

*F*INE POLISH
CUISINE

ALL THE FLAVOURS
OF THE YEAR

BOŚZ



The traditions of Polish cuisine – a rich and varied cuisine – go back hundreds of years. Memoirs and travel accounts contain descriptions of grand feasts and exquisite meals delighting banqueters at royal, magnate and presidential tables. Of no less importance are family records, whether in the form of chronicles or simply jottings, comprising recipes for dishes loved and admired by family members and guests alike.

Every one of us carries memories that we associate with our childhood, our family, the place of our birth, and our homeland, in the sense of both our immediate, local region and our country. Recipes passed down from generation to generation are a treasure to be cherished and nurtured, one of which we should and must be proud, for they are a central element of the unique aura of our family, local and regional traditions and no less of our national cultural heritage.

This album is an invitation to explore Poland's national cuisine. And just as the times are changing, so here, traditional dishes are presented in more contemporary forms. Some of our most talented, titled and acclaimed chefs have put together refined menus showcasing flavours from various regions of Poland and making use of local produce typical for each of the four seasons of the year.

Polish cuisine adapts well to contemporary moods and global culinary concepts, and is a superb advertisement for our country. This is the kind of cuisine we like to share with our presidential guests at official functions: a blend of tradition, innovation and originality. And alongside the menus proposed by these chefs I have added my own suggestions for home cooking with family and friends.

In the words of the ancients, *aptior est dulci mensa merumque ioco* – the table and wine cup are fitting for pleasant jesting – and I also invite you to join us at the table to enjoy discovering the unique flavours of Polish cuisine.



ANNA KOMOROWSKA
FIRST LADY OF THE REPUBLIC OF POLAND



Jan Łoziński

Jan Łoziński – educated as an archaeologist, his main field of activity is popularising history. For many years his areas of interest have been the history of day-to-day life and customs, above all in interwar Poland, culinary history, and archival photographs. He and his wife Maja have produced publications including *Wokół stołu i kuchni* (Around the table and the kitchen), *Bale i bankiety Drugiej Rzeczypospolitej* (Balls and banquets of the Second Polish Republic) and *W przedwojennej Polsce. Życie codzienne i niecodzienne* (In prewar Poland. Ordinary and extraordinary life).

“His court he kept so finely, so splendidly, that every weekday he had forty main tables set, not counting the smaller ones”, the chronicler Gallus Anonymus wrote at the beginning of the 12th century. The court in question was that of Duke Boleslaus the Brave, the first Polish ruler to wear a royal crown – though this was probably not until the latter period of his reign, from 1025. Gallus was recalling events from a century before his own time – thus the feasts held by Boleslaus must have made a colossal impression to have survived in the oral tradition, passed down the generations for so long. In those times the food served at the princely table was undoubtedly one of the primary indications of a ruler’s prestige.

Duke Boleslaus surely recognised the significant role that appropriate reception of prominent guests played in building good political relations with neighbouring countries. He also knew that the Polish realm enjoyed a reputation as a land flowing with milk and honey. Already during the reign of his father Duke Mieszko, the Sephardi chronicler and merchant Ibrahim Ibn Yaqub, who travelled across eastern Europe in the years 965–966, wrote of them that they abounded in food – meat, honey and fish.

There is no way of recreating the menus for the banquets held at Boleslaus’s court, even the most famous of them all, held during the congress in Gniezno in the year 1000 to honour the visit of the Holy Roman Emperor, Otto III. The main dish was undoubtedly roast game – perhaps even the meat of the famed aurochs. This would have been accompanied by the beers and meads so highly praised by visitors. By this period guests would also have been served fish, for which Polish cuisine was later to be famous. The chronicles note the hugely sumptuous tableware, and Boleslaus’s exceptional gesture; after the feast was over he “ordered (...) the gold and silver vessels (for none was of wood) from all the tables from all three days to be collected – tankards, chalices, dishes, bowls and horns, and offered them up to the emperor to honour him.”

Now let us move on to a period much better illuminated by written sources: the turn of the 14th and 15th centuries. Invoices from the royal court of King Ladislaus Jagiełło (1386–1434) have been preserved that offer us considerable information about both the kitchen and the table of the monarch. On acceding to the throne, Ladislaus, who was from Lithuania, married Jadwiga of the House of Anjou, the ruling dynasty in Hungary. This marriage did much to Europeanise the royal menu, though it is known that separate kitchens were kept for the king and queen, probably to take account of their differing culinary tastes. As before, the basis for the menu was meat, above all game. Hunting was Jagiełło’s favourite pastime; hunts were often held in advance of planned military campaigns in order to amass the necessary stocks of meat, which was pickled, dried or salted, and then stored in barrels. The king also gave vast amounts of game as gifts to important personages, and as donations to monasteries and the Krakow Academy.

On fast days, of which there were many in those times, many types of fish appeared on the tables; these were eaten fresh, but also dried, smoked, salted or marinated. The royal accounts for the fast day of Friday, 7 November 1389 report that Queen Jadwiga was served pike in aspic with vinegar. On another fast day that same

year, the queen served her guests sturgeon. Oriental spices were becoming increasingly popular as seasonings for meat and fish, and Queen Jadwiga was a particular aficionado. Those used in greatest quantity were pepper, ginger, the extremely costly saffron, and sugar. This juxtaposition of hot, sour and sweet so characteristic for medieval tastes was to endure far longer in Poland than in the west of Europe, and it became a signature feature of our cuisine. The reign of Jagiełło also saw wider use than ever before of cultivated vegetables: gherkins, beets, turnips and lettuce, and fruit: apples, pears, plums and cherries. In terms of beverages, alongside the ever popular beers and meads there was now also wine, though it was still very dear – imported from Italy, Sicily, Crete, the Balkans and Hungary. Indeed, over the coming centuries the Hungarian Tokay was to become the most sought-after beverage in Poland. In line with the tastes of the day, wine was usually seasoned prior to serving, with sugar, honey, spices, and sometimes fresh mulberries.

The changes in convention at the monarchic court at the beginning of the 16th century did not pass the royal kitchens by. The wife of King Sigismund I, Bona Sforza, who brought the Italian court with her to Wawel Castle in Krakow, also revolutionised the cuisine of the Jagiellons, though some of the culinary innovations often attributed to her were actually known in Poland previously. The queen employed virtually only Italians in her kitchen. She introduced southern fruits to the royal table – oranges, lemons, pomegranates, olives, figs, chestnuts, raisins, almonds, but also Italian vegetables, rice, fennel, marzipan and olive oil. The influence of the Italian gastronomic arts moderated the taste of certain Polish dishes, brought more vegetables into use, and introduced new seasonings. Starters were served before the main meal to whet the appetite, and became known as “antypasty”, from the Italian. These were often sweetmeats with raisins, dried pears, honey, or sweet flag fried in sugar. Sometimes they would be served with vodka, which was initially very expensive and imported only from Gdansk. The range of wines sourced from Italy also increased. Also at this time the range of tableware in use broadened. One of the most significant innovations in this regard was the fork, which was otherwise known only in Italy at that time. The Renaissance table would be decorated with flowers and herbs. Particularly fashionable were white roses and fragrant marjoram.



Bronisław Abramowicz, *A feast at Wierzynek's*, 1876; oil on canvas, 157 × 315 cm, property of the National Museum in Krakow



Frans Geffels, *Banquet in Jaworów*, 1684; oil on canvas, 93 × 135 cm, property of the National Museum in Wrocław

If the chief feature of 16th-century cuisine was the marked influence of the Italian culinary art, the 17th century at the royal court was characterised above all by the strong impact of French customs and tastes. Following the marriage of King Ladislaus IV Vasa to Marie Louise Gonzaga, Duchess of Mantua, in 1646, French chefs took up residence in the royal kitchens. The menu of the royal couple thus began to feature game birds prepared in the French fashion – waxwing, fieldfare, hazel grouse, partridge, black grouse and capercaillie – as well as lamprey in vinegar, oysters, snails, Genoan pâtés, and chestnuts. The many French travellers who visited Poland were interested in our cuisine, and devoted much space to it in their writings, though its high content of seasonings and fat was not to their taste; neither did they like Polish confectionery. They were much enamoured of the fish dishes, however. The engineer and cartographer Guillaume le Vasseur de Beauplan, who lived in Poland in the years 1630–1648, wrote that the Poles “are wonderfully knowledgeable [about fish]; they prepare them excellently and lend them some taste so marvellous that even the most over-full work up an appetite for them. In this they outdo all the nations.”

The most valuable source regarding the cuisine of the magnate class in the late 17th century is unquestionably the earliest surviving Polish cookbook, *Compendium ferculorum*, by Stanisław Czerniecki, royal secretary, courtier and head chef of Duke Aleksander Michał Lubomirski, published in Krakow in 1682. It contains 100 recipes in each of three categories: meat dishes, fish dishes and vegetarian dishes, as well as many secrets from the royal kitchen. The fact that a whole chapter of *Compendium ferculorum* is devoted to fish dishes is confirmation





Working lunch at the Presidential Palace
with participants of the 17th Meeting of Presidents
of Central European States and the guest of honour
at the summit, U.S. President Barack Obama
(27 May 2011)

Sea trout with courgette AND ASPARAGUS COOKED WITH ROSEMARY FLOWERS

Fillet the fish, score the skin, season with salt and white pepper, and fry in the oil for around 4 min.

Wash all 400 g of the asparagus, trim the ends, seal with the rosemary flowers and oil in a bag, and steam at 85°C for around 15 min. until al dente. Set aside the nicest spears.

To make the sauce, fry the onions in the butter, pour the wine over them and reduce, add the vegetable stock and the pre-cooked asparagus (100 g), cook for around 5 min., add the cream, blend, strain, and season with salt and pepper.

Cut the courgettes into thin strips, drizzle with oil, glaze lightly, and roll into decorative tubes.

Glaze the young onions and their shoots in the butter.

Serve the fish with the asparagus, courgette, glazed onion and asparagus sauce.

SEA TROUT

500 g sea trout fillet ♦ olive oil ♦ salt ♦ white pepper

ASPARAGUS

300 g asparagus ♦ 3 rosemary flowers
♦ 20 ml olive oil

ASPARAGUS SAUCE

100 g asparagus ♦ 1 young onion ♦ 40 ml white wine ♦ 20 ml vegetable stock ♦ 100 ml cream
♦ butter ♦ salt ♦ pepper

COURGETTE

100 g courgette ♦ olive oil

YOUNG ONIONS

young onions with shoots ♦ butter





Spring cabbage and zander gołąbki

WITH PODPIWEK WARMIŃSKI MALT-BEER GRAVY

Cut the stalk out of the cabbage and scald the leaves until soft. Peel and chop the other vegetables and fry them in the oil, then add the butter and seasonings and cook slowly until soft. Add the zander to the vegetables, cook for a short while, and then add a dash of white wine.

Cool the fish stuffing, chop finely, break in the egg and season further with a little cracked green pepper, chopped parsley, salt and black pepper. Lay the cabbage leaves one at a time in a ladle, place the stuffing into the centre of the leaf, and then wrap. Transfer to an oven dish, pour in a little stock and bake at 160°C for around 30 min.

In a saucepan, caramelize the sugar, add the dried malt extract, pour in the wine and reduce by half. Then add the Podpiwek Warmiński and reduce by half again. Stirring constantly, add the demi-glace, followed by the butter. Slowly thicken the sauce to the required consistency and season with salt and pepper.

Remove the gołąbki from the oven dish and pour the sauce over them to serve.

ZANDER GOŁĄBKI (STUFFED CABBAGE LEAVES)

500 g zander fillet ♦ 1 spring cabbage ♦ 100 g carrots ♦ 100 g celeriac ♦ 50 g leek ♦ 50 g onion ♦ 1 egg ♦ bay leaf ♦ allspice ♦ green peppercorns ♦ 50 g butter ♦ salt ♦ black pepper ♦ parsley ♦ 50 ml oil ♦ 50 ml white wine ♦ vegetable stock

MALT-BEER GRAVY

20 g dried malt extract ♦ 200 ml Podpiwek Warmiński (a brand of traditional Polish malt beer) ♦ 200 ml red wine ♦ 50 g sugar ♦ 200 ml ready-made demi-glace sauce ♦ 100 g butter ♦ salt ♦ black pepper







Wholemeal pierogi WITH MASURIAN ZANDER AND LEEK IN A CREAMY BRYNDZA CHEESE SAUCE, AND SAFFRON BUTTER

PIEROGI (STUFFED DUMPLINGS)

STUFFING: 400 g zander fillet ♦ 100 ml clarified butter ♦ 100 g leek (white part) ♦ salt ♦ white pepper

DOUGH: ♦ 200 g wholemeal flour ♦ 150 g wheat flour ♦ 100 ml milk ♦ 50 ml water ♦ 1 egg

BRYNDZA CHEESE SAUCE

150 g Podhale bryndza (ewe's-milk cheese)
♦ 100 g shallots ♦ 50 ml white wine ♦ 200 ml light whipping cream (33% fat) ♦ 50 ml clarified butter
♦ 10 g fresh chives ♦ 10 g parsley ♦ salt ♦ pepper

SAFFRON BUTTER

100 ml clarified butter ♦ small packet saffron

GARNISH

fresh herbs

Dice the leek, fry in the clarified butter, and leave to cool. Bone the zander, dice finely, mix well with the cold leek, and season with salt and white pepper.

Place all the ingredients for the dough into a food mixer and blend to obtain a soft dough. Roll out into a thin sheet. Cut circles from the dough, place a portion of the filling onto a circle, cover with another circle, and press well around the edges to seal. Cook the pierogi in salted water until they rise to the surface.

Dice the shallots, brown in the clarified butter, pour in the wine, evaporate, then add the cream, the bryndza cheese, the chives and the parsley. Simmer, stirring constantly, to obtain a smooth sauce; season to taste. Reduce and press through a fine-meshed sieve.

Warm the clarified butter and add the saffron, stir in, and leave in a bain marie to keep warm.

Serve the pierogi over the cheese sauce, then pour the saffron butter over and garnish with fresh herbs.



Saddle of rabbit

WITH PEA SPROUTS AND NEW POTATO CRISPS

Place the rabbit, on the bone, into a vacuum bag with the sage, star anise, oil and butter, seal, and cook in a bain marie at 59°C for 45 min.

Brush the mushrooms clean and cut any large specimens in half. Fry until golden in the clarified butter; add the stock and the podded and blanched peas, and evaporate off the liquid. Towards the end, remove the frying pan from the heat and add a slice of cold butter, the thyme flowers and the salt.

Chop the bear's garlic and place in a saucepan; add the cream and butter. Bring to a boil, then leave to stand for 5 min.; strain, pour into the potato purée, mix well, and season with salt; press through a sieve, spread over a silicone mat, and place in an oven at 60°C for around 4 hours.

Heat up the chicken bone stock with ash from the meadow hay.

Remove the rabbit from the bain marie and leave to stand for 5 min., then cut the saddles from the bone, season with salt, and lay on a plate; spoon over the mushrooms and peas, garnish with pea sprouts mixed with mint oil, and pour over the scorched hay sauce. Break the potato crisp into pieces and lay on top of the composition.

SADDLE OF RABBIT

2 saddles of rabbit ♦ 1 sprig sage ♦ 1 anise star
♦ 15 ml pumpkin-seed oil ♦ 15 g butter ♦ salt

MUSHROOMS WITH PEAS

150 g mushrooms in season (chanterelles, saffron milk caps, ceps) ♦ 50 g peas ♦ 40 ml chicken stock
♦ 15 g clarified butter ♦ 30 thyme flowers ♦ butter
♦ salt

NEW POTATO CRISPS

400 g new potato purée ♦ 100 ml whipping cream (36% fat) ♦ 100 g butter ♦ 50 g bear's garlic ♦ salt

SCORCHED HAY SAUCE

30 ml chicken bone stock ♦ 5 g scorched meadow hay with oak bark

GARNISH

50 g pea sprouts ♦ 15 ml mint oil





Tench fillet OVER COD-LIVER SAUCE

WITH A WARM BEAN AND SAVOY CABBAGE SALAD

Aromatise the clarified butter with the dill and parsley, then strain. Fry the tench, skin side down, in the butter, until the skin is crispy; towards the end of the cooking time add the raw butter. Season with flakes of sea salt.

Soak the beans, cook until soft with the rosemary, and peel. Dice the bacon finely and fry lightly in a dry frying pan, pour off the excess fat, add the peeled beans and chopped cabbage, pour over the vermouth, add the chopped dill, and season with salt and pepper.

Fry the cod livers in a dry frying pan and leave to cool. Glaze the sliced garlic in clarified butter, pour in the wine and reduce, add the stock and continue to reduce, add the cream and reduce further. Add half of the fried cod liver to the sauce, along with the lemon juice and seasonings, blend, and press through a fine-meshed sieve.

Serve the fish over the salad, with the warm sauce and the remaining pieces of cod liver.

TENCH FILLET

600 g tench fillet ♦ 80 g clarified butter ♦ 3 fronds dill ♦ 2 fronds parsley ♦ 30 g butter ♦ flaked sea salt

SALAD

100 g dried white beans ♦ 130 g Savoy cabbage ♦ 80 g green bacon ♦ 50 ml dry vermouth ♦ rosemary ♦ 1 teaspoon chopped dill ♦ salt ♦ pepper

SAUCE

150 g cod livers ♦ 2 cloves garlic ♦ 40 g clarified butter ♦ 60 ml white wine ♦ 100 ml vegetable stock ♦ 80 ml cream ♦ 1 teaspoon lemon juice ♦ salt ♦ pepper







Duck with watercress purée, GRILLED LEEK AND ANCHOVIES

DUCK

4 duck breasts ♦ 1 tablespoon duck fat ♦ 2 sprigs thyme

WATERCRESS PURÉE

400 g watercress ♦ 1 clove garlic ♦ 1 small shallot ♦ 100 g butter ♦ 150 ml chicken stock ♦ salt

BONE MARROW

8–10 pieces marrowbone ♦ reduced duck stock ♦ 200 ml water ♦ 15 g salt

GARNISH

2 leeks (white parts) ♦ mustard greens ♦ dried anchovies

Seal the duck breasts in a cooking bag with the duck fat and thyme, and cook in a bain marie at 60°C for 1 hour, then cool in iced water. Remove from the bag and fry on the skin side until golden and crunchy.

Finely chop the garlic and shallot and fry gently in the butter, then add the watercress and chicken stock, bring to a boil, and blend in a Thermomix. Season to taste with salt.

Prepare the bone marrow: dissolve the salt in warm water, cool, and pour over the bone marrow. Leave to stand for 24 hours. Push the marrow out of the bones; set aside four pieces for further frying, and melt the rest over a low heat and press through a fine-meshed sieve. Add the resultant fat to the warm duck stock to make a gravy.

Seal the leek in a vacuum bag and cook in a bain marie at 85°C for 15 min. Grill until browned and the skin is crispy.

Spread some of the watercress purée on a plate, place a duck breast and pieces of the fried bone marrow and grilled leek on top, strew with mustard greens, pour the gravy over, and scatter anchovies over the whole.



Smoked eel and saffron milk cap pierogi

SERVED WITH ROASTED WHITE VEGETABLE AND HORSERADISH MOUSSE

Sift the flour and pour in the buttermilk (brought to room temperature), then add the salt, mix, and knead the dough. Leave to stand in a cool place for around 1 hour.

Blend the eel with the cream and the butter and press through a sieve. Dice the mushrooms finely and fry with the onion in the clarified butter for around 5 min., then season with the salt, pepper and thyme. Cool, then add to the eel paste, squeeze in the lemon juice, and combine well.

Roll out the dough and cut out circles. In the middle of each one, place a helping of the stuffing, then fold the dough over and seal to form the pierogi. Cook in salted water for 5–6 min. Then fry until golden in the clarified butter.

Peel and chop the vegetables, drizzle with oil, season with salt and pepper, and place in an oven preheated to 180°C for approx. 35–40 min. When cool, liquidise in a Thermomix with the butter and cream. When the mousse is perfectly smooth, add the grated horseradish.

Serve the pierogi on a bed of warm vegetable mousse and drizzled with smoked oil.

PIEROGI (STUFFED DUMPLINGS)

DOUGH: 500 g wheat flour ♦ 400 ml buttermilk
♦ 20 ml clarified butter ♦ 5 g salt

STUFFING: 300 g smoked eel ♦ 150 g fresh saffron milk cap mushrooms ♦ 100 g onion ♦ 80 ml sour cream ♦ juice of half a lemon ♦ 80 g butter ♦ 20 ml clarified butter ♦ lemon thyme ♦ salt ♦ pepper

MOUSSE

100 g leek (white part) ♦ 100 g parsley root
♦ 100 g onion ♦ 80 g celeriac ♦ 80 g butter ♦ 80 ml cream ♦ 100 g horseradish root ♦ oil ♦ salt ♦ pepper

GARNISH

smoked oil







Cream of white vegetables

WITH NUT TUBES AND WHIPPED CREAM

SOUP

100 g cauliflower ♦ 25 g onion ♦ 75 g celeriac
 ♦ 50 g parsley root ♦ 25 g leek (white part)
 ♦ 50 g potatoes ♦ 750 ml vegetable stock
 ♦ 250 ml whipping cream (36% fat) ♦ salt ♦ pepper

NUT TUBES

100 g hazelnuts ♦ 75 g celeriac ♦ 50 g filo pastry
 ♦ 50 g butter ♦ salt ♦ pepper

Clean, wash and chop the vegetables and place into the vegetable stock; cook, then liquidise. Add half of the cream and season.

Roast the nuts in the oven at 175°C for approx. 5 min. Chop the celeriac into small pieces, cook, and blend with half of the nuts. Slice the pastry into strips measuring 10 × 20 cm, brush with melted butter, and along one edge of each strip, using a piping bag, pipe a line of the celeriac and nut mixture. Roll up the strip to make a long tube and bake at 180°C until golden.

Whip the rest of the cream. Pour the hot soup out onto the plates and garnish with the nut tubes, the whipped cream and the remaining hazelnuts.



Wild boar WITH PARSLEY ROOT, CARAMELISED BEETROOT, POPPYSEED KOPYTKA AND WHITE MULBERRY SAUCE

Trim the wild boar ham, score, sprinkle with pickling salt and the chopped vegetables and herbs, seal in a vacuum bag and refrigerate for 7–10 days, turning daily. After this period, clean the meat of the seasonings and vegetables, dry on a kitchen paper and cut into smaller pieces, each of which should be resealed in vacuum bags and cooked in a bain marie at 65°C for 45 min.

Trim the steaks, sprinkle with salt and pepper, fry in a hot frying pan, flambé with the Żubrówka, add the butter, and leave to stand in a warm place.

Cut the parsley root into thick chips, fry in the butter, add the honey, salt and pepper, and place into an oven at 160°C for approx. 12 min. Cook up the offcuts of the parsley root left over from cutting the chips in a little chicken stock and process to a purée; season to taste.

Cut cubes from the beetroots and cook them in the red wine with vinegar, sugar and salt; drain. Make a caramel sauce in a frying pan, add butter and the beetroots, and season to taste.

Purée the potatoes, combine with the egg, potato flour and wheat flour, and rapidly knead into a dough. Add the poppy seed and form diamond-shaped kopytka. Cook in boiling water for around 5 min., then fry in a dry frying pan.

Soak the mulberries in boiling water. Add to the demi-glace with the cream; reduce the sauce to one-third of its original volume, and thicken with cold butter.

Arrange the dish with flair and garnish with the thyme.

WILD BOAR HAM

500 g wild boar ham ♦ 80 g carrots ♦ 60 g celery
♦ 60 g onion ♦ 3 cloves garlic ♦ savory ♦ thyme
♦ juniper ♦ nutmeg ♦ 12 g pickling salt
♦ a few black peppercorns

WILD BOAR SIRLOIN

300 g wild boar sirloin ♦ 50 ml Żubrówka
(bison-grass vodka) ♦ 60 g butter ♦ salt ♦ crushed
black pepper

PARSLEY ROOT

400 g parsley root ♦ 50 g honey ♦ butter ♦ chicken
stock ♦ salt ♦ pepper

CARAMELISED BEETROOT

200 g beetroots ♦ 200 ml red wine ♦ spirit vinegar
♦ butter ♦ sugar ♦ salt

KOPYTKA (POTATO DUMPLINGS)

300 g boiled potatoes ♦ 30 g poppy seed
♦ 100 g wheat flour ♦ 70 g potato
flour ♦ 1 egg

WHITE MULBERRY SAUCE

40 g dried white mulberries
♦ 200 ml wild boar demi-glace
sauce ♦ 80 ml cream
♦ 100 g butter

GARNISH

2 sprigs thyme







Sea trout

OVER FISH SAUCE WITH YARROW

SEA TROUT

sea trout ♦ 3 litres beeswax

FISH SAUCE

65 g fennel ♦ 40 g onions ♦ 30 g celeriac ♦ 40 g carrots ♦ 50 ml 10-year-old Starka (dry rye vodka) ♦ 1 litre fish stock ♦ olive oil ♦ thyme ♦ tarragon ♦ parsley ♦ aniseed ♦ white pepper ♦ pollen

POLLEN POWDER

pollen ♦ sunflower seeds ♦ flakes of caramelised puff pastry

GARNISH

yarrow leaves

Fillet and skin the trout. Heat the beeswax to 60°C. Place the fish on a silicone mat, pour the warm wax over it and leave for 12 min. Remove the wax carefully to avoid damaging the fillets.

Dice the vegetables finely, fry them in the olive oil without browning, pour over the Starka and evaporate off. Add the fish stock and herbs. Cook until reduced by half. Pulverise the pollen in a coffee grinder and add to the liquid.

Prepare a powder from the pollen by mixing all the ingredients together in a blender.

Pour the sauce onto a plate, dust with the powder, lay a trout fillet on top, and garnish with yarrow leaves.



Sturgeon fillet

IN BUTTERMILK AND CARAWAY SEEDS WITH GREEN LENTIL AND SAUERKRAUT SALAD, CRUNCHY BLACK RADISH AND BREAD SAUCE

Clean the sturgeon and marinate for 24 hours, vaccum sealed, with the buttermilk, crushed caraway seeds and sliced garlic. Dry, then fry with the thyme.

Slice the sauerkraut and braise in the honey with the lemon zest; add the lentils and a little oil and continue to cook, seasoning further with the tomato confit.

Peel the black radish and chop into batons, parboil, then stew in the butter with the quartered shallots and the nutmeg.

Bring the wine to a boil with the seasoning and a crust of the bread until reduced by a third. Add the demi-glace and the honey and cook for around 30 min. on a low heat. Heat up the butter in a saucepan and slake it with the sauce. Press through a sieve and add the wholemeal bread, finely chopped.

Serve immediately: place pieces of the sturgeon on the plate, with the salad, pieces of black radish and sauce on the side.

STURGEON FILLET

600 g sturgeon fillet ♦ 150 ml buttermilk ♦ 1 clove garlic ♦ 15 g caraway seeds ♦ 4 sprigs thyme

SALAD

300 g sauerkraut ♦ 320 g cooked lentils
♦ 15 g honey ♦ 30 g sundried tomato confit
♦ lemon zest ♦ olive oil

BLACK RADISH

250 g black radish ♦ 10 g shallots ♦ 30 g butter
♦ 1 whole nutmeg

BREAD SAUCE

150 ml veal demi-glace sauce ♦ 50 g wholemeal
sourdough bread ♦ 250 ml dry red wine
♦ 50 g butter ♦ 15 g honey ♦ bison grass
♦ 1 clove





Loin of red deer ROASTED IN CABBAGE

WITH A CELERIAC AND PEAR GRATIN AND MOREL SAUCE WITH SPRING ONIONS

Trim the venison, sprinkle with salt and pepper, and sear in hot oil. Blanch the cabbage leaves and dry on kitchen paper. Wrap the venison steaks in the cabbage leaves and then in several layers of cling film, ensuring that the edges are sealed. In a large pan, heat water to a temperature of 58°C, place the wrapped steaks in the water, and cook for around 25 min., maintaining a stable temperature. Remove the meat from the water, unwrap, dry off and fry gently in butter.

Melt the butter for the gratin in a saucepan and add the thyme and the crushed Roman coriander seeds. Heat gently for a few minutes so that the butter takes up the flavour of the herbs. Wash and peel the celeriac and slice thinly to a maximum thickness of 1 mm. Do the same with the pears. Grease the bottom of a small ovenproof dish with the flavoured butter using a pastry brush, and lay the slices of celeriac in it so that they overlap slightly. Sprinkle with salt and pepper and brush with more butter. Lay the pear slices on top of the celeriac in the same manner. Continue alternating layers of celeriac and pear, remembering to season each one and brush with butter. Finish with a layer of celeriac. Cover dish with aluminium foil and bake at a temperature of 175°C for 45 min., then remove the foil and continue baking for a further 20 min. Cut into rectangles 2.5 × 5 cm.

Soak the morels in a little water, then bring to a boil and stand aside for 10 min. Slice the mushrooms in half and set aside, and cook down the water until only 50 ml remains. Peel the spring onions. Place the sugar in a heavy-bottomed frying pan and heat to obtain a light caramel sauce. Add half of the butter and the spring onions. Roll the spring onions around the frying pan for a few minutes, deglaze with the vinegar and wine, and braise gently for around 15 min. Add the veal stock and the morel stock and continue to cook slowly for 10 min., then drain the onions, retaining the stock. In a separate saucepan, heat the remaining butter until light brown and foamy. Then add the stock, followed by the spring onions and mushrooms. Season to taste, and add the Starka directly before serving.

Peel the potatoes and boil in lightly salted water. While still hot, blend with the cream and butter and season to taste.

Lay two slices of the sirloin over a small serving of potato mousse, with the celeriac and pear gratin to one side. Pour the morel and spring-onion sauce in a ring around them.

LOIN OF RED DEER

480 g red deer sirloin ♦ 4 Savoy cabbage leaves ♦ oil
♦ butter ♦ salt ♦ pepper

CELERIAC AND PEAR GRATIN

320 g celeriac ♦ 240 g pears ♦ 120 g butter
♦ 2–3 sprigs thyme ♦ a few Roman coriander seeds
♦ salt ♦ pepper

MOREL SAUCE WITH SPRING ONIONS

10 g dried morel mushrooms ♦ 50 g spring onions
♦ 25 g sugar ♦ 90 g butter ♦ 15 ml wine vinegar
♦ 50 ml white wine ♦ 100 ml dark-coloured veal
stock ♦ 10 ml Starka (dry rye vodka) ♦ salt
♦ pepper

POTATO MOUSSE

280 g floury potatoes ♦ 40 g butter ♦ 70 g sour
cream ♦ nutmeg ♦ salt ♦ pepper







Chocolate mousse

WITH STRAWBERRY JELLY AND VANILLA SEMIFREDDO

STRAWBERRY JELLY

200 g fresh strawberries ♦ 50 g icing sugar
♦ 3 g agar jelly ♦ 50 ml water ♦ lemon juice to taste

CHOCOLATE MOUSSE

150 ml soy milk ♦ 1 vanilla pod ♦ 50 g sugar
♦ 120 g dessert chocolate (min. 70% cocoa butter)
♦ 200 g whipped vegetarian cream

CRUNCHY BASE

60 g cornflakes ♦ 40 g ground hazelnuts ♦ 50 g
dessert chocolate ♦ 20 ml hazelnut or olive oil

VANILLA SEMIFREDDO

200 g whipped vegetarian cream ♦ 50 ml soy milk
♦ 48 ml maple syrup ♦ 1 vanilla pod

STRAWBERRY SAUCE

150 g fresh strawberries ♦ 50 g icing sugar
♦ 20 ml wild strawberry liqueur

DECORATION

fresh strawberries

Blend the strawberries with the icing sugar and heat to around 50°C. Soak the agar jelly in water and bring to a boil, then combine with the strawberry pulp; if the resultant mixture is too sweet, add lemon juice. Pour into moulds and refrigerate.

Prepare the base for the mousse: bring the milk to a boil with the sugar and the vanilla pod, then remove the seeds from the pod, replace into the milk and allow to boil for a short while longer.

Pour the hot base for the mousse over the chocolate, stirring gently until the chocolate is quite melted. When the temperature falls to around 40°C, combine with the whipped cream.

Prepare the crunchy base: melt the chocolate, add the oil, crushed cornflakes and ground nuts. Spread this mixture between two sheets of greaseproof paper and roll out to a thickness of around 3–4 mm. Refrigerate. When the mixture sets, cut into appropriately sized rounds.

Make the semifreddo: bring the milk to a boil with the maple syrup and vanilla pod, then remove the seeds from the pod, replace into the milk and allow to boil for a short while longer. Cool the mixture and add to the whipped cream. Pour into a mould and freeze.

Blend all the ingredients for the strawberry sauce.

Arrange the strawberry jelly and crunchy base on the plate, with a chocolate mousse on top. Serve the strawberry sauce, fresh strawberries and finally the lightly frozen semifreddo on the side.



Salsify salad WITH PUMPKIN-SEED OIL

Wash the potatoes well and cook in salted water until soft. Wash and peel the salsify and white asparagus. Cook the salsify in salted water for around 30 min., then quench in iced water; cook the white asparagus in salted water for around 10 min., then quench in iced water. Wash and trim the wild asparagus and scald in boiling water for around 1 min. Wash and dry the rocket.

Make a vinaigrette with the oil and lemon juice; season to taste with salt and pepper.

Arrange the vegetables on a plate and drizzle the sauce.

SALAD

200 g salsify ♦ 200 g white asparagus spears
♦ 100 g new potatoes ♦ bunch wild asparagus
♦ bunch rocket ♦ salt

SAUCE

50 ml pumpkin-seed oil ♦ lemon juice ♦ salt
♦ pepper





Morel consommé WITH HONEY-ROASTED BLACK SALSIFY ROOT AND FRIED MOREL

MORELS CONSOMMÉ

80 g dried morels ♦ 1 litre strong vegetable stock

ROASTED SALSIFY

100 g black salsify root ♦ 20 g honey ♦ juice of half
a lemon ♦ 20 ml light whipping cream (30% fat)
♦ thyme ♦ parsley ♦ salt ♦ pepper

FRIED MORELS

50 g fresh morels ♦ clarified butter

Soak the dried morels in cold water for around 10–12 hours. Strain, slice thinly and cook in the vegetable stock for around 4 hours.

Peel the salsify root and soak in water and lemon juice for around 30 min. Remove from the water, add the honey, season with the salt, pepper and herbs, and roast at 160–170°C for around 20 min. Press through a sieve and add the cream and butter to obtain a light, fluffy purée.

Slice the fresh morels and fry in the clarified butter.

Strain the consommé through a gauze bag and serve with the fried morels and the roasted salsify.







Winter spice and poppyseed mousse

WITH MULLED CHERRIES IN RED WINE

CHOCOLATE CAKE

250 g wheat flour ♦ 2 flat teaspoons baking powder
 ♦ half a flat teaspoon soda ♦ 30 g cocoa powder
 ♦ 160 g cane sugar ♦ 120 g dessert chocolate (ground
 or grated) ♦ 250 ml soy milk ♦ 76 ml vegetable oil
 ♦ 3 tablespoons powdered flax seeds

POPPYSEED MOUSSE

50 g steamed and ground or crushed poppy seeds
 ♦ 200 g whipped vegetarian cream ♦ 50 g icing sugar
 ♦ 3 g agar jelly ♦ 50 ml water

WINTER SPICE MOUSSE

150 ml soy milk ♦ 50 g sugar ♦ 3 g mixed spice
 ♦ 120 g dessert chocolate (70% cocoa butter)
 ♦ 200 g whipped vegetarian cream

MULLED CHERRIES IN RED WINE

200 g stoned sour cherries ♦ 200 ml dry red wine
 ♦ 50 g sugar ♦ pinch cinnamon ♦ 1 teaspoon potato
 flour ♦ 50 ml orange juice ♦ 10 g orange zest

Make the chocolate cake: heat the milk to around 45°C, add the sugar, flax seed and cocoa powder and mix well; add the remaining ingredients. Pour the mixture into a cake tin lined with greaseproof paper. Bake in an oven heated to approx. 200°C for 15–20 min. Exact baking time will depend on the depth of the mixture.

Make the poppyseed mousse: bring the agar jelly to a boil in the water with the icing sugar, then combine with the whipped cream and poppy seed. Pour out into moulds immediately, because agar gels very quickly. Chill, then turn out of moulds.

Prepare the base for the winter spice mousse by bringing the milk, sugar and mixed spice to a boil together. Pour the hot mousse mixture over the chocolate, stirring gently until the chocolate is completely melted. When the temperature falls to 40°C, combine with the whipped cream.

Bring the cherries, wine, sugar, orange zest and cinnamon to a boil. Combine the potato flour and orange juice to form a smooth suspension; pour into the boiling cherries and stir well.

Cut the bottom out of the chocolate cake and place in a round mould (in order to produce the desired effect, the mould must be big enough to fit one of the poppyseed mousses inside with room to spare). Spread a thin layer of the winter spice mousse on top of the cake, place one of the poppyseed mousses in the middle, and then fill the whole mould with winter spice mousse. Refrigerate for approx. 1 hour, then remove from mould.

Place the mousse composition on a plate, decorate with chocolate features, and add a serving of the mulled cherries on the side.





Asparagus WITH HOLLANDAISE SAUCE

ASPARAGUS

1 bunch green asparagus spears ♦ half bunch
white asparagus spears ♦ 1 teaspoon sugar
♦ 1 teaspoon salt

HOLLANDAISE SAUCE

5 egg yolks ♦ 200 g butter ♦ juice of half a lemon

Trim the white asparagus and cook for approx. 10 min.; cook the green asparagus for 5 min. in sweetened and salted water.

Clarify the butter: heat gently in a saucepan until only the fat remains. Place the egg yolks in a bowl, add the lemon juice and beat over a bain marie until the mixture is thick and white; slowly pour in the clarified butter and season to taste.

Lay the asparagus spears on a plate and pour the sauce over them.



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