



# Tastes of the land of Wadowice



Culinary Notebook



**WADOWICE**  
where it all begins

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## EXPLANATION OF SYMBOLS



**Preparation time**

**Level of difficulty**



**Number of servings**



very easy



easy



more difficult

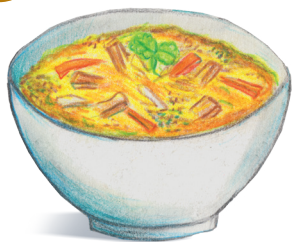




## INTRODUCTION

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**JOHN PAUL II** visited his hometown three times (1979, 1991, 1999). During his last visit in Wadowice in June 1999, the Holy Father reminisced about his childhood and youth on the Skawa River. In his words, *everything started here*. He tried for a brief moment to recall the Wadowice of his past – a pre-war garrison town. He remembered people and places and the events accompanying them. His middle school years, a time when students from the entire area were combined into one class, held a special place in his memory. *We all attended middle school together. One group from Andrychów, a second from Zator and a third from Kalwaria.* In those days, in connection with the history and tradition of the region, the inhabitants of each place were referred to according to the characteristic dishes for which they were known. John Paul II mentioned the *ogórcze* (picklers from Kalwaria Zebrzydowska), *flacorz* (tripe makers from Wadowice) and *szczupaki* (pike eaters from Żywiec). Locally, references to the inhabitants of other areas persist: *plackorze* (from the Polish word for pancake) from Andrychów and *królicorze* (from the Polish word for rabbit) from Chocznia. It was precisely this tradition that inspired this publication. Within these pages we recount the historic tastes of Wadowice that Karol Wojtyła remembered so vividly, as well as home cooking in this part of Małopolska Region. This culinary notebook explores not only the history of specific dishes, but also how they are made. We invite you to delve into the unique culinary traditions of this region.



# Wadowice tripe

During his first pilgrimage to his hometown, Pope John Paul II, along with his Vatican delegation, was invited to lunch at the Wadowice rectory by Fr. Edward Zacher. A meal of traditional tripe was served. The Holy Father described the dish to the Italian cardinals as "Polish spaghetti".

## TRADITION

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**HOLIDAYS** and feast days in Wadowice's Basilica of the Presentation of the Blessed Virgin Mary (Presentation of the Blessed Virgin Mary, celebrated on 21 November, and Our Mother of Perpetual Help on 27 June) were special events that marked the lives of the town's historic inhabitants. Every Thursday, in accordance with centuries of tradition, the local market square also hosted fair offering all kinds of essential items. Stalls and local taverns served tripe, a dish prized particularly for its good taste and filling consistency. The tradition of serving Wadowice tripe lives on and the term *flacorze* (tripe eaters), used to refer to residents of Wadowice, is still popular. This dish appears as part of local christian feasts and during town celebrations of patriotic holidays.

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### RESTAURACJA



*Dworek  
Mikołaj*

Wadowice tripe is featured on the menu of restaurant *Restauracja Dworek Mikołaj*  
ul. Błonie 1, 34-100 Wadowice  
tel. +48 33 873 35 80  
e-mail: [biuro@dworek-mikolaj.com.pl](mailto:biuro@dworek-mikolaj.com.pl)

Established in 1978, the restaurant is located in a historic 19<sup>th</sup>-century mansion. Another specialty of the house is *Kociołek Mikołaja* (żurek staropolski – traditional Polish sour soup).



5 hours



more than 10 servings



## RECIPE

### INGREDIENTS:

- 2 kg beef tripe
- 250 g celery
- 100 g parsley
- 50 g leeks
- 200 g onions
- 1 kg beef bones (for bullion)
- 100 g cooking fat
- 50 g wheat flour
- 1 g marjoram
- 1 g laurel leaves
- 1 g black pepper
- 7 g ground paprika
- 2 g ginger (fresh ginger may be used)
- 30 g maggi seasoning
- 40 g salt
- 50 g butter cubes
- a few grains of allspice
- fresh parsley for garnish

### PREPARATION:

Rinse the beef bones, divide into parts, pour in a small amount of water, add seasonings, cook to create bullion, then drain.

Wash the tripe several times under warm running water. Then add to a pot with clean water and cook like a broth. After cooking, drain the water, rinse the tripe, add more clean water and cook for 1 hour. Drain the water and rinse the tripe in cold water again, then place in the prepared broth. Cook until tender, approx. 4-5 hours.

Wash and rinse the vegetables, then cut into strips and stew with a small amount of water.

When tender, remove the tripe from the broth and cut into thin strips. Lightly brown the flour in fat and add tripe broth until a sauce forms.

Add the stewed vegetables and sliced tripe.

Mix everything together, season and simmer.

Garnish each serving with chopped green parsley.



# Fried trout with a sprig of parsley

*At a time when fasting was more restrictive than it is today, fish was an important source of nourishment. Fish were provided by the Skawa River and a number of ponds belonging to inhabitants near the town.*

Honorat Czesław Gil, The Barefoot Carmelite, the historian from Wadowice

## TRADITION

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**FISH** have been part of **Wadowice** cooking traditions since the Middle Ages, when local princes from Oświęcim and Zator build the first ponds near the Skawa River. Wadowice residents followed in their footsteps by building their own ponds in order to supplement their daily fare. Fresh fish were also available every week on Thursday from the Wadowice fair and included tench, carp, trout and pike. Preserved water reservoirs constitute the living heritage of the Skawa Valley. To a certain extent, this cluster of ponds recreates those that existed in the 16<sup>th</sup> century. The region's fishing industry grew in the second half of the 19<sup>th</sup> century in tandem with the dynamic development of the economy of Galicia – a province of Austria-Hungary. The current network of fishing ponds on the Skawa has various owners, but is still involved in breeding trout and other kinds of fish. Fish can also be caught directly from the Skawa River.

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We encourage those who don't necessarily want to fish, but enjoy eating them and appreciate the value of home cooking to try the fried trout served in the stylish interiors of the *Cud Malina* Restaurant located in a historic tenement house in the town centre, pl. Kościuszki 22 (1<sup>st</sup> floor) 34-100 Wadowice, tel. +48 504 186 310 e-mail: [restauracja@cudmalina.com](mailto:restauracja@cudmalina.com)





approx. 30 mins



1 serving



## RECIPE

### INGREDIENTS:

- 150 g rainbow trout
- 300 g vegetables (broccoli, carrots)
- 1 teaspoon chopped parsley
- salt

### Marinade:

- 1 tablespoon lemon juice
- 1 tablespoon oil
- 1 clove garlic
- 1 teaspoon paprika
- salt
- pepper
- herbs
- ¼ stick of butter
- ½ of a lemon

### PREPARATION:

Wash and dry the trout. Mix the oil with lemon juice, salt, pepper, herbs, paprika and pressed garlic. Rub the marinade into the fish and set aside for 30 minutes. Then wrap the trout in aluminium foil or place inside an ovenproof dish and bake for 25-30 mins at 180°C. Steam or cook the vegetables (broccoli, carrots) in salted water and drain. Garnish the baked trout with parsley and serve with vegetables drizzled with golden butter.



# Haunch of rabbit in cured ham

## TRADITION

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**CHOCZNIA** is a village near Wadowice that dates back to the Middle Ages. This time period is associated with legends about local robbers. Local residents still remember Wawrzyk (Lawrence), who attacked merchant caravans as they made their way to Śląsk via Chocznia. Chocznia is also associated with a local tradition that has given its residents the name *królicorze* (from the Polish word for rabbit). The name is connected to a local feast celebrated 24 June (the Birth of John the Baptist), when a festive meal of rabbit stew or broth was prepared. Families ate this meal together, sharing the meat, and offering the prime cuts to the host. The remaining portions of meat were baked to make pate and offered to guests.

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Rabbit roulade is still available in this charming restaurant with a modern interior.  
*Restauracja Pestka*, ul. Zatorska 17  
34-100 Wadowice, tel. +48 530 066 943  
e-mail: [info@pestkarestaurant.pl](mailto:info@pestkarestaurant.pl)



30 mins



1 serving





## RECIPE

### INGREDIENTS:

- 200 g haunch of rabbit
- 50 g cured ham
- 140 g celeriac
- 120 g Brussel sprouts
- 50 g butter
- 50 ml white wine
- 50 ml cream
- fresh thyme
- salt, pepper, sugar

### PREPARATION:

#### Meat:

Separate the meat from the bones and then marinate in thyme, fresh ground pepper and a small amount of quality oil. Set aside for a few hours in the refrigerator. Then remove, wrap in slices of ham and fry on low heat.

#### Puree:

Peel the celeriac and cut into cubes, drizzle with oil and bake at 180°C until tender. Remove from the oven, add cream and blend together and finally season with salt and pepper.

#### Sauce:

Broil the bones at 280°C for a few minutes, then place into the pot, add water, thyme and wine and bring to a simmer. Drain using a fine sieve, perform a reduction, season with salt and pepper and thicken with cold butter.

#### Brussel sprouts:

Lightly brown the Brussel sprouts and fry in butter and a pinch of salt and sugar.



# Papal cream cake

*There was a confectionary. After our maturation exam, we went there for cream cake. Because we made it through, we had those cream cakes after the exam.*

John Paul II, Wadowice, 1999.

## TRADITION

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**THE TRADITION** of making cream cakes **in Wadowice** began in the 1930s. It was then that Viennese confectioner Karol Hagenhuber brought the secret of its creation by the Skawa River. He rented space in a building on the Wadowice market square and founded his own confectionary. Residents remember it as a place of distinction and elegance. The new dessert became a favourite of Wadowice residents, and high school students who finished their maturation exams celebrated their graduation over cream cakes. Karol Wojtyła's friend from Wadowice, Ms. Halina Królikiewicz-Kwiatkowska, remembers that the cream between the two pieces of French pastry was a buttercream with a hint of vanilla. The renaissance of Wadowice cream cake was sparked by recollections shared by John Paul II with residents of the town during his speech on the local market square. As a result, local bakers and confectionary owners decided to serve their own versions of this popular dessert. This papal delight is served by every confectionary in Wadowice and a competition for the best papal cream cake is even organised to celebrate the birthday of Karol Wojtyła on 18 May.



60 mins



6 servings







## RECIPE

### INGREDIENTS:

#### French pastry:

- 250 g butter
- 250 g flour
- 1 egg yolk
- a pinch of salt
- ½ cup water

#### Whipped cream:

- ½ litre cream (36%)
- 2 tablespoons powdered sugar
- 1 package of vanilla sugar

#### Vanilla cream:

- 2 cups milk
- ¾ cup sugar
- 3 eggs
- 3 egg yolks
- ½ cup wheat flour
- 2 tablespoons butter
- 1 package of vanilla sugar

### PREPARATION:

#### To make the vanilla cream:

Bring the milk and vanilla sugar to a simmer. Add sugar, the whole eggs and yolks to the wheat flour and mix well. Pour in the hot milk, continuing to stir and maintaining the heat. After the mixture cools, add butter and stir until obtaining a uniform consistency.

#### To make the whipped cream:

Whip the chilled cream with sugar and vanilla sugar until fluffy.

#### To make and assembly the French pastry:

Combine the butter with 1/5 of the flour, form a block and refrigerate. Add the yolks, water and a pinch of salt to the rest of the flour, knead the dough and refrigerate for approx. 20 mins. Use a rolling pin to roll out the chilled dough. Place the chilled square of flour and butter in the centre, cover with the flattened dough and roll out to approx. 2 cm. Fold the sides into the centre again and then fold in half and continue rolling. Repeat these folds four times. After each kneading, leave the dough in the refrigerator for 15-20 mins. Then, roll out to a thickness of approx. 0.5 cm, place on a baking tray and bake at 200°C until lightly browned. Cut the baked French pastry in equal halves, smearing half with the vanilla cream and then a layer of whipped cream. Cover with the second pastry half and sprinkle with powdered sugar.

# Freshly pressed juices

*There are no shortcuts here, no additives, water or preservatives. That's the way it has to be.*

Nikodem Karelus, Tłocznia Chocznia

## TRADITION

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**CHOCZNIA**, near Wadowice, is not only known in the Wadowice region for its dishes made with rabbit. It is increasingly associated with freshly pressed juices. Juice making dates back to ancient times. It was believed that the nourishing power of juice gave one incredible energy and vitality. Just like long ago, juices are made by processing fruits and vegetables into pulp, which is then pressed. The family-owned *Tłocznia Chocznia* serves juices made from traditional products, based on fruits and vegetables grown in the Wadowice region. Unpasteurised and prepared immediately prior to consumption, these juices come in both traditional flavours as well as exotic combinations, including with orange, grapefruit or lemon. Also available are one-of-a-kind herb juices known as "liquid seasonings", based often on ginger, garlic or mint. These fresh juices can be bought at *Tłocznia Chocznia*, as well as in hotels, confectionaries and health food stores throughout Wadowice and its surroundings.



For those who enjoy making their own juices and have the necessary equipment, *Tłocznia Chocznia* can also provide fruit deliveries.

*Tłocznia Chocznia*  
os. Patria 16, 34-123 Chocznia  
tel. +48 519 418 577  
e-mail: [tlocznia.chocznia@gmail.com](mailto:tlocznia.chocznia@gmail.com)



# Inwałd Bread



*It tastes good and has a long shelf life. It is well baked (...), which maintains freshness. If you tap it gently on the bottom, it makes a characteristic noise: something like a knocking sound.*

Helena Fryś

## TRADITION

**INWAŁD** is a medieval village located between Wadowice and Andrychów, and its former inhabitants made their living from weaving. At the end of the 18<sup>th</sup> century, the village became part of the “imperial highway”, the first Galician trade and postal route. The local section was made using crushed limestone extracted from Inwałd’s limekilns. Bread baking is also a local culinary tradition, cultivated in Inwałd for more than fifty years. Although initially produced in Andrychów before World War II, bread making was later brought to Inwałd. The bread made in Inwałd is based on an old recipe. It incorporates a combination of two types of flour, in specific proportions: wheat and rye.



This bread can be found at the “Wizan” Bakery, which also distributes the bread to nearby stores. In 2017 the Local Organization *Wadoviana* and “Wizan” Bakery obtained a certificate for Inwałd bread confirming its status as a traditional regional product from the Ministry of Agriculture and Rural Development.



# Natural honey and desserts with honey

## TRADITION

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**KLECZA DOLNA** is a small village to the east of Wadowice (approx. 4 km), which dates back to the 15<sup>th</sup> century. At that time, it was part of a large cluster of properties belonging to the local noble family. To this day you can admire the magnificent 19<sup>th</sup>-century manor and the 20<sup>th</sup>-century church, St Lawrence, designed by outstanding architect J. Sas-Zubrzycki. Now Klecza Dolna is known for its production of honey and honey-related goods, which have been part of the Polish kitchen for centuries. Honey production was initially intended for household consumption and sometimes for the local market, but later became a Polish export. It is valued for both taste and the health benefits it offers. The old Polish beekeeping traditions are kept alive by the owners of the company *Łyson*, which has been involved in beekeeping for more than three generations. The company's products include traditional honey, sweets and cosmetics.

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*Przedsiębiorstwo Pszczelarskie  
Tomasz Łyson Spółka z o.o. Sp. K.  
Klecza Dolna 148, 34-124 Klecza Górna  
tel. +48 33 875 88 07, 33 875 12 36  
e-mail: poczta@oryginalneprezenty.pl*

Products based on natural honey  
are also available at restaurant *Miodowa 8*  
in Wadowice, pl. Jana Pawła II 8  
tel. +48 33 877 59 45





30 mins



4 servings



## RECIPE

# Honey bars with nuts and chocolate

### INGREDIENTS:

- 100 g shelled almonds
- 100 g low-salt peanuts
- 100 g walnuts
- 100 g oatmeal
- 100 g dark chocolate (70% cocoa)
- 250 g honey, e.g. multiflorous

### PREPARATION:

Chop the almonds, peanuts and walnuts coarsely. Mix the chopped nuts with the oatmeal and fry briefly in a pan. Set aside to cool. Chop the chilled chocolate into small pieces. Heat the honey in a saucepan over low heat until runny. Add the mixture of oatmeal and nuts and the chocolate. Stir well. Transfer to a piece of baking paper and smooth into a uniform layer. Bake in the oven for 10 minutes at 150°C. Once cool, cut into long bars.



# Quince juice from Jaroszowice – Zbywaczówka

## TRADITION

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**JAROSZOWICE** is a village located not far from Wadowice (approx. 5 km) on the banks of the Skawa River at the foot of Jaroszowicka Mountain (the Little Beskids). Established in the 14<sup>th</sup> century, archaeological evidence of a settlement in this area points to the Neolithic era. The Skawa divides the village into two separate parts: right bank with the 19<sup>th</sup>-century Church of St Isidore and left-bank Zbywaczówka. Here, in the hamlet of Jaroszowice-Zbywaczówka, is the headquarters of the Association for the Development of the Village of Jaroszowice-Zbywaczówka, which produces quince juice. Quince fruits are rich in vitamins and preserves made using these fruits are used to treat flu and colds. Quince also has a calming effect, lowers cholesterol and improves appetite. For decades, many household gardens in Jaroszowice have included small quince trees with their characteristic yellow fruits, which resemble pears in shape. Their widespread availability inspired the association to take advantage of this abundance by producing the very best quince juice, under the watchful eye of the local women of Jaroszowice.

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Try this unique juice at the *Spichlerz Smaków* Restaurant, located in the historic mill.  
MŁYN JACKA Hotel & Spa\*\*\*\*  
Jaroszowice 234, 34-100 Wadowice  
tel. + 48 33 873 40 80, + 48 660 525 221  
e-mail: [recepca@hotelmj.pl](mailto:recepca@hotelmj.pl)



approx. 40 mins



more than 10 servings



## RECIPE

### INGREDIENTS:

- approx. 1 kg quince fruit
- approx. 1 kg sugar

*according to a recipe by Ms. Maria Potoczna,  
Association for the Development  
of the Village of Jaroszowice-Zbywaczówka*

### PREPARATION:

Wash the fruit and cut into four pieces. Remove the seeds and cut the fruit into thin strips. Do not remove the skin. Pour sugar into the bottom of a large jar (one that can hold all of the fruit). Alternate with layers of fruit and sugar until the jar is full or you run out of fruit. The uppermost layer in the jar should be sugar. Put on the lid and set the jar aside for a few days to allow the fruit to release its juice. Once the juice fills the jar, it can be poured into smaller jars or bottles and pasteurised.

# A map of tastes of the land of Wadowice









# Radocza apple pie



## TRADITION

**THE TRADITION** of baking apple pie in the village of **Radocza** (approx. 5 km from Wadowice), in the neighbouring municipality of Tomice, dates back several generations. According to old local records, the idea was born in the 19<sup>th</sup> century, when a local housewife and cook at the manor house baked a traditional apple strudel with rose jam. She used this filling in a dessert of her own creation, on a shortcrust base. Her apple pie gained popularity among the local inhabitants. Unfortunately, the turmoil of war at the beginning of the 20<sup>th</sup> century disrupted life in this area and the recipe was almost completely forgotten. Fortunately, memories of the dessert lived on in family recollections. For more than 30 years, traditional Radocza's apple pie has been created using local ingredients. The crust is made with flour from the local mill, and the eggs, apples and rose jam obtained from local farmers. Preparation of the dessert is time-consuming, but residents still enjoy making and serving it during important local celebrations and for presentations of local specialties. In 2016, the John Paul II Centre for Continuing Education in Radocza obtained a certificate for Radocza apple pie as a traditional regional product from the Ministry of Agriculture and Rural Development.



This exceptional pie is available  
at the *Radocza Park Hotel*  
ul. Parkowa 1, 34 -100 Radocza  
tel. +48 33 873 49 10, 33 873 49 25  
e-mail: [recepcja@radoczapark.pl](mailto:recepcja@radoczapark.pl)



90 mins



25-30 servings





## RECIPE

### INGREDIENTS:

- 500 g whole meal flour
- 100-150 g butter
- 150 g margarine
- 100 g powdered sugar
- 4-5 egg yolks (cooked or raw)
- 200 g rose jam
- 1.5 kg sour apples
- 100 g raisins
- 30 g candied orange zest and 10 g lemon zest
- sugar to taste
- cinnamon to taste
- 1 package of vanilla sugar
- 30 g powdered sugar for sprinkling or icing
- 250 g powdered sugar
- 2 egg whites
- a few drops of rose oil

### PREPARATION:

To make the crust: divide the yolks from the egg whites, and place the yolks (with the strainer) into enough boiling water to cover them. Maintain a temperature of 80°C for 15 minutes, then remove them and allow them to cool before passing them through a sieve. Sift the flour and mix thoroughly with the butter, add the yolks (they can be raw), powdered sugar and lemon zest and use your hands to knead into a smooth, uniform dough. Leave covered in a cool place for 15 minutes. Divide into 2 parts: roll out one part to a thickness of 0.75-1 cm, place in a heated oven and bake at a temperature of 200°C. Allow to cool. Spread on the rose jam. Wash, peel and cut the apples into thin slices. Season to taste with sugar, cinnamon and vanilla sugar, add orange zest and raisins. Spread this mixture on the crust, cover with the rest of the crust and bake until golden brown at a temperature of 200°C. Remove the pie from the oven, sprinkle with powdered sugar or top with icing: mix the egg whites with powdered sugar and whip until fluffy. Add a few drops of rose oil and spread across the top of the pie. Serve warm or cold, with ice cream, whipped cream or "Adwokat" (egg liquor), or garnished with melissa, cloves or orange zest.



# Witanowice potato pancakes



*Our mothers and grandmothers often mashed uneaten potatoes, adding flour, egg, onion, salt and pepper. Then they fried them in lard. These pancakes were served with sour milk or salad.*

A housewife from Witanowice

## TRADITION

---

**WITANOWICE** is a small village dating back to the Middle Ages, located next to Wadowice in Tomice municipality. For more than 60 years, it has maintained its local tradition of potato pancakes, an inexpensive dish that is also easy to prepare. The popularity of this dish with residents is connected to centuries of ecological potato farming. According to tradition, uneaten potatoes were the most frequent ingredient in these pancakes, an attempt to make sure that no food was wasted. These days the potatoes used to make pancakes are left in their skins, or jackets, and peeled only after they have been cooked. This practice minimises the loss of vitamins that potatoes contain, as well as preserves flavour. Long ago, Witanowice potato pancakes were known as potato cutlets, potato patties or simply pancakes. They can be served as a complement to meat, sauces or salads. In 2016 the Circle of Rural Housewives from Witanowice obtained a certificate for this dish confirming its status as a traditional regional product from the Ministry of Agriculture and Rural Development. Witanowice potato pancakes are served during local celebrations.

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approx. 60 mins



4 servings



## RECIPE

### INGREDIENTS:

- 8 medium-size potatoes
- 2 eggs
- 4 heaping tablespoons of wheat flour
- 2 onions
- lard for frying
- flour for dusting the pancakes
- salt and pepper

### PREPARATION:

Boil the potatoes, then allow to cool and mash. Brown the onion in lard. Add flour, egg and fried onion (after it has cooled) to the pancakes. Season with salt and pepper. Create small “patties”, dust in flour and fry in lard until browned. Serve warm or cold with sour milk or salad.



# Andrychów potato pancakes

## TRADITION

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**ANDRYCHÓW** is an 18<sup>th</sup>-century town located on the Wieprzówka River (approx. 12 km west of Wadowice). It is inescapably associated with the weaving industry, which flowered at the beginning of the 20<sup>th</sup> century. At that time, the Czczowiczek brothers founded their factory in Andrychów, the first Galician mechanical weaving mill to produce cotton products. That is why residents of Andrychów are known as *drelicharze* for the denim (*drelich*) used to sew work clothes. Development of the weaving industry enriched society, which was able to buy fresh-baked goods on a daily basis. Hence, a number of bakeries began to open in the town. They offered not only breads and rolls, but also pancakes, while residents of Andrychów came to be known as *plackorze* (pancake eaters). These days, the term *plackorze* refers not only to breads, but also to fried potato pancakes. Traditionally, they were prepared with baked onions and garlic on the feast day in honour of St Matthias. This culinary tradition is the foundation for the annual Andrychów Pancake Festival, during which the “Golden Andrychów chef’s hat” competition is held for the most traditional pancake.

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45 mins



10 servings



## RECIPE

### INGREDIENTS:

- 3 kg potatoes
- 6 eggs
- 2 tablespoons flour
- 2 onions
- 3 tablespoons sour cream
- salt, pepper
- oil for frying

### PREPARATION:

Peel and grate the potatoes, then drain. Peel and grate the onion and add to the grated potatoes. Add cream, flour and egg yolks, salt and pepper to taste and then the whipped egg whites. Bake until browned in hot oil.



# Pickles from Kalwaria Zebrzydowska

*Whenever there was some kind of celebration or problem at home,  
we always went to Kalwaria and that has stayed with me.*

Cardinal Karol Wojtyła, 1976.

## TRADITION

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**KALWARIA ZEBRZYDOWSKA** is a small town, approx. 15 km east of Wadowice, whose skyline is dominated by the 17<sup>th</sup>-century Passion-Marian Sanctuary. The largest number of pilgrims are drawn to Kalwaria by the Mysteries of the Passion during Holy Week as well as the Feast of Assumption (15 August), when crowds of faithful take part in a procession featuring scenes from the Virgin Mary's funeral and triumph. In addition to pilgrims, the feast in August also attracts local traders, who sell religious items and local treats from stalls erected among the chapels. Pilgrims to Kalwaria will remember the pickles sold from large barrels. Residents of Kalwaria Zebrzydowska became known for pickling and selling pickles, hence they were commonly called *ogórcorze* (picklers). The pickling tradition is still alive today in Kalwaria and barrels of pickles can be seen during feasts at the Kalwaria Sanctuary. Every respectable Kalwaria's woman can make the best pickles in the region.



40 mins



more than 10 servings







## RECIPE

### INGREDIENTS:

- gherkins (any amount)
- garlic
- horseradish root
- dill (branch with seeds)
- a cherry or blackcurrant leaf
- an oak leaf

### Ingredients for the brine:

- 1 tablespoon of salt per 1l of water
- 1 tablespoon sugar

### PREPARATION:

Soak the gherkins in water for around 2 hours, then wash and dry them. Prepare the jars and into each one place: a clove of garlic, horseradish root, dill (a branch with seeds), a cherry or blackcurrant leaf and an oak leaf. Pack the gherkins into the jars tightly and pour in the brine.

### Brine:

Add 1 tablespoon of salt and 1 tablespoon of sugar for every litre of water. Bring to a boil and set aside to cool. Pour the brine over the gherkins, close the lid (but not completely) and leave 2-3 days in a warm place. When the pickling begins, close the lid tightly and transfer to the pantry.



# Dumplings with wild garlic

## TRADITION

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**MUCHARZ** is a village located approx. 13 km south of Wadowice. In the pre-Christian period, it was a centre of pagan religious worship. Nowadays, Mucharz attracts visitors due to its proximity to the dam in Świnna Poręba, located on 26.6 km of Skawa River. The Skawa is a mountain river, which riversides are exceptionally rich in flora and fauna. These include wild garlic, once called gypsy's onions or devil's garlic. It surpasses garlic in terms of substances that have a positive affect on the cardiovascular system and helps fight viruses, bacteria and fungi. In local cooking, wild garlic is used, among other things, for preparing the filling for dumplings. Every year a Dumpling Festival is organised in Mucharz, which features a competition for the best dumplings. The Gościniec 4 Żywiółów Association takes part in the competition and won first place in 2015 and 2016.



60 mins



4 servings





## RECIPE

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### INGREDIENTS:

#### Filling:

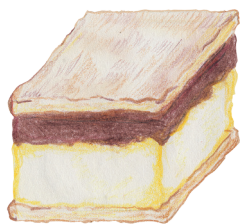
- 500 g white full-fat cheese
- 500 g potatoes
- 300 g smoked bacon
- 300 g onion
- ½ stick of butter
- a handful of fresh wild garlic
- pepper, salt

#### Dumpling dough:

- 500 g flour
- ½ cup water
- 60 g oil

### PREPARATION:

Mix the flour, water and oil to create a dough. Knead and then roll the dough out thinly. Use a glass to cut out circles. Cook and mash the potatoes, then mix with cheese. Slice and fry the bacon. Cut the onion and fry in butter; chop the garlic. Mix all the ingredients and season to taste with salt and pepper. Place filling in the centre of each circle and press the dough around the edges to seal each dumpling. Boil in salted water for 3 minutes after the dumplings float to the top of the water.



# Royal cheesecake from Ryczów



## TRADITION

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**RYCZÓW** is a small 14<sup>th</sup>-century village (approx. 16 km north of Wadowice) in the municipality of Spytkowice. It was founded by the Cistercians of Cracow, who received the land as a gift from the Duke of Opole. Royal cheesecake has been prepared in Ryczów for more than 25 years. It is unknown where the dessert's name comes from, but it is undoubtedly connected to the richness of the ingredients used to create it. The characteristic that sets this cheesecake apart from other cheesecakes is the use of oil instead of butter, as well as the fact that it consists of five layers. The traditional taste of cheese is enriched by the slightly sour tang of raisins and the delicate aroma of coconut. Royal cheesecake is a dessert that isn't prepared every day in Ryczów, but rather for special occasions, particularly family celebrations and important holidays such as Christmas, Easter and feast days. In 2013, Ms. Janina Koterwas from the Circle of Rural Housewives in Ryczów obtained a certificate for this dish confirming its status as a traditional regional product from the Ministry of Agriculture and Rural Development.

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90 mins



25-30 servings







## RECIPE

### INGREDIENTS:

#### Dough:

- 2 cups milk
- 1 egg
- 2 egg yolks
- 1 teaspoon baking powder
- ½ stick of butter
- ½ cup sugar

#### Cheese filling:

- 1.2 kg white cheese
- 6 country eggs
- 1 cup sugar
- 2 sugar free cream pudding mixes
- ½ cup oil
- 1.5 cups milk
- 100 g raisins
- coconut for sprinkling
- 2 tablespoons cocoa

### PREPARATION:

#### Dough:

Mix all the ingredients into a uniform dough and spread in the pan.

#### Cheese filling:

Beat a cup of sugar, 4 egg yolks and 2 whole eggs until fluffy. Then add cheese and mix well. Add ½ cup oil, milk and finally the pudding mix, stirring constantly. Pour this mixture into the pan on top of the dough, leaving about 2 cups of the filling for another layer with cocoa. Arrange raisins on top of the filling, then add another layer of cheese filling mixed with cocoa using a spoon. Put the cheesecake into the oven, preheated to 180°C, and bake for 40 minutes. In the meantime, beat four egg whites and ½ cup of sugar until frothy, then pour onto the baking cheesecake and bake another 20 minutes. Sprinkle coconut on the hot cheesecake.



# Rowanberry brandy from Izdebnik



*The rowan tree has long been a part of the lives of residents of Małopolska Region. It protected them from all kinds of evil forces and demons, as well as had many applications in folk medicine: infusions of its leaves or bark, teas from its fruit, and tincture of its berries.*

Urszula Janicka-Krzywda, „Czerwona jarzębina”, Kwiaty 2004/4

## TRADITION

**IZDEBNIK** is a village dating back to the Middle Ages in the municipality of Lanckorona (approx. 21 km east of Wadowice). Initially royal property, in time it became the district of Lanckorona. The village gained fame at the turn of the 19th and 20th centuries when Archduke Rainer Habsburg, together with his chief advisor Ludwik Seeling, created the famous throughout Galicia and Europe *The Factory of Health Vodkas and Liquors His Imperial-Royal Majesty Highness Archduke Rainer*. It produced: *jarzębiak* (rowanberry brandy), *jarzębinę* (rowan liqueur), *krem jarzębinowy* (rowan cream) and *koniferynkę* (pine liqueur). These liquors received many awards and medals at international fairs and exhibitions, and were sought out throughout the Austro-Hungarian monarchy and beyond. It is unknown exactly when rowan infusions were first produced in Izdebnik. According to the oldest residents, the first infusions were made simply, by pouring vodka over fruit. Spirits were used later, sometimes sweetened with honey, and in later years with sugar or sugar syrup. In 2010, thanks to Ms. Anastazja Przywara's recreated recipe, rowanberry brandy from Izdebnik received a certificate confirming its status as a traditional regional product from the Ministry of Agriculture and Rural Development.



40 mins



more than 10 servings





## RECIPE

### INGREDIENTS:

- rowan fruit
- raisins, figs or dates
- spirits of 60-70% alcohol
- spirits of 50% alcohol  
or grain vodka
- water

### PREPARATION:

After it has been thawed and dried, the rowan fruit should be blanched. Place the blanched, dried fruit into a container, add raisins, figs or dates and then enough spirits of 60-70% alcohol so that all of the fruit is covered. Close tightly and set aside for 4 to 6 weeks. Then remove the liquid, which represents the

1<sup>st</sup> infusion. Cover the remaining fruit with spirits again, this time with 50% alcohol or a grain vodka and steep for 2 to 4 weeks. In this way, the 2<sup>nd</sup> infusion is created. Add water to the fruit to obtain the liquid for the 3<sup>rd</sup> infusion. The fruit can also be squeezed in a linen bag and the liquid added to the previous infusion or left to clarify in a separate container as the 4<sup>th</sup> infusion. Mix all the infusions together to obtain a rowan vodka of 38 to 45% alcohol. Then leave the liquid in a cool place for 5-6 months. After this time, separate the clarified infusion from the sediment, pour into a bottle and close tightly.

# NOTES



## NOTES

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