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GET A BITE OF POLAND!

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POLISH CUISINE

A slice of apple pie made with juicy apples and a crumbly crust; a sip of delicious beetroot soup, with ingredients that have been left to ferment for a week; the taste of handmade dumplings filled with blackberries picked in local forests; a bite of freshly fried fish caught that morning in the Baltic Sea – Polish cuisine offers a rich tapestry of flavours rooted in traditions dating back centuries. It includes fruit from Polish orchards and plantations – apples, pears, strawberries and plums – as well as forest fruits such as blueberries, raspberries and blackberries. It's also rich in grains and vegetables, with staples including cabbage, potatoes, beetroot and legumes, especially peas and beans. And there's room for fish – once mainly freshwater, but today increasingly saltwater – as well as meat such as poultry, game and pork, the latter of which was hugely popular during the time of the Polish People's Republic.

Polish cuisine also encompasses the various techniques used by home cooks, many of which are highly impressive. Fermentation, for instance, was once a widespread method of preserving food and it remains popular to this day. Poles mainly pickle cucumbers and cabbage, while fermented rye flour serves as the basis for one of Poland's most traditional soups – *żurek*. Polish cuisine also carries the smoky aroma of the smokehouse, with delicious smoked fish, cheese and cold cuts (led by *kiełbasa*, the famous Polish sausage) just some of the products that are must-tries for anyone visiting the country.

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Regional diversity lies at the heart of Polish cuisine, with distinct dishes in every corner of the land. The highlanders in the south might offer you some famous *oscypek* (sheep's milk cheese), while the inhabitants of the north-eastern regions could serve potato babka, made with grated potatoes, bacon, onions and cream. Polish dishes reflect the complex history of this part of Europe – with the shifting borders, displaced populations, crossing of trade routes and coexistence of various cultures and religions. The cuisine has been shaped by influences from Tatar, Jewish, Lithuanian and Ukrainian traditions, along with elements from Russian, Mongolian, German, Austro-Hungarian, and other culinary heritages.

Polish cuisine is not just about what's on the plate, however – it's also about the way we eat, with meals enjoyed mainly at home, around a shared table. Poles love to feast and grill, and a lavishly set table is the centrepiece of family celebrations, weddings and holidays.

Polish cuisine is constantly evolving and embracing new ideas. Polish cities are becoming havens for vegans and vegetarians, while there is also an increasing number of food festivals, breakfast fairs and world-class restaurants recognised by the Michelin Guide, among others. In addition to a greater willingness to combine traditional flavours with products from all around the globe, Poles nowadays are happy to spend more time in restaurants and cafés, and they pay increasing attention to where their food is actually sourced from. Many are also taking cookery courses and are enthusiastic and passionate about sharing their country's culinary history.

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POLISH FAVOURITES

PIEROGI (DUMPLINGS)

Encased in a pouch of thin dough made simply from flour and water (though some also add an egg, a dash of oil and a pinch of salt), pierogi come with an array of mouthwatering fillings that can include meat, vegetables or fruit. Pierogi are one of the hallmark dishes of Polish cuisine, with the first recipe appearing in the 17th century in the first Polish cookbook – *Compendium Ferculorum* by Stanisław Czerniecki. Many Poles will have happy childhood memories of making pierogi by hand with their mothers or grandmothers, especially on Christmas Eve. Pierogi can be served in a variety of ways: garnished with crispy bacon bits, fried onions, browned butter or with a dollop of sour cream.

Which types of pierogi should you try?

- **Ruskie/Ukrainian** – containing a filling prepared from fresh cottage cheese, boiled potatoes and fried onions.
- **With meat** – traditionally made with boiled beef, alternatively with chicken.
- **With cabbage and mushrooms** – a Christmas Eve staple in many homes, with a filling made from sauerkraut and dried forest mushrooms.
- **With cheese** – a sweet version with cottage cheese.
- **With fruit** – filled with strawberries or blueberries, they taste best in summer when made with fresh fruit.

There are many more types of pierogi, with plenty of regional specialities, especially in eastern Poland. These include versions filled with cheese, buckwheat groats and mint, millet or lentils.

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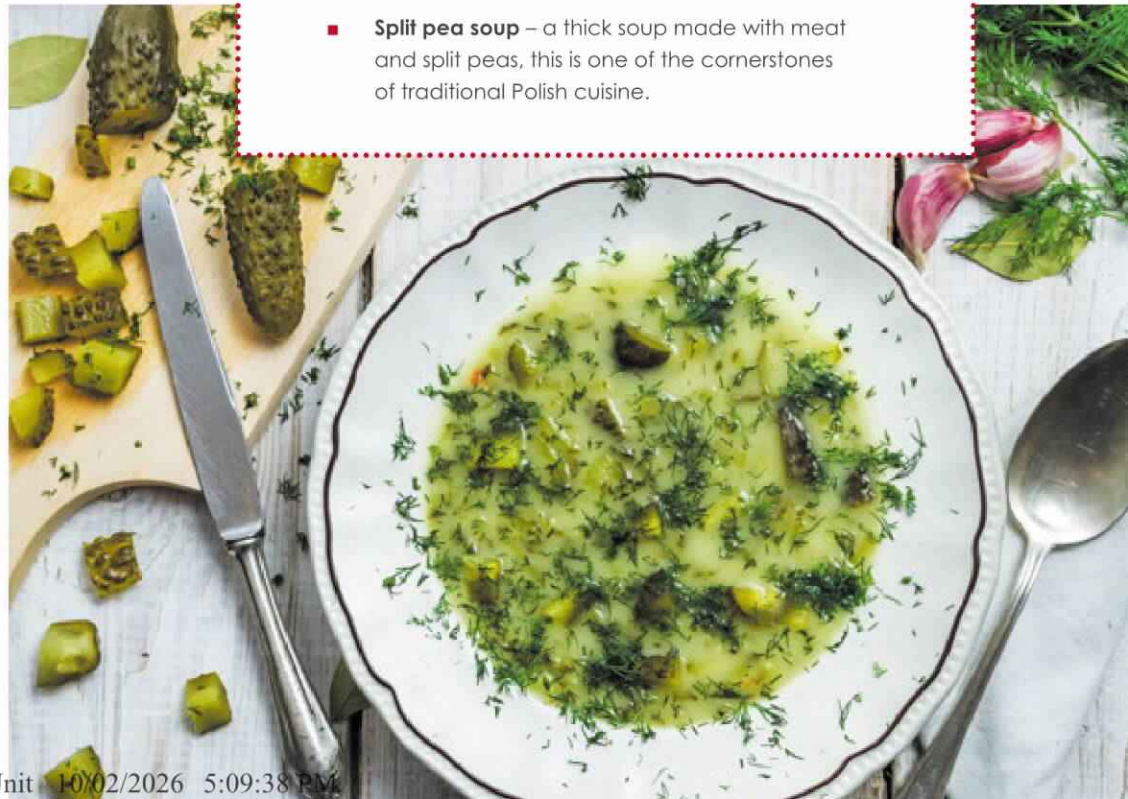
ŻUREK – SOUR RYE SOUP

One of the most characteristic Polish soups, it is made from a base of vegetable or meat broth combined with a fermented rye flour starter. The soup is seasoned with garlic and marjoram, and typically served with white sausage, boiled potatoes and hard-boiled eggs.

Other soups to try:

- **Broth** – the king of Sunday lunches! Broth is most often made by slow-cooking chicken and beef with a medley of vegetables known as *włoszczyzna* (carrot, leek and celery with a sprig of parsley). It's served with egg noodles.
- **Tomato soup** – a trusty favourite among Polish children, it is made from a broth base with added fresh tomato purée or tomato concentrate. Poles tend to fall into two camps when it comes to tomato soup: those who like it with rice and those who prefer it with pasta.
- **Cucumber soup** – full of sliced or grated pickled cucumbers with boiled potatoes, the sharp taste is counterbalanced by the addition of sour cream.
- **Split pea soup** – a thick soup made with meat and split peas, this is one of the cornerstones of traditional Polish cuisine.



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POTATO PANCAKES

Potatoes were a staple food for Polish peasants and workers from the mid-19th century on, and during the communist era of the Polish People's Republic, they were served with almost every meal. Although modern Polish cuisine is more varied, the love for potatoes remains strong, with countless ways to prepare them. One of the most popular forms is potato pancakes (called *placki*), which are made from grated raw potatoes mixed with onions, flour, egg, salt and pepper. They are then fried in hot oil until golden and crispy. Serving options include: with sour cream, mushroom sauce, or a hearty meat and vegetable stew (the latter is often found on menus described as "Hungarian-style"). Some people prefer their pancakes without savoury toppings, enjoying them simply either salted or sprinkled with sugar.

Other potato dishes to try:

- ***Kopytka*** – dumplings made from boiled potatoes, often served as a side dish with roasted meats. They are similar to Italian gnocchi.
- ***Pyzy*** – large, round dumplings made from a mix of boiled and raw potatoes, shaped into large balls and boiled in salted water. A popular variation includes pyzy stuffed with meat.
- **Potato babka** – a potato cake popular mainly in north-eastern Poland, it is made from grated raw potatoes mixed with boiled potatoes and semolina. It is then baked and typically served with sauerkraut and sour cream.

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FRESH OFF THE POLISH SHELF

GROATS (GRAINS)

Groats are the hulled kernels of various grains and are very popular in Poland. Before potatoes became a staple, groats were the primary food for Poles, and even today they are still commonly eaten for lunch or breakfast. There are many types of groats.

- **Buckwheat groats** – distinctive with a slightly nutty flavour, they pair perfectly with mushroom sauces and roasted meats. Buckwheat groats are also used to make *kaszanka* – a sausage made from pork offal and pig's blood.
- **Semolina** – a fine, delicate grain made from wheat, often cooked with milk and served with fruit or sweet toppings.
- **Barley groats** – available as whole barley grains, they work well in dishes like vegetable *kaszotto* (a Polish specialty similar to risotto). Ground barley is also a key ingredient in the traditional Polish soup *krupnik*.
- **Millet groats** – exceptionally nutritious and versatile, these are used both in savoury dishes (such as with stewed vegetables) and also sweet recipes.

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CHEESES

The traditional Polish ***twaróg***, a white farmer's cheese made from soured cow's milk, can be either crumbly or creamy, but is always light and pleasantly tangy. Poles love to eat it with salt, chives and radishes, or as a filling in traditional dishes such as pierogi and pancakes. It goes perfectly with cream and strawberries.

Another cheese made from cow's milk is ***koryciński*** – a rennet cheese that matures for several days and often comes with additions such as caraway seeds, wild garlic or chilli.

The Polish mountains, especially the Podhale region at the foot of the Tatras, are a cheese lover's paradise. While up in the mountains, take some time to try classic cheeses like:

- ***oscypek*** – made with at least 60% sheep's milk, these hand-crafted cheeses are available from May through to September
- ***bundz*** – a fresh, creamy sheep's milk cheese mixed with cow's milk
- ***bryndza*** – a delicious, salty cheese made from *bundz* that has been aged for several days

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HONEY

Poland is the land of milk and honey, quite literally! Traditionally, honey was sourced from *barcie* – hollows in living trees created for forest bees to nest in. Although this practice nearly disappeared in the 19th century, it has recently revived and Poland's tree beekeeping culture was added to UNESCO's Intangible Cultural Heritage List in 2020.

Most honey in Poland nowadays is produced in wooden beehives in the countryside, or even on urban rooftops. There are over 470 bee species in Poland, though sadly more than half are threatened with extinction.

It's well worth trying some of the different varieties of Polish honey, such as linden, honeydew, forest or heather honey. A jar of honey also makes an excellent gift to take back home after a trip to Poland.

FOREST TREASURES

Polish forests are a treasure trove of food. Mushroom picking in autumn is almost a national sport, while summer is the time when many people enjoy foraging for blueberries and other forest fruits like sweet wild strawberries, juicy blackberries and intensely flavoured raspberries.

Game meat, or ***dziczyzna***, is also a delicacy in Poland, with the various types including wild boar, venison (roe deer and red deer), hare and wild birds.

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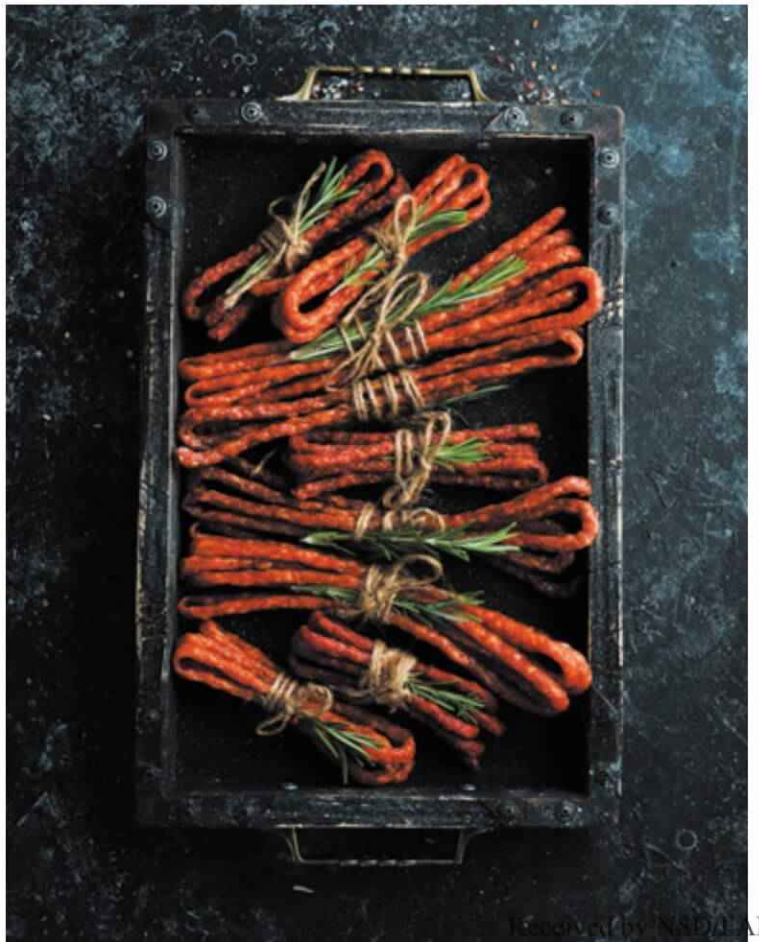
KIEŁBASA (POLISH SAUSAGE)

Kiełbasa is the queen of Polish smoked meats, and is usually made from pork. In the warmer months, the sausages are roasted on a stick over a bonfire, or grilled. Polish sausages are typically smoked, and seasoned with marjoram and garlic. There are also dried or boiled varieties, with some perfect for sandwiches and others – like the white sausage – used in traditional soups such as *żurek*.

MUST-TRY:

Popular Polish snacks include *kabanosy*, which are long, thin, smoked and dried sausages.



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REGIONAL FLAVOURS

Each region in Poland boasts its own specialities, unique products and traditional dishes. It's impossible to showcase them all, but here are some of the highlights.

Find out more at **www.poland.travel**

POMERANIA, KASHUBIA, KUYAVIA

In northern Poland, fish takes centre stage on the dinner table, often sourced from the Baltic Sea or nearby lakes. The region is known not only for its fish soups, fried fish and smoked fish dishes, but also for its delicious strawberries and cranberries, which make a tasty addition to desserts and roasted meats.

MUST-TRY:

Kashubian-style herring – salted herring served cold in tomato sauce with prunes and onions.

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GREATER POLAND

The residents of Poznań and the surrounding area are known for their appreciation of the potato. Known locally as *pyry*, potatoes can be served in various ways – either as pancakes, dumplings, in soups, or with fried bacon bits. Duck and goose meat used to be served in the wealthier homes of the region, and these are also becoming more popular again.

MUST-TRY:

Pyry with gzik – boiled potatoes served with cottage cheese mixed with cream and chives.

WARMIA AND MASURIA

This is the land of forests and countless lakes, so the local cuisine is full of both fish dishes and treasures from the forest. While here, it's definitely worth trying some eel, pike-perch, whitefish or vendace. The region is also home to numerous small farms producing artisan meats and cheeses, including delicious sheep's milk and goat's milk cheeses.

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MAZOVIA AND KURPIE

Mazovia is famous for its orchards, especially apple trees but also pear, plum and cherry trees. Apples are commonly used in cakes, soups and juices, while cherries are made into preserves and tinctures. Pork is the dominant meat in the region, particularly in the form of sausages, breaded pork chops (*kotlet schabowy*) or minced meat patties (*kotlet mielony*) with additional bread and onion. Traditional Mazovian and Kurpie cuisine includes plenty of cabbage, groats and peas, with Kurpie also offering *fafernuchy* – carrot cookies.

MUST-TRY:

Warsaw-style tripe soup – a thick soup made from cleaned and thinly sliced tripe from a cow's stomach, flavoured with vegetables and spices.

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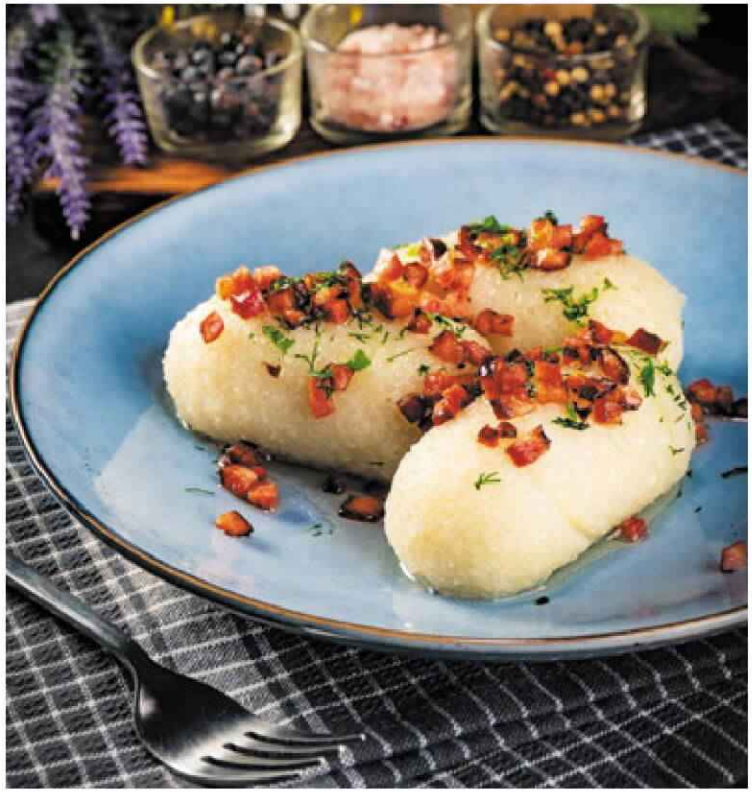
PODLASIE

This region is a cultural crossroads, which is reflected in the cuisine. Lithuanian, Belarusian, Ukrainian, Jewish and Tatar influences abound, with restaurants serving Jewish cuisine easily found in Tykocin and Tatar delicacies on offer principally in the village of Kruszyniany. Potato dishes and dumplings are central to the region.



MUST-TRY:

Kartacze – potato dumplings filled with meat, topped with lard and pork crackling.

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GALICIA AND PODHALE

One of the symbols of Kraków is the *obwarzanek* – a round bread roll sprinkled with poppy seeds, which is soft on the inside and crispy on the outside. The strong Austrian influence here is evident in dishes like Wiener schnitzel and pischinger – a chocolate wafer cake. In Kazimierz, Kraków's Jewish district, you can sample delicacies like stuffed goose necks, while the cuisine of Podhale features sheep's milk cheeses, cabbage, legumes and lamb.

MUST-TRY:

Kwaśnica – a hearty soup made from sauerkraut and potatoes, often cooked with smoked ribs or mutton, and dried mushrooms.

SILESIA

Silesian cuisine is hearty and calorie-rich, and features various dumplings, notably the iconic Silesian dumplings (*kluski śląskie*) with the dimple in the middle. Alongside cabbage, potatoes and peas, kohlrabi is also popular and often used in typical soups of the region like *oberiba*.

MUST-TRY:

Rolada z modro kapusto – thin beef slices rolled with bacon, onion and pickled cucumber, served with red cabbage and Silesian dumplings.

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BORDERLANDS (KRESY)

Buckwheat groats are a staple here, often paired with cheese, potatoes, onions, meat in pierogi, pancakes and blood sausages. Pierogi are particularly popular in this area, not only stuffed with buckwheat, but also with cabbage, cheese or fruit. One of the symbols of Lublin is the *cebularz* – a yeast flatbread topped with onions and poppy seeds.

MUST-TRY:

Piróg biłgorajski – a yeast dough pastry, filled with potatoes, buckwheat groats and farmer's cheese, and baked on a large sheet.

CHLEB I WYPIEKI

Whether light or dark, aromatic or crispy, bread holds a special place in Polish homes, traditions and culture. It is treated with respect in Poland, and in many homes not a single crumb is wasted.

"For that land where a scrap of bread is picked up
From the ground out of reverence
For Heaven's gifts... I am homesick, Lord!"

So wrote Cyprian Kamil Norwid, one of Poland's most important 19th-century poets. Bread is a symbol of abundance, unity and fertility, and the custom of welcoming guests with bread and salt is still very much alive in Poland, especially during weddings.

Bread is best bought in bakeries, which are easy to find in all Polish towns and cities. It's also worth seeking out artisan bakeries, where sourdough bread is made according to traditional recipes.

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WHAT TO BUY AT THE BAKERY?

It's best to try a variety of baked goods to find your favourite. Maybe it will be soft wheat rolls? Or dark rye bread with honey? Or how about bread made from rye or spelt flour, enriched with sunflower seeds or oats? Bakeries are continually competing with each other to bring out delicious new offerings.

WHICH SWEET PASTRIES SHOULD YOU TRY?

Bakeries also sell yeast cakes, or *drożdżówki* – sweet buns similar to Danish pastries – which are made with cultivated yeast that triggers the fermentation process, making the dough light and fluffy. Try them filled with seasonal ingredients (such as strawberries, plums or rhubarb) or more traditional options like cheese or vanilla cream.

For breakfast, don't miss the opportunity to sample some challah, a sweet, braided bread originating from the cuisine of Ashkenazi Jews. It tastes best with a thick layer of butter or homemade jam.

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POLAND'S SWEET TREATS

Cheesecake or apple pie? Which of these popular Polish desserts is better? It's a question that can split Poles down the middle! Both have their devoted fans, and both are delicious, so the best idea is simply to try each one!

The best ***szarlotka*** (apple pie) is made from tart varieties of Polish apples. Typically prepared on a shortcrust pastry base, it's topped with crumble and a sprinkling of powdered sugar. Polish apple pie carries the strong aroma of cinnamon and can be enjoyed either cold or warm, often accompanied by vanilla ice cream.

Among the many varieties of ***sernik*** (cheesecake), Kraków-style cheesecake is a particular favourite. Made with fresh, full-fat farmer's cheese and eggs, it's light and fluffy, packed with raisins and topped with a characteristic lattice crust of shortcrust pastry.

Other sweet treats to try:

- **Gingerbread** – with the aroma of honey and spices. The city of Toruń is famous for its gingerbread, with records dating back to the 14th century.
- ***Miodownik*** – a layer cake flavoured with honey and filled with cream.
- ***Karpatka*** – puff pastry filled with light, fluffy cream. The top layer is uneven and resembles the Carpathian Mountains, giving the cake its name.
- ***Makowiec* (poppy seed cake)** – a yeast-based roll filled with a layer of poppy seed mixture, often containing dried fruits and honey. This is a very popular Christmas dessert in Poland.

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ALCOHOL

The alcoholic drink most commonly associated with Poland is **vodka**. Made from rye, wheat or potatoes, vodka has earned a worldwide reputation, with one of the standouts being Żubrówka, and its signature blade of grass enclosed in the bottle. Vodka is a staple for toasts at Polish weddings and an ever-present at feasts and special celebrations.

The production of **beer and mead** actually has a longer tradition in Poland, however. Local breweries offer excellent beers in a range of types and flavours – from light or dark, mild or strong, to bitter or honey-infused. Mead production has seen something of a revival in recent years, made through the fermentation of honey mixed with water – the greater the honey content, the more refined the drink. Mead called *półtorak* (1 part honey, 0.5 parts water) matures over 9–10 years; *dwójniak* (1:1) takes about four years; *trójniak* (1:2) is ready after a year; while *czwórniak* (1:3) can be consumed after six months. The addition of fruits, spices and herbs can give mead a fascinating variety of different flavour notes.

Poles are also known for their ***nalewki*** – homemade liqueurs traditionally prepared from seasonal fruits or nuts. Try a cherry (*wiśniówka*), quince (*pigwówka*) or lemon (*cytrynówka*) liqueur, and get your taste buds tingling.

In recent years, Polish vineyards have also been growing in number, and high-quality Polish **wines** are increasingly available in regional restaurants. Key wine regions include the area around Zielona Góra, as well as Subcarpathia and Lesser Poland.

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CELEBRATING HOLIDAYS

Poland's culinary traditions have been best preserved in the special dishes that are prepared for holidays such as Christmas Eve and Easter.

CHRISTMAS EVE

On 24 December, when the first star appears in the sky, Poles sit down to a festive dinner. The table is set with 12 meatless dishes, as tradition dictates that we should abstain from meat and eat only fish and flour-based meals. Christmas Eve dishes vary depending on family customs and the region of Poland, but the most popular ones include mushroom soup and *barszcz* (pickled beetroot soup) with *uszka* – tiny dumplings with a mushroom filling. Herring, often served in oil with onions, and pierogi, are staples.

Another symbol of Christmas Eve is the carp. A freshwater fish once common in Polish cuisine, nowadays it is eaten almost exclusively during this occasion. A very popular dish in eastern Poland is *kutia*, made from wheat grains mixed with honey, poppy seeds, nuts and raisins.

The meal concludes with desserts, typically aromatic gingerbreads and *makowiec* (poppy seed cake), glazed and sprinkled with candied orange peel. The food is accompanied by a sweet, intense dried fruit compote made from plums, apples or pears.

The festivities continue in Poland for two more days, 25 and 26 December, when dinner tables around the country are filled with cold cuts and roasted meat.

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EASTER

In Poland, as in many countries around the world, the egg is the symbol of Easter due to its connections with new life and rebirth. The tradition of decorating eggs predates Christianity, and colourful eggs adorned with paper cutouts or yarn still grace Polish tables. Eggs are also key ingredients in Easter food, appearing in salads or stuffed with chives or mushrooms. Easter feasts also feature baked meats, sausages and pâtés, eaten with pickled mushrooms, grated horseradish (delicious, but very spicy!) and *ćwikła* (horseradish mixed with cooked, grated beetroot). The traditional Easter soup is *żurek*, made from rye flour sourdough. Easter also has its traditional cakes, which include the very sweet and beautifully decorated *mazurki* – thin cakes typically made from shortcrust pastry covered with chocolate, caramel or a form of icing. There are countless variations! The indisputable star among Easter cakes, however, is the *babka* – a tall, ring-shaped cake, often lemon-flavoured and glazed, resembling a pleated skirt.

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SWEET TREATS FOR SPECIAL OCCASIONS

ROGALE ŚWIĘTOMARCIŃSKIE – ST MARTIN'S CROISSANTS

St Martin's Day is celebrated on 11 November, and there is a tradition in Poznań to mark the occasion, dating back to the 19th century, that involves baking croissants made from semi-puff pastry and filled with a white poppy seed filling. This custom has spread throughout the country in recent years and many bakeries in Poland offer these pastries during the first half of November. Significantly, the same date of 11 November is also Independence Day in Poland.

DOUGHNUTS AND *FAWORKI*

When Carnival ends, Poles don't start counting calories! The sweet celebrations last from Fat Thursday, the last Thursday before Lent – the fasting period leading up to Easter – until Shrove Tuesday. On Fat Thursday, Poles try to outdo each other with the number of doughnuts they can eat. It's a day when 100 million doughnuts are consumed nationwide, an average of two and a half per person. The doughnuts are made from yeast dough and fried in lard or oil but, unlike the popular version in other parts of the world, they don't have a hole. Instead, they have fabulous fillings, the most popular of which is rose petal jam, and come topped with candied orange peel. But it's also worth trying the many other versions. Another popular treat at the end of Carnival are *faworki* (angel wings), also known as *chrust*. These sweet and crispy pastries are made from an egg yolk dough, shaped into thin twisted ribbons, then deep-fried and dusted with powdered sugar.

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CULINARY TRENDS

PLANT-BASED FOOD!

In many Polish homes, meals typically consist of meat, potatoes and a side salad. However, many Poles nowadays, especially the younger generation, are increasingly looking for alternatives to animal products, and experimenting with preparing seasonal vegetables in a modern way. There are more restaurants serving plant-based food, and Polish cities rank high among the **best in the world for vegetarians and vegans.** Restaurants and bars now offer meat-free versions of Polish classics, plant-based dishes from around the world, and vegan baked goods.

TASTE POLAND

MICHELIN 2025 POLAND

POLISH TOURISM ORGANISATION

DESTINATION PARTNER

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DINING OUT!

Although Poles traditionally eat at home, they are also increasingly keen nowadays to eat out in bars, restaurants and cafés. The number of high-quality dining options is on the rise, with more places than ever receiving **Michelin stars and other accolades**. There are eateries for every budget, with **food halls** very popular in the larger cities, where they are often located in unique industrial spaces. In the warmer months, there are also **breakfast fairs** with stands offering regional Polish products and street food from all over the world. People will often set up their picnic blankets near the stalls and enjoy eating al fresco. There are numerous **culinary festivals** throughout the year, as well as food truck rallies and fairs showcasing regional products.

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SEASONAL EATING!

Each season in Poland, even each month, brings its own set of unique flavours. May is all about asparagus, June is as sweet as strawberries, while September carries the aroma of wild mushrooms. Poles are increasingly mindful of choosing products that are locally sourced, seasonal and of high quality. Seasonal products are the healthiest, tastiest and most affordable. Knowing which products to look for in Poland at specific times of the year will help you discover dishes that highlight the best that each season has to offer.

SEASONAL CALENDAR

RHUBARB

Rhubarb pie, compote

Raw rhubarb is hard and sour, but when baked or cooked, it becomes the king of spring desserts with a tartness that pairs perfectly with sweet strawberries, especially under a golden brown crust.

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BEET GREENS

Beet greens soup, *chłodnik* soup, *kaszotto*, beet greens quiche

Beets are popular in Poland all year round, but in spring, young beets with leaves (*botwinka*) are especially eagerly awaited. They're tender and refreshing, especially when used in soup served cold with kefir, a healthy fermented milk drink.

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ASPARAGUS

Cream of asparagus soup, asparagus quiche, grilled asparagus with béchamel sauce

Overlooked for many years, asparagus is now a common sight on Polish dinner tables when in season. It's delicious pan-fried with butter and salt, or served with new potatoes with dill, and a fried egg.

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STRAWBERRIES

Strawberry cake, strawberry soup, strawberry cheesecake, salad with asparagus and strawberries

Let's make a bold claim and say that the strawberries in Poland taste better than anywhere else. No wonder they are the favourite fruit of Poles (a fact confirmed by research!). Before trying them in the countless cakes and desserts, however, just enjoy them fresh – without sugar, cream or yoghurt.

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CABBAGE

Sauerkraut, cabbage with tomatoes, *gołąbki*, salads

Cabbage in various forms is eaten in Poland throughout the year. In May, young cabbage is stewed, often with dill and bacon, while *gołąbki* (stuffed cabbage rolls usually filled with meat and rice) are another Polish classic. Winter is the time when sauerkraut comes into its own.

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BROAD BEANS

Broad bean dip, broad bean salad

A love-them-or-hate-them delicacy, broad beans are most commonly eaten as a salted, boiled snack. However, some people are becoming more adventurous and using them in hummus, patties, soups and salads.

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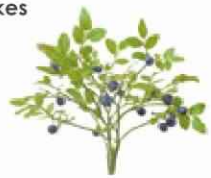
BLUEBERRIES

Blueberry buns, blueberry pierogi, blueberry pancakes

Not so easy to find in the shops, they are often sold fresh in jars along the roadside by people who have picked them in the forest that day. In the summer, pastries like *jagodzianki*, soft yeast buns filled with blueberries, are extremely popular.



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PLUMS

Plum cake, plum pierogi, plum crumble

The queens of autumn markets, plums come in a variety of colours, flavours and sizes. Poles are especially fond of the *węgierki* variety, which is known for its intense flavour. They work perfectly in baked goods and as plum preserves, which can also make a delicious souvenir from a trip to Poland.

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APPLES

Apple pie, apple crumble, herring salad with apple, apple fritters, apple pancakes

Available in Poland all year round, they taste best in late summer and early autumn. It's a good idea simply to visit a market, buy some of the different varieties and find your favourite – they can be sweet or tangy, pleasantly crunchy or wonderfully soft.

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MUSHROOMS

Mushroom soup, roasted meat with mushroom sauce, mushroom risotto, pasta with mushrooms, *kaszotto* with mushrooms

Mushroom season in Poland starts at the beginning of summer, but the best time to go mushroom picking is in autumn. Many Poles set their alarms early on weekends and head to the forests with baskets in hand. They need to know what to pick, though, as not all mushrooms are edible.

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PUMPKIN

Pumpkin soup, pumpkin and goat's cheese tart, pumpkin pie, pumpkin risotto, roasted pumpkin

Pumpkin cultivation has grown a lot in Poland over recent years, making it hard to imagine autumn meals without this versatile vegetable now.

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GOOSE

Roasted goose, goose breast, pierogi with goose, goose broth, goose pâté

Once a staple in wealthy Polish households, goose is making a comeback, especially for celebrating St Martin's Day and Independence Day.

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