



Traditional Polish food

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Łódzkie voivodeship

Zalewajka soup

(cooked potatoes, sour rye soup with leaven, bread, polish sausage, mushrooms)



Prażoki

(potatoes, flour, boiled water)





Śląskie voivodeship

kluski śląskie (potatoes, potato flour)

bigos-hunter's stew (pork, sausage, dried mushrooms, sauerkraut, dried plums)

żurek-sour soup (smoked meat, white sausage, vegetable broth)

Małopolskie voivodeship

oscypek (smoked cheese)

barszcz czerwony-borsch soup (beetroot,
vegetable broth)

kapuśniak soup (sauerkraut, pork ribs,
carrot, potatoes)



Mazowieckie voivodeship

grzybowa-mushroom soup (mushrooms, onion, carrot)

pierogi-dumplings (flour, eggs, water, dried mushrooms,
sauerkraut, pepper, salt)

Pomeranian voivodeship

racuchy (pancakes with apples)

krupnik-barley soup (chicken, vegetable
broth, rice, potatoes, carrot)

czernina-blood soup (duck blood, dates,
apples, pear, dried plums, raisins)

flaki-tripe soup (beef stomach, carrot, celery)



Lublin voivodeship

A top-down view of a white oval plate containing a meal. In the foreground is a large, golden-brown, breaded and fried pork chop. To its left is a generous portion of golden french fries. Behind the fries is a small green salad with lettuce and parsley. To the right of the salad are two orange wedges and one lemon wedge. The plate is garnished with fresh parsley leaves and a light dusting of spices.

schabowy-pork chop (pork, egg, breadcrumbs)

tatar-tartare (raw meat, raw egg, onion, spices)

Polish kitchen is very delicious.

People in Poland stick to the
tradition.

Thanks for your time
