and "rolling" the cabbage to form a gołabek (singular of Gołabki). Repeat with remaining leaves and filling.
6. Place the stuffed cabbage into aluminum chaffing dish, pour in chicken stock and beef stock, cover with aluminum foil and bake for about an hour.
7. Pour juice left over from baking the Gołabki into a pot. Add remaining 1/4 of the sautéed onions and tomato paste. Bring to a boil, reduce to a simmer, and thicken with the flour & water mixture. Add salt and pepper to taste. Simmer for another few minutes. Pour over Gołabki and serve\*.

\*You can pour sauce over Gołabki, cover and return to oven for about 15 minutes to add flavor.

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## Bigos

(Hunter's Stew)

### Ingredients:

2 32-oz jars sauerkraut\*  
2 medium heads of fresh cabbage  
4-5 lb piece pork shoulder or pork butt or mix of meats  
1.5-2 lbs smoked Polish sausage\*  
1 lb block hunter's bacon\*  
1 onion  
2 cans tomato paste  
Spices: bay leaves, allspice berries, black pepper corns,  
ground nutmeg, sweet paprika  
Salt and pepper to taste

\*Sauerkraut, Polish smoked sausage "zwycajna" and hunter's bacon should be purchased from a Polish store if possible

### Steps:

1. Wash and cut the meat into pieces.
2. Place the meat in a large pot with enough water to cover the meat, add some salt, bring it to a boil and then reduce heat and simmer for about 1.5 hours.
3. Remove the meat from the pot retaining the water. Let the meat cool down, cut it into small pieces, discard fat In a separate pot cook sauerkraut with a little bit of water for about ½ hour.
4. Shred cabbage.
5. Cube bacon and Polish sausage and fry it in a skillet, add some oil to fry, and at the end add chopped onion.
6. Add sauerkraut to your broth, add cooked meat, fried bacon and sausage, tomato paste and shredded cabbage. Mix well and add salt, pepper and paprika to taste.
7. Continue simmering about 1 hour.
8. Serve with bread.

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## Chleb

(Artisan Home-Made Bread)

### Ingredients:

3 cups (approx.) of flour (regular or bread)  
1.5 cup lukewarm water  
1 packet (1/4oz) dry yeast or 3/4 oz fresh yeast  
1 tsp. sugar  
2 tsp. salt  
1 tbsp. oil

### Steps:

1. Mix yeast, sugar and salt in water together until all ingredients dissolve.
2. Add flour and oil. Mix well.
3. If the dough is too dry, add water, if too wet, add flour.
4. The dough should be moist but not sticking to your fingers.
5. After forming a nice ball, place the dough in a flour-sprinkled bowl, cover with a clean kitchen towel and let it rise for ½-1 hour in a warm place.
6. Preheat the oven to 450°F, place your baking dish in the oven to heat up for at least 20 minutes.
7. When the dough doubles its volume, take the dish out of the oven, sprinkle the bottom with a dash of flour.
8. Take your risen dough out and gently fold it under a few times. Form a nice round loaf and place it in your baking dish. Make a few very shallow cuts on the top of the loaf.
9. Bake covered for 30 minutes then remove the lid and bake for 15 more minutes.
10. Take baking dish out of the oven and carefully remove bread to cooling rack.
11. Slice and enjoy!

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## Sałatka 10-cio Warstwowa (10 Layer Salad)

### Ingredients:

- 2 red peppers cut into small pieces
- 1-2 apples shredded
- 8 oz jar of pickled celery sticks (celery root sticks - "seler marynowany")
- 1 can corn
- 1 can pineapple (cubed)
- 8 oz. shredded cheddar cheese
- 5 eggs (hard boiled and cut into small pieces)
- 8-16 oz block of ham (cubed - Dak or Krakus brand)
- Mayonnaise
- 1 leek (finely chopped)

### Steps:

1. Prepare all ingredients in separate bowls
2. Keep mayonnaise and leek on the side
3. Pick one of the remaining ingredients, and place it into a clear serving dish\*, spreading it out to create the first layer.
4. Carefully repeat the process of creating a layer with each of the remaining ingredients by adding it to the dish on top of the last ingredient.
5. Cover the top with a layer of mayonnaise and sprinkle with chopped leek

\*For the best result, a transparent dish with straight sides should be used to serve this salad so you can show off the layers.

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## Szarlotka z Bezą (Apple Crumble Cake with Meringue)

### Ingredients:

#### Dough

1 lb flour  
1/3 cup powdered sugar  
8 oz plus 3 tbsp softened butter  
5 egg yolks  
1 tsp baking powder

#### Apple Filling

6-7 apples cored and cubed  
1 tbsp lemon juice  
2 tbsp water  
2 tbsp sugar

#### Meringue

5 egg whites  
Dash salt  
½ cup sugar  
2 tbsp potato starch

You will also need Ground Cinnamon

### Steps:

1. Separate egg yolks from egg whites
2. Sift the flour into a mixing bowl
3. Add sugar, baking powder, softened chopped butter and egg yolks
4. Mix it in a mixer with a dough hook or kneed with your hands
5. Divide the dough into 2 pieces and form into balls (one smaller and one larger), wrap separately in a saran wrap and place it in the fridge for 30 minutes or freezer for 15 minutes
6. Make the apple filling
  - o Place apple, water, and lemon in a pot and heat up
  - o When it starts sizzling add sugar and mix well
  - o Cook over low heat, mixing often, for about 30 minutes until apples are translucent
7. Preheat the oven to 360°F
8. Line a rectangular baking pan with parchment paper and spread the larger portion of the dough on the bottom of the pan
9. Poke the dough with fork and place in the preheated oven for 15 minutes
10. Beat the egg whites and a dash of salt until white and firm, add sugar and beat more, add potato starch and mix gently for another 10 seconds
11. Grate the smaller piece of dough on a large eye grater
12. On the previously baked bottom, spread apple filling and sprinkle it with cinnamon, then spread the egg white mixture and sprinkle it with the shredded part of the dough.
13. Bake 40-45 minutes at 360°F
14. Take it out of the oven and dust the top with powdered sugar, cool it down for at least 30 minutes, and cut in into 2x2 inch pieces

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## Żurek

(Polish Sour Rye Soup)

### Ingredients:

4 qts water  
2 lbs dark smoked Polish sausage (preferably swojska) - sliced or bigger pieces  
2-3 cloves garlic, minced  
Żurek/żur soup starter  
Heavy whipping cream or sour cream  
Maggi liquid  
Marjoram  
Salt and pepper to taste

Several hard boiled eggs (however many you like)

### Steps:

1. Add water and sausage to a pot, bring to a boil, reduce heat and simmer for 20 minutes
2. Stirring constantly, add sour soup base, bring to a boil, reduce heat and simmer for 2 minutes
3. Add garlic, Maggi liquid, salt and pepper
4. Add cream, bring to a boil, turn off immediately and add marjoram
5. Halve, quarter or slice two or more hard boiled eggs into a soup bowl
6. Ladle soup with pieces of sausage over the eggs and serve

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## Tiramisu

(Italian Coffee-Flavored Dessert)

### Ingredients:

6 egg yolks  
3 egg whites  
5 oz. sugar  
16 oz. Mascarpone cheese  
1-2 7 oz. packages Savoiardi - Lady Fingers Champagne Biscuits  
Dark Cocoa Powder

### For Dipping Lady Fingers:

280 ml strong coffee - cooled down  
60 ml Marsala wine (or other liquor - I used Irish Cream)

### Steps:

1. Wash eggs in hot water. Separate egg whites from egg yolks
2. To a bowl with egg yolks add 2/3 of sugar and whip it using mixer until fluffy and light in color
3. Whip egg whites until stiff. Add the rest of the sugar and keep whipping until the resulting foam is white and shiny
4. Add mascarpone to the egg yolk mixture and gently mix (mascarpone doesn't like to be mixed a lot). Fold in the egg whites and gently mix with a spoon starting from the bottom and going up
5. The coffee and alcohol mix for dipping biscuits should be in a wide dish - you should be able to dip the whole biscuit at once (for 1 second)
6. Place dipped biscuits on the bottom of the dish, covering the entire bottom
7. Place half of the cream on top, make a second layer of biscuits on top of the cream and cover with the rest of the cream.
8. Sift at least one tablespoon of cocoa powder over the top to create a heavy coating
9. Refrigerate at least four hours before serving

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## Krokiety

(Croquettes with Mushroom and Sauerkraut)

### Ingredients:

#### Filling

2 lbs sauerkraut  
1 lb mushrooms (*add some reconstituted dried mushrooms for added flavor if you like*)  
1 medium onion – chopped  
Salt and Pepper to taste

#### Crêpes

2 eggs  
3 cups flour  
3-1/4 cups milk (may vary slightly)  
Dash of salt

3 eggs - beaten  
Bread crumbs (plain)  
Cooking oil

### Steps:

1. Rinse sauerkraut before cooking if it is too sour. Cook in a small amount of water over low heat for 30 minutes. Drain well and squeeze out excess liquid.
2. Wash and cook mushrooms in a small amount of water over low heat for 30 minutes. Drain well and gently squeeze out any excess liquid. (Save the mushroom broth for Barszcz, if making)
3. Saute onion in oil.
4. Finely chop all ingredients or grind in a meat grinder.
5. Add salt and pepper and mix well.
6. Mix ingredients for crêpes to form a batter – should be thin enough to spread around pan easily
7. Put pan on medium heat. Brush a small amount of cooking oil onto pan and pour in enough batter to cover bottom of pan. Crêpes should be thin.
8. When the batter has formed a firm crêpe, flip to cook on other side. Remove to a plate to cool.
9. At one end of a crêpe, add a heaping tablespoon of filling, fold crêpes over toward middle to cover filling, fold in the sides, and roll. Repeat with remaining crêpes.
10. Dip each stuffed crêpe in the egg, then in the bread crumbs, to make krokiety, and set aside until ready to fry.
11. Add oil to pan and heat to medium, then add 5-6 krokiety to pan (or however many fit) with the seam down, and fry to golden brown, approximately 3-4 minutes. Turn and fry the other side to golden brown.
12. Remove krokiety to a paper-towel-lined plate to drain excess oil. Then Serve.

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## **Barszcz Czerwony** (Polish Red Beet Soup)

### Ingredients:

4 quarts of broth (*Any kind of broth. Could be store bought or you can use the broth from the Rosół recipe*)

3 lbs red beets

Lemon juice (half a lemon) or vinegar

3 cloves of minced garlic

Salt and Pepper to taste

Marjoram

Maggi liquid flavoring

### Steps:

1. Preheat oven to 375 degree F.
2. Wash and remove ends of the beets.
3. Bake beets on a cooking sheet at 375 degrees F for 1 hour and 15 minutes.
4. Remove beets to cool. Then peel them and shred them. You can use a food processor or use the large eyes of the grater.
5. Bring broth to a boil and add shredded beets. Stir and return to a boil. (Add reserved mushroom liquid from the Krokietki recipe, if making)
6. Cover, reduce heat and simmer for 20 minutes.
7. Add salt and pepper to taste. Add lemon juice or vinegar. Maggi and garlic. Stir, taste and adjust seasoning.
8. Simmer for another minute, add marjoram and turn off the heat. Stir, cover and let sit for one minute for the marjoram to incorporate into the soup.
9. Strain, ladle into a cup or a bowl, and serve.\*

\*Strain the soup for a clear liquid, or for a more hearty soup, leave the shredded beets in.

**Courtesy of**



**SEVEN OAKS SENIOR CENTER**  
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