

# ABOUT SILESIA

*Prepared by Franciszek Kurzaj*

## SILESIAN CUISINE

Silesian dishes are rather simple and uncomplicated to prepare. The influences of German, Czech, and Polish kitchens are easily tasted. The typical Silesian dishes are: **żur** (soup base of leavened rye flour with potatoes), **wodzionka** (soup with garlic and squares of dried rye bread), many prepared potato dishes, and pickled cabbage dishes. Meat is rather a rarity on a Silesian table and is reserved for special days, such as holy days, birthdays, or parish celebrations (**odpust**). People eat duck, goose, pork, rabbit, and for special occasions only, turkey.

The basic food is bread with **omasta** (lard with bacon bits). For lunch people eat **stemf kartofle** which is specially prepared mashed potatoes eaten with **kwaśne mleko** (sour milk) as a drink. Very popular in Silesia is **eintopf** (one pot) casserole. This dish is prepared from different vegetables with pieces of meat and sausage that are boiled or baked together. Occasionally for lunch, people will eat **karminadle** which is breaded pork meat baked in gravy and eaten with potatoes, and chopped cooked cabbage. On Fridays, **Śledzie** (Herring) will be served, or sometimes people will eat **placki** (potato pancakes), or a steamed dish **buchty** (dumplings with fruit). For drink with lunch, **Kompot** is offered (water boiled with fruit).

On Sundays in every Silesian home, one will find chicken soup (noodle soup) with fresh noodles prepared by the mother of the home. After the soup, the **kluski**, **rolada** and red cabbage is served. The **kluski** can be white called German **kluski**, or they can be gray called Polish **kluski**. In the afternoon on Sundays, people invite each other for **kawa** (coffee) and **kołacz** (Silesian cake).

The dishes for Christmas Eve are special in Silesia. There are many different soups all over Silesia, but the typical soup is **Siemieniotka** (soup made with hempseed). After fasting the whole day, people will eat fish, sometimes **Śledzie** (Herring). For Christmas Eve, the desserts are Silesian **Makówki** (poppy-seed stew) and **Mołcza** (cooked dried fruit). However, sharing of the **Opłatek** was not a Silesian custom, but today is now generally accepted over all of Silesia. Also, people today eat **Bigos** (hunters' stew), **Pierogi** (dumplings with different stuffing), **Gołąbki** (polish cabbage rolls in tomato sauce), and for dessert **torta** (German fantazyjn kołacz). Some everyday Silesian desserts are Lemon or Chocolate **Szpajza** (made with whipped egg whites/yolks). The **kołacz** (cake) can be made with cheese. **Napoje** (drinks) are: **kawa** (coffee), **herbata**(tea), **woda mineralna** (mineral water), **oranżada** (soft drink), **piwo** (beer), **wino** (wine), and **wódka** (vodka). The real food fiesta for the Silesian people is the killing of a pig (**Świniobice**). This whole day event ends with eating **wurst** soup (Polish sausage soup), **welfleisch**(fresh cooked meat), and then **krupnioki** or **żymloki** (Polish blood sausage), and after a couple of days, **presswurst** (headcheese). During winter season, smoked sausages and smoked hams are eaten.

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### Sunday Lunch



**Nodel Zupa**  
*(chicken soup with noodles)*



**Rolada/Kluski/niebieska kapusta**  
*(rolled meat, dumplings, purple cabbage)*



**Ciemne kluski/polskie kluski**  
*(Polish dumplings)*



**Białe kluski/niemieckie kluski**  
*(German dumplings)*

### For Dessert



**Śląski Kołacz**  
*(Silesian cake)*



**Szpajza**  
*(cream made with whipped egg whites)*

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### Weekday Meal



**Wodzionka**  
*(Rye bread soup with garlic)*



**Chleb**  
*(Bread)*



**Presswurst**  
*(headcheese)*



**Krupnioki**  
*(blood sausage)*



**Placki Kartoflane**  
*(potato pancakes)*



**Buchty**  
*(dumplings with fruit)*

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### Weekday Meal



**Śledzie**  
*(Herring)*



**Śledzie w Smietanie**  
*(Herring with sour cream)*



**Zupa Jarzynowa**  
*(vegetable soup)*



**Karmenadle**  
*(breaded pork meat baked in gravy)*



**Kotlet Schabowy**  
*(pork chop)*



**Żur / No żurek**  
*(soup base of leavened rye flour with potatoes)*

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## Christmas Desserts



**Motzka**  
(cooked dried fruit)



**Makowki**  
(poppy-seed stew)



**Pierniki**  
(Gingerbread)



**Kekse / Ciastka**  
(Cookies)



Reference List:

[https://pl.wikipedia.org/wiki/Kuchnia\\_śląska](https://pl.wikipedia.org/wiki/Kuchnia_śląska). (Retrieved data: November 2016)