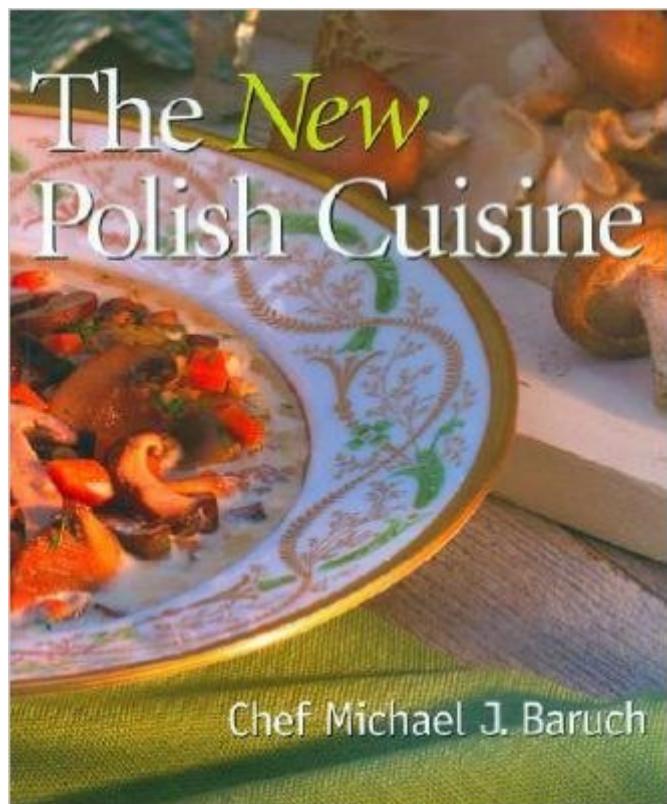


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# The New Polish Cuisine



## Synopsis

Book by Baruch, Michael J.

## Book Information

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## Customer Reviews

‘The New Polish Cuisine’ by Chicago chef Michael J. Baruch and ‘Polish Cookery’ by Marja Ochorowicz-Monatowa, translated from the Polish by Jean Karsavina are two common extremes in the presentation of a national cuisine, if that cuisine is not French, Italian, Spanish, Indian, Thai, Chinese, Japanese, or Mexican. I have seen many of the latter style for virtually every nation from Norway to Rumania, most especially from the central European countries. Many of the recipes are presented in the most simple of forms, with little or no discussion of technique. Their primary virtue lies in their containing a lot of authentic recipes so that if you are handy around the kitchen, you should have no trouble with the simple instructions. After all, Elizabeth David started her prodigious career as a food writer by doing a book on Mediterranean recipes with relatively simple recipe descriptions. As a native Pole wrote ‘Polish Cookery’ in Poland, I have to assume the authenticity of the recipes is unimpeachable. And, in spite of my picturing the recipes in books of this class as ‘bare bones’ descriptions, I am especially happy to say that the general introductions to all the major sections have great suggestions on how to get the best out of each type of dish. The introduction to the section that includes pierogies is an especially good example, as it gives excellent general rules for preparing pastry fillings. These rules are:

1. Cook meat until tender, but do not brown, or it will be too dry.
2. Grind meat at least twice through a meat grinder.
3. Pates may be baked, but they are best steamed, as baking dries and toughens them.

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