



REGIONAL FOOD IN SILESIA

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WHAT IS SILESIAN CUISINE ABOUT?

- Silesian cuisine is a mixture of influences from different cultures.
- We can find in it influences of German, Czech and Austrian cuisine, country cuisine, hearty and greasy highlander cuisine, as well as exquisite elements of bourgeois and hunting cuisine.

TYPICAL SILESIAN SUNDAY DINNER

- Traditional Silesian dinner - the most recognized dish of Silesian cuisine. Beef roulade stuffed with bacon, sausage, pickled cucumber and mustard; served with Silesian noodles, fried red cabbage with bacon and aromatic roast sauce.



TYPICAL SILESIAN SOUPS I.I

- Żur - soup made on the basis of a meat broth thickened with sourdough, usually made of rye flour, having a characteristic sour taste. A specialty of regional Polish cuisine. Often the sour rye soup is served in bread.



TYPICAL SILESIAN SOUPS 1.2

- Wodzionka, wodzianka or brotzupa - regional Silesian dish. It used to be one of the basic dishes of Silesian cuisine. Wodzionka comes in many varieties, but each of them is based on bread and boiling water. Wodzionka is made from stale bread, garlic and animal fat.



SILESIAN COMPOTE

- Compote - a fruit drink made of boiled fresh or dried fruit. Compotes belong to the group of fruit preserves. They can be made with added sugar or spices, such as cloves. Compote is made from apples, cherries, currants, cherries, strawberries, pears and rhubarb, among others.



OLD SILESIA KITCHEN LOOK

- You could see such a kitchen even in the 80's. Silesian women were very close to their kitchen, they often took care of the house and raised children, they were unworking wives of miners.
- The photos come from our visit to Nikiszowiec, a district of Katowice - at the Museum of the History of Katowice.



HOW TO MAKE SILESIAN ROULADE



Ingredients:

beef 6 slices

pickled cucumbers 3 pcs.

onion 1 pc.

smoked bacon 6 slices

sausage 6 slices

salt 1 pinch

pepper 1 pinch

mustard 6 teaspoons

HOW TO PREPARE
SILESIAN
NOODLES



about 500 g of boiled
potatoes

potato flour / potato starch

1 egg

salt

HOW TO PREPARE RED CABBAGE



1 red cabbage

1-2 tablespoons of lard

the juice of half a lemon

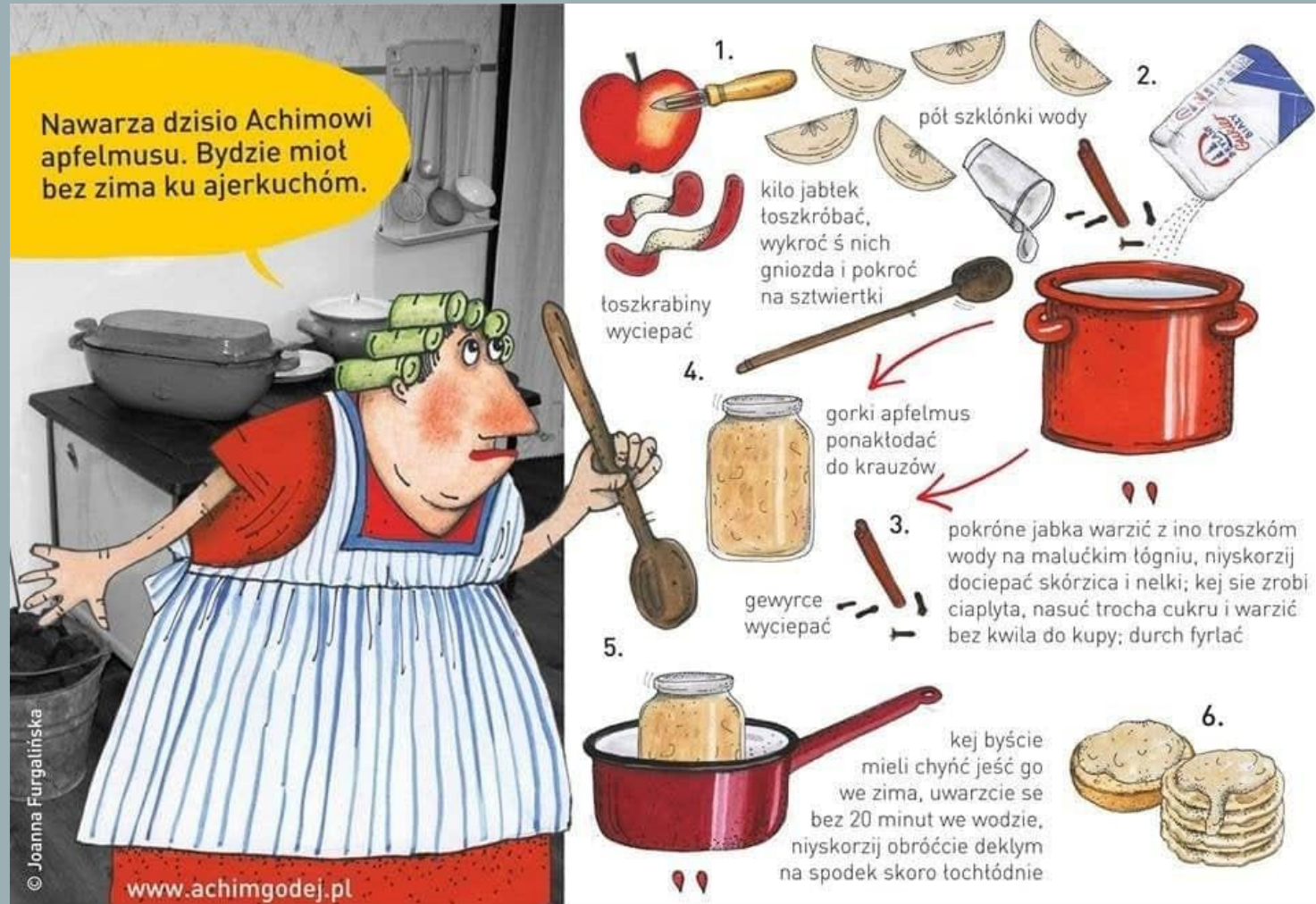
0.5 liters of water (approx.)

1 large apple

1/3 a bunch of dill

salt, pepper, sugar to taste

JOKINGLY ABOUT SILESIAN CUISINE IN THE SILESIAN DIALECT



apfelmus = mus jabtkowy

OLD SILESIAN MUSIC IN SILESIAN DIALECT

- [ENG]
Trash Pickers
Two lovely Cathies, Silesian pickers
walking the dump heaps merrily bicker
And every morning they look for goodies
When in the junk site they're never moody

Trash, trash, trashpickers, trash, trash, trash
Trash, trash for petty cash

And every morning they look for goodies
When in the junk site they're never moody
Once merry Cathy in the heap ventured
Fell down the steep slope, what an adventure

Once merry Cathy in the heap ventured
Fell down the steep slope, what an adventure
She screamed in panic: „hold me, I'm falling!”
Other girls helpless, with laughter rolling.

Why lovely Cathy in such a hurry?
Now all in bruises, you got us worried
At home your husband will have to treat you
With hare-lard ointments before we meet you.

[PL]
Hasiorki
Śląskie hasiorki dwie szwarne Kasie
Koždy dzień rano zbierajom hasie
Łażom na hołdzie aże uciecha
A co godnego cisnom do miecha

Haś Haś Hasiorki Haś Haś
Haś Haś a jutro zaś

Łażom na hołdzie aże uciecha
A co godnego cisnom do miecha
Roz jedna Kasia pszigoda miała
Z wysokiej hołdy na dół sleciała

Roz jedna Kasia psigoda miała
Z wysokiej chołdy na dół zleciała
W nagłości wrzeszczy: „Trzymcie mnie baby!”
One ze śmiechu aże się kładły

Kaj ci tak pilno Kasiu kochana
Strzaskałaś ręce boki kolana
Bydzie cie musioł chopek lykować
Zajęczym sadłem miesionc smarować



Erasmus+

DAWID NOWARA, ALICJA ENGEL

THANK YOU!



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