



POLISH

Traditional specialities

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- CRAFTSMANSHIP - POLISH MEAT basics & usage ✓

Courses: Local food

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Smoked and steamed sausage is one of the most highly regarded traditional smoked products in Poland.

Thanks to its unique flavour and aroma, it is enjoyed both cold and when heated.

Preparing it requires care and an understanding of several key stages, such as curing the meat, smoking and steaming.

Directions

The tradition of meat processing in Poland dates back to the early Middle Ages. Poland's cold and damp climate made it necessary to preserve meat and sausage products using various methods. These included salting, curing, brining, smoking, boiling, and drying. Depending on the type of sausage, these methods were used in different combinations.

On the estates of the nobility as well as on farms, the entire family was involved in the slaughter of animals. By slaughtering animals in late fall and winter, people stockpiled food supplies for the winter as well as for spring and summer, when they had to perform strenuous work in the fields. Durable meat supplies also had to be stockpiled for other joyous occasions such as weddings, baptisms, or religious festivals and journeys, as well as for wars and military campaigns. In doing so, people always strove to utilize and process as much of the precious animals as possible. Poor farmers, in particular, simply could not afford to throw away even a small piece of the valuable meat.

For a long time, Silesia was part of Bohemia and the Austrian Empire. This, combined with the influence of Slavic ethnic groups, makes Silesian cuisine particularly rich and hearty, yet also refined. This is also evident in the production of sausages.

- CRAFTSMANSHIP -

Boczek ogniem wędzony ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0245



Ingredients

*BACON „FIRE ROASTED“

It is perfect for sandwiches,
in scrambled eggs,
as an ingredient in
aromatic meat dishes
or as a crispy accompaniment
to burgers.

Directions

Traditional smoked bacon, prepared according to an old Polish recipe.

Made from high-quality pork that undergoes a natural curing and smoking process, giving it its unique golden colour and intense, smoky flavour.

Thanks to the spice blend of garlic, marjoram, allspice and bay leaf, the bacon boasts a perfect balance of flavours – robust yet delicate, with a hint of traditional smoky aroma.

- CRAFTSMANSHIP -

Kiełbasa Biała ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0535



Ingredients

Kiełbasa Biała

is a must-have on the Polish Easter table! This raw, unsmoked pork sausage has a rich, spicy flavour and is popular in many different forms.

Traditionally, Biała Kiełbasa is sold raw. It must therefore always be boiled or fried!

Directions

It has been known since the Middle Ages and is typically seasoned with garlic and marjoram in Poland.

Method:

Heat water in a pan, but do not bring it to the boil!

Add the bay leaves, allspice, garlic, onion, salt and pepper. Place the Biała Kiełbasa into the hot, but not boiling, water. Leave to simmer on a low heat for approx. 30 min (do not boil, otherwise it will dry out!).

Serving: Serve with hot horseradish and mustard!

Fried Biała Kiełbasa:

A crispy version who loves that roasted flavour!

Slice the pre-cooked sausage and fry in a pan with butter or lard until golden brown.

Perfect with onions and sauerkraut!

Oven-baked Biała Kiełbasa:

Baked with onions, garlic and marjoram – ideal for large gatherings. Place the raw sausage on a baking tray with sliced onions and garlic, pour over beer or stock and bake at 180°C for approx. 40 min.

Biała Kiełbasa in Żurek:

A classic Easter soup with sourdough, potatoes and egg. The sausage can be cooked directly in the soup, which gives it extra flavour!

- CRAFTSMANSHIP -

Kiełbasa Krakowska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0508



Ingredients

Kiełbasa Krakowska

Delis often sell these sausages - named for the Polish capital of Kraków - as cold cuts.

Add these quality cuts to a sandwich with horseradish and other condiments for a tasty lunch treat.

Directions

Krakow sausage, known in Poland as "Kiełbasa Krakowska," is more than just a culinary specialty; it is a piece of Polish history and culture that has become famous far beyond the borders of its country of origin.

Origins in Kraków

The history of Kraków sausage dates back to medieval Poland. Originally from Kraków, one of Poland's oldest and most important cities, the sausage was first documented in the 13th century. This early mention demonstrates how deeply rooted the sausage is in Polish cuisine and culture. Over the centuries, the recipe has been refined, but the basic ingredients have remained the same: finely minced pork, beef, and a special blend of spices, including pepper, garlic, and marjoram.

Cultural Significance

In Poland, Krakow sausage is not just a food, but a symbol of hospitality and celebration. It is often served on special occasions and is an integral part of Polish festive cuisine. Its popularity and presence in Polish cuisine reflect Poles' appreciation for their culinary tradition.

Modern Popularity and Variations

Today, Krakow sausage is popular worldwide and is produced in many different forms. From traditional recipes to modern interpretations, the sausage has found its way into the hearts and kitchens of many people. In Poland itself, it remains an indispensable part of the national cuisine, while internationally it is valued as a delicacy and an example of Polish culinary art.

- CRAFTSMANSHIP -

Kielbasa Pieczona ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0550



Ingredients

Kielbasa Pieczona

The history of baked white sausage is inextricably linked to the evolution of traditional white sausage, which in Poland has gained the status of a national specialty, especially during Easter.

The baked sausage, as a dish, has survived through the centuries, only changing the techniques (from the fire to the stove and then the oven), but remaining a symbol of a filling, simple meal.

For 8 servings

- ☐ 2 kg **Kielbasa Pieczona**
- ☐ 2 tbsp Mustard
- ☐ 4 tbsp Oil
- ☐ 6 Onions
- ☐ 1000 g Mushrooms, fresh
- ☐ Salt &, Pepper, black
- ☐ 2 tsp Marjoram
- ☐ 1 cup Beer

Directions

Preheat the oven to 180° C.

Brush the sausage with a mixture of mustard and 1 tbsp of oil.

Place it in a heatproof dish.

Peel the onion, cut it in half, and slice it.

Place it in a large pan with a heated tbsp of oil.

Fry for about 3 min., stirring occasionally.

Add the washed, dried, and halved mushrooms and sauté together for about 3 min. until the ingredients become translucent and soften slightly. Towards the end, season with salt, pepper, and marjoram.

Transfer to the dish with the sausage.

Pour beer into the bottom, cover with aluminium foil (not necessarily tightly), and bake for 45 min.

Then remove the cover, stir the mushrooms with the onions & bake for another 45 min. uncovered. If necessary, bake for a few more or several more minutes until the sausage is nicely browned.

- CRAFTSMANSHIP -

Kiełbasa Podwawelska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0551



Ingredients

Key characteristics

It is a medium-ground pork sausage that is both smoked & steamed (or parboiled).

Flavour Profile:

Known for a bold, meaty taste with a distinct note of **garlic seasoned with pepper, marjoram & coriander**.

Texture:

Juicy and firm, it is typically sold in naturally formed coils or long

How to Eat it

Podwawelska is highly versatile & can be served in several ways:

Ready-to-Eat:

Since it is pre-steamed & smoked, **it can be eaten cold as a snack or on sandwiches.**

Grilled/Fried:

It is a popular choice for BBQ parties & pan-frying.

Cooking:

Frequently used as a base for traditional dishes like **Bigos** (sauerkraut stew) or added to soups & stews.

Directions

Kiełbasa Podwawelska is a classic Polish pork sausage, translated literally as "Sub-Wawel Sausage" or "Wawel Castle Sausage".

It is named after the Wawel Royal Castle in Kraków

- CRAFTSMANSHIP -

Kielbasa Slaska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0543



Ingredients

This is a popular, smoked Polish boiled sausage made from pork, which is often slightly curved (U-shaped) and has a strong flavour.

It is ideal for:

Barbecuing,
Frying or using
in Stews

Directions

Silesian sausage is a sausage characterised by a high meat content of 97%. It is juicy and tender, perfect for the barbecue. It goes perfectly with bread, ketchup or mustard, taking centre stage at gatherings with loved ones. As well as on the barbecue, this sausage is brilliant for a campfire, as well as in sandwiches and served hot straight from the water. The flavour of Silesian sausage is characterised by salt, pepper, coriander, marjoram and garlic, as well as a delicate aroma achieved through smoking with beechwood chips.

- CRAFTSMANSHIP -

Kielbasa Swojska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0522



Ingredients

Kielbasa Swojska

A very flavourful sausage.

It is smoked in a pot using alder and beech wood chips.

Directions

This traditional homemade kielbasa, meaning “self-made” in Polish, is often made with pork and seasoned with a blend of spices like garlic, marjoram, salt, and pepper.

It’s typically smoked, giving it a rich, smoky flavor.

- CRAFTSMANSHIP -

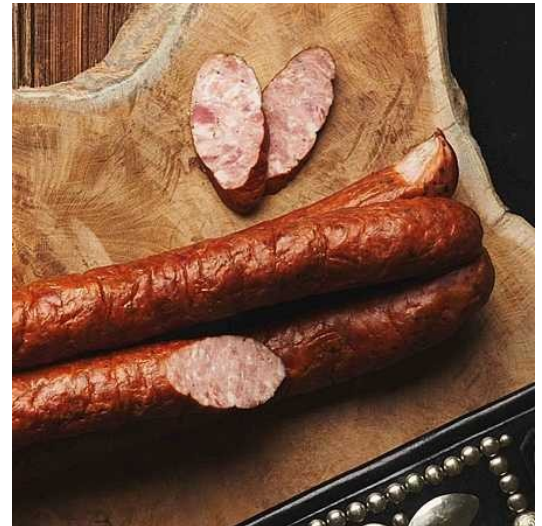
Kiełbasa Wędzona ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0549



Ingredients

Kiełbasa Wędzona

A type of Polska kielbasa smoked sausage, Kielbasa wędzona can be bite-size pieces, diced sausage, or cut sausage.

Try using it in a stew or soup.

Directions

Kiełbasa Wędzona is a type of traditional Polish smoked Kiełbasa. It is prepared with ground pork meat which is cured before it is seasoned with salt, pepper, sugar, garlic, and (optionally) marjoram. The ground meat mixture is then placed into a large ring-shaped casing and cold-smoked for 1 to 1.5 days, even though these days it is usually hot-smoked as the hot smoking allows for easier and faster cooking of the sausage.

Smoked Polish Kiełbasa is originally prepared only with pork, but there's another version of this authentic sausage that the Polish Government introduced in 1964, which consists of 80% pork and 20% beef. This classic Kiełbasa is usually baked, grilled, or added to traditional Polish soups, including Kapusniak cabbage soup.

- CRAFTSMANSHIP -

Kielbasa Wiejska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0534



Ingredients

Kielbasa Wiejska

Grill sausage like Wiejska on your barbecue if you want to accentuate its smoky taste.

Serve it inside a bun as a particularly thick hot dog if you want to up your usual serving size.

Directions

Kielbasa Wiejska

Wiejska is a U-shaped kielbasa.

Wiejska is made from pork and veal and contains marjoram and garlic.

Its name means 'rustic' and is derived from the Polish word 'wies'.

To preserve its perfect flavour, it should be smoked for exactly as long as necessary – not a minute more or less.

This Polish sausage is made according to a traditional Polish recipe.

The production of Wiejska kielbasa relies exclusively on natural spices (black pepper & garlic) and a small amount of salt.

When slicing the sausage, check its tenderness and look out for the large pieces of pork filling, complemented by natural spices – all of this ensures an excellent flavour.

- CRAFTSMANSHIP -

Kielbasa Zywiecka ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0541



Ingredients

Kielbasa Zywiecka

is a smoked cooked sausage made from pork and a small amount of beef.

It originates from the region around the town of Żywiec in Silesia, Poland.

Appearance and Taste

Kielbasa Zywiecka has a dark brown, dry, and often slightly wrinkled casing. The sausage is pink in colour, and the individual cuts of meat and bacon are clearly distinguishable. It has a robust flavour with distinct smoky notes.

Directions

Production of Kielbasa Zywiecka

To make Kielbasa Zywiecka, approximately 70% pork, 15% pork fat and 15% beef are minced to a medium-coarse consistency and seasoned with salt, pepper and garlic. The mixture is stuffed into natural casings (beef medium casings) or artificial casings with a diameter of approximately 55 mm.

The sausages are then initially cured and dried for around 12 hours at approximately 4° to 8°C or for around 3 to 4 hours at room temperature. They are subsequently hot-smoked over hardwood for 3 to 4 hours at a temperature of around 50°C. They are then scalded until they reach a core temperature of around 72° to 74°C. Finally, the Kielbasa Zywiecka is left to dry for a few more days.

- CRAFTSMANSHIP -

Kabanosy Staropolskie ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0536



Ingredients

Kabanosy Staropolskie

Peel this long, spindly meat off of a sausage

rope and heat it in a slow cooker.

Serve it alongside sauerkraut to complement

its smoky taste with a tangy side dish.

Directions

Kabanosy Staropolskie

Kabanosy are long, thin, and sometimes very dry sausages that come in pairs.

Their name refers to a 19th-century term Kaban or Kabanek - young hogs that were fattened with potatoes, and their meat was commonly called Kabanina.

The pigs are fattened until they weigh up to 120 kilograms, after which their meat is cut into even-sized chunks, mixed with pepper, nutmeg, sugar, and caraway, stuffed into sheep casings, smoked, baked, and hung to dry until the sausages develop their distinctive shape and dark red colour.

Kabanosy sausages have an exceptional aroma, an intense flavour of baked and cured pork, and a unique, delicate, smoky aftertaste of pepper and caraway.

These sausages are usually consumed as appetizers or snacks.

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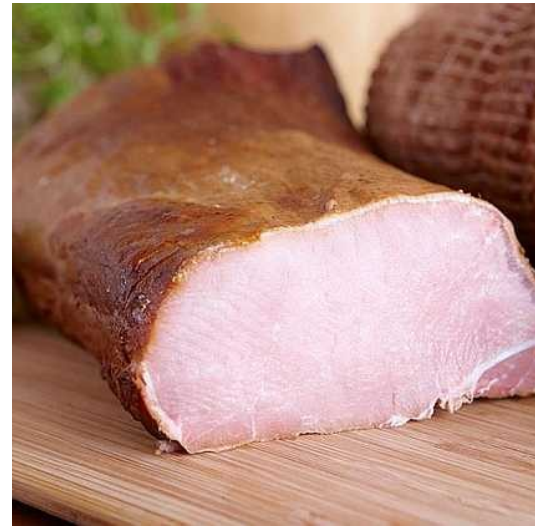
Polędwica Sopocka ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0227



Ingredients

Smoked pork loin

Sopot tenderloin is usually sliced thinly and served cold, on canapés, on cold meat platters or as an accompaniment to salads.

Thanks to its delicate flavour, it is popular with both adults and children.

Sopot tenderloin is a cured meat made mainly from lean pork tenderloin, which is carefully trimmed and then cured in a brine containing spices such as **pepper, nutmeg and, occasionally, garlic.**

After curing, the meat is smoked, which gives it its characteristic aroma and flavour.

Unlike minced cured meats, Sopot tenderloin is distinguished by its firm texture & low fat content.

Directions

Boneless smoked pork loin

Sopot pork loin – a boneless smoked pork loin whose exceptional flavour and tenderness are the result of proper heat treatment.

The authentic recipe for Sopot pork loin specifies that the product must be scalded after smoking, and this heat treatment must be carried out during the production of this cured meat.

The name 'Sopocka' comes from the town of Sopot, although today this cured meat is widely produced throughout Poland. It is a cured meat prepared using traditional, classic methods, known for many decades and prized for the tenderness of its meat and its smoky aroma.

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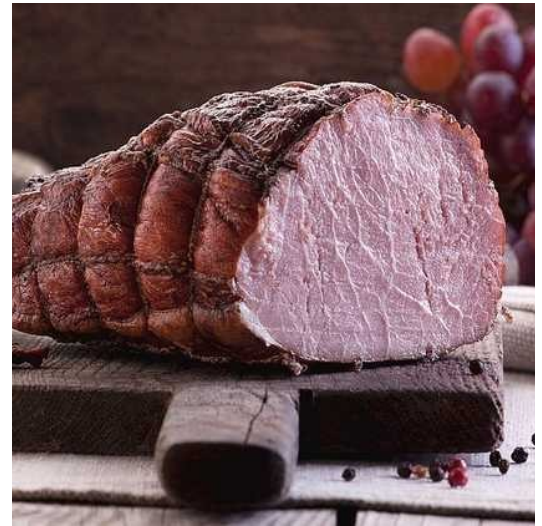
Szynka Wedzona ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0235



Ingredients

Pork ham wrapped and smoked in a fibre mesh.

Its taste results from a combination of a blend of spices and expert smoking methods.

Directions

Smoked ham, also known as “szynka wedzona,” is a popular Polish dish made from high-quality pork.

These smoked hams are known for their smoky flavour and thin layer of fat, which helps preserve the flavour.

They are ideal for gourmet sandwiches & elegant platters, offering an authentic taste of Polish cuisine

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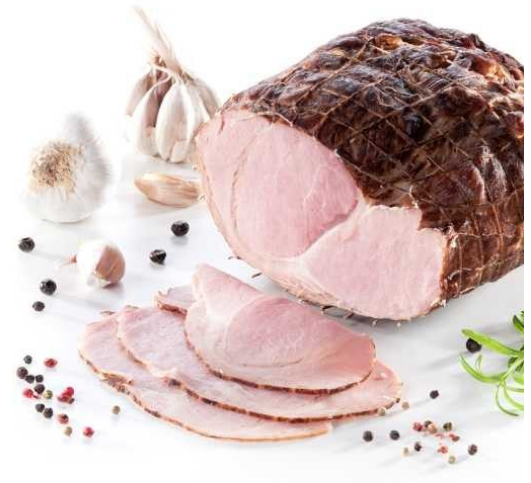
Szynka Cygangska ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0237



Ingredients

BEAR'S HAM (PANTRY)

It is perfect for sandwiches,
in scrambled eggs,
as an ingredient in
aromatic meat dishes
or as a crispy accompaniment
to burgers.

Directions

Bear's ham is a traditional pork cured meat, distinguished by its dark, almost black colour and intense smoky aroma.

It is usually made from cured meat, cold-smoked (with beech or alder wood) and steamed, often with the addition of natural spices such as garlic, marjoram and paprika.

It is characterised by its high juiciness.

- CRAFTSMANSHIP -

Baleron Gotowany ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0252



Ingredients

"Baleron gotowany" is a versatile deli meat:

Served cold on bread or toast with mustard, mayonnaise, or fresh vegetables.

Can be included in

salads,

soups, or

baked dishes.

Directions

Pork shoulder, traditionally marinated in brine, traditionally smoked & boiled.

Juicy and tender, made according to a traditional recipe.

Valued for its delicate texture and rich, savoury flavour derived from the combination of spices, marination, and cooking process

- CRAFTSMANSHIP -

Black Pudding Kaszanka ✓

Courses: Local food

Collections: Polish recipes

Source: OCTOPUS OCEAN - Germany

Serving size: 0537



Ingredients

Polish Blood Pudding **Kielbasa**
Kaszanka

How to Cook a Polish Blood
Sausage (Kaszanka)

If there's one dish from traditional Polish cuisine that creates the most controversy, it's definitely the blood sausage. Eating a sausage made with pig's blood might seem scary to someone unfamiliar with similar cuisine, but – when prepared just the right way – a Polish blood sausage can be quite a delicacy.

3 ways to prepare Polish blood
sausage

* Grilled Kaszanka

* Oven-baked blood sausage
with apples and onions

* Sautéed Kaszanka with
caramelized onions

Directions

What is Polish blood sausage made out of?

One of the key ingredients in Polish blood sausage, also called Kaszanka or Kishka, is fresh pig's blood. That's not the only ingredient, however – the natural casing (made out of a pig's intestine) is filled with a mixture of pork blood, pork offal (most often liver), and buckwheat or barley, as well as some herbs and spices (garlic, marjoram, salt, pepper, and others).

There are many varieties of this famous Polish sausage – each region has its own way of preparing Kaszanka. Apart from using different ingredients, the sausage is prepared in a range of ways as well – most often baked, grilled, or fried.

What does Polish blood sausage taste like?

Well-prepared Kaszanka can be delicious, served with a side of roasted potatoes and sauerkraut, or simply eaten with bread and mustard. Depending on the ingredients, each kishka might taste slightly different. In general, the sausage is quite savory, a little sweet, and has a stuffing-like texture.

Since Kaszanka can be prepared in a whole range of ways, its taste will vary depending on how you cook it. There are more sophisticated varieties, like oven-baked kaszanka with apples and sliced onion, but kishka is often simply tossed on a grill or a roasting pan with some onions, making for a tasty and simple meal.

How long do you fry blood sausage?

If you're preparing cooked Kaszanka whole, you can grill it with some butter and onions for four minutes on each side. This is the quickest and simplest way of preparing Kaszanka – ready to eat

after a couple minutes. Serve with mustard or horseradish with a side of bread for the best experience.

How to grill Kaszanka the right way?

Place the Kaszanka together with some onions in a grill dish on the coolest spot of the grill. Add some salt and butter, stir, and wait for the grill to become hot. Cook it for about 20 minutes – both the meat and the onions should be properly cooked by then. Serve while the food is still hot.

How do you know when blood sausage is done?

If you're grilling your blood sausage whole, it will slowly start oozing out as it cooks. If the insides are oozing out and the skin has started to brown, your blood sausage is ready. When cooking on a frying pan a blood sausage that's been cut into slices, you can let it get a little crispy for some extra texture. There's a variety of recipes for cooked kaszanka, and depending on which recipe you use, the signs of the sausage being ready might be a little different.