

**FOUR EAGLE AWARD MENU**  
**FRIDAY, MAY 9, 2008**  
**6:00 PM**

INTERACTIVE STATIONS:

ZAKĄSKI (COLD STATION)

HERRING  
CUCUMBER SALAD  
SMOKED WHITE FISH  
SPICED RED CABBAGE  
EGGPLANT

PIEROGI  
SAUSAGES  
CAVIAR  
CHILLED CYTRYNÓWKA

SOUP STATION

SOLYANKA  
ZUPA SZCZAWOWA  
PEA & BARLEY  
BARSZCZ

BREADSTICKS  
POTATO BISCUITS/CARAWAY  
KLUSKI

MAIN COURSE STATION

STUFFED PORKLOIN  
BEEF ROASTS  
SALMON KULEBYAKA  
CHICKEN KIEV  
HULUSHKY WITH FRIED CABBAGE  
ROASTED POTATOES  
GREEN BEANS

DESSERT STATION

TORTES // ALMOND – WALNUT  
LINZER TORTE  
SERNIK  
NALEŚNIKI  
POPPYSEED ROLL  
CHOCOLATE MOUSSE

The foods of Poland are subject to many factors, but the most important were the religious influence and those of the royal court.

The Church made a virtue out of economic necessity. It divided foods into two groups. For over half the days of the year only Lenten fare was allowed: vegetables, fish and mushrooms. Milk, eggs and meat were permitted on the remaining days.

The royal court, and the feudal system that supported it, created the basis for many of our favorite dishes today. The simple foods reflect what the often-poor soil yielded in the harsh climate, and what could be preserved by traditional means (in salt and vinegar or by drying) for year-round use. Hardy root and vegetable crops, a variety of grains, the flavors of garlic, mustard and horseradish, and sour dairy products such as buttermilk & yogurt were the region's staples. Cabbage and cucumbers were the primary sources of Vitamin C.

As the empire grew from the Baltic to the Black Sea, the influence on the Poles became more evident. Yeast breads, pastas, cakes were influenced from the south in Italy, richer sauces were introduced from France, and further influences from the bread-basket regions of Ukraine and Russia.

The Zakuski (cold table) represents the vegetables and salads and meats that are preserved in the oldest of methods known to man – pickled herring, pickled beets, cabbage – cured sausage, root vegetables, smoked meats & fish.

The soups of the region represent the availability and the multiple uses of the grains and vegetables and meats. Barley, peas, root vegetables, beets, carrots, spinach, sorrel, combined with the bases of fish and available meats created the basis (if not the entire dinner) for most dinners. Some soups sweet, some sour, some smooth and creamy, and others hearty and filling, but always part of the daily life.

The main courses reflect the mainstay of the livestock within the region. Pork obviously the leader, followed by fowl (chicken) and fish. Beef was a rarity and a treat when available. The Polish are known for adopting recipes with those ingredients on hand or available. Instead of beef tenderloin in a puff pastry, salmon and rice becomes a feast for the eyes as well as the palate.

Dessert – the basics are still the best. The use of nuts, cream cheese, poppy butter, chocolate, fruit fillings, every family developed favorites that have been passed down for generations.