

THIRD DAY

Żurek is one of the oldest soup in Poland. It comes from XIII th century. The name comes from german word “sauer” which means sour. Ingredients are very simple - just flour and water. Sometimes garlic.

We know that it can be a problem with the main ingredient for preparing a żurek. We can offer bring it with us.

Soup

Żurek

- 2 litres of meat-vegetable stock
- leavening to the soup made from fermented rye flour
- sour cream (400 ml.)
- garlic, salt, pepper, allspice, bay leaf, marjoram to the taste
- 5 cooked eggs on hard
- 300 g. of country sausage.



Boil stock ,mix leavening to the density of suspension, combine with the cream, mix exactly, to harden with sparseness of hot stock. Connect with the rest of stock, boil, to season and add spices. Cut the sausage into cubes, stir-fry, portion out to plates, add the egg cut up to halves and to fill with the soup.

Main course

Stuffed loin

Ingredients:

- 1 kg of the loin without the bones,
- 100 g of dried plums (Californian),
- 100 g of dried apricots,
- spices: garlic, salt, pepper, spice for the roasted meat,
- cooking oil,
- potato flour (100 g),
- fresh cucumber (500 g),



- bunch of dill,
- sour cream (200 g),
- lemon,
- salt.

Wash the meat, remove membranes and rub with the salt and spices. In the centre of the meat do the hole along fibres with the help of the knife or the needle. Put plums into the hole in the meat. Put the meat in the roasting tin, pour with oil, and put to the hot oven heated with 210°C. During baking pour the meat with sauce arisen from it and sprinkle it with the water. After baking chill the meat and portion it into slices that should be 1 cm thick each. With the remaining stock make the sauce and add to it flour potato, next add spices and 3 mashed cloves of garlic. Put the meat out onto plates, and serve with the sauce, boiled potatoes, the fresh cucumber and sour cream salad.

Dessert

Apple pie

Ingredients:

- 600 g of the wheat flour,
- 200 g of the icing sugar,
- 150 g of margarine for baking,
- 150 g of butter,
- 300 g of sour cream,
- 4 yolks,
- vanilla sugar,
- lemon,
- 1.5 kg of apples,
- 1 vanilla instant dessert,
- cinnamon,
- 100 g of sugar,
- icing sugar to sprinkle a cake.



Prepare the crumbly cake:

Blend yolks with the icing sugar and the vanilla sugar. Sieve the flour to the pastry board and chop up with fat and vitelline-sugar mass and the cream. As quickly as you can, knead dough and divide it into two parts. Roll up. Move one part to the metal sheet ,and crisp up to gold colour make the crumbly cake. Grate apples on thick meshes, add blancmange, the sugar and the cinnamon. Put apples on the pie crisped up, cover the cake rolled up with the second part and to bake about 45 minutes. After baking sprinkle the hot cake with icing sugar.