



Food traditions in URZECZE



Urzecze is a region in Poland stretching along Vistula River up to the mouth of Pilica River. It was developed by Olęders, the newcomers from the northern Poland, who originally came from the Netherlands. They were free farmers. We owe them bringing raspberries, strawberries, gooseberries and currants to Urzecze.





PLUM JAM

Frying jam in large copper pots over a fire for a few days. The popularity of frying jam, mainly from plums or beetroot is attributed to the Olęders - settlers from the north of Poland. They came to the areas along the Vistula - including Urzecze - to dehydrate the land and prepare it for cultivation. Large copper pots were used for frying, and the frying took place outdoor over a fire.



PLUM JAM





FISH DISHES - SIUFOREK

Many dishes contained fish from Vistula River because they were easily available. Almost everyone was fishing in Vistula River. Very characteristic of our region are wicker traps, or "wiraszki", which allowed large fishing. They were woven from wicker twigs, when the fish swam inside it could not free itself from this trap.

In the case of fish dishes, it is worth mentioning siuforek fish soup, which is cooked in a cauldron over a fire. Preferably near the Vistula. This dish is attributed to the Vistula raftsmen who sailed through Urzeczce on wooden rafts or large ships - punts.



HOW TO MAKE SIUFOREK

You need: some carrots,
some parsnips, a piece of
cellery, some potatoes, a
lot of freshwater fish,
some spices like allspice,
bay leaves, salt and
pepper.



SAUERKRAUT

One of the most important customs was souring cabbage with the use of slicer and wooden barrel. While slicing cabbage you should mash it up with the help of wooden rammer or your own feet.



Barrels for souring cabbage



Sójki are a type of baked dumplings - usually stuffed with sauerkraut, sometimes with mushrooms, millet, and they are also in a version with sugar beets. In our Urzecze, due to the large amounts of sugar beet, it was most often found in the stuffing.



Sójka "upolowana" podczas festiwalu "Góra Urzecza"
w Górze Kalwarii - KGW "Wisetka" z Podłęczu.



Apple pie

Czersk is located in the middle of apple orchards, which were the first orchards in Poland.

The best apple pie is made here.

You need sauer apples which are fried on a pan with sugar. They are the main ingredient of the apple pie.



Thank you :)

