

# *Polish Pastry*

*Authentic Pastry and Baking Recipes*



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**IFT Publishing**

## History of Polish Pastry

Polish pastry and baking recipes have a long and rich history that is intertwined with the country's culture and traditions. From simple peasant dishes to elaborate royal desserts, Polish pastry has always been an important part of Polish cuisine.

The origins of Polish pastry can be traced back to the Middle Ages when Poland was a predominantly agricultural society. The peasants who worked the land would bake simple breads and pastries using the grains they grew, such as rye and wheat. These pastries were often filled with fruits, nuts, and honey, and were baked over an open fire or in communal ovens.

As Poland became more prosperous, the art of pastry-making became more refined. In the 16th and 17th centuries, Polish nobility began to host elaborate feasts, complete with extravagant desserts and pastries. Many of these desserts were influenced by the French and Italian cuisines that were popular at the time, and featured ingredients such as cream, chocolate, and fruit preserves.

One of the most famous Polish pastries is the paczki, a doughnut-like pastry that is filled with jam or cream. The paczki has its roots in the pre-Lenten traditions of Poland, when people would use up their rich ingredients before the fasting period began. The paczki has since become a beloved pastry throughout Poland and the world and is often enjoyed on Fat Tuesday.

Another popular Polish pastry is the sernik, or cheesecake. Polish cheesecake is different from its American counterpart in that it is made with farmer's cheese, rather than cream cheese. The sernik is often flavored with lemon or vanilla and is served with fresh fruit or fruit preserves.

Throughout Poland's turbulent history, pastry and baking recipes continued to evolve and adapt. During the communist era, food shortages and rationing led to a simplification of Polish cuisine, with many traditional recipes falling out of favor. However, in recent years, there has been a renewed interest in Polish culinary traditions, and many young Poles have taken up the mantle of their ancestors and are reviving traditional recipes for a modern audience.

Today, Polish pastry and baking recipes are enjoyed by people around the world. Polish bakeries and cafes can be found in cities such as New York, London, and Tokyo, serving up traditional favorites such as babka, makowiec, and piernik.

The popularity of Polish pastry is a testament to the resilience and creativity of the Polish people, who have continued to innovate and adapt their culinary traditions over the centuries. In the face of hardship and adversity, Polish pastry has remained a source of comfort and joy for generations of Poles.

Polish Pastry, Authentic Pastry and Baking Recipes is a tribute to this rich culinary tradition. By compiling and sharing traditional recipes, the book helps to preserve and promote the legacy of Polish pastry and baking for future generations. It is a celebration of the history, culture, and traditions of Poland, and a guide for anyone who wants to learn how to make these delicious pastries in their own kitchen.

The recipes featured in this book reflect the diverse range of influences that have shaped Polish culinary traditions over the centuries. Some recipes are simple and rustic, like the Szarlotka, a traditional apple cake made with a buttery crust and a sweet, spiced apple filling. Other recipes are more elaborate and

refined, like the Mazurek, a rich almond pastry that is often decorated with colorful fruit preserves and nuts.

The book also includes recipes for holiday and special occasion pastries, such as the piernik, a gingerbread-like cake that is often made for Christmas, and the paczki, which are a staple of Fat Tuesday celebrations in Poland and beyond.

Beyond its culinary significance, Polish pastry and baking also have a cultural and historical importance. Many of the pastries and desserts featured in the book have deep roots in Polish history and folklore and are associated with specific regions or festivals.

Through its recipes and stories, book offers readers a glimpse into the rich and varied world of Polish pastry and baking. It is a celebration of a culinary tradition that has endured for centuries, and a testament to the creativity, ingenuity, and resilience of the Polish people. Whether you are a seasoned baker or a novice in the kitchen, this book is sure to inspire you to try your hand at making some of these delicious and iconic Polish pastries.

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**1. SZARLOTKA** - Polish apple cake with a crumbly crust and cinnamon-sugar topping



Szarlotka, a traditional Polish apple cake, has been a beloved dessert in Poland for generations. Its origins can be traced back to the 19th century when it was popularized to use up leftover apples in the fall harvest. Today, Szarlotka remains one of the most iconic desserts in Poland, often served at family gatherings and special occasions. The cake's buttery, crumbly crust, and tender apple filling, seasoned with cinnamon and sugar, create a deliciously comforting treat that is sure to delight anyone with a sweet tooth.

**Preparation time:** Approximately 30 minutes

**Baking time:** Approximately 45-50 minutes

**Total time:** Approximately 1 hour and 15-20 minutes

**Serving:** 8 servings

#### **INGREDIENTS:**

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, cold and cut into small cubes
- 1 egg
- 1/4 cup whole milk
- 1 tablespoon lemon juice
- 1/2 teaspoon vanilla extract
- 5-6 medium-sized apples, peeled and sliced
- 2 tablespoons granulated sugar
- 1 teaspoon cinnamon
- Powdered sugar for dusting (optional)

#### **INSTRUCTIONS:**

1. Preheat the oven to 375°F (190°C) and butter a 9-inch (23cm) springform pan.
2. In a large bowl, combine the flour, 1/2 cup sugar, baking powder, and salt.
3. Add the cubed butter and use a pastry cutter or your hands to mix the butter into the dry ingredients until the mixture resembles coarse crumbs.
4. In a separate bowl, whisk together the egg, milk, lemon juice, and vanilla extract.
5. Add the wet ingredients to the dry ingredients and stir until the dough forms.
6. Divide the dough in half and press one half into the bottom of the prepared pan.
7. In a separate bowl, mix the sliced apples, 2 tablespoons of sugar, and cinnamon.
8. Spread the apple mixture over the dough in the pan.
9. Crumble the remaining dough over the top of the apple mixture.
10. Bake for 45-50 minutes, or until the top is golden brown and the apples are tender.
11. Allow the cake to cool for a few minutes before removing it from the pan and transferring it to a wire rack to cool completely.
12. Dust with powdered sugar before serving, if desired.



## 2. **BABKA** - sweet, yeast cake flavored with vanilla and raisins



Babka is a sweet yeast cake that is a beloved dessert in Poland. Its origins can be traced back to the early 18th century, and it is often flavored with vanilla and raisins. Babka has become a staple at family gatherings and special occasions, and its sweet and comforting taste has made it a cherished treat that has been passed down from generation to generation. Whether enjoyed with a cup of tea or served as a show-stopping dessert, Babka is sure to delight anyone with a sweet tooth.

**Preparation time:** Approximately 30 minutes

**Rising time:** Approximately 1-hour

**Baking time:** Approximately 35-40 minutes

**Total time:** Approximately 2 hours and 10 minutes

**INGREDIENTS:**

- 1/2 cup whole milk
- 1/2 cup unsalted butter, softened.
- 1/2 cup granulated sugar
- 3 large eggs
- 1 tablespoon vanilla extract
- 2 1/2 cups all-purpose flour
- 1 package (2 1/4 teaspoons) active dry yeast
- 1/4 teaspoon salt
- 1/4 cup raisins
- 1/4 cup warm water
- Powdered sugar for dusting (optional)

**INSTRUCTIONS:**

1. Warm the milk in a small saucepan over low heat until it reaches room temperature.
2. In a large mixing bowl, cream together the softened butter and granulated sugar until light and fluffy.
3. Beat in the eggs one at a time, and then stir in the vanilla extract.
4. In a separate bowl, whisk together the flour, yeast, and salt.
5. Gradually stir the flour mixture into the butter mixture until a soft dough form.
6. Stir in the raisins.
7. Gradually add the warm water, stirring until the dough is smooth and elastic.
8. Cover the bowl with a clean towel and let the dough rise in a warm, draft-free place for 1 hour, or until it doubles in size.
9. Preheat the oven to 350°F (180°C).
10. Grease a 9-inch (23cm) Bundt pan with butter.
11. Punch down the dough and transfer it to the prepared pan, smoothing it out evenly.
12. Bake for 35-40 minutes, or until the cake is golden brown and a toothpick inserted into the center comes out clean.
13. Let the cake cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
14. Dust with powdered sugar before serving, if desired.

### 3. **PAŃCZKI** - deep-fried doughnuts filled with fruit jam or custard



Pańczki are traditional deep-fried doughnuts filled with fruit jam or custard and topped with powdered sugar. Originating in Poland in the Middle Ages, these pastries have become a beloved treat in Poland and beyond, especially on Fat Thursday, the Thursday before Lent begins.

Pańczki were originally made to use up ingredients that were not allowed to be eaten during the Christian Lenten period. Today, they come in a variety of flavors and fillings and are enjoyed throughout the year as a sweet breakfast treat or dessert.

**Preparation time:** Approximately 30 minutes

**Rising time:** Approximately 1 hour and 30 minutes

**Baking time:** Approximately 20-25 minutes

**Total time:** Approximately 2 hours and 25 minutes

**Serving:** makes about 12-16 servings.

## INGREDIENTS:

- 1/2 cup whole milk, warmed.
- 2 1/4 teaspoons active dry yeast
- 1/4 cup granulated sugar
- 2 large eggs, at room temperature
- 1/2 cup unsalted butter melted and cooled.
- 3 1/2 cups all-purpose flour
- 1/4 teaspoon salt
- 1/4 teaspoon ground nutmeg
- 1/4 cup fruit jam or custard
- Vegetable oil for frying
- Powdered sugar for dusting

## INSTRUCTIONS:

1. In a small bowl, combine the warm milk, yeast, and 1 teaspoon of sugar. Stir to combine and let sit for 5-10 minutes, or until the mixture is frothy.
2. In a large mixing bowl, beat the eggs and the remaining sugar together until light and fluffy.
3. Stir in the melted butter and the frothy yeast mixture until well combined.
4. Gradually add the flour, salt, and nutmeg, stirring constantly until a soft, sticky dough forms.
5. Knead the dough on a floured surface for 5-7 minutes, or until it is smooth and elastic.
6. Place the dough in a greased bowl, cover with a clean towel, and let it rise in a warm, draft-free place for 1 hour, or until it doubles in size.
7. On a floured surface, roll the dough out to about 1/2-inch (1.3cm) thickness.
8. Using a round cookie cutter or glass, cut the dough into circles about 3 inches (7.6cm) in diameter.
9. Place the circles on a greased baking sheet, cover with a clean towel, and let them rise for an additional 30 minutes.
10. In a deep saucepan or Dutch oven, heat the vegetable oil to 350°F (175°C).
11. Carefully drop the risen dough circles into the hot oil, a few at a time, and fry for about 2-3 minutes on each side, or until golden brown and puffed up.
12. Using a slotted spoon, transfer the Pączki to a paper towel-lined plate to drain off any excess oil.
13. Once cooled, fill a piping bag with your favorite fruit jam or custard.
14. Using a sharp knife, make a small incision in the side of each Pączki and pipe in a small amount of filling.
15. Dust with powdered sugar before serving.

#### 4.**SERNIK** - creamy cheesecake, flavored with vanilla and lemon zest



Sernik, a creamy cheesecake often flavored with vanilla and lemon zest, is a beloved dessert in Poland. Its origins can be traced back to ancient Greece and Rome, but it was introduced to Poland in the 16th century by Italian chefs.

Today, Sernik is a staple at family gatherings, holidays, and special occasions. Made with a rich and creamy cheese filling, the cake is usually baked in a crust made of crushed cookies or pastry dough. Its smooth and velvety texture, combined with the delicate flavors of vanilla and lemon, make it a cherished treat that is sure to delight cheesecake lovers everywhere.

**Preparation time:** 30 minutes

**Baking time:** 1 hour

**Serving:** about 10-12 people

**INGREDIENTS:**

- 2 lbs. (900 g) farmer's cheese or quark cheese
- 1 cup (200 g) sugar
- 6 large eggs
- 1/2 cup (120 ml) heavy cream
- 1/4 cup (60 g) unsalted butter melted and cooled.
- 1/4 cup (40 g) all-purpose flour
- 2 teaspoons vanilla extract
- 1 tablespoon lemon zest
- Pinch of salt

**For the crust:**

- 1 1/2 cups (225 g) all-purpose flour
- 1/3 cup (75 g) sugar
- 1/4 teaspoon salt
- 1/2 cup (115 g) unsalted butter, cut into small cubes and chilled.
- 1 large egg yolk
- 2 tablespoons ice water

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch (23 cm) springform pan and line the bottom with parchment paper.
2. To make the crust, combine the flour, sugar, and salt in a medium bowl. Add the chilled butter and use a pastry blender or your fingertips to mix until the mixture resembles coarse crumbs.
3. In a small bowl, whisk together the egg yolk and ice water. Add this to the flour mixture and stir until the dough comes together.
4. Press the dough evenly into the bottom and up the sides of the prepared pan. Chill the crust while you make the filling.
5. In a large mixing bowl, beat the cheese and sugar together until smooth. Add the eggs one at a time, beating well after each addition.
6. Add the heavy cream, melted butter, flour, vanilla extract, lemon zest, and salt. Mix until everything is well combined, and the mixture is smooth.
7. Pour the filling into the prepared crust and smooth the top with a spatula.
8. Bake for 1 hour or until the cheesecake is set and the top is golden brown.
9. Turn off the oven and leave the cheesecake inside for 15-20 minutes with the door slightly ajar.
10. Remove the cheesecake from the oven and let it cool to room temperature. Chill in the fridge for at least 2 hours before serving.

## 5. **ROGALIKI** - flaky, crescent-shaped pastries filled with jam or ground nuts



Rogaliki are flaky, crescent-shaped pastries that originated in Poland during the 19th century. The pastry was inspired by the traditional Austrian kipferl and was adapted to include fillings such as jam or ground nuts.

Rogaliki became a staple in Polish households, especially during special occasions and holidays. The pastry requires a delicate touch and precise technique to achieve the perfect flaky and buttery texture. Its sweet and nutty flavors make it a delightful treat that can be enjoyed any time of day, whether for breakfast or as a dessert.

**Preparation time:** 20 minutes

**Cooking time:** 20 minutes

**Servings:** 32 pastries

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1/2 cup unsalted butter, cold and cubed
- 1/2 cup sour cream
- 1 egg yolk
- 1 tablespoon white sugar
- 1 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 cup jam or ground nuts
- Powdered sugar for dusting

**INSTRUCTIONS:**

1. In a mixing bowl, combine flour, cold cubed butter, and salt. Use a pastry blender or a fork to cut the butter into the flour mixture until it forms a crumbly texture.
2. In another mixing bowl, whisk together sour cream, egg yolk, white sugar, and vanilla extract.
3. Gradually add the sour cream mixture to the flour mixture and mix until it forms a soft dough. Divide the dough into 4 equal parts.
4. Roll each dough part into a circle on a floured surface. Cut each circle into 8 triangles.
5. Add 1 teaspoon of jam or ground nuts to the wide end of each triangle and roll it up towards the narrow end.
6. Place the rolled-up pastries onto a baking sheet lined with parchment paper and bake in a preheated oven at 375°F (190°C) for 18-20 minutes, or until golden brown.
7. Let the pastries cool for 5 minutes before dusting them with powdered sugar.



6. **MAKOWIEC** - poppy seed cake wrapped in pastry crust and covered in powdered sugar.



Makowiec, a poppy seed cakes often rolled in a pastry crust and topped with powdered sugar, has been a beloved dessert in Poland for centuries. The cake's origins can be traced back to ancient times when poppy seeds were considered a symbol of fertility and wealth.

Today, Makowiec is often served during special occasions and holidays, such as Christmas and Easter. The pastry requires a delicate touch and precise technique to achieve the perfect balance of sweet and nutty flavors. Its rich and decadent taste, combined with its delicate pastry crust, make it a cherished treat that has been passed down from generation to generation.

**Preparation time:** 40 minutes

**Baking time:** 40 minutes

**Servings:** 8-10 slices

## **INGREDIENTS:**

### **For the dough:**

- 2 cups all-purpose flour
- 1/2 cup unsalted butter, room temperature
- 2 egg yolks
- 2 tablespoons white sugar
- 1/2 cup milk
- 1 teaspoon baking powder

### **For the filling:**

- 2 cups poppy seeds, ground
- 1 cup milk
- 1/2 cup honey
- 1/2 cup white sugar
- 1/2 cup raisins
- 1/2 cup chopped nuts
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon salt

### **For the topping:**

- 1 egg white, beaten.
- Powdered sugar for dusting

## **INSTRUCTIONS:**

1. In a mixing bowl, combine flour, room temperature butter, egg yolks, white sugar, milk, and baking powder. Mix until a smooth dough forms. Cover with plastic wrap and let it rest in the fridge for at least 30 minutes.
2. In a saucepan, combine ground poppy seeds, milk, honey, white sugar, raisins, chopped nuts, vanilla extract, cinnamon, nutmeg, and salt. Cook over medium heat until the mixture thickens, stirring frequently. Remove from heat and let it cool.
3. Preheat the oven to 375°F (190°C).
4. Divide the chilled dough into two equal parts. Roll out one part on a floured surface to form a rectangle shape. Place the rolled-out dough onto a baking sheet lined with parchment paper.
5. Spread the cooled poppy seed filling over the dough, leaving a small border around the edges. Roll out the other part of the dough to form a rectangle shape and place it on top of the filling.
6. Brush the top with beaten egg white and bake for 35-40 minutes or until golden brown.
7. Let the cake cool before dusting it with powdered sugar.

## 7. PERNIK - spicy gingerbread cake, flavored with honey and cinnamon



Piernik, a spicy gingerbread cake often flavored with honey and cinnamon, has a long history in Poland. The cake was first introduced in the 12th century by German monks who brought with them the tradition of Lebkuchen, a type of gingerbread cake.

Over time, Piernik became a popular dessert in Poland, especially during the Christmas season. The cake requires a complex blend of spices, including ginger, cinnamon, nutmeg, and cloves, to achieve its signature flavor. Its dense and moist texture, combined with the warm and spicy flavors of the spices, make it a cherished treat that is perfect for any occasion.

**Preparation time:** 70-75 minutes

**Baking time:** 45-50 minutes

**Servings:** 8-10 servings

## **INGREDIENTS:**

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon ground cloves
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup honey
- 2 large eggs, at room temperature
- 1/4 cup milk

## **INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9x5-inch (23x13cm) loaf pan and line it with parchment paper.
2. In a medium bowl, whisk together the flour, baking powder, cinnamon, ginger, nutmeg, cloves, and salt.
3. In a large bowl, using an electric mixer, cream the butter and sugar until light and fluffy, about 2-3 minutes. Add the honey and mix until well combined.
4. Add the eggs, one at a time, beating well after each addition.
5. Gradually add the dry ingredients to the wet ingredients, alternating with the milk, until the batter is smooth and well combined.
6. Pour the batter into the prepared loaf pan and smooth the top with a spatula.
7. Bake for 45-50 minutes, or until a toothpick inserted in the center of the cake comes out clean.
8. Remove the cake from the oven and let it cool in the pan for 10 minutes. Then, transfer it to a wire rack and let it cool completely.
9. Once cooled, sprinkle the top of the cake with powdered sugar.

## 8. KRÓWKI - small, chewy caramels flavored with vanilla or chocolate



Krówki, small, chewy caramels flavored with vanilla or chocolate, have been a beloved treat in Poland for generations. The candy's origins can be traced back to the 19th century when it was first created to use up excess milk and sugar.

Krówki became increasingly popular in Poland throughout the 20th century, especially during holidays and special occasions. The candy requires a delicate touch and precise technique to achieve the perfect texture and flavor. Its creamy and chewy consistency, combined with the delicate flavors of vanilla or chocolate, make it a cherished treat that is perfect for satisfying any sweet tooth craving.

**Preparation time:** 5 minutes

**Cooking time:** 20 minutes

**Servings:** Makes about 40-50 pieces, depending on the size.

**INGREDIENTS:**

- 1 cup of sugar
- 1/2 cup of heavy cream
- 1 tablespoon of unsalted butter
- 1 teaspoon of vanilla extract
- Pinch of salt

**INSTRUCTIONS:**

1. In a medium-sized, heavy-bottomed saucepan, combine the sugar, heavy cream, butter, and salt.
2. Cook over medium heat, stirring constantly until the sugar has completely dissolved and the mixture starts to boil.
3. Reduce the heat to low and continue cooking, stirring frequently, until the mixture thickens and turns a light golden-brown color. This should take about 15-20 minutes.
4. Remove the pan from the heat and stir in the vanilla extract.
5. Pour the mixture into a greased, 8-inch square baking dish and let it cool to room temperature.
6. Once the mixture has cooled, use a sharp knife to cut it into small, bite-sized pieces.
7. Wrap each piece in a small square of wax paper and store in an airtight container.

## 9. FAWORKI - crispy, fried pastry strips, dusted with powdered sugar



Faworki, crispy, fried pastry strips often dusted with powdered sugar, have been a beloved treat in Poland for centuries. The pastry's origins can be traced back to the Middle Ages when it was known as "chrusty" and was typically served during carnival season.

Over time, Faworki became a staple in Polish households, especially during holidays and special occasions such as weddings and Easter. The pastry requires a delicate touch and precise technique to achieve the perfect flaky and crispy texture. Its sweet and light flavors, combined with its delicate pastry crust, make it a cherished treat that has been passed down from generation to generation.

**Preparation Time:** 30 minutes

**Cooking Time:** 15 minutes

**Servings:** Makes about 30 Faworki.

### INGREDIENTS:

- 2 cups all-purpose flour
- 1/4 tsp salt
- 2 tbsp granulated sugar
- 3 egg yolks
- 1/2 cup sour cream
- 1/2 tsp vanilla extract
- 2 tbsp rum or vodka (optional)
- Vegetable oil, for frying
- Powdered sugar, for dusting

#### **INSTRUCTIONS:**

1. In a large mixing bowl, whisk together the flour, salt, and sugar.
2. In a separate bowl, whisk together the egg yolks, sour cream, vanilla extract, and rum/vodka (if using).
3. Gradually pour the wet ingredients into the dry ingredients, mixing until a dough forms.
4. Turn the dough out onto a floured surface and knead for 2-3 minutes, until smooth.
5. Divide the dough into 4-6 portions and roll each one out as thinly as possible.
6. Cut the dough into strips, about 1 inch wide and 4-6 inches long.
7. Heat the vegetable oil in a deep-frying pan or pot to 375°F (190°C).
8. Carefully drop the dough strips into the hot oil, a few at a time, and fry until golden brown on both sides (about 1-2 minutes per side).
9. Remove the fried Faworki from the oil with a slotted spoon and transfer to a paper towel-lined plate to drain excess oil.
10. Once all the Faworki are fried and drained, dust them generously with powdered sugar.
11. Serve immediately.



**10. MAZUREK** - a sweet cake or pastry, topped with fruit preserves, nuts, or chocolate



Mazurek, a sweet cake or pastry often topped with fruit preserves, nuts, or chocolate, has been a beloved dessert in Poland for generations. The pastry's name comes from the Polish word "Mazur," which refers to a region in northeastern Poland known for its traditional music and dance.

Mazurek is typically served during special occasions and holidays, such as Christmas and Easter. The pastry requires a delicate touch and precise technique to achieve the perfect balance of sweet and nutty flavors. Its rich and decadent taste, combined with its delicate pastry crust and flavorful toppings, make it a cherished treat that has been passed down from generation to generation in Polish households.

**Preparation time:** 15 minutes

**Baking time:** 25-30 minutes

**Serving size:** 9-12 servings

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1/2 cup unsalted butter, softened.

- 1/2 cup granulated sugar
- 1 egg, beaten.
- 2 tbsp sour cream
- 1 tsp vanilla extract
- 1/2 tsp baking powder
- 1/4 tsp salt
- 1 cup fruit preserves (such as apricot, raspberry, or cherry)
- 1/2 cup chopped nuts (such as almonds or walnuts)
- 1/2 cup chocolate chips

#### **INSTRUCTIONS:**

1. Preheat your oven to 350°F (175°C) and prepare a 9-inch square baking pan by greasing it with butter or cooking spray.
2. In a large mixing bowl, combine the flour, baking powder, and salt.
3. In a separate mixing bowl, cream together the butter and sugar until light and fluffy.
4. Beat in the egg, sour cream, and vanilla extract until well combined.
5. Gradually add the flour mixture to the butter mixture, stirring until a crumbly dough form.
6. Press the dough into the prepared baking pan, making sure to spread it evenly across the bottom.
7. Spread the fruit preserves on top of the dough, leaving a small border around the edges.
8. Sprinkle the chopped nuts and chocolate chips over the fruit preserves.
9. Bake for 25-30 minutes, or until the edges of the Mazurek are golden brown and the fruit preserves are bubbling.
10. Allow the Mazurek to cool completely in the baking pan before slicing and serving.

## 11. CHAŁKA - a sweet, braided bread



Chalka is a sweet, braided bread that has a rich history in Poland. The bread's origins can be traced back to the Jewish communities that once thrived in Poland before World War II.

The recipe for Chalka has been passed down from generation to generation and typically includes ingredients such as eggs, sugar, flour, and yeast. The braided shape of the bread is said to represent unity and togetherness.

Today, Chalka is enjoyed by both Jews and non-Jews in Poland and beyond, often served during holidays such as Shabbat and Rosh Hashanah. Its sweet and nutty flavors, combined with its soft and fluffy texture, make it a beloved bread that is perfect for any occasion.

**Preparation time:** 15 minutes + rising time (1-2 hours)

**Cooking time:** 30-35 minutes

**Servings:** 12-16 slices

**INGREDIENTS:**

- 4 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 tsp salt
- 2 1/4 tsp instant yeast
- 1/2 cup unsalted butter, melted.
- 3 large eggs, room temperature
- 1/2 cup warm milk
- 1 egg, beaten (for egg wash)
- Sesame seeds (optional)

**INSTRUCTIONS:**

1. In a large mixing bowl, combine the flour, sugar, salt, and yeast.
2. Add the melted butter and mix until crumbly.
3. Add the eggs and warm milk and mix until the dough forms.
4. Knead the dough on a lightly floured surface for 10-15 minutes until smooth and elastic.
5. Place the dough in a greased bowl and cover with a damp cloth. Let it rise in a warm place for 1-2 hours until doubled in size.
6. Punch down the dough and divide it into three equal parts. Roll each part into a long rope and braid them together.
7. Place the braided dough in a greased loaf pan and let it rise for another 30-45 minutes.
8. Preheat the oven to 375°F (190°C).
9. Brush the beaten egg on the top of the dough and sprinkle sesame seeds on top (if using).
10. Bake the chałka for 30-35 minutes until golden brown.
11. Let the chałka cool in the pan for 5-10 minutes before removing it from the pan and placing it on a wire rack to cool completely.

**12. PIEGUSKI** - small, soft cookies flavored with vanilla and shaped into animal figures



Pieguski are small, soft cookies that are a beloved treat in Poland. These cookies have been a part of Polish cuisine for generations and are often associated with childhood memories.

The recipe for Pieguski typically includes ingredients such as flour, sugar, eggs, and butter, and is flavored with vanilla extract. The cookies are traditionally shaped into animal figures, such as horses or bears, and are often decorated with colorful sprinkles.

Today, Pieguski remain a popular cookie in Poland, enjoyed by both children and adults alike. Their soft texture and sweet vanilla flavor make them a perfect snack or dessert for any occasion.

**Preparation time:** 20 minutes

**Baking time:** 10-12 minutes

**Servings:** 24-30 cookies

**INGREDIENTS:**

- 1 cup unsalted butter, softened.
- 1 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla extract
- 4 cups all-purpose flour
- 4 tsp baking powder
- 1/4 tsp salt
- Milk, as needed.
- Raisins or chocolate chips for decorating

**INSTRUCTIONS:**

1. In a large bowl, cream together the butter and sugar until light and fluffy.
2. Beat in the eggs one at a time, then stir in the vanilla extract.
3. In a separate bowl, whisk together the flour, baking powder, and salt.
4. Gradually stir the flour mixture into the butter mixture until a soft dough forms. Add milk as needed to achieve a soft, pliable dough.
5. Preheat the oven to 350°F (180°C). Line a baking sheet with parchment paper.
6. Roll the dough into small balls, about 1 inch in diameter. Use your fingers to shape the balls into animal figures, such as mice or pigs.
7. Press raisins or chocolate chips into the dough to create eyes and other features.
8. Place the cookies on the prepared baking sheet and bake for 10-12 minutes, or until lightly golden brown.
9. Let the cookies cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.

### 13. **CIASTO KRUCHE** - delicious shortbread cookies, flavored with vanilla or lemon zest



Ciasto kruche, also known as Polish shortbread cookies, is a beloved treat in Poland that has been enjoyed for generations. The recipe for this cookie is simple, using only a few ingredients such as flour, sugar, butter, and eggs.

The name "kruche" means "crumbly" in Polish, and the texture of the cookie is indeed delicate and crumbly, with a melt-in-your-mouth texture. The cookies are often flavored with vanilla or lemon zest and are typically shaped into circles or rectangles.

Ciasto kruche is a popular dessert in Poland, often enjoyed with a cup of tea or coffee. It's simple yet delicious flavor and crumbly texture make it a perfect treat for any occasion.

**Preparation time:** 45 minutes (including chilling time)

**Baking time:** 10-12 minutes

**Servings:** 20-24 cookies (depending on size and thickness)

#### **INGREDIENTS:**

- 300g all-purpose flour
- 200g unsalted butter, cold and cut into small pieces
- 100g powdered sugar
- 2 egg yolks
- 1 teaspoon vanilla extract or lemon zest

**INSTRUCTIONS:**

1. In a large mixing bowl, whisk together the flour and powdered sugar until well combined.
2. Add the cold butter to the bowl and cut it into the flour mixture using a pastry blender or your fingers until the mixture resembles coarse crumbs.
3. Add the egg yolks and vanilla extract or lemon zest to the bowl and mix until the dough comes together in a ball.
4. Divide the dough into two equal portions and shape each portion into a disk. Wrap each disk in plastic wrap and chill in the refrigerator for at least 30 minutes or up to 24 hours.
5. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
6. Remove one disk of dough from the refrigerator and roll it out on a lightly floured surface to about 1/4-inch thickness. Cut out desired shapes using cookie cutters or a knife.
7. Place the cookies on the prepared baking sheet and bake for 10-12 minutes, or until the edges are lightly golden.
8. Remove from the oven and allow the cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.



## 14. APPLE CAKE-CIASTO Z JABLKAMI - apple cakes topped with streusel crumble



Ciasto z jabłkami, or apple cake, is a traditional Polish dessert that is often served during the autumn months when apples are in season. The cake is made with fresh apples that are peeled, sliced, and layered onto a sweet and buttery batter.

In addition to the apples, the cake is often topped with a streusel crumble made with flour, sugar, and butter. This adds a delicious crunch and texture to the cake.

Ciasto z jabłkami has a long history in Polish cuisine and is a beloved dessert that is often served at family gatherings and special occasions. Its sweet and comforting flavor, combined with the texture of the fresh apples and crumbly streusel topping, make it a delicious treat that is enjoyed by many.

**Preparation time:** 20 minutes

**Baking time:** 50-60 minutes

**Serving size:** 8-10 servings

### INGREDIENTS:

- 3 cups all-purpose flour
- 1 cup unsalted butter, softened.

- 1 cup granulated sugar
- 3 large eggs
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp salt
- 4 medium apples, peeled, cored, and sliced.
- 1/4 cup apricot preserves

**Streusel topping:**

- 1/2 cup all-purpose flour
- 1/4 cup granulated sugar
- 1/4 cup unsalted butter, melted.

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C) and grease a 9-inch (23cm) springform cake pan.
2. In a medium bowl, whisk together the flour, baking powder, cinnamon, and salt.
3. In a large bowl, cream the butter and sugar until light and fluffy. Beat in the eggs, one at a time.
4. Gradually add the flour mixture to the butter mixture and stir until just combined.
5. Pour half of the batter into the prepared pan and spread it evenly.
6. Arrange the apple slices over the batter and spread the apricot preserves on top.
7. Pour the remaining batter over the apples and smooth the top with a spatula.
8. To make the streusel topping, mix the flour, sugar, and melted butter in a small bowl until crumbly. Sprinkle the topping over the cake.
9. Bake for 50-60 minutes, or until a toothpick inserted in the center comes out clean.
10. Let the cake cool in the pan for 10 minutes, then remove it from the pan and transfer it to a wire rack to cool completely.
11. Serve the cake at room temperature.

## 15. **KOGEL MOGEL** - sweet egg custard dessert, flavored with vanilla or cocoa powder



Kogel mogel is a traditional Polish dessert that has been enjoyed for centuries. It is a simple yet delicious, sweet egg custard that is often flavored with vanilla or cocoa powder.

The dish has its roots in Jewish cuisine and was originally made with raw egg yolks and honey. Over time, the recipe evolved and began to include additional ingredients such as milk, sugar, and vanilla.

Kogel mogel is often served as a dessert or snack and can be enjoyed warm or chilled. It has a rich and creamy texture, with a sweet and satisfying flavor that is sure to please any sweet tooth.

**Preparation time:** 10 minutes

**Cooking time:** 5-7 minutes

**Chilling time:** 30 minutes

**Servings:** 2-3 servings

**INGREDIENTS:**

- 2 egg yolks
- 2 tablespoons of honey or sugar
- 1/2 cup of warm milk
- 1/2 teaspoon of vanilla extract or cocoa powder (optional)

**INSTRUCTIONS:**

1. In a medium bowl, whisk together the egg yolks and honey or sugar until well combined.
2. Gradually add warm milk to the bowl while whisking constantly.
3. Place the bowl over a pot of simmering water, making sure the bottom of the bowl doesn't touch the water.
4. Continue to whisk the mixture constantly for 5-7 minutes until it thickens and coats the back of a spoon.
5. Remove from heat and stir in vanilla extract or cocoa powder if using.
6. Pour the mixture into a glass or serving dish and chill in the refrigerator for at least 30 minutes before serving.

## 16. **KOKOSANKI** - small, coconut-flavored cookies, coated in chocolate



Kokosanki are a type of traditional Polish cookie that have been enjoyed for many generations. The cookies are typically small and round, with a soft and chewy texture and a rich coconut flavor.

The exact origins of kokosanki are unclear, but they are believed to have originated in the early 20th century. They were popularized during the interwar period in Poland, when coconut became more widely available and affordable.

Kokosanki are often coated in chocolate, which adds a rich and decadent flavor to the cookies. They are typically made with simple ingredients such as shredded coconut, sugar, eggs, and flour.

Today, kokosanki remain a beloved treat in Poland and can be found in bakeries and cafes throughout the country. They are often served as a snack or dessert and are a staple of Polish culinary tradition.

**Preparation time:** 20 minutes

**Baking time:** 15 minutes

**Total time:** 35 minutes

**Servings:** Makes about 24 kokosanki.

### **INGREDIENTS:**

- 3 cups shredded unsweetened coconut.
- 1 cup granulated sugar
- 2 egg whites
- 1 teaspoon vanilla extract

- 1/4 teaspoon salt
- 6 ounces semisweet chocolate chips

**INSTRUCTIONS:**

1. Preheat your oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix the shredded coconut, sugar, egg whites, vanilla extract, and salt until well combined.
3. Use a tablespoon to scoop the coconut mixture and shape it into small balls. Place them on the prepared baking sheet, spacing them about an inch apart.
4. Bake for 12-15 minutes or until lightly golden brown. Allow it to cool completely.
5. Melt the chocolate chips in a microwave or using a double boiler. Dip each cooled coconut ball into the melted chocolate to coat it completely. Place back on the parchment paper and let the chocolate set.
6. Serve and enjoy!

## 17. **PIERNICZKI** - spiced gingerbread cookies, decorated with icing or candy



Pierniczki are traditional Polish cookies made with honey, spices, and flour. They are typically flavored with cinnamon, ginger, and cloves and often decorated with icing or candy. Pierniczki are a popular treat during the Christmas season and are often shaped into festive designs such as stars, trees, and hearts.

The history of Pierniczki dates to the Middle Ages, where they were initially made by monks and served during special occasions. Over time, they became a staple in Polish cuisine, with each region of the country having its own unique recipe and variation. Today, Pierniczki remains a beloved treat enjoyed by both children and adults alike.

**Preparation time:** 20 minutes

**Chilling time:** 1-hour

**Baking time:** 10-12 minutes

**Total serving:** Makes about 24 cookies.

### **INGREDIENTS:**

- 2 1/4 cups all-purpose flour
- 1/2 tsp baking soda

- 1/2 tsp salt
- 1 1/2 tsp ground ginger
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup brown sugar
- 1 large egg
- 1/4 cup molasses
- 1/2 cup powdered sugar
- 1 tbsp milk

### **INSTRUCTIONS:**

1. In a medium bowl, whisk together the flour, baking soda, salt, ginger, cinnamon, and cloves.
2. In a separate large bowl, beat the butter and brown sugar together with an electric mixer until light and fluffy. Add in the egg and molasses and beat until well combined.
3. Gradually mix in the dry ingredients until a dough forms.
4. Divide the dough in half and shape each half into a disc. Wrap each disc in plastic wrap and chill in the refrigerator for at least 1 hour.
5. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
6. Roll out one of the discs of dough on a floured surface to a thickness of 1/4 inch. Use cookie cutters to cut out shapes and transfer them to the prepared baking sheet.
7. Bake for 10-12 minutes, or until the edges are lightly browned.
8. Allow the cookies to cool on the baking sheet for 5 minutes, then transfer them to a wire rack to cool completely.
9. In a small bowl, whisk together the powdered sugar and milk to make a glaze. Decorate the cooled cookies with glaze and any other desired decorations, such as icing or candy.



## 18. CIASTKA MAŚLANE - butter cookies, shaped into wreaths or rounds



Ciastka maślane, or butter cookies, have been a staple in Polish households for generations. With a simple and buttery flavor, they are a favorite among both children and adults and are often enjoyed during holidays or special occasions.

These delicate, crumbly cookies are a staple of Polish holiday baking and are often enjoyed with a cup of tea or coffee. Their simplicity and classic buttery flavor make them a favorite among both young and old.

**Preparation time:** 1 hour and 15 minutes (including 30 minutes of chilling time)

**Baking time:** 10-12 minutes per batch

**Servings:** Makes about 24 cookies, depending on size and shape.

## INGREDIENTS:

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 1/2 teaspoon salt
- 1 cup unsalted butter, softened.
- 1/2 cup granulated sugar
- 1 egg
- 1 teaspoon vanilla extract

## INSTRUCTIONS:

1. In a medium bowl, whisk together the flour, baking powder, and salt. Set it aside.
2. In a large bowl, beat the butter and sugar together until light and fluffy, about 2-3 minutes.
3. Add the egg and vanilla extract and beat until well combined.
4. Gradually add the dry ingredients to the wet ingredients and mix until just combined.
5. Divide the dough into two equal parts, and shape each into a flat disc. Wrap in plastic wrap and chill in the refrigerator for at least 30 minutes.
6. Preheat the oven to 350°F (180°C). Line baking sheets with parchment paper.
7. On a lightly floured surface, roll out one of the dough discs to 1/4-inch (6 mm) thickness. Use cookie cutters to cut out desired shapes.
8. Place the cookies on the prepared baking sheets, leaving 1 inch (2.5 cm) between each cookie.
9. Bake for 10-12 minutes, or until the edges are lightly golden. Allow to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.
10. Repeat steps 7-9 with the remaining dough disc.
11. Serve and enjoy!

## 19. **SERNIK Z BANANEM** -Banana Cheesecake



A creative baker set out to innovate a classic dessert. Inspired by the abundance of bananas, they combined the rich flavors of creamy cheesecake with the tropical sweetness of ripe bananas. The result was a delectable Polish Banana Cheesecake, where each bite harmonized the silky smoothness of the cream cheese filling with the lusciousness of mashed bananas. The dessert quickly gained popularity, becoming a beloved treat enjoyed by many, both in Poland and beyond. To this day, the Polish Banana Cheesecake continues to delight dessert enthusiasts with its delightful blend of flavors and its unique Polish twist.

**Preparation time:** Approximately 30 minutes

**Baking time:** Approximately 55-60 minutes

**Total time:** Approximately 5-6 hours

**Servings:** 10-12 servings

### **INGREDIENTS:**

#### **For the Crust:**

- 1 ½ cups crushed graham crackers
- ⅓ cup melted unsalted butter
- 2 tablespoons granulated sugar

**For the Filling:**

- 3 ripe bananas, mashed
- 24 oz (680g) cream cheese, softened
- 1 cup granulated sugar
- 3 eggs
- 1 teaspoon vanilla extract
- ½ cup sour cream

**For the Topping:**

- 1 cup heavy cream
- 2 tablespoons powdered sugar
- Sliced bananas for garnish (optional)

**INSTRUCTIONS:**

1. Preheat your oven to 325°F (165°C). Grease a 9-inch springform pan.
2. In a bowl, mix together the crushed graham crackers, melted butter, and granulated sugar until well combined. Press the mixture evenly onto the bottom of the prepared springform pan to form the crust.
3. In a large mixing bowl, beat the cream cheese and granulated sugar until smooth and creamy. Add the mashed bananas, eggs, and vanilla extract, and beat until well incorporated. Finally, mix in the sour cream until fully combined.
4. Pour the filling over the crust in the springform pan, spreading it out evenly.
5. Bake in the preheated oven for about 55-60 minutes, or until the edges are set and the center is slightly jiggly. Remove it from the oven and let it cool in the pan for 10 minutes.
6. After 10 minutes, run a knife around the edges of the pan to loosen the cheesecake. Remove the sides of the springform pan and allow the cheesecake to cool completely at room temperature.
7. Once the cheesecake has cooled, refrigerate it for at least 4 hours, or preferably overnight, to set.
8. Before serving, prepare the topping by whipping the heavy cream and powdered sugar together until stiff peaks form.
9. Spread the whipped cream over the top of the chilled cheesecake. Garnish with sliced bananas if desired.
10. Slice and serve the delicious Polish Banana Cheesecake.

**20. KRÓWKI MILANOWSKIE** - small, chewy caramels flavored with chocolate and hazelnuts



Krówki Milanowskie are a traditional Polish candy. They are made with condensed milk, sugar, butter, chocolate, and hazelnuts and have been popular since the early 20th century.

Krówki Milanowskie originated in the town of Milanówek near Warsaw in Poland in the early 20th century where they are still produced and quickly became popular throughout the country as a sweet treat.

**Preparation time:** 45-50 minutes

**Cooking time:** about 25-30 minutes

**Servings:** 20-25 caramels

**INGREDIENTS:**

- 200g granulated sugar
- 100g unsalted butter, cubed.
- 200ml heavy cream
- 100g hazelnuts, chopped.
- 100g dark chocolate, chopped.

**INSTRUCTIONS:**

1. Line an 8x8 inch baking dish with parchment paper.
2. In a heavy-bottomed saucepan, combine the sugar and butter. Cook over medium heat, stirring constantly with a wooden spoon until the sugar has dissolved and the butter has melted.
3. Add the heavy cream to the pan and continue stirring until well combined.
4. Increase the heat to medium-high and bring the mixture to a boil. Reduce the heat to medium-low and continue cooking, stirring constantly, until the mixture thickens and reaches a temperature of 245° F (118°C) on a candy thermometer (about 25-30 minutes).
5. Remove the pan from the heat and stir in the chopped hazelnuts and dark chocolate until the chocolate has melted and the mixture is smooth.
6. Pour the mixture into the prepared baking dish and let cool for about 10 minutes.
7. Use a sharp knife to score the mixture into small squares or rectangles.
8. Let the caramels cool completely in the dish before removing and serving.

## 21. **KAJMAK** - thick, sweet spread made from simmering milk and sugar



Kajmak is a popular topping for bread, pastries, and desserts in Poland, as well as other countries in the Balkans and Middle East.

Kajmak is a popular dairy product in many Eastern European countries, including Poland. It is traditionally made by simmering milk and sugar for several hours until it thickens and develops a caramel-like flavor. Some variations of Kajmak also include the addition of butter, cream, or vanilla for extra richness and depth of flavor. It is often enjoyed spread on bread, toast, or as a topping for sweet desserts.

**Preparation time:** 3-4 hours

**Serving size:** Makes approximately 1 cup of Kajmak.

**INGREDIENTS:**

- 1 liter of whole milk
- 1 cup of granulated sugar
- 1 teaspoon of vanilla extract

**INSTRUCTIONS:**

1. In a large pot, pour in the milk and sugar. Stir until the sugar has dissolved.
2. Heat the pot on medium-high heat, stirring occasionally to prevent the milk from scorching on the bottom of the pot.
3. Once the milk begins to boil, reduce the heat to low and simmer for 2-3 hours. Stir occasionally to prevent a skin from forming on the surface of the milk.
4. After 2-3 hours, the milk should have reduced and thickened into a caramel-colored mixture. Remove the pot from the heat.
5. Stir in the vanilla extract and mix until well combined.
6. Pour the Kajmak into a clean, dry jar and let it cool to room temperature.
7. Once cooled, cover the jar with a lid and store it in the fridge.
8. Kajmak can be enjoyed spread on toast, used as a topping for pancakes or waffles, or eaten straight from the jar with a spoon.



## 22. **TORCIK WIEDEŃSKI** - layered cake made with shortbread cookies and chocolate cream



The Torcik Wiedeński, or Vienna Cake, is a dessert with a long history in Poland, dating back to the 19th century. It is believed to have originated in Vienna and was introduced to Poland during the time of the Austro-Hungarian Empire.

The Torcik Wiedeński, which translates to "Viennese cake," is a classic dessert that originated in Poland in the 19th century. It was inspired by the traditional Austrian Sacher torte, which consists of layers of chocolate cake and apricot jam. The Torcik Wiedeński, however, substitutes the chocolate cake with a layer of shortbread cookies, creating a unique texture and flavor. It has since become a popular dessert in Poland, especially during special occasions such as birthdays and weddings.

**Preparation Time:** 2.5 hours

**Baking Time:** 10-15 minutes

**Servings:** 8-10

### **INGREDIENTS:**

- 300g butter
- 2 cups all-purpose flour
- 2 tbsp cocoa powder

- 1 cup powdered sugar
- 1 tsp vanilla extract
- 4 egg yolks
- 200g dark chocolate
- 1 cup heavy cream
- 2 tbsp unsalted butter
- 1/2 cup chopped walnuts.

#### **INSTRUCTIONS:**

1. Preheat oven to 350°F (180°C). Grease a 9-inch springform pan.
2. In a large bowl, mix 200g of butter, flour, cocoa powder, powdered sugar, vanilla extract, and 3 egg yolks until a dough form.
3. Roll the dough out to about 1/4-inch thickness and cut out circles to fit the bottom of the pan. Place the circles in the bottom of the pan and bake for 10-15 minutes until lightly golden.
4. Remove the pan from the oven and let cool.
5. In a double boiler or a heatproof bowl set over a pot of simmering water, melt the chocolate and 100g of butter together.
6. In a separate bowl, beat the heavy cream until stiff peaks form.
7. Once the chocolate mixture has cooled slightly, fold in the whipped cream.
8. Spread a layer of chocolate cream over the cooled shortbread circles in the pan.
9. Repeat the process of layering shortbread circles and chocolate cream until all the ingredients are used up, ending with a layer of chocolate cream.
10. Sprinkle the chopped walnuts over the top of the cake.
11. Refrigerate the cake for at least 2 hours before serving.

## 23. CIASTKA PIERNIKOWE -Spiced Gingerbread Cookies



Ciastka Piernikowe, also known as Pierniczki, are traditional Polish Christmas cookies that date back to medieval times. The spices used in the cookies, such as ginger, cinnamon, and cloves, were once considered luxury ingredients and were used to mask the taste of preserved meat during the long winter months. Today, Pierniczki are enjoyed during the holiday season and are often decorated with icing or candy.

Piernikowe cookies have been a part of Polish Christmas traditions for many years, often hung on Christmas trees as decorations. They are also a popular treat during other festive occasions such as weddings and birthdays.

**Preparation time:** 20 minutes

**Chilling time:** 1-hour

**Baking time:** 8-10 minutes per batch

Servings: Makes about 2 dozen cookies

### INGREDIENTS:

- 3 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda

- 1/2 tsp salt
- 2 tsp ground cinnamon
- 2 tsp ground ginger
- 1/2 tsp ground cloves
- 1/2 tsp ground nutmeg
- 1/2 cup unsalted butter, room temperature
- 1/2 cup brown sugar
- 1/2 cup molasses
- 1 egg
- 1 tsp vanilla extract
- Royal icing or candy for decorating (optional)

**INSTRUCTION:**

1. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.
2. In a separate large bowl, beat the butter and brown sugar together until light and fluffy.
3. Beat in the molasses, egg, and vanilla extract until well combined.
4. Gradually mix in the dry ingredients until a stiff dough forms.
5. Divide the dough into two pieces and flatten each into a disk. Wrap in plastic wrap and chill in the refrigerator for at least 1 hour.
6. Preheat the oven to 350°F (175°C). Line baking sheets with parchment paper.
7. On a lightly floured surface, roll out one disk of dough to 1/4 inch thickness.
8. Cut out shapes with cookie cutters and place on the prepared baking sheets.
9. Bake for 8-10 minutes or until the edges are lightly golden.
10. Allow the cookies to cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.
11. Decorate the cookies with royal icing or candy as desired.

## 24. **CIASTO JOGURTOWE** - yogurt cake made of yogurt flavored with lemon or orange zest.



Ciasto jogurtowe, also known as yogurt cake, is a popular dessert in Poland and other European countries. It gained popularity in the mid-20th century, as yogurt became more widely available, and people began incorporating it into their cooking and baking. The addition of yogurt gives the cake a tangy, slightly acidic flavor and a moist texture. It is often served with a dusting of powdered sugar, or a simple glaze made with lemon juice and sugar. The recipe can be easily adapted by adding different flavorings, such as vanilla or almond extract, or by incorporating fresh fruit into the batter.

**Preparation time:** 45 minutes

**Baking time:** 35-40 minutes

**Servings:** 8-10 slices

### **INGREDIENTS:**

- 1 and 1/2 cups (180g) all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup (240g) plain Greek yogurt
- 1 cup (200g) granulated sugar.

- 3 large eggs
- 2 teaspoons lemon zest
- 1/2 cup (120ml) vegetable oil
- Powdered sugar for dusting (optional)

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C) and grease a 9-inch (23cm) cake pan.
2. In a medium bowl, whisk together the flour, baking powder, and salt.
3. In a large bowl, whisk together the yogurt, sugar, eggs, and lemon zest until smooth.
4. Gradually whisk in the dry ingredients until just combined.
5. Add the vegetable oil and whisk until the batter is smooth and glossy.
6. Pour the batter into the prepared cake pan and bake for 35-40 minutes, or until a toothpick inserted into the center comes out clean.
7. Allow the cake to cool in the pan for 10 minutes, then transfer to a wire rack to cool completely.
8. If desired, dust the cake with powdered sugar before serving.

**25. MAZURKI Z MAKIEM** - a poppy seed pastry, topped with honey and nuts



Mazurki z makiem is a traditional pastry in Poland that is often associated with Easter. It is typically made with a shortbread crust and filled with a mixture of ground poppy seeds, honey, and nuts. The top of the pastry is often decorated with a lattice pattern made of dough or a crumble topping. The sweet and nutty flavors of the filling are balanced by the buttery and crumbly texture of the crust, making it a favorite among many Poles. It is believed to have originated in the Mazovia region of Poland and has been enjoyed for centuries.

**Preparation time:** Approximately 1 hour and 15 minutes.

**Baking time:** 40-45 minutes (Please see Instruction)

**Servings:** 12 Servings

**INGREDIENTS:**

1. 1 cup all-purpose flour
2. 1/2 cup unsalted butter, softened.
3. 1/4 cup granulated sugar
4. 1 egg yolk
5. 1/4 cup milk
6. 1 cup poppy seeds, ground
7. 1/2 cup honey
8. 1/4 cup walnuts, chopped.
9. 1/4 cup raisins
10. 1/2 teaspoon cinnamon
11. 1/2 teaspoon vanilla extract
12. Pinch of salt

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (175°C) and line a 9-inch square baking pan with parchment paper.
2. In a large mixing bowl, cream the butter and sugar together until light and fluffy.
3. Add the egg yolk and mix until well combined.
4. Gradually add the flour and salt, mixing until the dough comes together.
5. Press the dough into the prepared pan, using your fingers to smooth it out into an even layer.
6. Bake for 20-25 minutes, or until the crust is golden brown and firm to the touch.
7. In a small saucepan, combine the ground poppy seeds, honey, walnuts, raisins, cinnamon, and vanilla extract.
8. Cook over medium heat for 5-7 minutes, stirring constantly, until the mixture is thick and sticky.
9. Spread the poppy seed filling over the cooled crust, using a spatula to smooth it out into an even layer.
10. Bake for an additional 15-20 minutes, or until the filling is set and the edges are golden brown.
11. Allow the mazurki to cool completely in the pan before slicing into squares and serving.



## 26. **PERNIK KRÓLEWSKI** - gingerbread cake, flavored with nuts and candied fruit



Piernik królewski, which translates to "royal gingerbread," is a traditional Polish dessert that dates to the Middle Ages. It was initially served only to the royal court, and its recipe was a closely guarded secret.

Piernik królewski, or "royal gingerbread," is a traditional Polish cake that is often associated with the Christmas season. It has a dense and moist texture and a rich flavor that comes from a blend of spices like cinnamon, nutmeg, cloves, and ginger. The cake is usually made by combining honey, flour, sugar, eggs, and butter, and baking it for several hours. Some variations of the recipe also include ground almonds, candied fruit, or raisins. Piernik królewski is often decorated with icing or chocolate glaze and served as a festive dessert during the holiday season.

**Preparation time:** 20 minutes

**Baking time:** 35-40 minutes, Total time: 1 hour

**Servings:** about 12 servings

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tsp ground cinnamon
- 1/2 tsp ground cloves
- 1/2 tsp ground ginger
- 1/2 tsp ground nutmeg
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup brown sugar
- 1/2 cup honey
- 2 eggs
- 1/2 cup chopped nuts (walnuts, almonds, or hazelnuts)
- 1/2 cup candied fruit (orange peel, lemon peel, or citron)
- 1/2 cup dark chocolate chips

**For the glaze:**

- 1/2 cup powdered sugar
- 1-2 tbsp lemon juice

**INSTRUCTION:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch square baking dish with butter or cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, cloves, ginger, and nutmeg.
3. In a large bowl, cream together the butter and brown sugar until light and fluffy. Add the honey and mix well. Beat in the eggs, one at a time.
4. Gradually stir in the dry ingredients until just combined. Fold in the chopped nuts, candied fruit, and chocolate chips.
5. Pour the batter into the prepared baking dish and smooth the top with a spatula. Bake for 35-40 minutes, or until a toothpick inserted into the center comes out clean.
6. Remove the cake from the oven and let it cool completely in the baking dish.
7. To make the glaze, whisk together the powdered sugar and lemon juice in a small bowl until smooth. Drizzle the glaze over the cooled cake.
8. Slice and serve the Pernik Królewski. This recipe makes about 12 servings.

**27. CIASTO ORZECHOWE** - sweet cake made of hazelnuts, covered with chocolate ganache.



Ciasto orzechowe is a classic Polish dessert that has been enjoyed for generations. It is a sweet cake made with ground hazelnuts and often topped with various sweet toppings. The recipe has evolved over time and remains a popular treat in Poland, often served on special occasions or enjoyed as a sweet snack with coffee or tea.

Hazelnuts have been a staple ingredient in Polish cuisine for centuries, and ciasto orzechowe is a delicious way to showcase their flavor. Many families have their own unique recipe for the cake, passed down from

generation to generation. Whether served at a family gathering or purchased from a bakery, ciasto orzechowe is a beloved dessert that continues to hold a special place in the hearts of Poles.

**Preparation time:** 30 minutes

**Baking time:** 35-40 minutes

**Total time:** 1 hour 10 minutes

**Servings:** 8-10 slices

#### **INGREDIENTS:**

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup unsalted butter, softened.
- 1 cup granulated sugar
- 4 large eggs, at room temperature
- 1 cup hazelnuts toasted and ground.
- 1/2 cup whole milk
- 1 teaspoon vanilla extract
- 8 ounces dark chocolate, chopped.
- 1/2 cup heavy cream

#### **INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease and flour a 9-inch (23cm) cake pan.
2. In a medium bowl, whisk together the flour, baking powder, and salt. Set it aside.
3. In a large mixing bowl, beat the butter and sugar until light and fluffy, about 2-3 minutes.
4. Add the eggs, one at a time, mixing well after each addition.
5. Stir in the ground hazelnuts until well combined.
6. Add the flour mixture to the butter mixture, alternating with the milk, beginning, and ending with the flour mixture. Mix until just combined.
7. Stir in the vanilla extract.
8. Pour the batter into the prepared cake pan and smooth the top with a spatula.
9. Bake for 35-40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
10. Allow the cake to cool completely in the pan.
11. To make the chocolate ganache, heat the cream in a small saucepan over medium heat until it comes to a simmer.
12. Remove from heat and stir in the chopped chocolate until completely melted and smooth.
13. Let the ganache cool for a few minutes, until it thickens slightly.
14. Remove the cake from the pan and place it on a wire rack set over a baking sheet.
15. Pour the chocolate ganache over the top of the cake, allowing it to drip down the sides.
16. Let the ganache set for at least 30 minutes before slicing and serving.

## 28. **SĘKACZ** - traditional Polish cake baked on a rotating spit using thin layers of batter



Sękacz, also known as "tree cake", is a traditional Polish dessert that has been around for centuries. The cake is made by baking thin layers of batter on a rotating spit over an open flame. This method of baking gives the cake its distinctive ring appearance and unique texture.

Sękacz is believed to have originated in the region of Masuria, in northeastern Poland, where it was traditionally served during weddings and other celebrations. The recipe was passed down from generation to generation and remains a popular dessert in Poland today.

The cake is made with simple ingredients such as flour, eggs, sugar, and butter, but the technique of baking it on a rotating spit requires skill and patience. Sękacz is often served with a dusting of powdered sugar and is enjoyed as a sweet treat or dessert.

**Preparation time:** Approximately 3-4 hours

**Baking time:** 2-3 minutes

**Servings:** 10-12

**INGREDIENTS:**

- 1 kg of flour
- 30 eggs
- 1 kg of sugar
- 500 g of butter, softened.
- 1 tsp of vanilla extract
- 1 tsp of salt

**INSTRUCTIONS:**

1. Preheat the oven to 200°C (390°F). Grease a 25-cm (10-inch) springform pan and line it with parchment paper.
2. In a large bowl, beat the eggs until frothy. Gradually add the sugar, beating until the mixture is light and fluffy.
3. Add the butter and continue beating until well combined.
4. Sift the flour and salt into the bowl and stir until the mixture is smooth.
5. Add the vanilla extract and mix well.
6. Pour a thin layer of the batter onto the bottom of the prepared pan and spread it evenly.
7. Bake for about 2-3 minutes or until the batter is set and lightly browned.
8. Add another layer of batter and bake until set and lightly browned. Repeat this process, adding thin layers of batter and baking each layer until set and lightly browned, until all the batter is used up.
9. Remove the cake from the oven and let it cool completely in the pan.
10. Once cooled, remove the cake from the pan and slice it into thin wedges.

**29. PLACEK Z DYNI** - a sweet cake made with pumpkin and often topped with nuts or caramel sauce



Placek z dyni, or pumpkin cake, is a popular dessert in Poland, particularly during the fall and winter months when pumpkins are in season. The cake is made with a combination of pumpkin puree, flour, sugar, eggs, and spices such as cinnamon and nutmeg.

The origins of placek z dyni are unclear, but pumpkin has been used in Polish cuisine for many years in both sweet and savory dishes. The popularity of pumpkin as a dessert ingredient has grown in recent years, and placek z dyni is now a staple in many Polish bakeries and cafes.

The cake can be enjoyed plain or topped with a variety of toppings, such as nuts, caramel sauce, or whipped cream. Its sweet and spicy flavors make it a perfect dessert to enjoy during the colder months, and it has become a beloved treat among Poles of all ages.

**Preparation time:** 1 Hour

**Bake time:** 30-35 minutes

**Servings:** 12-16 Slices

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 teaspoon salt
- 1 cup granulated sugar
- 1 cup canned pumpkin puree.
- 1/2 cup vegetable oil
- 2 large eggs
- 1/2 cup chopped walnuts (optional)
- 1/4 cup caramel sauce (optional)

**INSTRUCTION:**

1. Preheat the oven to 350°F (175°C). Grease a 9x13 inch baking dish.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, nutmeg, cloves, and salt.
3. In a separate large bowl, beat together the sugar, pumpkin puree, vegetable oil, and eggs until smooth.
4. Add the dry ingredients to the wet mixture and mix until well combined.
5. Stir in the chopped walnuts, if using.
6. Pour the batter into the prepared baking dish and smooth the top with a spatula.
7. Bake for 30-35 minutes or until a toothpick inserted in the center comes out clean.
8. Allow the cake to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely.
9. Drizzle the caramel sauce over the top of the cake, if desired.



### 30. **FALA Z MAKIEM** - poppy seed cake with streusel crumble as its topping



Fala z makiem is a traditional Polish cake that has been enjoyed for generations. It is made with a sweet dough filled with a mixture of ground poppy seeds, honey, and spices. The cake is often topped with meringue or a streusel crumble for added sweetness and crunch. Fala z makiem is a popular dessert in Poland, typically served on special occasions such as Christmas and Easter.

The origins of Fala z makiem are uncertain, but it is believed to have been popularized in the late 19th or early 20th century. The cake's distinctive wavy shape and the nutty flavor of its poppy seed filling make it

a unique and beloved dessert in Poland. Fala z makiem can be found in bakeries and pastry shops throughout the country, and it remains a favorite among Poles and visitors alike.

**Preparation Time:** 15 minutes

**Baking Time:** 40 minutes **Total Time:** 55 minutes

**Servings:** 8-10 servings

#### **INGREDIENTS:**

- 1 and 3/4 cups all-purpose flour
- 1 and 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup unsalted butter, softened.
- 1 cup granulated sugar
- 2 large eggs
- 1/2 cup milk
- 2/3 cup poppy seeds
- 1/2 cup brown sugar
- 1/2 cup all-purpose flour
- 1/4 cup unsalted butter, softened.

#### **INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch (23-cm) round cake pan.
2. In a medium bowl, whisk together the flour, baking powder, and salt.
3. In a large bowl, beat the butter and sugar together until light and fluffy, about 2-3 minutes.
4. Add the eggs, one at a time, beating well after each addition.
5. Gradually add the dry ingredients, alternating with the milk, beginning, and ending with the dry ingredients. Mix until just combined.
6. Stir in the poppy seeds.
7. Pour the batter into the prepared pan.
8. In a small bowl, combine the brown sugar, flour, and softened butter to form the streusel topping.
9. Sprinkle the topping over the cake batter.
10. Bake for 35-40 minutes, or until a toothpick inserted into the center of the cake comes out clean.
11. Let the cake cool in the pan for 10 minutes before transferring it to a wire rack to cool completely.
12. Serve at room temperature, either plain or dusted with powdered sugar.

### 31. **KRUCHE CIASTO Z MAKIEM** - crumbly shortbread pastry filled with poppy seeds



Kruche ciasto z makiem is a traditional Polish dessert that translates to "short pastry with poppy seeds". The dessert consists of a crumbly shortbread crust filled with a sweet mixture of ground poppy seeds, milk, and sugar. The filling is typically flavored with vanilla or lemon zest for added freshness.

The origins of kruche ciasto z makiem are uncertain, but poppy seeds have been a common ingredient in Polish cuisine for centuries. Dessert is often served during special occasions such as Christmas and Easter, as well as at weddings and other celebrations.

Kruche ciasto z makiem is a simple yet delicious dessert that can be made with readily available ingredients. It is often dusted with powdered sugar and cut into small squares or rectangles for serving. The dessert's crumbly texture and nutty flavor make it a favorite among Poles.

**Preparation time:** 45 minutes

**Baking time:** 25-30 minutes

**Servings:** 8-10 slices

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1/2 cup unsalted butter, softened.
- 1/4 cup granulated sugar
- 1 egg yolk
- 1/4 cup milk
- 1/2 cup ground poppy seeds
- 1/4 cup honey
- 1/4 cup chopped walnuts.
- 1 tsp vanilla extract
- 1/2 tsp salt

**INSTRUCTIONS:**

1. Preheat your oven to 350°F (180°C).
2. In a large bowl, mix the flour, sugar, and salt.
3. Cut in the butter using a pastry cutter or your fingers until the mixture is crumbly.
4. Add in the egg yolk and milk and mix until the dough comes together.
5. Roll out the dough on a floured surface until it is about 1/4 inch thick.
6. Transfer the dough to a greased 9-inch tart pan and press it into the bottom and sides of the pan.
7. In a separate bowl, mix the poppy seeds, honey, walnuts, and vanilla extract.
8. Spread the poppy seed mixture over the dough in the tart pan.
9. Bake the tart in the preheated oven for 25-30 minutes, or until the crust is golden brown and the filling is set.
10. Allow the tart to cool completely before slicing and serving.

32. **WUZETKA** - chocolate sponge cake composed of whipped cream, covered with chocolate ganache



Wuzetka is a popular Polish dessert consisting of layers of chocolate sponge cake and whipped cream, topped with chocolate ganache. It gained popularity in the 1950s and 1960s and was named after the W-Z highway in Warsaw due to its checkerboard pattern. Today, it is still enjoyed in cafes and restaurants throughout Poland and beyond.

The origin of the Wuzetka cake is uncertain, but it is believed to have been inspired by German-style Black Forest cakes. The distinctive checkerboard pattern was a way to add visual interest to the cake and make it stand out from other desserts. The cake has since become a classic dessert in Poland, and its popularity

has led to variations of the cake with different fillings, such as cherries or strawberries. Despite its evolution, Wuzetka remains a beloved dessert that is enjoyed by many.

**Preparation time:** Approximately 1 hour 30 minutes (including baking and refrigeration time)

**Baking time:** 25-30 minutes

**Servings:** 12-15 slices

#### **INGREDIENTS:**

- 1 1/2 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3/4 cup unsalted butter, softened.
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1 cup whole milk
- 2 cups heavy whipping cream
- 1/4 cup powdered sugar
- 8 ounces semisweet chocolate chips
- Chocolate curls or shavings for garnish

#### **INSTRUCTIONS:**

1. Preheat the oven to 350°F. Grease and flour a 9x13 inch baking dish.
2. In a medium bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt.
3. In a large bowl, beat the butter and granulated sugar together with an electric mixer until light and fluffy. Add the eggs and vanilla extract and beat until well combined.
4. Gradually add the flour mixture to the butter mixture, alternating with the milk, and beat until well combined.
5. Pour the batter into the prepared baking dish and bake for 25-30 minutes or until a toothpick inserted into the center comes out clean.
6. While the cake is baking, prepare the whipped cream by beating the heavy whipping cream and powdered sugar together with an electric mixer until stiff peaks form.
7. Melt the chocolate chips in a heatproof bowl over a pot of simmering water, stirring until smooth.
8. Once the cake has cooled, spread the whipped cream over the top. Drizzle the melted chocolate over the whipped cream.
9. Use a fork or toothpick to create a wavy pattern in the chocolate. Garnish with chocolate curls or shavings.
10. Refrigerate the cake for at least 30 minutes before serving to allow the chocolate to set.

### 33. **CIASTKA OWSIANE**- soft oatmeal cookies, with raisins or chocolate chips



Ciasteczka owsiane, or oatmeal cookies, are a beloved sweet treat in Poland. They are typically made with a combination of oats, flour, sugar, butter, and eggs, and can be flavored with a variety of ingredients such as raisins, chocolate chips, or cinnamon.

Oatmeal cookies have been enjoyed in Poland for many years, with recipes dating back to the early 20th century. The cookies became particularly popular during World War II when ingredients such as flour and sugar were scarce, and oatmeal provided a more affordable alternative.

Today, ciasteczka owsiane can be found in bakeries and cafes throughout Poland and are a popular snack among children and adults alike. They are often enjoyed with a cup of tea or coffee and can be found in many different varieties, including soft and chewy or crisp and crunchy.

**Preparation time:** 25 minutes

**Baking time:** 10-12 minutes.

**Servings:** 24-30 cookies (depending on size)

**INGREDIENTS:**

- 1 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1/2 tsp ground cinnamon
- 1/2 cup unsalted butter, at room temperature
- 1/2 cup granulated sugar
- 1/2 cup light brown sugar, packed.
- 1 large egg
- 1 tsp vanilla extract
- 1 1/2 cups old-fashioned rolled oats.
- 1 cup raisins or chocolate chips (optional)

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the flour, baking soda, salt, and cinnamon.
3. In a large bowl, beat the butter, granulated sugar, and brown sugar together until creamy. Add the egg and vanilla and beat until well combined.
4. Gradually add the flour mixture to the butter mixture, mixing until just combined.
5. Stir in the oats and raisins or chocolate chips (if using).
6. Drop tablespoonfuls of the dough onto the prepared baking sheet, spacing them about 2 inches apart.
7. Bake for 10-12 minutes, or until the edges are lightly golden and the centers are set.
8. Let the cookies cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
9. Store the cookies in an airtight container at room temperature for up to 1 week.



### 34. **CIASTO MARCHEWKOWE** - carrot cake, made of carrots, covered with cream cheese frosting



Ciasto marchewkowe, or carrot cake, is a popular dessert in Poland that has its roots in Western cuisine. The cake is made with a combination of grated carrots, flour, sugar, eggs, and spices such as cinnamon and nutmeg.

The origins of carrot cake are unclear, but it is believed to have originated in the Middle Ages when sugar was scarce, and carrots were used as a sweetener. The cake gained popularity in Western cuisine in the 20th century and has since become a beloved dessert around the world.

In Poland, ciasto marchewkowe can be found in many bakeries and cafes and is often topped with cream cheese frosting or a dusting of powdered sugar. The cake's moist texture and spicy flavors make it a popular choice for special occasions such as birthdays and weddings, and it has become a staple in Polish dessert cuisine.

**Preparation time:** 20 minutes

**Baking time:** 35-40 minutes Total time: 1 hour

**Servings:** 12-16

**INGREDIENTS:**

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 4 eggs
- 1 1/4 cups vegetable oil
- 1 1/2 cups white sugar
- 1/2 cup brown sugar
- 2 teaspoons vanilla extract
- 3 cups grated carrots
- 1 cup chopped walnuts or pecans (optional)

**For cream cheese frosting:**

- 8 oz cream cheese, at room temperature
- 1/4 cup unsalted butter, at room temperature
- 2 cups powdered sugar
- 1 teaspoon vanilla extract

**INSTRUCTION:**

1. Preheat the oven to 350°F (180°C). Grease and flour a 9x13 inch cake pan.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. In a large bowl, beat the eggs until they are light and fluffy. Add the vegetable oil, white sugar, brown sugar, and vanilla extract. Mix well.
4. Add the dry ingredients to the wet ingredients and mix until just combined. Fold in the grated carrots and chopped nuts (if using).
5. Pour the batter into the prepared pan and bake for 35-40 minutes, or until a toothpick inserted in the center comes out clean.
6. While the cake is baking, prepare the cream cheese frosting. In a large bowl, beat the cream cheese and butter until smooth. Add the powdered sugar and vanilla extract and beat until well combined.
7. Once the cake has cooled, spread the cream cheese frosting on top.
8. Slice and serve. This recipe serves 12-16 people.

### 35. CYNAMONOWE BUŁECZKI - soft cinnamon rolls



Cynamonowe bułeczki, or cinnamon rolls, have become a popular breakfast pastry in Poland in recent years, although their origins can be traced back to Sweden. The pastry is made with a sweet, yeast-based dough that is rolled out and filled with a mixture of cinnamon, sugar, and butter before being baked.

The cinnamon roll's popularity has grown in Poland due to its sweet, comforting flavors and soft, fluffy texture. They are often served warm and fresh from the oven, making them a perfect breakfast treat. In Poland, they are commonly found in cafes and bakeries, and are enjoyed by people of all ages.

While the exact origins of the cinnamon roll are unclear, it is believed to have been introduced to the United States by Swedish immigrants in the 19th century. Today, the cinnamon roll is enjoyed worldwide and has become a beloved pastry in many cultures, including Poland.

**Preparation time:** 2 hours

**Baking time:** 25-30 minutes

**Servings:** 8-10 rolls

## **INGREDIENTS:**

### **For the dough:**

- 3 cups all-purpose flour
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 package instant yeast
- 1/2 cup milk
- 1/4 cup unsalted butter
- 1/4 cup water
- 1 egg

### **For the filling:**

- 1/4 cup unsalted butter, softened.
- 1/2 cup light brown sugar
- 2 tablespoons ground cinnamon

### **For the glaze:**

- 1/2 cup powdered sugar
- 2 tablespoons milk
- 1/2 teaspoon vanilla extract

## **INSTRUCTIONS:**

1. In a large bowl, combine the flour, sugar, salt, and yeast.
2. In a separate small saucepan, heat the milk and butter until the butter is melted. Add the water and let cool for a few minutes.
3. Add the milk mixture and egg to the flour mixture and stir until the dough comes together.
4. Knead the dough for 5-10 minutes until it is smooth and elastic.
5. Cover the dough and let it rise in a warm place for about 1 hour, until it has doubled in size.
6. Preheat the oven to 350°F (175°C).
7. Roll out the dough into a large rectangle.
8. In a small bowl, mix the softened butter, brown sugar, and cinnamon.
9. Spread the filling mixture evenly over the dough.
10. Roll the dough up tightly from the long side to form a log.
11. Cut the log into slices about 1 inch thick.
12. Place the slices in a greased 9-inch baking dish, cut side up.
13. Bake for 25-30 minutes, until golden brown.
14. While the rolls are baking, mix the powdered sugar, milk, and vanilla extract to make the glaze.
15. Once the rolls are done, let them cool for a few minutes before drizzling the glaze over the top.

### 36. **CIASTO TRUSKAWKOWE** - strawberry cake topped with whipped cream



Ciasto truskawkowe, or strawberry cake, is a popular dessert in Poland during the summer months when strawberries are in season. The cake is made with a soft, sponge-like texture and is filled with layers of fresh strawberries and whipped cream.

The origins of strawberry cake can be traced back to the late 19th century, when the first strawberry plantations were established in Poland. The cake quickly became a popular dessert and is now a staple of Polish cuisine.

In modern times, ciasto truskawkowe can be found in many bakeries and cafes throughout Poland and is often served at special occasions such as weddings and birthdays. The cake's delicate flavor and light, refreshing texture make it a perfect dessert for warm summer days.

**Preparation time:** 1-hour

**Baking Time:** 25-30 minutes

**Servings:** 8-10

**INGREDIENTS:**

- 1 1/2 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, at room temperature
- 3/4 cup granulated sugar
- 1 teaspoon vanilla extract
- 2 large eggs, at room temperature
- 1/2 cup milk
- 1 1/2 cups fresh strawberries, hulled and sliced
- 1 cup heavy cream, chilled
- 1 tablespoon powdered sugar

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch cake pan with butter or cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, and salt.
3. In a large mixing bowl, beat the butter and sugar together until light and fluffy, about 3-4 minutes. Add the vanilla extract and mix until combined.
4. Add the eggs one at a time, beating well after each addition.
5. Gradually add the dry ingredients to the butter mixture, alternating with the milk and mixing well after each addition.
6. Fold in the sliced strawberries.
7. Pour the batter into the prepared pan and bake for 25-30 minutes or until a toothpick inserted in the center comes out clean.
8. Allow the cake to cool completely on a wire rack.
9. In a mixing bowl, beat the heavy cream and powdered sugar together until soft peaks form.
10. Spread the whipped cream over the top of the cake and decorate with additional strawberries if desired.

### 37. **CIASTO CZEKOLADOWE**- chocolate cake, serve with whipped cream or ice cream



Ciasto czekoladowe, or chocolate cake, is a popular dessert in Poland and around the world. It has a rich, chocolatey flavor and a dense, moist texture that is beloved by many.

The origins of chocolate cake can be traced back to the 18th century when chocolate began to be used as an ingredient in desserts. However, the modern version of chocolate cake, which typically includes cocoa powder, sugar, eggs, and butter, did not become popular until the 19th century.

Today, there are many variations of chocolate cake, from simple recipes to more elaborate ones that include layers of frosting or ganache. In Poland, chocolate cake is often served with whipped cream or ice cream, making it a delicious and indulgent treat.

**Preparation time:** 1 hour and 15 minutes

**Baking time:** 30-35 minutes

**Servings:** 8-10 servings

**INGREDIENTS:**

- 1 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup unsalted butter, at room temperature
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup buttermilk
- 1/2 cup hot water

**For serving:**

- Whipped cream or ice cream

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch round cake pan with butter and lightly dust with flour.
2. In a medium bowl, whisk together the flour, cocoa powder, baking powder, baking soda, and salt.
3. In a separate large bowl, cream the butter and sugar together using an electric mixer until light and fluffy, about 3-5 minutes.
4. Add the eggs one at a time, beating well after each addition. Add the vanilla extract and mix until combined.
5. Gradually add the dry ingredients to the wet ingredients in three additions, alternating with the buttermilk in two additions, starting and ending with the dry ingredients. Mix until just combined.
6. Slowly pour in the hot water and mix until smooth.
7. Pour the batter into the prepared cake pan and smooth the top with a spatula.
8. Bake for 30-35 minutes or until a toothpick inserted into the center of the cake comes out clean.
9. Let the cake cool in the pan for 5-10 minutes before removing it from the pan and transferring it to a wire rack to cool completely.
10. Serve the cake with whipped cream or ice cream.



**38. MAKÓWKI** - sweet bread pudding made with poppy seeds, honey, and raisins



Makówki is a traditional Polish dessert that is typically served during the Christmas season. It is a sweet bread pudding made with poppy seeds, honey, and raisins, and often flavored with cinnamon and nutmeg.

The origins of Makówki can be traced back to pre-Christian times when poppy seeds were a symbol of fertility and prosperity. Over time, the dish became associated with Christmas, and it is now a beloved part of many Polish holiday traditions.

Makówki is typically made by soaking bread in warm milk and then mixing in the poppy seed mixture. The dish is then baked in the oven until it is golden brown and fragrant. It is often served with a dollop of whipped cream or a sprinkle of powdered sugar, making it a delicious and festive treat for the holiday season.

**Preparation Time:** 1 hour and 30 minutes

**Baking time:** 45-50 minutes

**Servings:** 8-10

#### **INGREDIENTS:**

- 1 pound of stale bread, cut into small cubes
- 2 cups of milk
- 1 cup of heavy cream
- 1/2 cup of honey
- 1/2 cup of sugar
- 1/2 cup of poppy seeds
- 1/2 cup of raisins
- 1/2 cup of butter, melted.
- 2 teaspoons of cinnamon
- 1 teaspoon of vanilla extract
- Pinch of salt

#### **INSTRUCTIONS:**

1. Preheat the oven to 350°F (175°C).
2. In a large mixing bowl, combine the bread cubes, milk, and heavy cream. Let it soak for about 30 minutes, stirring occasionally.
3. In a separate bowl, mix the honey, sugar, poppy seeds, raisins, melted butter, cinnamon, vanilla extract, and salt until well combined.
4. Pour the honey mixture over the bread mixture and stir to combine.
5. Pour the mixture into a greased baking dish and bake for 45-50 minutes, or until the top is golden brown and crispy.
6. Let it cool for 10-15 minutes before serving. Garnish with additional poppy seeds and honey, if desired.

**39. CHAŁKA DROŻDŻOWA** - braided sweet bread filled with raisins or almonds



Challah drożdżowa is a traditional Jewish bread that is also popular in Polish cuisine. It is made with yeast dough and braided to create a distinctive shape. The bread is slightly sweetened with sugar and often flavored with raisins, almonds, or other dried fruits. It is commonly eaten on special occasions such as Sabbath or holidays.

The history of chałka drożdżowa dates to the Middle Ages when it was introduced by Jewish immigrants to Poland. The bread quickly became popular among both the Jewish and non-Jewish communities and is now considered a staple of Polish cuisine. Today, chałka drożdżowa is often enjoyed as a breakfast or snack and can be found in bakeries and supermarkets throughout the country. Its sweet, nutty flavor and fluffy texture make it a favorite among locals and visitors alike.

**Preparation time:** approximately 2 hours (including rise time)

**Baking time:** 30-35 minutes

**Servings:** 1 loaf (8-10 servings)

#### **INGREDIENTS:**

- 500g flour
- 1 sachet (7g) of dry yeast
- 60g sugar
- 1 tsp salt
- 1 tsp vanilla extract
- 2 eggs
- 150ml warm milk
- 100g butter, softened.
- 50g raisins (optional)
- 50g slivered almonds (optional)
- 1 egg yolk, beaten (for glaze)

#### **INSTRUCTION:**

1. In a large mixing bowl, combine the flour, yeast, sugar, salt, and vanilla extract.
2. Add the eggs and warm milk and stir until the dough comes together.
3. Add the softened butter and knead the dough by hand or using a stand mixer with a dough hook attachment until the dough becomes smooth and elastic, about 10 minutes.
4. If using, add the raisins and slivered almonds to the dough and knead until they are evenly distributed.
5. Cover the dough with a clean cloth and let it rise in a warm, draft-free place for about 1 hour or until it has doubled in size.
6. Preheat the oven to 180°C (350°F) and line a baking sheet with parchment paper.
7. Once the dough has risen, punch it down and divide it into three equal pieces. Roll each piece into a long rope, then braid the ropes together.
8. Transfer the braided dough to the prepared baking sheet and brush it with the beaten egg yolk.
9. Let the dough rest for 10-15 minutes, then bake it in the preheated oven for 30-35 minutes or until the bread is golden brown and sounds hollow when tapped on the bottom.
10. Let the bread cool on a wire rack before serving.

#### 40. **CIASTKA KRUCHE Z DŻEMEM** - crumbly shortbread cookies filled with fruit jam



Ciastka kruche z dżemem, or shortbread cookies with fruit jam filling, are a popular Polish treat often served during holidays and special occasions. They are made with a simple dough of butter, flour, sugar, and egg yolks, and can be filled with a variety of jams such as raspberry, strawberry, or apricot. These cookies are typically enjoyed with tea or coffee and are a beloved part of Polish cuisine.

Shortbread cookies are believed to have originated in Scotland in the 16th century but have since become popular throughout the world in various forms. In Poland, the cookies are commonly filled with fruit jam, often made from raspberries, strawberries, or apricots. These cookies are a popular snack or dessert and are often served with tea or coffee.

**Preparation time:** 1 hour 15 minutes

**Baking time:** 12-15 minutes

**Servings:** 24 cookies

**INGREDIENTS:**

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1/2 teaspoon salt
- 1 cup unsalted butter, at room temperature
- 1 egg yolk
- 1 teaspoon vanilla extract
- 1/2 cup fruit jam of your choice (strawberry, raspberry, apricot, etc.)

**INSTRUCTIONS:**

1. Preheat your oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the flour, sugar, and salt until well combined.
3. In a separate large bowl, beat the butter until light and fluffy using an electric mixer on medium speed. Add in the egg yolk and vanilla extract and mix until well combined.
4. Gradually add in the dry ingredients to the wet mixture, mixing until the dough forms.
5. Divide the dough in half and shape each half into a disc. Wrap in plastic wrap and chill in the refrigerator for 30 minutes.
6. On a floured surface, roll out one disc of dough to 1/4-inch thickness. Using a 2-inch round cookie cutter, cut out circles of dough and place them on the prepared baking sheet, leaving about 1 inch of space between each cookie.
7. Using a smaller cookie cutter or a small knife, cut a small hole or shape in the center of each cookie.
8. Spoon about 1/2 teaspoon of fruit jam into the center of each cookie.
9. Roll out the second disc of dough and cut out circles in the same way. Place these circles on top of the jam-filled circles, pressing down gently around the edges to seal the cookies together.
10. Bake for 12-15 minutes, or until the edges are lightly golden brown. Remove from the oven and let cool on the baking sheet for 5 minutes before transferring to a wire rack to cool completely.

## 41. **CIASTO CYTRYNOWE** - sweet cake made with lemon, topped with powdered sugar



Lemon cake, or "ciasto cytrynowe," is a popular dessert in Poland that is enjoyed year-round. This light and tangy cake is typically made with fresh lemon juice and zest, giving it a bright citrus flavor. It can be served plain or with a dusting of powdered sugar and is often accompanied by a cup of tea or coffee. Lemon cake is a simple yet delicious dessert that is perfect for any occasion.

Lemon cake, or "ciasto cytrynowe," is a popular dessert in Poland. It is typically made with a light, fluffy sponge cake infused with lemon juice and zest. The cake is often served with a dusting of powdered sugar or a lemon glaze. Some variations may include a layer of lemon curd or whipped cream.

**Preparation time:** Approximately 1 hour

**Baking time:** 25-30 minutes

**Servings:** 8-10

### **INGREDIENTS:**

- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 cup unsalted butter, at room temperature

- 1 cup granulated sugar
- 2 large eggs, at room temperature
- 1/2 cup milk
- 1/4 cup fresh lemon juice
- 2 tbsp lemon zest
- Powdered sugar for dusting

**INSTRUCTIONS:**

1. Preheat the oven to 350°F (175°C). Grease a 9-inch (23 cm) cake pan and line it with parchment paper.
2. In a medium bowl, whisk together the flour, baking powder, and salt.
3. In a large mixing bowl, cream the butter and sugar together until light and fluffy, about 3-4 minutes.
4. Add the eggs, one at a time, and beat well after each addition.
5. Add the dry ingredients to the wet ingredients and mix until just combined.
6. Add the milk, lemon juice, and lemon zest, and mix until smooth.
7. Pour the batter into the prepared cake pan.
8. Bake for 25-30 minutes, or until a toothpick inserted into the center of the cake comes out clean.
9. Let the cake cool in the pan for 5-10 minutes, then remove it from the pan and transfer it to a wire rack to cool completely.
10. Once the cake is cooled, dust it with powdered sugar.



## 42. CIASTKA OWSIANO KOKOSOWE - oatmeal and coconut cookies



Ciasteczka owsiano-kokosowe, or oatmeal and coconut cookies, are a popular sweet treat in Poland. They are often made with a mixture of oatmeal, coconut flakes, flour, sugar, butter, and eggs, and can be flavored with vanilla, honey, or other ingredients. These cookies are perfect for snacking or as a dessert with a cup of tea or coffee.

Oatmeal and coconut cookies have been a popular treat in Poland for many years, often enjoyed with a cup of tea or coffee. These cookies are simple to make and can be customized with different flavors and ingredients, making them a versatile and delicious option for any occasion.

**Preparation time:** 30 minutes

**Baking time:** 12-15 minutes

**Servings:** Makes about 2 dozen cookies

### INGREDIENTS:

- 1 cup of rolled oats
- 1/2 cup of unsweetened shredded coconut
- 1/2 cup of all-purpose flour
- 1/2 cup of brown sugar
- 1/2 cup of unsalted butter, softened

- 1 large egg
- 1 teaspoon of vanilla extract
- 1/2 teaspoon of baking powder
- 1/4 teaspoon of baking soda
- 1/4 teaspoon of salt

**INSTRUCTION:**

1. Preheat your oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine the oats, shredded coconut, flour, baking powder, baking soda, and salt.
3. In a separate bowl, cream together the butter and brown sugar until smooth. Add in the egg and vanilla extract and mix until well combined.
4. Gradually add the dry ingredients into the wet mixture, stirring until just combined.
5. Roll the dough into small balls and place them on the prepared baking sheet, spacing them about 2 inches apart.
6. Flatten each cookie slightly with the back of a fork.
7. Bake for 12-15 minutes, or until the edges are lightly golden.
8. Allow the cookies to cool on the baking sheet for 5 minutes before transferring them to a wire rack to cool completely.
9. Serve and enjoy!

### 43. **CHAŁKA Z MAKIEM** - sweet, braided bread, filled with poppy



Chałka z makiem, also known as makowiec, is a traditional Polish pastry that is often enjoyed during special occasions and holidays, such as Christmas and Easter. Although it may be popular among Jewish communities as well, the recipe for this sweet bread originated in Poland and has been a staple in Polish cuisine for centuries. The use of poppy seeds in Polish cooking can be traced back to the Middle Ages, and this ingredient has remained a prominent part of Polish culinary tradition ever since.

Chałka with poppy seeds is a traditional Polish pastry that is enjoyed by both Jews and non-Jews alike. It has a long history in Poland, where it is often served on special occasions such as weddings, holidays, and family gatherings. The poppy seeds used in the filling are a common ingredient in Polish cuisine, and the braided shape of the bread is also a traditional Polish technique for shaping dough.

**Preparation time:** 2 hours and 15 minutes (including rising time)

**Baking time:** 35-40 minutes

**Servings:** 8-10 slices

#### **INGREDIENTS:**

- 2 1/4 cups all-purpose flour
- 1/4 cup granulated sugar
- 1/2 teaspoon salt
- 1 package instant yeast
- 1/2 cup warm milk
- 1/2 cup unsalted butter, melted and cooled

- 3 large eggs, room temperature
- 1/2 cup poppy seeds
- 1/2 cup raisins (optional)
- Powdered sugar for dusting

#### **INSTRUCTIONS:**

1. In a large mixing bowl, whisk together the flour, sugar, salt, and instant yeast.
2. In a separate bowl, combine the warm milk, melted butter, and eggs. Add this to the flour mixture and stir until the dough forms.
3. Turn the dough out onto a lightly floured surface and knead until smooth and elastic, about 10 minutes.
4. Place the dough in a greased bowl, cover with a clean cloth, and let rise in a warm, draft-free place for 1 hour, or until doubled in size.
5. Punch down the dough and knead in the poppy seeds and raisins, if using.
6. Divide the dough into three equal parts and roll each part into a long rope. Braid the ropes together and place the braided loaf on a greased baking sheet.
7. Cover the loaf with a clean cloth and let rise in a warm, draft-free place for 30 minutes.
8. Preheat the oven to 350°F (180°C).
9. Bake the bread for 35-40 minutes, or until golden brown and cooked through. Let cool on a wire rack.
10. Dust the chałka with powdered sugar before serving.

#### 44. **KREMÓWKA** - puff pastry filled with vanilla custard cream



Kremówka, also known as a Napoleonka, is a popular pastry in Poland that has been enjoyed for over 200 years. It is believed to have originated in France and was brought to Poland during the Napoleonic Wars. Kremówka gained popularity in Poland after it was mentioned in a novel by Polish author Henryk Sienkiewicz, who described it as a favorite dessert of Pope John Paul II. This led to a surge in popularity of the pastry, and it became a staple of Polish cuisine.

Kremówka is believed to have originated in the town of Napoleon in eastern Poland, where it was first served in a local bakery. The dessert gained widespread popularity across Poland after it was featured in an episode of a popular Polish television series called "The Four Tank-Men and a Dog," in which the main

characters are depicted enjoying the pastry. Its popularity even reached the Vatican, where it was reported that Pope John Paul II was a fan of kremówka.

**Preparation time:** 1-hour

**Baking Time:** 20-25 minutes

**Servings:** 8-10

**INGREDIENTS:**

- 2 sheets of puff pastry
- 4 cups of milk
- 1 cup of sugar
- 6 egg yolks
- 1/2 cup of cornstarch
- 1 teaspoon of vanilla extract
- Powdered sugar for dusting

**INSTRUCTION:**

1. Preheat the oven to 350°F (180°C).
2. Roll out the puff pastry sheets on a floured surface and prick them with a fork. Place them on a baking sheet lined with parchment paper and bake for 20-25 minutes or until golden brown. Let them cool.
3. In a medium saucepan, heat the milk over medium heat until it starts to simmer.
4. In a separate bowl, whisk together the egg yolks, sugar, cornstarch, and vanilla extract until well combined.
5. Slowly pour the hot milk into the egg mixture while whisking constantly to avoid curdling.
6. Pour the mixture back into the saucepan and cook over medium heat, whisking constantly, until it thickens and boils for about 2-3 minutes.
7. Remove the custard from the heat and let it cool to room temperature.
8. To assemble, spread the custard over one of the puff pastry sheets and place the other sheet on top.
9. Dust the top with powdered sugar before serving.

#### 45. **CIASTO FRANCUSKIE Z OWOCAMI** - puff pastry with fresh fruit, glaze with apricot jam



Puff pastry, or ciasto francuskie, is a popular pastry dough that originated in France in the 17th century. It was introduced to Poland in the 18th century and quickly became a staple in Polish cuisine.

The combination of puff pastry and fresh fruit has been a popular dessert in Poland for many years. The pastry is often filled with seasonal fruits such as strawberries, raspberries, and blueberries.

To add a glossy finish and a touch of sweetness, the pastry is often brushed with an apricot jam glaze. This technique is known as *napoleonka* and is commonly used in Polish baking.

Today, ciasto francuskie z owocami can be found in bakeries and cafes throughout Poland and is a beloved dessert among locals and tourists alike.

**Preparation time:** 30 minutes

**Baking time:** 15-20 minutes

**Servings:** 4-6 Servings

#### **INGREDIENTS:**

- 1 sheet of puff pastry
- 1 cup of fresh fruit (such as strawberries, blueberries, or raspberries)
- 2 tbsp apricot jam
- 1 tbsp water

#### **INSTRUCTIONS:**

1. Preheat your oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Roll out the puff pastry on a lightly floured surface to a thickness of about 1/4 inch.
3. Using a sharp knife, cut the pastry into desired shapes (such as rectangles or circles).
4. Arrange the fresh fruit on top of the pastry shapes, leaving a small border around the edge.
5. Bake the pastries in the preheated oven for 15-20 minutes, or until the pastry is golden brown and the fruit is cooked.
6. In a small saucepan, heat the apricot jam and water over medium heat until the jam is melted and smooth.
7. Brush the apricot glaze over the hot pastries and allow them to cool slightly before serving.



**46. SEROMAK** - sweet cake made with cottage cheese, flavored with lemon or orange zest



Seromak is a traditional Polish dessert that has been enjoyed for generations. The cake is made with a base of cottage cheese, which is a common ingredient in Polish cuisine.

The origins of Seromak are unclear, but it is believed to have been popularized in the mid-20th century. The cake was often served as a dessert or snack, and its simple ingredients made it an accessible treat for many people.

Seromak is typically flavored with lemon or orange zest, which adds a bright, citrusy flavor to the cake. Other ingredients, such as sugar, flour, and eggs, are added to create a smooth, creamy texture.

Today, Seromak is still a beloved dessert in Poland and can be found in bakeries and cafes throughout the country. Its popularity has even spread to other countries, where it is enjoyed as a delicious and unique dessert.

**Preparation time:** approximately 1-hour

**Baking time:** 45-50 minutes

**Servings:** 8-10 slices

#### **INGREDIENTS:**

- 500g of cottage cheese
- 1 cup of sugar
- 4 eggs
- 1 cup of flour
- 1 tsp of baking powder
- 1 tsp of vanilla extract
- 1/2 cup of raisins
- zest of 1 lemon or orange

#### **INSTRUCTION:**

1. Preheat your oven to 350°F (180°C). Grease a baking dish with butter or oil.
2. In a large bowl, mix the cottage cheese and sugar until smooth.
3. Add in the eggs one at a time, mixing well after each addition.
4. Stir in the flour, baking powder, vanilla extract, raisins, and zest until well combined.
5. Pour the mixture into the prepared baking dish.
6. Bake for 45-50 minutes, or until the top is golden brown and a toothpick inserted in the center comes out clean.
7. Let the Seromak cool to room temperature before serving. Optionally, dust with powdered sugar before serving.

## 47. **KARPATKA**- Choux Pastry with creamy filling



In a small Polish town, women name Anna was a renowned baker with a passion for creating new and delicious cakes. One day, she came up with a recipe for Karpatka, a cake made with choux pastry, vanilla cream, and a sweet topping of powdered sugar and ground walnuts.

People from all over the town flocked to Anna's bakery to try the new cake, and soon it became a local sensation. Word quickly spread, and soon the cake gained fame throughout Poland and beyond.

Anna's Karpatka became a symbol of Polish baking at its finest, and she became a celebrity baker known throughout the world. To this day, Karpatka remains a beloved treat in Poland and continues to be enjoyed by people all over the world.

**Preparation time:** 30-40 minutes.

**Baking time:** 30-35 minutes

**Servings:** 8 servings

## **INGREDIENTS:**

- 1 cup water
- 1/2 cup unsalted butter
- 1/4 teaspoon salt
- 1 cup all-purpose flour
- 4 large eggs

### **For the filling:**

- 2 cups whole milk
- 1/2 cup granulated sugar
- 1/2 cup cornstarch
- 2 large egg yolks
- 1 teaspoon vanilla extract
- 1 cup heavy cream

### **For the topping:**

- 1/4 cup powdered sugar
- 1/4 cup chopped walnuts

## **INSTRUCTIONS:**

1. Preheat your oven to 375°F (190°C) and line a 9-inch (23cm) round baking dish with parchment paper.
2. To make the choux pastry, in a medium saucepan, combine water, unsalted butter, and salt. Bring to a boil over medium-high heat, stirring occasionally. Once boiling, add all-purpose flour all at once and stir until a dough forms. Cook for an additional 1-2 minutes, stirring constantly, until the dough starts to come away from the sides of the pan.
3. Remove the dough from the heat and transfer it to a large mixing bowl. Allow the dough to cool for 5 minutes, then add in the eggs, one at a time, stirring until each egg is fully incorporated before adding the next. The dough should be smooth and glossy.
4. Pour the dough into the prepared baking dish and spread it evenly with a spatula. Bake for 30-35 minutes, or until the pastry is puffed and golden brown. Remove from the oven and allow to cool completely.
5. To make the filling, in a medium saucepan, combine whole milk, granulated sugar, cornstarch, and egg yolks. Cook over medium heat, stirring constantly, until the mixture thickens and begins to boil. Remove from heat and stir in vanilla extract.
6. In a large mixing bowl, whip the heavy cream until stiff peaks form. Gently fold in the cooled milk mixture until well combined.
7. Cut the cooled pastry horizontally in half, creating two layers. Spread the filling evenly over the bottom layer, then replace the top layer. Dust with powdered sugar and sprinkle with chopped walnuts.

## 48. PIJAK - Polish Cake, rich and boozy flavor



"Pijak" cake is a traditional Polish dessert that has been enjoyed for many generations. The name "Pijak" means "drunkard" in Polish, and it is said to refer to the cake's rich and boozy flavor.

The exact origins of "Pijak" cake are unclear, but it is believed to have been popularized in the mid-20th century. The cake is typically made with layers of chocolate sponge cake and a creamy, alcohol-infused filling made with sweetened condensed milk and rum or another liqueur.

The cake is often decorated with whipped cream, chocolate shavings, or fresh fruit. It is a popular dessert for special occasions such as weddings, birthdays, and holidays.

Today, "Pijak" cake remains a beloved part of Polish culinary tradition and can be found in bakeries and cafes throughout the country. Its rich flavor and decadent texture make it a favorite among locals and tourists alike.

**Preparation time:** around 2-3 hours, including baking and cooling time.

**Baking time:** 20-25 minutes

**Servings:** 9-12 serving

### INGREDIENTS:

**For the sponge cake:**

- 4 large eggs
- 1 cup granulated sugar
- 1 cup all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt

**For the poppy seed and coconut layer:**

- 2 cups poppy seeds
- 1/2 cup milk
- 1/2 cup unsweetened shredded coconut
- 1/2 cup granulated sugar

**For the filling:**

- 1 jar (12-16 oz) plum or apricot preserves or jam
- 2 packets (1.5 oz) instant vanilla pudding mix
- 2 cups whole milk
- 1/2 cup heavy cream
- 1/4 cup vodka or rum (optional)
- For the chocolate topping:
- 1/2 cup heavy cream
- 1 cup semisweet chocolate chips

**INSTRUCTIONS:**

1. Preheat your oven to 350°F (180°C) and line a 9-inch (23 cm) square baking pan with parchment paper.
2. Make the sponge cake: In a large mixing bowl, beat the eggs and sugar together until light and fluffy. In a separate bowl, sift together the flour, baking powder, and salt. Gradually fold the dry ingredients into the egg mixture until just combined. Pour the batter into the prepared baking pan and bake for 20-25 minutes or until a toothpick inserted into the center comes out clean. Remove from the oven and let cool completely.
3. Make the poppy seed and coconut layer: In a medium saucepan, heat the milk over medium heat until warm. Add the poppy seeds, coconut, and sugar, and stir to combine. Cook for 5-10 minutes or until the mixture thickens slightly. Remove from heat and let cool.
4. Make the filling: In a large mixing bowl, whisk together the instant pudding mix, milk, heavy cream, and vodka or rum (if using) until smooth and thick. Set it aside.
5. Assemble the cake: Cut the cooled sponge cake into 2 equal layers. Place one layer on a serving plate and spread the plum or apricot preserves or jam evenly over the top. Spoon half of the pudding mixture on top of the jam layer, and then spread the cooled poppy seed and coconut mixture on top of the pudding layer. Top with the second sponge cake layer, and repeat the process with the remaining jam, pudding, poppy seed, and coconut mixture.
6. Make the chocolate topping: In a small saucepan, heat the heavy cream over medium heat until just beginning to simmer. Remove from heat and add the chocolate chips. Stir until the chocolate has melted and the mixture is smooth.

7. Pour the chocolate topping over the top of the cake, spreading it evenly to cover. Refrigerate the cake for at least 4 hours or overnight to set.
8. Serve chilled, and enjoy your rich, flavorful, and boozy "Pijak" Polish cake!

**49. CIASTO Z RABARBAREM I TRUSKAWKAMI** - a sweet cake made with rhubarb and strawberries and often topped with streusel crumble



Ciasto z rabarborem i truskawkami, or rhubarb and strawberry cake, is a popular dessert in Poland during the summer months. The cake is made with a soft, sponge-like texture and is filled with a mixture of fresh rhubarb and strawberries, which are often complemented with a crunchy streusel crumble topping.

Rhubarb has been cultivated in Poland for centuries and is a popular ingredient in many traditional Polish dishes. The addition of strawberries to this cake is a more recent development, as strawberries have become more widely available in Poland in recent years.

Today, ciasto z rabarborem i truskawkami can be found in many bakeries and cafes throughout Poland and is often served at summer festivals and other outdoor events. Its sweet and tangy flavor, along with its crunchy streusel topping, make it a beloved dessert in Polish cuisine.

**Preparation time:** 20 minutes

**Baking time:** 40-45 minutes Total time: 1 hour and 5 minutes

**Servings:** 9-12 slices

**INGREDIENTS:**



- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup unsalted butter, softened.
- 1 cup granulated sugar
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup plain yogurt
- 1 cup chopped rhubarb
- 1 cup chopped strawberries
- 1/4 cup packed light brown sugar
- 1/4 cup all-purpose flour
- 1/4 cup unsalted butter, cold and cut into small pieces

#### **INSTRUCTIONS:**

1. Preheat the oven to 350°F (180°C). Grease a 9-inch square baking pan with butter or cooking spray.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, and salt.
3. In a separate large bowl, beat the softened butter and granulated sugar with an electric mixer until light and fluffy, about 2-3 minutes.
4. Beat in the eggs one at a time, then stir in the vanilla and yogurt until well combined.
5. Gradually stir in the dry ingredients into the wet ingredients until just combined.
6. Fold in the chopped rhubarb and strawberries.
7. Pour the batter into the prepared baking pan and smooth out the top with a spatula.
8. In a small bowl, mix the brown sugar and 1/4 cup flour. Cut in the cold butter until the mixture resembles coarse crumbs.
9. Sprinkle the streusel mixture evenly over the top of the cake batter.
10. Bake for 40-45 minutes, or until a toothpick inserted in the center of the cake comes out clean.
11. Let the cake cool in the pan for 10 minutes, then remove from the pan and transfer to a wire rack to cool completely.
12. Serve and enjoy!

**50. CIASTO Z DYNI I ORZECHAMI** - a sweet cake made with pumpkin and nuts and often topped with cream cheese frosting



Pumpkin and nut cakes have been a part of Polish cuisine for centuries, especially during the fall season when pumpkins are abundant. This cake is typically made with a moist pumpkin batter and chopped nuts, such as walnuts or pecans, which add a crunchy texture and nutty flavor. The cake is often finished with a creamy layer of cream cheese frosting, adding a tangy contrast to the sweet and spicy flavors of the cake.

Pumpkin has been used in Polish cuisine since the 16th century and was often used to make sweet desserts during the autumn months. The combination of pumpkin and nuts is a classic pairing in Polish baking, and this cake is a delicious example of that tradition.

**Preparation time:** 1 hour

**Baking time:** 35-40 minutes

**Servings:** 8-10

**INGREDIENTS:**

- 1 and 1/2 cups all-purpose flour

- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 1 cup canned pumpkin puree
- 1/2 cup vegetable oil
- 1 cup granulated sugar
- 2 large eggs
- 1/2 cup chopped walnuts or pecans
- Cream cheese frosting:
  - 4 oz (1/2 package) cream cheese, softened
  - 1/4 cup unsalted butter, softened
  - 1 teaspoon vanilla extract
  - 2 cups powdered sugar

**INSTRUCTION:**

1. Preheat oven to 350°F (180°C). Grease a 9-inch (23cm) round cake pan and line the bottom with parchment paper.
2. In a medium bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt.
3. In a large bowl, whisk together the pumpkin puree, vegetable oil, granulated sugar, and eggs until smooth.
4. Add the dry ingredients to the wet ingredients and stir until just combined.
5. Fold in the chopped nuts.
6. Pour the batter into the prepared pan and smooth the top with a spatula.
7. Bake for 35-40 minutes or until a toothpick inserted in the center comes out clean.
8. Let the cake cool in the pan for 5 minutes before transferring it to a wire rack to cool completely.
9. To make the cream cheese frosting, beat the cream cheese, butter, and vanilla extract together in a large bowl until creamy.
10. Gradually add the powdered sugar and beat until smooth.
11. Once the cake is completely cool, spread the cream cheese frosting over the top of the cake.
12. Slice and serve.



Enjoy!!

