



So that's Goulash and Potato Pancakes in English. Language is not a problem as long as the dish tastes good - Our Polish friends certainly know how to get the best out of very little?..

Gulasz Ingredients:-

500g of Pork Thigh, cubed
100g of Plain Flour (Gluten free for us)
3 Tbsp of Oil
1 Onion, diced
3 Carrots, chopped
3 Cloves of Garlic, minced
200ml of Chicken Stock
2 Tbsp of Tomato Puree
2 Tbsp of Paprika
1 Tsp of Allspice
2 Tbsp of Water
60ml of Red Wine
3 Tbsp of Cornflour
Salt & Pepper, to season

Method:-

- (1) Dredge the pork in Flour which you have seasoned with Salt & Pepper.
- (2) In a large pan heat Oil and brown the Pork on all sides.
- (3) Remove and set aside.

- (4) Add the Onions to the pan, followed by the Carrots and cook until softened.
- (5) Add the Garlic and stir in.
- (6) Return the Pork to the pan and add the Stock, Tomato Puree, Paprika, Allspice and Red Wine.
- (7) Simmer for a hour.
- (8) In a jug blend the Cornflour with Water and add to the pan.
- (9) Stir in and simmer for a further 30 minutes.
- (10) Season to taste.

Placki Ziemiaczane Ingredients:-

3 Large Potatoes, grated
1 Onion, grated
1 Egg, beaten
Oil to fry
Salt & Pepper to season

Method:-

- (1) Squeeze out the moisture from both the Potato and Onion using kitchen paper.
- (2) In a bowl add the Egg and stir in the Flour.
- (3) Season with Salt & Pepper.
- (4) Beat until the mixture is smooth.
- (5) Stir in the Potato and Onion.
- (6) Heat Oil in a frying pan and spoon in the mixture, spreading until about ½ an inch thick.
- (7) Fry for 2 to 3 minutes and each side.
- (8) Repeat in batches and drain on kitchen paper.

As sprinkle of fresh Dill was all this needed. A really hearty meal for a pretty wintery day!