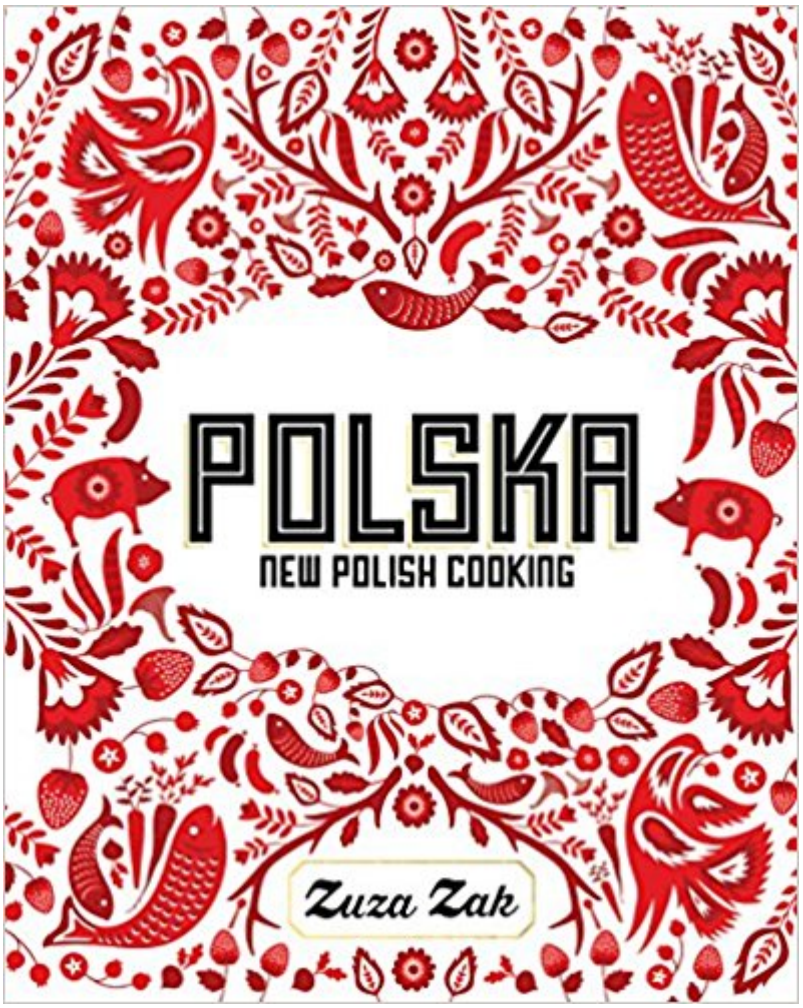
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Polska: New Polish Cooking



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Synopsis

This is a fresh new take on Polish cooking from young food writer Zuza Zak. The food of Poland has long been overlooked, but the time is right for a reinvention, with an estimated 10 million people of Polish descent living in the US. Zuza presents her contemporary take on Polish cuisine, with lavishly photographed recipes for snacks, party foods, soups, preserves, breads, fish, meat and poultry, salads, and desserts. She places Polish food within the context of the country’s history and geography, and tracks how it has developed and adapted to Poland’s ever-changing political and economic situation. Polska is a breath of fresh air.

Book Information

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Average Customer Review: 4.1 out of 5 stars 7 customer reviews

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Customer Reviews

Zuza Zak grew up in Poland and spent her childhood cooking traditional recipes with her mother in her kitchen, and foraging for seasonal produce with her grandmother in the surrounding Polish countryside. The recipes in her book have all been passed down by word of mouth from mother to daughter. Zuza now lives in London and is a young food writer and producer for TV’s Food Network in the UK.

Great recipe variety!

I always look for new Polish cookbooks. I feel there are only few good ones out there. This one definey falls in the "I like it a lot" category. There is a bit of historical, geographical and cultural background given to the food and recipes in the book. There is a combination of traditional colorful peasant food and updated, more contemporary dishes. There might be not necessarily familiar

ingredients used in some recipes, but they can be easily found in most grocery stores. The recipes are divided into chapters - Breakfast and Bread, Soups, Meat, Vegetables, Beans and Kaska, Dumplings, Party Food, Cakes and Desserts and Cocktails. Added bonus - throughout the book the food is beautifully photographed.The book made me feel a bit nostalgic, brought back memories of dishes I have forgotten and made me want to cook some Polish food. Highly recommend this book.

Missing some key recipes like all the great salads I have had over the years. Not that inspiring. I do not see myself referring back to this book a lot

I bought this book for my son for his birthday. He is very happy with easy recipes and beautiful pictures.

This book is very elegantly put together. Even the covers are intricate and embossed. The color photographs are beautiful and illustrative, and the brief historical introductions are informative. The recipes are clear and easy to follow, and, unlike many Polish cookbooks, the recipes include animals (e.g.,chickens, fish) that are easily obtainable in the modern world (although quail eggs, venison, and wild boar make an appearance here). The soups are very different from those encountered in other European cookbooks. The only problem, and it’s a minor one, is that the terminology is British--e.g, "rashers" versus the American "slices of bacon."

Beautiful

The nasty, completely gratuitous anti-communist and anti-Russian stuff is a real disappointment. In a COOKBOOK? Really? A missed opportunity.

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