



Regional and Traditional Flavours

*Poland
tastes good*



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Food quality systems in the EU

The major objective of food quality systems in the EU is to promote the diversified agricultural production, to protect product names against abuse and imitation and to help consumers understand the specific nature of registered products. The basic designations for identifying agricultural products and foodstuffs are: Protected Designation of Origin (PDO) and Protected Geographical Indication (PGI) – stressing the relation between the quality and place of origin of products, as well as Traditional Speciality Guaranteed (TSG) – featuring their traditional production method. These instruments guarantee the protection of producers against unfair competition and allow them to promote their products. They also inform the consumer of the specific and unique

nature of these products. These processes are accompanied by the protection of culinary and cultural heritage, promotion of tradition and its dissemination across Europe.

Granting the Protected Designation of Origin, Protected Geographical Indication and Traditional Speciality Guaranteed is an official confirmation of high quality and guarantees the origin of products. The symbol of one of the three certificates, placed on the product's label, guarantees the unique quality of the product resulting from specific regional conditions, history or unique production tradition. Granting the designation to the product guarantees its legal protection against an attempt of adulteration or imitation.



PROTECTED DESIGNATION OF ORIGIN

Designation of origin means the name of a region, a specific place or, in exceptional cases, a country, used to describe an agricultural product or a foodstuff:

- originating in that region, specific place or country,
- the quality or characteristics of which are essentially or exclusively due to a particular geographical environment with its inherent natural and human factors, and
- the production, processing and preparation of which take place in the defined geographical area.



PROTECTED GEOGRAPHICAL INDICATION

Geographical indication means the name of a region, a specific place or, in exceptional cases, a country, used to describe an agricultural product or a foodstuff:

- originating in that region, specific place or country,
- which possesses a specific quality, reputation or other characteristics attributable to that geographical origin, and
- the production and/or processing and/or preparation of which take place in the defined geographical area.



TRADITIONAL SPECIALTY GUARANTEED

Traditional Specialty Guaranteed indicates a traditional agricultural product or foodstuff with specific characteristic or set of characteristics relating to the product's intrinsic features that distinguish them clearly from other products belonging to the same category.

Only agricultural products or foodstuffs produced with the use of traditional raw materials or having the composition, mode of production or processing that is characterised as a traditional – that is used for a period of at least 30 years can be entered into the register.

Currently, 44 designations of Polish products are entered in the register of Protected Designations of Origin, Protected Geographical Indications and Traditional Specialities Guaranteed.

Control and certification

The bodies and authorities responsible for control and certification of regional and traditional products in Poland are:

- **Minister in charge of agricultural markets** – the Minister authorises certification bodies responsible for control, as well as to issue and revoke certificates that confirm the compliance of the production processes of PDO, PGI and TSG products with the specification;
- **Chief Inspector of Agricultural and Food Quality Inspection** – supervises Voivodeship Agricultural and Food Quality Inspectorates and certification bodies;
- **Voivodeship Inspectors of Agricultural and Food Quality Inspection** – verify compliance of the production processes of PDO, PGI and TSG products with the specification;
- **Authorised certification bodies** – control as well as issue or revoke compliance certificates. In Poland, there are five authorised units that certify PDO, PGI and TSG products.



Verification of compliance of manufacturing, processing and preparing processes of PDO, PGI and TSG products with the specification is performed on the request of producers. When control results are positive, trade quality certificates are issued to confirm compliance of the production process with the specification (Agricultural and Food Quality Inspection) or a compliance certificate (certification bodies).

Certification bodies accredited in accordance with the norm PN-EN ISO/IEC 17065:2013-03 for traditional and regional products and authorised by the Minister of Agriculture and Rural Development to control compliance of production process with the specification:

1. **PNG Sp. z o.o.**
identification number: OZ/jc-01/2006/PL
Cisów 77A
26-021 Daleszyce
tel. +48 41 306 40 00, +48 665 046 943
e-mail biuro@certyfikacja.co
www.certyfikacja.co
2. **COBICO Sp. z o.o.**
identification number: OZ/jc-03/2007/PL
Przebieczany 529
32-020 Wieliczka
tel. +48 12 630 90 90
www.cobico.pl
3. **BIOCERT MAŁOPOLSKA Sp. z o.o.**
identification number: OZ/jc-04/2007/PL
ul. Lubicz 25 A
31-503 Kraków
e-mail: sekretariat@biocert.pl
www.biocert.pl
4. **QA Solutions Sp. z o.o.**
identification number: OZ/jc-07/2016/PL
ul. Borkowska 9/6
30-438 Kraków
tel. +48 606 253 279, +48 12 267 78 44
e-mail: info@qasolutions.pl
www.qasolutions.pl

Financial support for producers producing regional and traditional products registered as the Protected Designation of Origin, Protected Geographical Indication and Traditional Speciality Guaranteed

As part of the Rural Development Programme for 2014-2020 (RDP 2014-2020), the following measure has been implemented: “Quality systems of agricultural products and foodstuffs” which is composed of two submeasures: “Support for joining quality systems” and “Support for information and publicity measures implemented by producer groups in the internal market”. These submeasures include, inter alia, products registered by the European Commission as protected designations of origin, protected geographical indications and traditional specialities guaranteed.

Under the submeasure “Support for joining quality systems”, participants in food quality systems are supported for 3 years in a form of annual payment. Its maximum amount has been determined based on fixed costs resulting from participation of an agricultural producer in

the given system. Aid is granted to producers who did not receive this kind of support for the same agricultural product or foodstuffs under the measure “Participation of farmers in food quality systems” covered by the RDP 2007-2013.

Under the submeasure “Support for information and publicity measures implemented by producer groups in the internal market” support is granted to producer groups implementing projects on information and promotion of agricultural products and foodstuffs produced under food quality systems. Beneficiaries may receive a refund of 70% of eligible costs, actually incurred on implementing promotional measures. Selection criteria include the effectiveness of planned promotional measures, as planned by applicants.



source: ARMA

History

‘Oscypek’ is the most famous cheese from the Tatra Mountains that immediately brings the Tatra Mountains and the Podhale region into mind. The tradition of producing this mountain delicacy originates in Wallachian culture. Wallachians, a nomadic shepherd tribe from the territory of today’s Romania, came to Podhale over 600 years ago. The following types of cheese were produced in hut logs from sheep’s milk: bundz, a rennet cheese, and ‘oscypek’, a hard, smoked and long-lasting cheese. The first evidence of cheese making in Podhale and the neighbouring areas is found in the charter of Ochotnica village in Gorce issued in 1416. Some rents were then paid in the form of ‘ram rent’, including ‘cheese rent’. The first exact description of how cheese was to be made in the log huts comes from the rules of the „Słemiński State” in the Żywiecczyzna region. They were drawn up in 1748, and in 1773 they were rewritten and prescribed for use. In 1830, Ambroży Grabowski, in his description of the highlanders, mentioned that they built log huts in the mountains, to which they bring their sheep from all around, and make their cheese (‘oszcypek’) and bryndza of their milk, which they later give in part to the owners, together with the sheep. This is the first mention of the name ‘oszcypek’. For the last several hundred years, not much has changed in the traditional bacówka log hut. The tradition of ‘oscypek’ production is nurtured by shepherds (‘baca’) manufacturing it in a very specific geographical area in accordance with methods passed down from one generation to the next.

Unique qualities

‘Oscypek’ is produced from the milk of the Polska Owca Górska (Polish Mountain Sheep). Due to the limited opportunity of collecting sheep’s milk, the production of ‘oscypek’ is possible exclusively between May and September. Insofar as cow’s milk is used in production, it may only constitute the maximum of 40% of the milk used for cheese production. It may only originate from the Polska Krowa Czerwona (Polish Red Cow).

‘Oscypek’ has the shape of a double cone. Its middle (widest) part is cylindrical and decorated with protruding and concave patterns. The pattern is divided into three parts: middle (main) and two side parts. The patterns are embossed on the ‘oscypek’ by placing a form (‘oscypiorka’) and are specific for each producer (‘baca’). After cutting, the inside of the ‘oscypek’ may present one hole in the central part, remains of the spike that ‘oscypek’ was formed around. ‘Oscypek’ is hard and flexible, characterised by a smoky smell and a slightly salty taste.

OSCYPEK

Geographical area

Podhale where ‘oscypek’ is produced, is one of the most unspoiled regions not only in Poland but also in Europe. This area is situated among four national parks: the Gorczański National Park, the Tatrański National Park, the Babiogórski National Park and the Magurski National Park. The fifth national park – the Pieniński National Park, just as the Tatrański National Park, is situated in the very heart of the production area.

History

The manufacture of cheese from sheep's milk was an essential part of pasturing of sheep in Podhale over the centuries. The oldest references to bryndza date to 1527. These are references from literature, commands issued by landowners and royal decrees. In the Podhale region bryndza was used as a method of payment and as one constituent of rents or duties paid (1683). Manufacturing 'bryndza podhalańska' was connected with the migration of Wallachian tribes that came to Poland along the Karpaty Mountains. Source materials from 1924 contain a description of the way bryndza was manufactured. The initial stage of manufacturing bryndza is the same as that of oscypek. The cheese mass taken out is put in a „lump” hanging on the wall of a shack and left for eight hours until it totally drips, and afterwards it is placed on “podysar”(a special shelf), where it ferments for two weeks. This unique product may be created thanks to the combination of natural factors, specific skills and maintenance of the original formula. 'Bryndza podhalańska' is one of the most famous cheeses from the Tatra Mountains.

Unique qualities

The milk from sheep of the Polska Owca Górská (Polish Mountain Sheep) breed is used to make 'bryndza podhalańska', to which cows' milk from the Polska Krowa Czerwona (Polish Red) breed may be added. This breed of sheep is closely connected with the history and tradition of Podhale. The unique qualities of the cheese result, despite the traditional manufacturing method, from natural factors. Specific vegetation of the Tatra Mountains and Podhale has a considerable influence on the final quality of the sheep's milk used for this cheese production. 'Bryndza podhalańska' is a soft rennin cheese. Its surface is smooth or slightly convex, sometimes a little cracked. It is characterised by rather homogenous consistency, similar to paste, although it may also have a form of slight lumps or chunks. Its taste is spicy, salty, sometimes slightly strong or sour.



BRYNDZA PODHALAŃSKA

Geographical area

Podhale, where 'bryndza podhalańska' is produced, is one of the cleanest regions not only in Poland but also in Europe. This area is situated among four National Parks: Gorceński, Tatrzański, Babiogórski and Magurski. The fifth National Park – Pieniński, just as Tatrzański, is situated right in the middle of the bryndza production area.



SOURCE: ARMA



REDYKOŁKA

Geographical area

The area in Śląskie Voivodship includes: the following municipality in Cieszyński County: Istebna; the following municipalities in Żywiecki County: Milówka, Węgierska Górka, Rajcza, Ujsoly, Jeleśnia and Koszarowa.

The area in Małopolskie Voivodship includes: the whole of Nowotarski County and the whole of Tatrzański County; the following municipalities in Suski County: Zawoja and Bystra Sidzina; the following municipalities in Limanowski County: Niedźwiedź and the part of Kamienica which is situated within the Gorczański National Park or to the south of the Kamienica river, and the following civil parishes in Mszana Dolna municipality: Olszówka, Raba Niżna, Łostówka, Łętowe and Lubomierz; the following municipalities in Nowosądecki County: Piwniczna, Muszyna and Krynica. The presented area coincides with the historically and ethnographically distinct region known as Podhale in the northern foothills of the Tatra Mountains.

Podhale, where 'redykolka' is produced, is one of the most unspoiled regions not only in Poland but also in Europe. This area is situated among four national parks: the Gorczański National Park, the Tatrzański National Park, the Babiogórski National Park and the Magurski National Park. The fifth national park – the Pieniński National Park, just as the Tatrzański National Park, is situated in the very heart of the production area.

History

'Redykolka' is an ancient product of Wallachian shepherds who grazed their sheep in highland glades. The cheese came to Podhale along with the Wallachian culture, the way of organising grazing, the traditional shepherd's hut ('bacówka') and the method of processing the milk. The first mention of cheesemaking in Podhale and neighbouring areas is to be found in the founding charter of Ochotnica village in the Gorce Mountains. Dawid Wołoch (David Valach) was granted the right to found the village in 1416. The first precise description of how the cheese was made in log huts dates from 1748 and comes from the official instructions of the 'State of Ślemień'. The fact that 'redykolka' is a cheese that is typical of Podhale is borne out by the numerous references to it found in old documents, books and other written reminders of the past created in these areas or referring to them.

'Redykolka' owes its name to the fact that it was distributed for free when sheep were being brought back from the mountain pastures — an event known as 'redykanie się'. This name was also used to denote any gift made of the cheese that was offered, for instance, as a way of gaining someone's esteem or as a token of gratitude for a service rendered.

Information about 'redykolka' can be found not only in an old, but also in the contemporary literature. The fact that the product is typical of Podhale region is also indicated by information included in the eight-volume publication entitled 'Pasterstwo Tatr Polskich i Podhala' (1960). However, the best evidence of the product's popularity and its link with the region is the interest shown by tourists and the fact that buying 'redykolka' is a must, as it is one of the main souvenirs of a stay in Podhale.

Unique qualities

'Redykolka' is distinguished by a slightly salty taste, which is the result of soaking in brine and by an aromatic smoky aftertaste obtained as a result of the production method traditionally used. 'Redykolka' is made of the remainders of cheese that were insufficient to make an 'oscypek'. Another distinguishing feature of 'redykolka' is its specific shape – miniature animals, hearts or spindles. According to tradition, the cheese figures were always made, sold and offered as gifts in pairs.

'Redykolka' is also unusual in that it had ceremonial uses. Shaped as doves and cockerels, it was used to decorate wedding branches and the tops of harvest wreaths.

History

'Wiśnia nadwiślanka' is a fruit of the suckering 'sokówka' cherry tree, which has been planted in the specific soil and climatic conditions. In the past the cherry was also known as 'ślupska', 'ślupianka' or 'ślupiec', which was derived from the name of a village Słupia Nadbrzeżna, where it was originally grown at the beginning of the 20th century.

The first cherry orchard was found by Teofil Zajac from Słupia Nadbrzeżna, who bought the root sucker from the landholder Leszczyński. Then the estate of Leszczyńscy Family has been divided between their children, whose names presumably served as a basis for the names of local villages, such as Tadeuszów, Maksymów, Julianów, Teofilów, etc. Nowadays in that villages vast cherry orchards are located. Moreover analyzing history of the villages it is possible to find interesting information about planting and propagating cherries by means of root suckers. The most dynamic development of orchards took place during the interwar period and was triggered by merchants, who were buying all fruits available on the market. Nevertheless formation of new orchards were limited by the number of root suckers, because it was the only method of propagation. The increase in planting acreage forced the producers to explore new distribution channels. The one recognised as the most convenient was shipping route between Warszawa and Sandomierz. The cherries have always been popular both among the consumers and the processors.

Unique qualities

Suckering 'sokówka' cherry trees were originally grown in the area around Słupia Nadbrzeżna. With time, they spread to all parts of the Vistula corridor where soil and climatic conditions are similar. As it occurs in this strictly defined area along the Vistula river, the cherry derived from the local suckering 'sokówka' cherry tree is known as 'wiśnia nadwiślanka'. This name refers to the local suckering 'sokówka' cherry tree acclimatised to local soil and climatic conditions. The combination of the effect of the locally occurring soils and the proximity of the river not only influences growth and flowering but also results in a high degree of fruit formation and fruit of the highest quality possessing the specific properties. The quality is closely and inextricably linked to the location of the orchards and the soil and climatic conditions prevailing there.

After removal of the stalk (notably in the first weeks of the harvest), a small amount of juice is discharged into the stalk cavity and sets like a jelly, preventing further leakage of juice and thus prolonging the life of the fruit as compared with specially cultivated varieties.



source: ARMA



WIŚNIA NADWIŚLANKA

Geographical area

'Wiśnia nadwiślanka' fruits may be produced in the geographical area, which is situated along the river Vistula and is characterised by a calcareous or calcareous-clay substrate. This area comprises the municipalities of Ożarów, Tarłów, Annopol, Lipsko, Siemno and Solec nad Wisłą.




PODKARPACKI MIÓD SPADZIOWY

Geographical area

'Podkarpacki miód spadziowy' is harvested in the area of 17 forest districts (Nadleśnictwo Nadleśnictwo Rymanów, Nadleśnictwo Komańcza, Nadleśnictwo Lesko, Nadleśnictwo Baligród, Nadleśnictwo Cisna, Nadleśnictwo Wetlina, Nadleśnictwo Stuposiany, Nadleśnictwo Lutowiska, Nadleśnictwo Brzegi Dolne, Nadleśnictwo Strzyżów, Nadleśnictwo Bircza, Nadleśnictwo Dukla, Nadleśnictwo Brzozów, Nadleśnictwo Dynów, Nadleśnictwo Kańczuga, Nadleśnictwo Radymno and Nadleśnictwo Krasieczyn) and two national parks (the Bieszczadzki National Park and the Małgurski National Parks).

History

Wild-bee-keeping in the Podkarpacie (Subcarpathian) region has some very old traditions and dates back to ancient times. Good natural conditions meant that bee-keeping developed very rapidly in this area mainly in wild beehives. The first sources containing references to the keeping of wild bees date from the 15th century, when a honey or wax tax was paid. Moreover, the oldest bee-keeping ordinances in Poland were issued in the Podkarpacie region. An ordinance of 1478 for the bee-keepers of Łańcut, Kańczuga, Tyczyn and the Biecz bee-keeping ordinance of 1538 set out detailed regulations governing the keeping of wild bees, and these have developed over the centuries. However, in the 15th century heavy tax burden imposed on wild-bee-keepers, which did not include domestic hives, led to the passage from wild-bee-keeping to apiculture. Bee-keeping was mainly the activity of peasants but also gentry dealt with it. Bee-keeping had developed dynamically on infertile soils near vast fir forests and was preserved in the primary form both as wild-bee-keeping and as apiculture.

At the end of the 19th century and at the beginning the 20th century old bee-keeping technologies were replaced by modern. 'Podkarpacki miód spadziowy' became an export product in middle of the 20th century, when conifer honeydew honey, which fetched two to three times more than nectar honeys.

Unique qualities

The highly developed skills of local beekeepers are connected in particular with the maintenance of the traditional hive management method so closely associated with area. These skills are also bound up with the siting of the hives, in particular with regard to the variability in honeydew levels and topography, the method of harvesting such a unique honey as 'podkarpacki miód spadziowy', the (cold) spinning of the honey and the rules on the storage and decanting of the honey. 'Podkarpacki miód spadziowy' is a unique product that is closely linked to the area from which it originates. Its specific characteristics derive from the geographical area, which has natural coniferous forest cover and is typified by a very high proportion of European silver fir.

History

Fishing has been practiced in Poland for a long time. The Zator carp-breeding centre is one of the oldest places of this kind in the region. The beginnings of fishery and carp breeding in Zator date back to the reign of Bolesław Krzywousty (Bolesław the Wrymouth). Since that time fisheries economy has been developing in this region. The ponds were constructed according to so-called 'beads system' along rivers. It enabled gravitational inflow and outflow of water, including also draining the ground. In the 16th century fisheries economy was the best developed in the Kraków Voivodship. There were three leading fish breeding farms: Zator Principality, Oświęcim Principality and the Czernichów estate, owned by the Kraków governors. In the first half of the 17th century there was a pond economy breakdown in the Zator centre. Since the ponds from Zator and Oświęcim supplied several dozens of fish for the royal court in Kraków, it was probably the moving of the capital from Kraków to Warsaw that caused shrinking of the ready market. The distinct development of fisheries economy occurred after the end of the First World War. The ponds destroyed during the war were reconstructed, new technologies were implemented and retail trade in fish was regulated and the first fishmonger's shop in Kraków was opened.

The 'karp zatorski' strain is a Polish strain bred on the geographical area presented below. Local breeders and scientists, by observations, scientific research and experience, have selected fish the best adapted to the conditions of this region. Since 1946 a Zator method of carp breeding has been gradually implemented. It is based on a two-year system. Under this method the fish gain body mass from 60 to 150 g in the first year, and 86 percent of them survive. The method, adapted to the needs of the strain of fish bred here and to local natural conditions, is still applied.

Unique qualities

'Karp zatorski' is characterised by bowed spine and stiff form. It is a fast growing fish with high meat efficiency. The meat of 'karp zatorski' is characterised by fresh, fishy smell and delicate taste. For the production of 'karp zatorski' a cross-breed of pure Karp Zatorski strain with another pure strains is used, namely: Hungarian, Yugoslavian, Golyska, Israeli (Dor-70) strains. Offspring obtained this way is characterised by high production values and good surviving ability.

Most works connected with the production of 'karp zatorski' are manual, and the knowledge and skills of people are very important.



KARP ZATORSKI

Geographical area

The production of 'karp zatorski' is carried out on the territory of three neighbouring municipalities, situated in the west of the Malopolskie Voivodship. These are: Zator, Przeciszów - situated in Oświęcimski Powiat and Spytkowice, situated in Wadowicki Powiat. These municipalities have commonly implemented the 'Dolina Karpia' ('Carp Valley') project.



FASOLA „PIĘKNY JAŚ” Z DOLINY DUNAJCĄ /FASOLA Z DOLINY DUNAJCĄ

History

The Dunajec Valley is a territory which in the past was crossed by one of the most important trade and transport routes. This was very favourable for the economic development of this region and contributed to the increase of population settlement.

The territory of the Dunajec Valley was formed by the Dunajec river, and its main axis is wide valley with fluvial terraces. All these factors make it one of the warmest places in Poland. Arctic air masses move south along the Dunajec Valley, and warm air masses move from south to north. In the spring and autumn morning fogs reduce the sudden change of temperature between the day and night. Territory on which the bean called the ‘fasola „Piękny Jaś” z Doliny Dunajca / fasola z Doliny Dunajca’ is produced, is situated in the river valley. Floods happening on this territory resulted in depositing valuable alluvium onto the farmland, thus improving soil fertility. All these factors affected the soil and climate conditions, optimal for the bean cultivation. The quality of the ‘fasola „Piękny Jaś” z Doliny Dunajca / fasola z Doliny Dunajca’ is inextricably linked not only with the natural environment but also to the tradition and honed by years of cultivation skills of the local people. Numerous documents that have been preserved until now are evidences of the long-term cultivation of the ‘fasola „Piękny Jaś” z Doliny Dunajca / fasola z Doliny Dunajca’, for instance an extract from the Tropie Parish Chronicle from September 1954, referring to the theft of bean poles. The bean in this area is commonly called ‘groch’ or ‘groch piechotny’. Fields of the ‘Piękny Jaś’ bean are a permanent element of the Dunajec Valley landscape and the bean in various forms is a significant ingredient of the regional dishes. What is more, there are events organised to promote the bean such as “The Bean Feast” and “The Bean Harvest”.

Unique qualities

The beans of the ‘fasola „Piękny Jaś” z Doliny Dunajca / fasola z Doliny Dunajca’ are one of the biggest among the Runner Bean variety. The mass of 1000 beans varies from 2000 to 2800 g. They are smooth and well filled. Moreover they have higher content of proteins, low moisture content and a slightly sweet taste. The above mentioned qualities of the beans are not only a result of appropriate climate and soil conditions of the Dunajec Valley, but also of the clean environment and the producers’ skills.

Geographical area

The ‘Fasola „Piękny Jaś” z Doliny Dunajca / fasola z Doliny Dunajca’ is cultivated in the Małopolskie Voivodship on the territory of the following municipalities: Gródek nad Dunajcem (Nowosądecki County), Zakliczyn, Pleśna, Wojnicz, Tarnów, Wietrzychowice, Żabno (Tarnowski County), Radłów, Wierzchosławice, Czchów (Brzeski County) and Gręboszów (Dąbrowski County).

History

Wrzawy is a place where water boils and seethes, creating whirlpools and maelstroms. Since time immemorial life and work of inhabitants of this region have been affected by the vicinity of two rivers: Vistula and San. It is difficult to determine since when the “Piękny Jas” bean has been cultivated in Wrzawy. Still, there are mentions of papilionaceae production on this area dating from 19th century. Probably cultivation of runner bean begun simultaneously or a few years later. In such favourable conditions, the inhabitants of Wrzawy used to grow it in their home gardens, and then they moved the crops to fields situated further from their homes. There are numerous documents from the past preserved proving the cultivation of runner beans on this area. Preserved documents of purchase, supply tickets, contracting agreements and long-term garden production contracts for the supply of bean to the collection point in Wrzawy etc. confirm that this product has been present on this area and has always been an important element of the local economy. Beans cultivation is now a part of local identity of the community living here. There is a special beans feast organised. The bean is present in local cuisine, folk songs and literature. The number of agricultural producers growing beans, and the size of area covered by the crops prove the economic significance of this product for the region.

Unique qualities

‘Fasola wrzawska’ is a product that is a result of combination of exclusively natural factors (i.e. climate, soils, winds, sun exposure, location etc.) and skills of local producers relating to the choice of beans sowing and harvesting periods, growing and cultivating principles, selection of poles, beans assessment and other treatments. The quality of ‘fasola wrzawska’ may be achieved only due to such combination. Great nutritional and taste values of ‘fasola wrzawska’ are the reason why the demand for it constantly grows and local cuisine every now and then invents new meals based on this valuable vegetable.

‘Fasola wrzawska’ has a very thin skin. The taste of its beans is exceptionally delicate and gentle. They are very big, so in 100 grams there are no more than 50 beans.

Geographical area

‘Fasola wrzawska’ is cultivated on the territory of the following villages:

- Wrzawy, Gorzyce, Motycze Poduchowne, Trzeźń, Zalesie Gorzyckie in the Gorzyce gmina,
- Skwierzyn, Zaleszany, Majdan Zbydniowski, Motycze Szlacheckie in the Zaleszany gmina,
- Dąbrówka Pniowska, Pniów, Nowiny, Witkowice, Chwałowice, Antoniów, Orzechów in the Radomyśl nad Sanem (Radomyśl on the San river) gmina.
- The gminas of Gorzyce, Zaleszany and Radomyśl nad Sanem are situated on the territory of Tarnobrzegi and Stalowowolski Poviats in the Podkarpackie Voivodship.

source: ARMA



FASOLA WRZAWSKA



SOURCE: ARMA

MIÓD Z SEJNEŃSZCZYZNY / ŁÓDZIEJSZCZYZNY" / „MEDUS SEINU / LAZDIJŲ KRAŠTO MEDUS

Geographical area

- The honey called 'miód z Sejneńszczyzny/Łódziejszczyzny' is harvested on the territory of:
- on the Polish side: 4 municipalities of the Sejneński County (Sejny, Giby, Krasnopol, Puńsk) and 5 municipalities of the Suwalski County (Suwalki, Szypliszki, Wizajny, Jeleniewo, Rutka Tartak);
- on the Lithuanian side: 12 municipalities of the Łódzkie region (Kapčiamiestis, Veisiejai, Kučiūnai, Lazdijai, Seirijai, Noragėliai, Šventežeris, Teizai, Šlavantai, Būdvietis, Šeštokai, Krosna).

History

The production area of honey called 'miód z Sejneńszczyzny / Łódziejszczyzny' is situated in the Niemen river basin near the border between Poland and Lithuania on the territory of Pojezierze Wschodniosuwalskie mesoregion (the East Suwalki Lake District). The history of apiculture on the territory of the present Ziemia Sejneńska (Land of Sejny) on the territory of Łódzkie County dates back to the times when the region was inhabited by pagan tribes called Yotvingians (or Sudovians), who initiated beekeeping in this area.

The conditions in the surrounding forests were very favourable for the bees living in tree hollows and wild beehives. To obtain honey, the people were carrying out wasteful exploitation, as they usually took all the honey from the bees. The bees without reserve for the winter usually died, and the colonies were regenerated by natural intensive swarming. Only later planned beekeeping management was applied, which consisted in leaving part of honey combs for the bees. In the 14th and 15th century the dukes of Lithuania were granting the right to use the forest resources in this region, among others the right to use meadows and the right to use wild beehives. The owners of the rights could build only a big room for common living called lania and hrydnia in their beekeeping forests. They were allowed to be in the forest, without dogs and a rifle, only in certain time and on the basis of a document issued by a forest district office.

Beekeeping became a part of economy in that time. Thus, it required suitable regulations, so beekeeping law was officially included in the Statute Book of the Grand Duchy of Lithuania in 1529. Those guilty of theft or destroying beehives and bees were severely punished, even by death by hanging.

Unique qualities

'Miód z Sejneńszczyzny / Łódziejszczyzny' is a polyfloral nectar honey. This is a unique product, closely connected with the area where it originates from. The region is characterised by large share of natural meadow, peat-bog, thicket and forest ecosystems with reach flora composition. The honey is produced from nectar of numerous wild plant flowers, and the share of nectar from monocultural crops is small.

The way of harvesting of 'miód z Sejneńszczyzny / Łódziejszczyzny' is closely related to the tradition and skills of local beekeepers. The beekeepers skills concern mainly the principles of choosing apiary location, beekeeping and traditional apiary management consisting for example in using hives made of materials based mainly on wood and observing strict rules of the bees feeding.

A specific feature of 'miód z Sejneńszczyzny / Łódziejszczyzny' is its colour varying from dark yellow to dark gold and slightly bitter taste (due to large share of papilionacea) and strong flavour (due to the content of coumarin). A characteristic feature of the honey is its slight cloudiness.

History

Honeydew honey has been acquired in the area of the Island and Myślenice Beskids from time immemorial. Originally, those areas were overgrown with the Carpathian Forest, with dominant species of silver fir and common beech. Despite difficult climate and forage conditions, local bees, by means of natural selection, developed a number of features adapting them to local conditions, inter alia, resistance to diseases and high winter hardiness. These unique features have been noticed by local beekeepers and at the beginning of the 20th century they started keeping those bees. In the 30s of the 20th century, bees kept there were called the Dobra line. Since 2014, this line has been covered by the protection of genetic resources and in the area of two communes in the Limanowski District – Dobra and Tymbark, the area of conservation breeding was created for this line. At the beginning, bees were kept in wild beehives, then in log hives, so-called “logs”. A breakthrough in those areas was the fact of introducing into apiaries frame beehives of Slavic type. This entailed the rapid development of apiaries. The rational beekeeping methods and modern equipment for obtaining and packing honey have been introduced. This has been lasting to date.

Unique qualities

Honeydew honey from the Island Beskids is liquid or crystallised honeydew honey. It is made of fir honeydew excreted by green-striped fir aphid which lives on silver fir. These aphids derive plant juice from fir branches, make use of its nutrients and excrete the remaining sweet, sticky liquid called honeydew, composed mainly of carbohydrates. Honeydew excreted by aphids must be found by bees and delivered to a beehive. In the beehive, the further stage of production is carried out, consisting in processing honeydew brought into the beehive into honeydew honey. Ripe, capped honey is taken out of beehives and centrifuged in honey extractors. After centrifuging and filtering, it is clarified in honey settlers and bottled.

Honeydew honey from the Island Beskids is thick and sticky. Non-crystallised honey is of black-green colour with possible darkbrown hues. Once crystallised, it becomes lighter in colour, green-grey to brown. This honey has an intense aroma, with a specific, resin-like scent, its taste is delicate, sweet.

Honeydew honey from the Island Beskids owes its quality not only to the unique properties of the natural environment but also to the skills of local beekeepers. Only the joint interaction of the above-mentioned factors allows to obtain honeydew honey with specific characteristics.



MIÓD SPADZIOWY Z BESKIDU WYSPOWEGO

Geographical area

Honeydew honey from the Island Beskids is acquired in the Małopolskie Voivodeship in the Limanowski and Myślenicki Districts.



MIÓD WRZOSOWY Z BORÓW DOLNOŚLĄSKICH

Unique qualities

The combination of thick open heathland and specific plants in the area of Bory Dolnośląskie means that only there it is possible to obtain this exceptional and unique heather honey. Apart from the reputation associated with its origin, 'miód wrzosowy z Borów Dolnośląskich' is also characterised by its unique composition. It is amber to tea-reddish in colour; its taste is sharp, bitter and a little sweet because it is created using heather nectar without nectar from arable crops. Only the combination of all factors, including the cleanliness of the environment, extensive use of habitats and traditional gathering techniques, allows to obtain this unique and characteristic product.

History

First references to beekeeping in records made for Charlemagne at the end of the 8th and beginning of the 9th centuries relates that a tribute in the form of honey and wax was imposed on conquered tribes lived in the area between the Odra and Nysa Rivers, on the territory of the Bory Dolnośląskie. Monasteries along with apiaries, where as many as thousand bee colonies were kept, played an important role in the popularisation of basic beekeeping techniques. Every cut down rotten tree trunk had to be delivered to the landowner. Slavs lived on the territory of the Bory Dolnośląskie also dealt with forest beekeeping. In the 12th and 13th century, hives made of wicker, and later made of straw, appeared on this territory. Written sources — mainly German chronicles and church documents — confirmed that between the Odra and Leba Rivers was the area of intensive beekeeping, and that a tribute was collected from the Slavic population for forest beekeeping. The written records suggest that wooden stumps hives were carried to forests and hung up on trees because the forests was a good source of nectar. Number of customs related to bees, honey and beekeepers has been developed. According to one of them, it was required to inform bees about both cheerful and sad events in the beekeepers family. For that reason the beehives were decorated with ribbons or flower chains and mysterious incantations were chanted.

Geographical area

The boundaries of the area in which nutrient heather stands are to be found, from which the 'miód wrzosowy z Borów Dolnośląskich' is obtained:

- The southern boundary runs from the town of Zgorzelec along road No 353 to the E40 in the direction of Bolesławiec, then along the road from Bolesławiec to Chojnów (partly the E40 then at Lubkówek it changes into road No 94).
- The eastern boundary runs along road No 335 from the town of Chojnów then along the road through Brunów, Szklary Dolne, Trzmielów to Chocianów; from Chocianów it runs along road No 331 to Parchów, located at the south-eastern boundary of Chocianów forestry management zone; along the northern-eastern and southern boundary of the Przemków forestry management zone to the boundary of the Regional Directorate of National Forests (the southern canal) to road No 328 in the direction of Niegoslawice.
- The northern boundary runs from Niegoslawice along the road to Szprotawa, through Sucha Dolna and Henryków Wichlice. From Szprotawa it runs along road No 12 in the direction of Żagań and from there along the same road through Żary as far as Żarki Wielkie, located on Poland's western border with Germany.
- The western boundary runs along the Polish-German border from Żarki Wielkie in a southerly direction until it reaches the town of Zgorzelec.

History

The ‘rogal świętomarciński’ has enjoyed unwaning popularity and success in Poznań for at least 150 years. In the minds of the citizens of Poznań and guests to this city on the river Warta, the product is associated with Saint Martin’s Day celebrations on 11 November. Saint Martin’s Day celebrations date from the 16th century and are linked to the end of the agricultural season in a given year. The pastry’s reputation has been established by the confectioners and bakers of Poznań, the capital of Wielkopolska, and the surrounding area. The oldest indication of croissants being baked on Saint Martin’s Day dates from a reference in the *Gazeta Wielkiego Księstwa Poznańskiego* (‘Gazette of the Grand Duchy of Poznan’). The first recorded use of the name ‘Rogalki św. Marcińskie’ can be found in a press announcement placed in *Dziennik Poznański* (‘Poznan Daily’) from 11 November 1860. By the end of the 1890s, about a dozen pastry shops in Poznań manufactured the ‘rogal świętomarciński.’ After the Second World War, the tradition of baking the croissants was continued by confectioners and bakers but given the difficulties affecting supplies, the ingredients to make an almond filling became virtually unavailable, and they began to replace it with a white-poppy-seed one. It may be assumed that it was the time when the tradition of baking the croissants with white-poppy-seed filling with almond flavouring was established. After the collapse of Communism, the tradition of baking the croissants has flourished again. The ‘rogal świętomarciński’, which has always been present in Poznań, has become the sweet symbol of the city. In 2004, it was awarded by the Polish Tourism Organisation as the best tourist souvenir of the region in the category of culinary arts and regional specialties with a unique recipe.

Unique qualities

The typical characteristics of the ‘rogal świętomarciński’ are linked to the knowledge and skills of producers, who bake them in accordance with traditional methods using specific ingredients. This product possesses a specific quality resulting from the traditional method of manufacturing as well as from its shape, taste and smell, and the use of a special excellent ingredients such as white-poppy seeds filling. The white-poppy-seed filling clearly distinguishes the ‘rogal świętomarciński’ from other sweet pastries. White poppy seeds are a special and rare ingredient. The croissants have been traditionally made of yeast-based croissant dough which, during baking, acquires a light, flaky texture.



source: ARMA



ROGAL ŚWIĘTOMARCIŃSKI

Geographical area

The city of Poznań, as defined by its administrative boundaries, the County of Poznań and the following counties of Wielkopolskie Voivodship: Chodzież, Czarnków, Gniezno, Gostyń, Grodzisk, Jarocin, Kalisz (county and town), Koło, Konin (county and town), Kościan, Krotoszyn, Leszno (county and town), Nowy Tomyśl, Oborniki, Ostrów, Piła, Pleszew, Rawicz, Słupca, Szamotuły, Śrem, Środa, Wągrowiec, Wolsztyn, Września.



WIELKOPOLSKI SER SMAŻONY

Geographical area
Wielkopolskie Voivodship

History

It is highly probable that the practice of frying cheese was started by these settlers. These 'Ole-drzy', as well as settlers from the region of Brandenburg ('Bamberski' farmers) were at the origin of the local know-how and custom shaped over centuries on the farms of Wielkopolska, which led to a high level of cattle farming, agriculture and methods of obtaining milk in those areas. Up to this day Wielkopolska has been known for the uniform quality of its milk. As milk cows yielded more milk, farmers sought ways of preserving one of the dairy products, namely fresh curd cheese. One such method was the production of fried cheese following the natural ripening of curd cheese (the natural decomposition of albumen which takes 2-3 days).

Frying of cheese is a method of preservation, which makes it fit for consumption, for long periods of time, and a good nourishment during long trips and journeys. As time passed cow breeding initiated by the Dutch settlers was extended to other areas of the Wielkopolskie Voivodship. Consequently, we could say that the area of Wielkopolska is a historical area of fried cheese production.

Wielkopolska fried cheese is typical for the lands of western Wielkopolska together with the Nowotomska Plain, and for central Wielkopolska (which used to be under Prussian rule from the end 18th century to the beginning of the 20th century) and witness the frequent references to it in old documents, books and other accounts written on or about these lands.

Unique qualities

'Wielkopolski ser smażony' (Wielkopolska fried cheese) owes its characteristic taste and smell to the ripened curd cheese and to the caraway (in case of fried cheese with caraway). The use of fresh raw materials, i.e. milk and butter and the curd cheese produced from it is extremely important. This is linked to the necessity of ensuring the specific quality of the final product and finishing the whole production cycle of 'wielkopolski ser smażony' within 6-7 days. The ripening process is particularly important for the production of this fried cheese. The process consists in the natural decomposition of albumen which lasts for 2-3 days. It is precisely the ripening process that has a determining influence on the specificity and exceptional character of this product – its taste, smell, colour and consistency. Frying the cheese is an equally important process. This process extends the period in which the cheese may be eaten.

'Wielkopolski ser smażony' produced according to the traditional recipe passed down from one generation to the next has had a good reputation all over the country and abroad.

History

Kalisz, the city with the oldest written records in Poland, became a melting pot of different nationalities and cultures as early as the Middle Ages. Those multinational and multireligious traditions of the city constitute an important aspect of the history of 'andruty kaliskie' wafers. The evidence suggests that Kalisz wafers were created as the result of cultural interaction and represents a fusion of culinary habits and most important customs of different national and religious groups which had live in the city for centuries. The tradition of 'andruty kaliskie' occupies an important part in the history of the city over the Prosna River, and although the etymology of the word is unclear, it is known that the name was in use as early as in the 18th century. According to Zygmunt Gloger's Old Polish Encyclopaedia, in the 18th century the wafers were served as a dessert. The first mention of the 'andruty kaliskie' wafers comes from the beginning of the 19th century. In the description of the country manor in Wrząca (currently situated in Błaszki municipality) there is a reference to Nepomucena Zielonacka, wife of Józef Grodzicki, who owned Siekierniki and the manor. Nepomucena Zielonacka came from a family from the Wielkopolska region which settled on the territory of Kalisz County. As her dowry, she brought with her a baking form for 'andruty' wafers. The indications are that the production of 'andruty kaliskie' began around 1850 as a middle class started to form and the city achieved certain level of prosperity. However, the wafers from Kalisz became renowned mostly due to the city park established in 1798. It soon became a place where the inhabitants of the city spent their free time with their whole families, particularly on Sundays and feast days. Stalls and kiosks were also found, in which drinks and wafers were sold. They became an attraction and a showpiece of the park. Making 'andruty kaliskie' was easy and could be carried out even in fairly basic conditions provided that the recipe was known and the necessary equipment was available (the so-called 'zelazka'). The wafers were made in bakeries, houses, country manors, and many shops. They were also sold in these locations, although the most important place by far has always been the city park in Kalisz.

Unique qualities

'Andruty kaliskie' probably have their origin in the tradition of producing the Jewish matzoth which was very popular in Kalisz and also purchased by the Christians. They constitute an original product, different from the Jewish matzoth because different ingredients are used. Traditionally, the wafers were baked on the wood or coal stove. There were special stove lids (the so-called 'fajerki') on the stove plate, after removing of which plates were heated over. After the plates were heated up to around 180°C, the mould was removed, the surfaces were parted and a spoonful of batter was poured over one of them. The surfaces were pressed together with the use of the handles, and heated again over the fire for around one minute. After removing the plates from the fire, they were set apart and the baked wafer was removed with a wooden spatula onto the special metal plate or wooden board. The shape of the wafers and their size also remain characteristic. In the collective memory, wafers are a symbol of the city in the same way as the coat of arms or the town hall. So it comes as no surprise that emigrants from Kalisz throughout the world, nostalgic for a taste of home and childhood, often ask for wafers to be sent to them.



source: ARMA

ANDRUTY KALISKIE

Geographical area

Within the administrative boundaries of the city of Kalisz, Kalisz County, Wielkopolska Voivodship.



TRUSKAWKA KASZUBSKA /KASZĚBSKÔ MALĚNA

Geographical area

'Truskawka kaszubska/kaszĚbskô malĚna' is produced in the Kartuski, Kościerski and Bytowski County, as well as in the municipalities of Przywidz, Wejherowo, Luzino, Szemud, Linia, Łęczyce and Cewice.

History

The cultivation of strawberries in Kaszuby region was introduced in the beginning of the 20th century. The high quality and increasing popularity of the strawberries led to the expansion of strawberry fields over the course of more than half a century, causing them to become an integral part of Kaszuby landscape. Soil and climate conditions in the region are favourable for strawberries production. Growing strawberries for sale quickly became profitable for the inhabitants of Kaszuby as consumers appreciated the unique taste and high quality of fruits originating from this region. Since 1971, on the first Sunday of July in Złota Góra near Brodnica Górna, a Strawberry-Picking Festival (truskawkobranie) has been organised in order to celebrate the abundance of strawberries. The event is inseparably connected with the tradition of strawberry harvest festival in the Szwajcaria Kaszubska region, where strawberries are one of the greatest natural resources. Involvement of the local authorities in the organisation of this festival is the best evidence for the vital importance of strawberry picking for the local community. It is organized under the auspices of the Marshal of Pomorskie Voivodeship so as to demonstrate how important it is for the voivodeship.

Moreover, there are numerous works and studies devoted to the strawberry-growing with regard to its climate and soil conditions. Strawberry growers can participate in special trainings and seminars and also find vital information in the local press.

Unique qualities

The reputation of 'truskawka kaszubska / kaszĚbskô malĚna' would not be virtually excellent without favourable climate conditions in the area where it grows. Flesh of the fruit is fairly even intense red colour. It is firm, slightly hard and juicy at the same time. The strawberry is sweet and aromatic. The number of strawberry crops in the region proves the popularity of 'truskawka kaszubska / kaszĚbskô malĚna'. Likewise the numerous publications in national, regional and local newspapers which show how important strawberries are for the inhabitants of Kashubia. Kashubian Lake District is covered with extensive strawberry fields which the entire region is famous for.

History

Beans can be considered one of the oldest cultivations in Ponidzie. Probably it has been cultivated in the region since 16th century. Bean production in and around Nowy Korczyn was developed during a period in the late 1950s when the Nida river flooded. The floods destroyed the other crops being cultivated there at that time. Beans began to be cultivated on the flooded areas. The most popular variety of bean in this area was 'Piękny Jaś'. The conditions for growing this variety were very favourable and such fine specimens were obtained here with the specificity described above that it began to be called 'fasola korczyńska'. The name of the bean is derived from the name of Nowy Korczyn municipality. The high quality, delicate flavour and very good growing conditions have been factors in the increasing popularity of beans cultivation.

The history of bean cultivation in this region is confirmed by numerous publications, including local and national newspapers. These materials contain a description saying that (...) in Kieleckie voivodship the most favourable conditions for growing beans are in its southern part. Since the beginning of 1980s nearly 50 % of bean grown acreage has been located in the Nowy Korczyn municipality. About 80% area under bean crop constituted bean – 'Piękny Jaś'. The cultivation of this crop is still very much concentrated here. Bean production in and around Nowy Korczyn is as much as 2400 ha.

The good reputation enjoyed by 'fasola korczyńska' is also borne out by the fact that it is sold successfully outside Poland.

Unique qualities

This part of the Ponidzie region has a specific microclimate characterised by longer than in the other surrounding areas vegetation period and higher average temperature, especially in the spring. These create favourable conditions for cultivating the beans. The seed of 'fasola korczyńska' is large or very large, with 60 to 90 seeds per 100 g of beans. The taste of beans is delicate and mild, without any bitter taste. The specific quality of the product is related to the size of the beans as well as to their very delicate taste. Moreover the uniqueness of the beans is indicated by high content of protein and low content of water.

SOURCE: ARMA



FASOLA KORCZYŃSKA

Geographical area

'Fasola korczyńska' may be produced in the following municipalities: Nowy Korczyn, Wiślica, Opatowiec, Solec Zdrój and Pacanów.



MIÓD KURPIOWSKI



SOURCE: PAMA

History

Apiculture traditions in the area of Kurpie Zielone and Kurpie Białe date back to the 15th century. Honeys of Kurpie were consumed on courts of kings and manors of dukes, as well as in monasteries and houses of noblemen. Superior quality of these honeys resulted in granting beekeepers from Kurpie privileges, thus the honey and its production were protected by royal edicts. Duke Janusz Mazowiecki in 1401 issued royal edict on forest beekeeping (regalia bartne) considered to be the first royal edict, determining the principles of the beekeeping, rights of beekeepers but first of all their obligations.

The beekeepers from Kurpie often disobeyed this law because they considered it to be unfair and they sought to abolish it. In 1550 the royal edict was abolished. What is more the beekeepers from Kurpie influenced the conversion from customary to beekeeping law (Beekeeping Privileges) in 1559 which was confirmed and extended by Zygmunt III in the Tykocin Decree of 20 December 1630.

The customary law had been developed in the region, and afterwards became the basis of beekeeping law subsequently applied in all over the country. Though it was in force for the longest period in the Kurpie region. Moreover 'Kurpie Honey Harvest' ('Kurpiowskie Miodobranie') – festival in honour of the honey has been organised since 1976 in the region.

Unique qualities

In the region of Kurpie there is a rule according to which it is the beekeeper, rather than the bee, has to seek out the nectar. The product is made of nectar of plant species blooming one after the other. In the received polyfloral honey any nectar-bearing plant is dominant. The honey is also characterised by low content of water. The unique value of the honey also results from the considerable restrictions during its production, for example temperature not exceeding 30 °C, thanks to which all the natural enzymes and ethereal compounds are present in the final product.

Geographical area

- 'Miód kurpiowski' is harvested in the area traditionally called Kurpie, covering the following municipalities:
- in the Mazowieckie Voivodship: Chorzele, Jednorożec and Przasnysz (Przasnyski County); Krasnosielec, Płoniawy-Bramura, Sypniewo, Młynarze, Różan, Rzewnie and Maków (Makowski County); Obryte and Zatory (Pulawski County); Długosiodło, Brańszczyk and Rząśnik (Wyszkowski County); Brok, Ostrów, Wąsewo and Malkinia (Ostrowski County); Goworowo, Czerwin, Rzekuń, Olszewo-Borki, Lelis, Troszyn, Baranowo, Kadzidło, Czarnia, Myszyniec and Lyse (Ostrołęcki County);
 - in the Podlaskie Voivodship: Turośl (Kolneński County), Nowogród and Zbójna (Łomżyński County).

History

The name 'suska sechłońska' comes from the local dialect. 'Suska' means „prune“, that is dried and smoked prune. The adjective 'sechłońska' comes from the place-name Sechna, in the municipality of Laskowa, from where the tradition of drying originates. Information dates back to the first half of 18th century shows that Sechna village and the estate of Sisters of St. Clare located within its borders were characterised by the plenty of fruit trees. Probably each farm had its own orchard by that time.

Legend has it that the history of plum-drying began with a local clergyman, who spread the custom of plum-smoking among his parishioners. As a penance he imposed on his parishioners obligation to plant several plum trees. When the trees bore plenty of fruits, the farmers started to produce the plum brandy. As it caused rampant drunkenness, the clergymen decided that the plum fruits had to be obligatory dried, because alcohol cannot be made from the prune. In the course of time the tradition of drying plums spread to neighbouring villages in Laskowa, Iwkowa, Łososina Dolna and Żegocina municipalities. Moreover the inhabitants of these areas, who occupied themselves with drying the plum fruits, created special drying facilities of their own design, adapted to local conditions and giving the product the high quality and the unique taste. Drying and smoking is so popular in this area that poems and songs have been written about it: '(...)Oj Sechna, Sechna ty skopiała wiosko, gdyby nie suszarnie byłabyś stolicą (...)' (Oh Sechna, smoke-blackened Sechna, if it weren't for the fruit kilns you would be the capital ...).

The long tradition of drying plums in the region is also confirmed by numerous documents.

Unique qualities

'Suska sechłońska' is produced according to the method passed from one generation to the next and means drying and smoking in special fruit kilns typical of the area. It has had an excellent reputation among both customers and processors. The design of the drying facilities and the method of smoking are distinct from methods used in other parts of the country, as well as in neighbouring regions. The characteristic feature of 'suska sechłońska' include high sugar content, shine skin of deep dark blue to even black and the distinctive aftertaste and aroma of smoking. The Prune Festival (Święto Suszonej Śliwki), held at Dobrociesz since 2001 and featuring prunes in various guises, also bears testimony to the product's reputation. Further confirmation of the reputation of 'suska sechłońska' is the 'prune tourist trail' mapped out by the local authorities indicating farms with plum orchards and drying facilities.

source: ARMA



SUSKA SECHŁOŃSKA

Geographical area

The geographical area, where 'suska sechłońska' is produced, spans 239,55 km² and is located in the territory of 4 municipalities in Małopolskie Voivodship: Laskowa, Iwkowa, Łososina Dolna i Żegocina.



Source: ANMA



KIEŁBASA LISIECKA

Geographical area

The Czernichów and Liszki municipalities in the Krakowski County – Malopolskie Voivodship

History

Hog breeding on the territory of Malopolska has a centuries-old tradition, and in the Middle Ages it had a significant role in the economy of the region. By the end of the 17th century trade route for the transfer of beef casing, run by municipalities of Liszki and Czernichów. Free markets (wolnice), where craftsmen who did not belong to guilds could sell their produce, developed in Polish towns and cities from the early 17th century. Many of them came from the areas around Liszki and Czernichów. From the middle of the 19th century, they have constituted the second biggest centre of cured meat production in the district, after Kraków. 'Kielbasa lisiecka' developed from the Kraków coarse-cut sausage (krakowska grubo krajana) and it was identified by consumers as a specific type of this sausage distinguished by its ingredients and production method. 'Kielbasa lisiecka' established itself as a distinct product owing to the unique recipe used for its production by butchers from the areas around Liszki and Czernichów. It is this recipe, kept secret in the past, that determined the particular taste and quality of 'kielbasa lisiecka'.

During the Second World War, when the handicraft was in crisis as a result of the excessive demands of the occupying forces, the butchers from Czernichów and Liszki were forced to sell their products clandestinely, running the risk of confiscation and penalties but it is because of this that the continuity of 'kielbasa lisiecka' production was preserved. After the Second World War butchers from the areas around Liszki and Czernichów continued to produce their smoked meats in the smokery they set up as part of the 'Samopomoc Chlopska' municipal cooperative in Liszki. Problems with supplies of meat products, including widely known 'kielbasa lisiecka', helped substantially to develop reputation of the product. The link between 'kielbasa lisiecka' and the region is based on the local technology of production and the producers' craftsmanship resulting from long butchers' traditions and reputation that 'kielbasa lisiecka' gained during the years of its production.

Unique qualities

'Kielbasa lisiecka' is made exclusively from pork meat, 85% of which is obtained from suitable ham muscles. 'Kielbasa lisiecka' is of a dark brown colour that is typical of naturally smoked products.

Pieces of meat surrounded by stuffing circles are clearly visible in the cross-section of 'kielbasa lisiecka'. The dominant taste of 'kielbasa lisiecka' is that of spiced pork with a mild taste of pepper, an aroma of garlic and significant amount of salt. The smell is characteristic for pork sausage. The characteristic feature of kielbasa lisiecka' is its thick diameter. That is why, according to tradition, only bovine casings were used as casings in its production, which today are sometimes replaced by protein ones.

History

‘Obwarzanek krakowski’ is a traditional bakery product which initially could be baked only during Lent. The first references to baking ‘obwarzanek krakowski’ on the territory of Kraków and the surrounding area come from 1394. Bakers from Kraków were highly valued by Polish kings, as is reflected in numerous privileges conferred on them, which included the right to build baker’s stalls and the right to choose the mill at which their flour was ground.

In 1458, Kraków City Council endorsed the articles of the bakers’ guild, which included provisions concerning, inter alia, the quality of bakery products, the size of baking ovens and bakers’ conduct. However, the most important privilege of bakers from Kraków was granted by King Jan Olbracht (John I Albert) in 1496, which gave them special rights and forbade everyone living outside the city to bake white bread, including ‘obwarzanek krakowski’. This privilege was subsequently endorsed by all Polish kings until the reign of John III Sobieski (in the second half of the 17th century).

In 1611, the Bakers’ Guild of Kraków issued an act authorising the guild to regulate the sale of ‘obwarzanki’ within the city borders conferring the right to choose the bakers who were to sell them. A radical change in terms of the right to bake obwarzanki took place in the 19th century. On 22 January 1802, an act was signed stipulated that any baker had the right to bake obwarzanki when it was his turn to do so. Lots drawn in 1843 applied until 1849, when the custom of drawing lots probably ended.

‘Obwarzanek krakowski’ was sold from stalls which opened before 6 a.m. so that residents of Kraków could buy freshly baked goods early in the morning. Today, the average daily production of ‘obwarzanek krakowski’ sold on the Kraków market on a normal day is almost 150 000.

Unique qualities

According to the definition in the Słownik staropolski, ‘obwarzanek’ is a type of pastry in the form of a roll twisted into a ring, probably steamed before baking. The Polish name for ‘obwarzanek krakowski’ is derived from the production method, that is the pre-boiling of the dough in heated water. The unique characteristics of ‘obwarzanek krakowski’ relate to human factors — the skills of bakers, who bake it according to traditional methods and using specific raw ingredients. The product has a unique quality, which is the result of its appearance, shape, taste and aroma, as well as the use of the best quality flour. Traditionally produced ‘obwarzanek krakowski’ is a spiral-shaped bakery product made using two or three dough rolls (the so-called ‘sulki’). Every ‘obwarzanek krakowski’ differs in shape because it is hand-made. A characteristic feature of ‘obwarzanek krakowski’ is that it quickly loses its crunchiness. Traditionally produced, it has the best taste just after baking because it becomes stale quickly. For this reason, ‘obwarzanek krakowski’ is delivered to the stores while still warm.

source: ARMA



OBWARZANEK KRAKOWSKI

Geographical area

Within the administrative boundaries of the city of Kraków and the counties of Cracow and Wieliczka.



ŚLIWKA SZYDŁOWSKA

Geographical area

The geographical area of 'śliwka szydlowska' production covers the municipality of Szydłów. Plums are grown on about 80 % of all land used for fruit cultivation in this area.

History

The history of production, drying and smoking of plums in Szydłów dates back to at least pre-war times. For as long as memory serves – Szydłów has been famous for prunes. In autumn the town was enveloped in the smell of smoke and fruits. Mr Janusz Jaskólski, the director of the local Community Cultural Centre says that locals learned the skill of drying plums from the Jews. Because it is a true art. You need special hard wood, fruit must be watched day and night. Before the Second World War the prunes from Szydłów were appreciated in Łódź and Warszawa, people made good business out of them. The raw material has been harvested in homeyards and commercial orchards. In the past the drying of plums consisted in heating of fruit placed on individual trays in earth pits, in which fire was burned; wood from fruit or other deciduous trees was used. Then the dried fruit was hand-picked, while the remaining fruit was left for further drying. Since the earth pits and wooden trays placed above them were perishable, practicality and economy forced producers to build durable drying facilities with trays placed one above another in a drawer system. The chosen method of drying made the prunes unique and of high quality that the trade in this fruit boomed.

Szydłów tempts visitors with magnificent historic monuments, prunes and plum-brandy. Today the town on the Ciekąca river is the biggest plum production centre in Poland and the local orchard owners have something to be proud of, as they are considered to be the best producers of this fruit.

Unique qualities

The method of drying and smoking plums used in the municipality of Szydłów makes this area different from the neighbouring areas. The traditional method of prune production in Szydłów municipality is neither used in neighbouring areas nor in other regions of the country. Process of drying and smoking plums in traditional Szydłów-type drying facilities demands unique skills and knowledge. The combination of adequate raw material with a specific production method allows to obtain a unique product. 'Śliwka szydlowska' typically has flesh of an even, elastic consistency which is dried and smoked evenly throughout and has a very intense and easily identifiable smoky taste and aroma. The prune is also characterised by its very wrinkled but shiny skin with a dark-blue sheen.

A special event lasting several days and promoting the product has been organised in Szydłów — the 'Święto Śliwki' (Plum Festival). One of the attractions at the festival is a demonstration of plum-drying using the special, traditional trays typical of Szydłów. Those prunes are tastes by visitors of the festival.

History

The origins of the horticulture and fruit farming in Kotlina Łącka (Łącka Valley) date back to 1257, when Bolesław Wstydlivy gave the villages to his wife Kinga. 'Jabłka łąckie' have developed a reputation on the strength of a long-standing tradition of production, as attested by the fact that, as far back as the 13th century, fresh plums and apples were carried from the Łącko area to Gdańsk (W. Bazielich, 'Historie starszadeckie', Kraków 1965). Orchards in the Łącko area are referred to in 16th-century documents as 'manor gardens' and 'parish gardens'. In the 17th and 18th centuries, there were already large orchards in these areas. Manorial records of an inspection conducted in 1698 report among other things that some peasants were obliged to gather fruit and deliver it to the manor as part of their corvée: There is no cottage here that would not be surrounded by an orchard, or at least a few fruit trees; furthermore, some roads and field edges are decorated with rows of plum trees. Fruit farming is, next to agriculture, the most important branch of economy and the source of this region's wealth. Many people worked for an excellent reputation of orchards in the Łącko area.

Members of the clergy had also contributed to the fruit farming in Łącko, for example the parish priest Jan Piaskowy required from his parishioners not only to know the Truths of the Faith and the Catechism, but also, according to the local legend, as a part of penance for their sins the parishioners had to plant fruit trees. In the beginning of the 20th century Stanisław Wilkowicz did much for developing fruit farming in the area. He was a head of the elementary school in the years 1898-1927, known as the godfather of fruit farming in the area of Łącko as well as a great promoter of the horticulture and social activist, who established fruit tree nursery as 'teaching resources' for biology classes, and awarded students for good grades with dozens of cuttings. Good natural conditions for growing apple trees in the region means favourable soil and climate. In the interwar period it has been explored that the region has a characteristic microclimate favourable for fruit farming. At present, the region unspoiled by industry is well known for quality apples as well as fruit farming tradition passed down from one generation to the next.

Unique qualities

'Jabłka łąckie' are characterised by high acidity and blush which is more intense than average. As a result they are said to have so called 'mountain-green note', which means they have a distinctive taste, and are tart and aromatic. Their flesh is firm and juicy.

The reputation of 'jabłka łąckie' is also borne out by a festival called 'Dni Kwitnącej Jabłoni' (the Apple Blossom Festival) organized since 1947. This festival was born out of a desire to defend the fruit-farming tradition in Łącko against a plan to build a dam on the Dunajec river and flood the town. Since that time the festival has been celebrated every year and is still as popular as ever.



JABLKA ŁĄCKIE

Geographical area

'Jabłka łąckie' are produced in the Małopolskie Voivodship. This area covers the following municipalities: Łącko, Podegrodzie and Stary Sącz in the Nowosądecki County, and the Łukowica municipality in the Limanowski County.



CHLEB PRĄDNICKI

Geographical area

The city of Kraków within its administrative boundaries.

History

The name of the bread 'chleb prądnicki' is derived from the name of Prądnik village, where it was originally produced, and which today is a district of Kraków. The oldest references to 'chleb prądnicki' date from 1421, when Albert, bishop of Kraków, granted his cook, Świętosław Skowronek two 'zhrebie' (units of surface measurement) of land in Prądnik. The inhabitants of that land were made to bake bread for the Bishop's table.

On 26 May 1496, King Jan Olbracht granted a privilege whereby bakers of rye bread from localities including Prądnik were allowed to maintain the longstanding custom of selling it in Kraków once a week at the Tuesday market. This privilege allowed guild bakers within the city walls to bake and sell white and rye-based baked goods without restrictions. The sale of rye bread baked outside the city walls (bakers outside the city walls were not allowed to bake white baked goods) was strictly limited. The bakers did not obtain the right to bring 'chleb prądnicki' into Kraków without restriction until 1 July 1785.

In 18th and 19th centuries the principles for the sale and pricing of bread were established, on the basis of a list of standard prices. Most probably customers continued to enjoy the taste of 'chleb prądnicki' up to the late 1920s / early 1930s, but at some point in the 1930s production ceased. Nevertheless, the bread did not sink irretrievably into oblivion, it was being sold on the oldest, still operating and to this day the most active market place in Kraków – Stary Kleparz.

Unique qualities

'Chleb prądnicki' and the method for making it have been developed over many years by generations of bakers. Its characteristic features are associated with human attributes: the skills and art of the bakers, who bake it according to traditional methods, using only the specified raw materials. The special characteristics which distinguish 'chleb prądnicki' most from other products are its size. The standard bread is baked in 4,5 kg loaves, and for special occasions 14 kg loaves are baked and then it has about 1 m in length, 12 to 15 cm in height and width at centre from 45 to 50 cm. The inclusion of potatoes or potato flakes in the recipe ensures long-lasting freshness.

History

It is not difficult to find documents proving the centuries-old tradition of beekeeping in the Pojezierze Drawskie region, on the territory of the old Starostwo Drahimskie (County) in and around Czaplonek. Both economic reasons and favourable natural conditions in this area influence the development of beekeeping in Pojezierze Drawskie. The long tradition of beekeeping in there is confirmed by references in historical studies, copies of documents and other sources. A report produced in 1565 refers that there were 11 beekeepers in Starostwo Drahimskie, and each of them had to pay tribute in honey. In 1668-1945 the Land of Czaplonek, situated in the centre of the Starostwo Drahimskie, was part of Brandenburg, and then Prussia and Germany. Consequently the proofs of beekeeping tradition in this region may be also found in a magazine issued in German - Unser Pommerland, which provides information that in 1928 on the Land of Czaplonek there were 1136 'beekeeping stands' (Stand Bienen), namely apiaries. The development of beekeeping activity in this area is also confirmed by information on beekeeping associations. Beekeeping have always been a very popular activity of the Pojezierze Drawskie inhabitants.

Unique qualities

The territory on which 'miód drahimski' is produced is not affected by the problems of environment pollution (the area covers the Drawski Landscape Park). The natural character of this area owes much to the absence of industrial pollution as well as the ecosystems on which human activity has had negligible impact. A very varied and extensive network of rivers, streams and lakes contributes to the diversity of the vegetation that occurs in the area. The presence of varied ecosystems resulting from a pure and natural environment also yields a very varied pollen composition to which the specificity of polyfloral 'miód drahimski' bears testimony. 'Miód drahimski' is closely linked with the area of origin. Various kind of honey, obtained from plants typical of the region, can be sold under the name of 'miód drahimski': buckwheat honey, colza honey, heater honey, lime honey and polyfloral honey. 'Miód drahimski' is a natural product, characterised by high content of proline, reducing sugars and dominant pollen.

Only particular subspecies of bees are used in its production. Beekeepers usually use traditional method of harvesting as well as decanted honey into retail packages on their own.



source: ARMA



MIÓD DRAHIMSKI

Geographical area

'Miód drahimski' is harvested on the territory of Czaplonek, Wierzychowo, Barwice, Borne Sulimowo municipalities and Borne Sulimowo forest district.



KOŁOCZ ŚLĄSKI /KOŁACZ ŚLĄSKI

History

'Kolocz śląski / kolacz śląski' is part of the tradition of baking and eating wedding cakes which dates back to the 10th century. An expensive wedding cake, kolocz was supposed to guarantee that the newlyweds would be blessed with children. As time passed, the custom of 'taking round the kolocz' has become popular in the Śląsk (Silesia) region. In and around the Śląsk region, it is customary to take a 'kolocz śląski / kolacz śląski' to wedding guests three or four days before the ceremony.

Specially baked 'kolocz śląski / kolacz śląski', decorated with symbols of love (heart, red flower), wedding ceremony (garland, rings), stability of marriage (stone) and other so called 'marks' may be exchanged between the newlyweds. Giving each other 'kolocz śląski / kolacz śląski' is a specific competition between the newlyweds. It is considered that the one who is the first bringing kolocz to the house of the other spouse, will be in charge in marriage. In some parts of the region handing 'kolocz śląski / kolacz śląski' tends to be a ceremony. Cooks and bridesmaids stage a colourful parade and recite selected poems while handing the cake. Up till now in the Śląsk region, small cards with wishes for the newlyweds has been attached to the wedding cake 'kolocz śląski / kolacz śląski'. The wishes are various, but they always refer to 'kolocz śląski / kolacz śląski'. Moreover in some parts of the Śląsk region, it is a custom to give two pieces of the wedding cake 'kolocz śląski / kolacz śląski' – one with cheese and one with poppy seed filling – to friends and neighbours or even to all inhabitants of the village.

'Kolocz śląski / kolacz śląski' is so well known that nobody can imagine the local cuisine without it. This is a very popular, everyday product sold in shops as well as during regional festivities and events.

Unique qualities

Four the most popular varieties of 'Kolocz śląski / kolacz śląski' are: without filling, with a cheese, poppy seed or apple filling. Its characteristic feature is shape. According to old-Polish tradition it was round, but in the Śląsk region it has had a rectangular shape. Another specific feature of 'kolocz śląski / kolacz śląski' is the crumble topping different than in other parts of Poland which is a result of a laborious baking process.

Geographical area

'Kolocz śląski / kolacz śląski' is produced on the territory of Opolskie Voivodship and in the following counties in Śląskie Voivodship: Będziński, Bielski, Bielsko-Biała city, Bieruńsko-Lędziński, Bytom city, Chorzów city, Cieszyński, Gliwicki and Gliwice city, Jastrzębie-Zdrój city, Katowice city, Lubliniecki, Mikołowski, Myslowice city, Piekary Śląskie city, Pszczyński, Raciborski, Ruda Śląska city, Rybnicki and Rybnik city, Siemianowice Śląskie city, Świętochłowice city, Tarnogórski, Tychy city, Wodzisławski, Zabrze city, Żory city.

History

Fruit farming in and around Grójec began under the reign of Queen Bona, who received large tract of land in this area in 1545. As a result of her efforts in Grójec County was more manorial orchards than in other counties at that time. A significant role in the history of 'jabłka grójeckie' was also played by members of the clergy, who were the most important figures in fruit farming in the region in the 19th century. They not only grew apples, but also encouraged the local population to found new orchards and passed on knowledge and experience about fruit farming. In 1918 the first fruit warehouse in Poland was built in this region. This enabled the sales of apples during the winter, when there was a shortage of good quality fruits on the market. A period of very rapid growth in fruit growing in the Grójec area began with the end of the Second World War and the Research Institute of Pomology and Floriculture has been established. The Institute developed into a model farm which passed on practical know-how to the fruit farmers of Grójec. As time went by, the growing of 'jabłka grójeckie' became more and more widespread.

Annual celebration of an apple blossom festival (Dni Kwitnących Jabłoni) shows the significance of fruit farming for the region.

Unique qualities

The apples called 'jabłka grójeckie' are characterised by colour and a blush which is greater than the average. It reflects the higher content of pigments, mainly anthocyanins and carotenoids. The acidity of 'jabłka grójeckie' is also higher on average than the average for the variety concerned and it is appreciated by apples' processors in Europe. Low night-time temperatures impact favourably on the physiological processes which take place in the apples just before harvesting. This makes a significant contribution to the exquisite taste of 'jabłka grójeckie'.

Geographical area

'Jabłka grójeckie' are produced in the following municipalities:

- in Mazowieckie Voivodship: Belsk Duży, Błędów, Chynów, Goszczyn, Grójec, Jasieniec, Mogielnica, Nowe Miasto nad Pilicą, Pniewy, Warka (Grójecki County), Mszczonów (Żyrardowski County), Tarczyn, Prażmów and Góra Kalwaria (Piaseczyński County), Sobienie Jeziory (Otwocki County), Wilga (Garwoliński County), Grabów nad Pilicą, Magnuszew (Kozienicki County), Stronie, Białobrzegi, Promna (Białobrzezki County);
- in Łódzkie Voivodship: Biała Rawska, Sadkowiec, Regnów, Cieladz (Rawski County), Kowiesy (Skierniewicki County).

This area is called "the biggest orchard of Europe" because of crop concentration in the area around Grójec which decreases as the distance from the town increases.



JABŁKA GRÓJECKIE



SER KORYCIŃSKI SWOJSKI

Geographical area

'Ser koryciński swojski' is manufactured in three municipalities in Podlaskie Voivodeship, in Suchochowski County: Korycin, Suchowola and Janów. The region is traditionally focused on dairy production, as evidenced by the share of grassland that is the highest in Poland: 35.4% of the surface area of crops, and the highest cattle population in the voivodeship.

History

'Ser koryciński swojski' is an everyday food product - reasonably accessible and with a simple production method that does not require complicated tools, therefore there are not many official written records of its history. There are two equal hypotheses, dates back to the end of 17th century and beginning of 18th century, concerning how and when the production of the cheese started. According to the first hypothesis, the beginning of 'ser koryciński swojski' date from the second half of the 17th century, when a great battle between the Swedish army and the united Polish and Lithuanian army had place near Korycin. The Polish army recruited regular soldiers from foreign countries. After the battle, a group of wounded soldiers, probably from Switzerland, were placed in the nearby Kumiała manor farm for a treatment. Some of them decided to stay there for good. They passed the secrets of making maturing cheese from milk to the local people. The other hypothesis places the beginning of the cheese production a hundred years later. The book entitled 'Janów and its Neighbourhood: My Little Homeland' ('Janów i okolice Moja Mała Ojczyzna') by Romuald Bujwicki mentioned that this kind of cheese was made there in 1768. As there was no heavy industry in the area where 'ser koryciński swojski' has been manufactured, its production flourished. Many farms made butter and 'ser koryciński swojski' for their own use and for sale. Cheese making was a way of making use of the milk produced on farms, as there were no refrigerators at that time. Making own maturing cheese, which is maturing for several weeks or months (buried in straw) was the way to make good use of own milk, balance the diet, ensure self-sufficiency and make it through the difficult winter season.

Unique qualities

'Ser koryciński swojski' is a cheese that matures between two days and several months, manufactured from raw whole milk with the addition of rennet and table salt, possibly also with spices and herbs. The specific characteristics of 'ser koryciński swojski' have evolved over the many years for which it has been produced as well as knowledge of the production method and associated practical skills has been passed from one generation to the next. Its unique shape is associated with the strainers in which it is made. These vessels also give the cheese its characteristic fluted surface. 'Ser koryciński swojski' is made from whole unpasteurised milk that gives it the characteristic fresh milk aroma. The product is moist and flexible, riddled with many small, evenly distributed holes.

History

Lambs of breeds of Cakiel Podhalański (Podhale zackel) and Polska Owca Górska (Polish Mountain Sheep) are used for the production of 'jagnięcina podhalańska'. These breeds are well adapted to the Podhale region's climate. The sheep are grazed in mountain pastures throughout the season, from the end of April to the beginning of October, which is typical of the Podhale region. Documents from Podhale dating from the end of the 16th century refer to authorisations to graze sheep freely in mountain pastures, indicating that herds were already in the area at that time. Sheep breeding and production of 'jagnięcina podhalańska' have been developed over many years by generation of shepherds as well as is a result of adaptation of the sheep to specific climate conditions.

Unique qualities

The link between 'jagnięcina podhalańska' and the region is based on the product's characteristics, which are associated with its geographical origin and reputation. 'Jagnięcina podhalańska' owes its exceptional succulence to its marbling, that is intramuscular fat. The genetic make-up of the breeds traditionally used to produce 'jagnięcina podhalańska', coupled with the specific natural conditions prevailing in the region, has a decisive impact on the negligible fat content of the lambs' meat. The method used to feed the lambs, based solely on their mothers' milk, also helps to account for the meat's low fat content. The natural conditions prevailing in the area and, in particular, the exceptional vegetation used to feed the sheep, affect the quality and nutritional value of the mothers' milk. This is directly reflected in the specific taste of the meat and its gamey aroma, which is the most distinctive characteristic of 'jagnięcina podhalańska'. Moreover, the meat is also distinguished by its light pink colour and soft but elastic structure. The long tradition of sheep farming in the region, knowledge passed down from one generation to the next and unique qualities of this region (its fauna and flora), affect the high quality of 'jagnięcina podhalańska', which makes the product very popular and appreciated among national and foreign consumers.

Geographical area

'Jagnięcina podhalańska' is produced in the following areas:

- in Śląskie Voivodship: Istebna (Cieszyński County), Milówka, Węgierska Góra, Rajcza, Ujsoly, Jeleśnia i Koszarawa (Żywiecki County),
- in Małopolskie Voivodship – the entire Nowotarski County and Tatrzański County, municipalities: Zawoja and Bystra Sidzina (Suski County), Niedźwiedz and part of the Kamienica municipalities situated on the territory of the Gorczański National Park and villages in Mszana Dolna municipality: Olszówka, Raba Niżna, Łostówka, Łętowe and Lubomierz (Limanowski County), Pivniczna, Muszyna and Krynica (Nowosądecki County).



JAGNIĘCINA PODHALAŃSKA



CEBULARZ LUBELSKI

Geographical area
Lubelskie Voivodship

History

Lublin is one of a kind city, inhabited by Polish and Jewish communities for over 400 years. Historians assume that Jews came to Lublin in the second half of the 14th century. Casimir III the Great's royal privilege of 1336 allowed Jewish people to settle in the Podzamcze area. Lublin's baking traditions date back to the Middle Ages. The first reference to 'cebularz', a flatbread baked with onion flakes on top, the local specialty baked according to traditional recipe, passed down from one generation to the next, dates back to the 19th century. The name of 'cebularz' comes from the Polish word 'cebula', which means onion, vegetable used to prepare the topping. Before the Second World War this type of flatbread was made by Jews living in Lublin, Kazimierz and Zamość. However the recipe quickly became popular all around the Lubelskie Voivodship. The recorded memories of citizens, who lived in Lublin in the interwar period (1919-1939), inform us that 'cebularz' was widespread and baked in all Jewish bakeries. It was possible to buy the fresh flatbread from street vendors, who carried them in baskets on their shoulders. They mentioned that 'cebularz' was easily accessible as well as it did not required to be extra advertised because of its extraordinary features – aromatic smell, delicious taste and good price. Nowadays consumers appreciate 'cebularz lubelski' which as a result is presented on numerous competitions, festivals and national and international fairs. Likewise, the numerous publications in newspapers show how important 'cebularz lubelski' is for the inhabitants of the region.

Unique qualities

'Cebularz lubelski' is a round shape handcrafted flatbread. It has 5 to 25 cm in diameter, and is about 1,5 cm thick. It is made of extra wheat dough, which consists of double amount of sugar and margarine in comparison to plain wheat dough. The topping is prepared from thick pieces of onion mixed with poppy seed, salt and vegetable oil. It has a golden colour and characteristic taste and aroma. Around the topping there is 0,5-1,5 cm wide not covered by the topping piece of flatbread. 'Cebularz lubelski' is soft, slightly moist, light in colour. Moreover it has a typical aroma of a freshly baked onion.

'Cebularz lubelski' has a relatively short shelf-life of about 48 hours after baking.

History

The production of 'krupnioki śląskie' was inseparably linked with pig slaughter, which was a specific and important rite in Silesia. As from the 19th century, many Silesians living in industrial centres have not had such opportunities as people living in the countryside and having their own fields or orchards. Urban residents had at their disposal small gardens and pigsties where they kept pigs, rabbits and pigeons. Pig slaughter involved all members of the family and the master of ceremony was a butcher whose services were reserved specially for this day. After slaughter, the blood was used to produce brawn and krupnioki śląskie, and the commonly adopted custom was to make a large quantity of the latter so as to give them to the family and neighbours, who had brought leftovers and peelings to help the family feed the pigs. Usually, the family who slaughtered the pig, shared the products, including 'krupnioki śląskie', with their relatives. Raw materials used for the manufacture of this product were the best way to manage pork offal after pig slaughter. It was essential also from the economic point of view for the miner's families which, particularly in the 19th century, did not have large household budgets at their disposal.

Unique qualities

Specific features of 'krupnioki śląskie' result mainly from the production process in the specified geographical area, based on the skills of manufacturers able to choose raw materials properly and to conduct the production process according to the best technological parameters. 'Krupnioki śląskie' stand out among other products belonging to the same category due to their high calorific value, strong taste and smell and tender structure. These features stem from a harmonised combination of all raw materials and spices, in particular, groats, liver, onions and pepper, which give the final products its specific taste and smell values.

For decades, 'krupnioki śląskie' have been enjoying an unflagging reputation, not only in Silesia, but also throughout and outside the country. The reputation of 'krupnioki śląskie' is also evidenced by the fact that this name was absorbed by the Silesian dialect as a part of numerous sayings and proverbs.



SOURCE: ARMA



KRUPNIOKI ŚLĄSKIE

Geographical area

The Śląskie and Opolskie Voivodeships and the commune of Dziadowa Kloda (Oleśnicki district, Dolnośląskie Voivodeship).



KIELBASA BIAŁA PARZONA WIELKOPOLSKA

Geographical area

The Wielkopolskie Voivodeship within its administrative borders, the districts in the Lubuskie Voivodeships (Gorzowski, Krośnieński, Międzyrzeczki, Słubicki, Strzelecko-Drezdenecki, Świebodziński, Wschowski, Zielonogórski) and the districts in the Kujawsko-Pomorskie Voivodeship (Mogileński, Żniński).

History

Steamed sausages have been known in Poland at least since the 19th century, and their recipes were diversified, depending on the availability of beef, veal or lamb. Cured meat was often used, so as to guarantee the long life of products. In Wielkopolska, the rule of producing pork sausages only has been established.

On a basis of verbal messages and collected notes, in the 50s of the 20th century the recipes for large meat processing plants were documented, for white raw sausages and later on for white cooked sausages. The uniqueness and individuality of 'kielbasa biała parzona wielkopolska' started being strictly highlighted in the 90s of the 20th century.

The importance of 'kielbasa biała parzona wielkopolska' is evidenced by the fact that during the period of martial law, when the sale of meat was controlled, butchers received additional quantities of meat for the production of 'kielbasa biała parzona wielkopolska'. The popularity of 'kielbasa biała parzona wielkopolska' has increased so much that butchers started producing it not only during the holidays. It was included into the everyday offer of meat shops in Wielkopolska. The fact that this sausage was available all year long gave rise to various forms of using it in preparing dishes.

Unique qualities

The taste of 'kielbasa biała parzona wielkopolska' is dominated by the taste of cooked pork with a slight aroma of garlic and pepper. Clearly noticeable is also the whiff of marjoram, highlighting its taste. The uniqueness of 'kielbasa biała parzona wielkopolska' also lies in the fact that it is made of fresh, chilled, uncured meat 70% of which is derived from ham.

The new generation takes over the tradition of 'kielbasa biała parzona wielkopolska'. While appreciating its palatability, it is also looking for new ways to use it in food. This results in recipes and tips regarding this sausage which are printed in various magazines. This attests to the importance of 'kielbasa biała parzona wielkopolska' for the residents of the region and its enduring reputation.

History

Piaski Wielkie is the name of the former village near Kraków, which since 1940 has been located within the administrative borders of the city of Kraków. This village as well as the surrounding villages became famous for the production of meat and cold meats, and, in particular, outstanding sausage – ‘kielbasa piaszczańska’, which for centuries had been delivered to Kraków, including the royal table on Wawel.

The relationship of ‘kielbasa piaszczańska’ with the geographical area where it is produced, and its reputation are confirmed by the legend. The legend was developed in literary terms and published in 1899 by Seweryn Udziela, ethnographer, founder of the Ethnographic Museum in Kraków in his book entitled „Twelve legends and tales from Kraków” (Lviv, 1899). According to this legend, during the reign of King Casimir the Great, the Piaski residents brought sausages they had produced and sold it in Kraków. However, the Kraków butchers envied them their earnings and convinced the city council to prohibit the Piaski residents to bring meat to the city for sale. Kijacy brought their complaint to the King, who promised to allow them to continue selling their products provided that they managed to enter the city carrying a sausage of two metres and not being seen by the guards. The Piaski residents came up with an idea, carved a hole in a long stick and hid the sausage for the King inside, thus outsmarting the guards. As a result, King Casimir the Great allowed them to continue selling sausages in Kraków, and since they had brought the sausage inside a stick, he called them „Kijacy” (stick holders). This name has survived until today.

Unique qualities

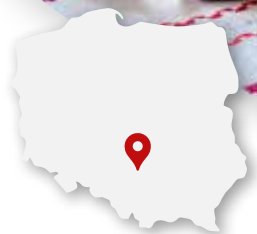
‘Kielbasa piaszczańska’ is coarsely-ground sausage made of pork, i.e. ham and pork loin, subject to semi-wet curing in marinade made of herbal broth and rock salt. The specific feature which makes it different from other sausages is special broth used for its production and made of herbs such as allspice, bay leaves, juniper berries and cloves. Natural, commonly available herbs and spices were used to enhance the flavour, but also to eliminate the negative impact of animal fats on human health. An important step in production of ‘kielbasa piaszczańska’ is also smoking. For this purpose, wood of deciduous trees: alder, beech and oak, is used. An additional element of smoking, specific to this sausage, is the moderate use of juniper branches or berries at the last stage. Producers of ‘kielbasa piaszczańska’ were the pioneers in this way of smoking.



KIEŁBASA PIASZCZAŃSKA

Geographical area

Communes: Wieliczka and Świątynki Górne and the City of Kraków.



CZOSNEK GALICYJSKI

Geographical area

The Malopolskie Voivodeship (communes of Słomniki and Radziemice and villages in the commune of Koniusza: Niegardów, Niegardów Kolonia, Piotrkowice Wielkie, Budziejowice and Muniaczkowice).

History

The geographical area, where ‘czosnek galicyjski’ is produced, is situated in Galicia – the Polish lands which in the years 1772-1918 were under the Austrian Partition. The name of ‘czosnek galicyjski’ is derived from this historical name.

The geographical area of production of ‘czosnek galicyjski’ is characterised by soils rich in organic matter (humus) and the growing season starting much earlier than in the neighbouring areas. Such conditions allow for the optimal use of water stored in the soil after winter rainfall. This is extremely important in the first phase of growth and particularly beneficial to bulbous plants which garlic is. Thanks to this, ‘czosnek galicyjski’ bulbs are large.

Unique qualities

The high quality and specific features of ‘czosnek galicyjski’ are related to the soil and climate conditions of the area where it is produced and to the skills of local producers. Thanks to the combination of these factors, we obtain garlic with specific physicochemical and organoleptic qualities which make it stand out among other products. ‘Czosnek galicyjski’ is characterised by the high content of alliin (a compound responsible for the characteristic garlic flavour), purple-pink or purple colour of the skin, large bulb and a small number of cloves in the bulb thanks to which the size of a single clove is also larger when compared to other species of garlic. The quality of ‘czosnek galicyjski’ is also largely affected by the skills of local producers which are demonstrated at every stage of its production. The above-mentioned skills included: selection of a proper date of planting so that plants could become appropriately rooted before frost, a proper date of topping (removing the inflorescence stalk after it becomes twisted) or drying temperature.

History

The history of inception of ‘podpiwek kujawski’ in a form of a ready-to-drink beverage is inextricably linked to the history of inception of a mixture of dried ingredients used for its production and the skills of producers as regards fermentation. The first tests of fermentation of the beverage, later on known as ‘podpiwek kujawski’, come from the Book of Analyses of the Ferd. Bohm et Co. and Gleba United Factories of Chicory in Wloclawek of 1938. Initially, the beverage was to be ready after three days from the moment of its preparation. Owing to the fact that the product was most willingly consumed during the harvest when the Kujawsko-Pomorskie Voivodeship recorded the highest temperatures, the recipe was modified and the customers were suggested to store the beverage in a warm place for one day and then in a cool place for two days. The beverage was ready to consume on the fourth day.

Unique qualities

‘Podpiwek kujawski’ is a sparkling, fermented, sweetened, non-alcoholic beverage made of cereals and herbs, whose main ingredients are: roasted barley grains and ground chicory root as well as aromatic hops. ‘Podpiwek kujawski’ is marketed in two forms – of a ready-to-drink beverage and as a mixture of dried ingredients to prepare the beverage at home. ‘Podpiwek kujawski’, unlike most beverages of this type, is not artificially enriched with carbon dioxide, does not contain preservatives, synthetic additives, flavourings or organic colours. Its taste is refreshing, slightly sweet with a tone of bitterness, slightly sour, with a clear aroma of roasted grain coffee and yeast. The specific nature of ‘podpiwek kujawski’ is based on special qualities and the repute of the product which are related to the geographical origin of the product. Owing to the favourable soil and climate conditions for the cultivation of barley and chicory, these raw materials are present in large quantities in the Kujawsko-Pomorskie Voivodeship. In view of the great availability of raw materials to produce ‘podpiwek kujawski’ and human skills of local producers, the unique production method of this drink has been developed in this area. It is the area where, thanks to the knowledge and skills of local producers, the appropriate proportions of the ingredients, the level of roasting barley and chicory root as well as suitable temperature and fermentation conditions have been developed and they guarantee the high quality and specific features of ‘podpiwek kujawski’.



PODPIWEK KUJAWSKI

Geographical area

The Kujawsko-Pomorskie Voivodeship within its administrative borders.



Name

The traditional division of mead has existed in Poland for centuries and still exists in consumers' consciousness to this day. Depending on the method of production, the varieties are: półtorak, dwójniak, trójniak, and czwórniak. Each variety refers to a different type of mead manufactured with different proportion of honey to water or juice and with different periods of ageing. Mead is a clear drink fermented from mead wort with a specific honey aroma and flavour of the ingredient used. The colour of mead ranges from gold to dark amber, depending on the type of bee honey used in the process of its production. The alcohol content is: 15-18% of volume in case of 'półtorak staropolski tradycyjny' and 'dwójniak staropolski tradycyjny', 12-15% for 'trójniak staropolski tradycyjny', and 9-12% in the case of 'czwórniak staropolski tradycyjny'.

Specific character

The specific character of mead is derived particularly from the use and close observance of the prescribed proportion of water to honey in mead wort, which may be composed of:

- 1 part of honey and 0,5 part of water in the case of 'półtorak staropolski tradycyjny',
- 1 part of honey and 1 part of water in the case of 'dwójniak staropolski tradycyjny',
- 1 part of honey and 2 parts of water in the case of 'trójniak staropolski tradycyjny',
- 1 part of honey and 3 parts of water in the case of 'czwórniak staropolski tradycyjny'.

The old Polish recipe requires, for the specific character of the product to be obtained, that the set storage and ageing period be observed. In the case of 'półtorak staropolski tradycyjny' mead, the period is at least 3 years, for 'dwójniak staropolski tradycyjny' – 2 years, for 'trójniak staropolski tradycyjny' – 1 year and 'czwórniak staropolski tradycyjny' – 9 months. Only strict adherence to the principles governing all the stages of manufacturing, resulting from over one thousand years' experience in mead manufacturing in Poland, guarantees producing this exquisite, special, and unique product.

Tradition

Mead production in Poland is a tradition which dates back over a thousand years and is characterized by great diversity. The development and improvement of the production method over the centuries has given rise to many types of mead. The history of mead production dates back to the beginnings of Poland's statehood. In 966 the Spanish diplomat, merchant and traveller, Ibrahim ibn Yaqub, wrote: 'Besides food, meat and land for ploughing, the country of Mieszko I abounds in mead, which is what the Slavic wines and intoxicating drinks are called' (Mieszko I was the first historic king of Poland). The Chronicles of Gallus Anonymus, who recorded Polish history at the turn of the 11th and 12th centuries, also contain numerous references to the production of mead. Source materials describing Polish culinary traditions of the 17th and 18th centuries contain references to different types of mead.

MEADS

PÓŁTORAK STAROPOLSKI TRADYCYJNY

DWÓJNIAK STAROPOLSKI TRADYCYJNY

TRÓJNIAK STAROPOLSKI TRADYCYJNY

CZWÓRNIAK STAROPOLSKI TRADYCYJNY

Name

‘Olej rydzowy tradycyjny’ (gold-of-pleasure oil, also known as camelina oil) is produced from the plant *Camelina sativa*, i.e. gold-of-pleasure or false flax. The Polish name is ‘Inianka siewna’, popularly called ‘rydz’, ‘rydzyk’, ‘ryżyk’, or, more seldom, ‘lennica’. In some regions of Poland only the popular name of this plant is used, i.e. ‘rydz’, which is due to its exceptionally rusty-coloured seeds. The colour is similar to that of the mushroom *Lactarius deliciosus* (Saffron milk cap), called ‘rydz’ in Polish and found all over the country. It is precisely because of the rusty colour of the gold-of-pleasure seeds that we call the oil made from them ‘olej rydzowy tradycyjny’. Thus, this traditionally used name expresses one of the unique qualities of ‘olej rydzowy tradycyjny’. According to a popular saying “Lepszy rydz niż nic” (translator’s note: Polish equivalent of „A bird in the hand is worth two in the bush”), which is often repeated until this day, confirms the enormous popularity of this plant in the community.

Specific character

The specific character of gold-of-pleasure oil is due to its basic features, namely its exceptional taste and smell, colour and physico-chemical composition. The oil differs from other products of this type by its specific taste with a distinct hint of onion and mustard, as well as a pleasant, moderately strong pure aroma. Gold-of-pleasure oil has a high nutritional value and rich chemical composition. It contains a number of components sought after in dietetics, especially polyunsaturated fatty acids, the content of which in gold-of-pleasure oil is approx. 55 %, with Omega 3 acids making up approx. 40 % and Omega 6 approx. – 15%.

Tradition

The art of oil pressing was known to Slavic tribes living on current Polish territory for centuries. For centuries, gold-of-pleasure oil was consumed by the community although the knowledge of its chemical composition was limited. It might be that through folk medicine and practice, its dietary, curative and agricultural properties were passed on.

The traditional character of gold-of-pleasure oil is closely linked with the production process which has not been changed for centuries — the process of pressing oil remains the same since the end of the 18th century. Collected and dried seeds have initially been crushed with the use of stones and then with rollers. Then flaked seeds are heated in order to increase their efficiency before the pressing and pressed in special presses. Pressed oil is then poured into a special container where it remained for the period of 7–10 days in order to allow it to clean. The oil is cleaned by allowing the heavier fusel oils and all other impurities to gradually fall to the bottom of the container. The top layer of the oil is then suitable for consumption.



OLEJ RYDZOWY TRADYCYJNY



source: ARMA

PIEREKACZEWNİK

Name

The name 'pierekaczewnik' expresses the specific character of the product, since it is derived from the verb 'perekatywat', which in Belarussian and Russian means 'to roll out'. Both the rolling out of the dough and spreading the layers with stuffing are characteristic actions performed in the production of 'pierekaczewnik'. They confirm the specific character of the product and its name which is directly derived from the actions related to the making of the product.

Specific character

A specific feature of the product is certainly its multi-layered structure, which is the result of superposing thin (nearly transparent) layers of dough. This effect is obtained by rolling out the dough very thoroughly. After all the layers of dough and the stuffing have been superposed, the entire assembly is rolled up. As a result, the many layers of dough interspersed with stuffing that are typical of 'pierekaczewnik' are visible in cross-section.

The specific appearance of 'pierekaczewnik' results from the final stage in its preparation. The rolled-up product is placed in a round baking tin. When baked, the 'pierekaczewnik' resembles a snail shell. The 'pierekaczewnik' is in fact a special type of filled pastry which is distinguished not only by its structure, but by its size, for it is at least 25 cm in diameter and weighs around 3 kg. 'Pierekaczewnik' has a solid, compact and elastic consistency. Depending on the stuffing, it has a spicy or sweet taste. The product is traditionally served hot, with its layers becoming separate and slightly crispy as a result.

Tradition

'Pierekaczewnik' is a traditional product which originates from the old eastern borderlands of Poland, which were inhabited by people of many nationalities: Poles, Lithuanians, Russians, Belarussians, Ukrainians, Jews and Tatars. The Tatars arrived in Poland as early as the fourteenth century, bringing with them a rich oriental culture. Their cuisine, which was largely determined by their religion and by the availability of products, was one of the elements of that cultural heritage. Through shared contacts, Tatar delicacies often found their way onto Polish tables. 'Pierekaczewnik' is one such product.

The traditional character of 'pierekaczewnik' is closely linked to its method of production, which has remained the same for centuries. The entire process of preparing both the dough and the stuffing has not changed over the centuries. This is evidenced by the fact that the dough is prepared by hand and the ingredients for the stuffing have not changed.

The exceedingly labour-intensive recipe means that 'pierekaczewnik' is very seldom made - nowadays only in Tatar households for the Bajram celebrations ('Bajram' means 'a feast' in Turkish). The confirmation and description of the specific characteristics of the product may be found in historical and ethnographical monographs published before the Second World War.

Name

The name 'kielbasa jałowcowa staropolska' expresses the specific character of the product, which is linked above all to its exceptional taste and aroma. These features reflect the use of juniper berries in the production process, which are finely chopped just before they are added to the meat, and the use of juniper branches during the smoking process. Grinding the juniper berries just before starting the production process enhances the sausage's characteristic taste and contributes to its specific character, while the use of juniper in the smoking process further adds to its taste and enhances its exceptional aroma. The specific method of production, especially the use of juniper, and the exceptional organoleptic features provided the basis to name this sausage 'jałowcowa'.

Specific character

'Kielbasa jałowcowa' derives its specific character mainly from the tenderness and specific properties of the meat, and the exceptional taste and aroma of the final product. Its shape is a feature which sets 'kielbasa jałowcowa staropolska' apart from other sausages. The sausage is sold only in two, very similar shapes, which makes it easily recognisable for consumers. It has the appearance of an evenly wrinkled stick in the shape of a garland. An essential ingredient of 'kielbasa jałowcowa staropolska', which influences the specific nature of the sausage, is pork from specially reared pigs.

Tradition

A type of processed-meat speciality called 'kielbasa', of unspecified type, appeared in written sources as early as the Middle Ages. A tiny reference suggests that typical old Polish sausage was thick, dark (probably as a result of smoking), folded and very often a few ells long. It was eaten heartily at feasts organised by nobility and magnates. Over the course of time, the number of types of processed-meat specialities increased, new recipes were created, and the variety of seasoning used improved their taste. Rural communities were growing rich, and, following the country manors, they began sausage production; initially for their own use, and later to sell. Recipes, tastes and culinary traditions were passed from generation to generation. The tradition of seasoning and smoking meat using juniper was cultivated in local and regional variants in which different technologies were used.



KIEŁBASA JAŁOWCOWA STAROPOLSKA



source: ARMA

KIEŁBASA MYŚLIWSKA STAROPOLSKA

Name

The name 'kielbasa myśliwska staropolska' (hunters' sausage) expresses the specific character of the product. It most likely first appeared in the inter-war years of the 20th century. Although the etymology of the sausage's name is closely linked with hunting, the product was widely marketed. Its good keeping qualities (thanks to drying and smoking), small size and its handiness (short, thin sticks) have made it the ideal part of the provisions that people take with them on walks and journeys, and for longer stays in places where food is difficult to obtain.

Specific character

Its taste and aroma are the features which set 'kielbasa myśliwska staropolska' apart from other sausages. These features are the result of the use in the production process of appropriately selected seasonings and the proportions thereof. The special role of juniper should be stressed. This traditional seasoning, frequently found in forests, adds to the taste and aroma of the sausage and significantly influences its specific character. The use of juniper in the production process links the product to hunting in a special way.

The special character of 'kielbasa myśliwska staropolska' derives from several attributes that are typical of the product: tenderness, succulence and specific properties of the meat, its exceptional taste and aroma, and a short, characteristic shape. 'Kielbasa myśliwska staropolska' is short and has the appearance of evenly wrinkled sticks bent into a crescent shape and usually divided into 'pairs' (unseparated at the twist-off point).

Tradition

Hunting had been governed by its own set of rules and customs for centuries. Descriptions of the chase are found in Polish literature, including the national epic poem "Pan Tadeusz" by Adam Mickiewicz. It constituted an almost social celebration, replete with rituals and symbolism – such as the hunting signals blown on the horn, the huntsman's initiation or 'christening', and the end-of-hunt feasts. Hunting associations established since have adopted these traditions and cultivate them to this day.

In the past, hunting in Poland was the domain of the aristocracy and nobility, and venison was served only in palaces, manors and in houses of rich townspeople. In the middle 19th century venison dishes became very popular, and hunting became open to all. The hunter's bag has been an indispensable and customary element of hunting gear. It contained, among other things, dry provisions suitable for all-day walks around the forest. Dried and smoked, hence relatively durable, sausage has always been part of the provisions eaten at rest stops.

'Kielbasa myśliwska staropolska' met with great commercial success in Poland after the Second World War. In 1953, it was included on the official list of smoked-meat products destined for the market, and in 1954 and 1964, for quality reasons, its recipe and technological documentation were standardised. To this day, 'kielbasa myśliwska staropolska' remains one of the most popular and keenly consumed smoked-meat products.

Name

In the 19th century Poland and Lithuania, the term 'kaban', or the diminutive form 'kabanek', referred to extensively reared young hogs which used to be fattened mainly with potatoes. The meat obtained was both delicate and exquisite. It was characterised, inter alia, by a high intramuscular fat content which gave the products made from it a strong, specific taste, tenderness and succulence. Such meat was customarily called 'kabanina'. It is generally agreed that the term 'kabanosy' is derived from the name used to designate both hogs and the pork.

Specific character

'Kabanosy staropolskie' are long, thin sticks of dry sausage twisted off at one end. The sticks are folded in two and in the curve there is an indent where they were hung. The surface of the 'kabanosy staropolskie' is dark red in colour with a cherry tint. A cross-section reveals dark red pieces of meat and cream-coloured fat. The surface of 'kabanosy staropolskie' is smooth, dry and evenly wrinkled. 'Kabanosy staropolskie' have a strong taste of cured, baked pork and a delicate, smoky aftertaste redolent of caraway and pepper.

The specific character of 'kabanosy staropolskie' derives from several attributes that are typical of the product: tenderness, succulence and specific properties of the meat, its exceptional taste and aroma, and a uniform, characteristic shape. An essential ingredient of 'kabanosy staropolskie', which influences the specific nature of the sausage, is pork from pigs of specially reared, traditional Polish breeds: pulawska, zlotnicka, wielka biala polska and polska biala zwisloucha. Another characteristic of 'kabanosy staropolskie' is the clearly audible noise they make when they are broken in two, which is the result of the meat's tenderness and the way it is dried and smoked. Their taste and aroma set 'kabanosy staropolskie' apart from other sausages. These features are the result of the use in the production process of appropriately selected seasonings and the proportions thereof, as well as the specific smoking process, which further enhances the product's flavour. The specific character of 'kabanosy staropolskie' is linked mainly to their unique shape of long, thin sticks of dry sausage.

Tradition

'Kabanosy' were eaten throughout Poland as early as the 1920s and 1930s. Much earlier, in the middle of 19th century, ham, spare ribs and sausages made of 'kabanina' were produced by farmers in the countryside for their own use. 'Kabanosy' were extremely popular during Communist times (1945–1989). Together with ham and bacon, they became a Polish export speciality.



source: ARMA

KABANOSY STAROPOLSKIE



KIEŁBASA KRAKOWSKA SUCHA STAROPOLSKA

Name

The name of 'kielbasa krakowska sucha staropolska' is applied in relation to a specific product which is produced in line with the production method derived from the tradition of coarsely minced Krakowska sausages. The name of 'kielbasa krakowska' has become a generic name. On the other hand, the designation of the registered product – "staropolska" – shall refer to the production method. In accordance with the etymological dictionary, the word „staropolska” means the one related to ancient Poland.

Specific character

The specific nature of 'kielbasa krakowska sucha staropolska' is evidenced by its raw material composition and maintained proportions. To produce this sausage, we use coarsely minced class I pork. The taste and aroma are characteristic of cured, smoked and roasted meat with the clear notes of pepper and a delicate flavour of garlic and nutmeg. The characteristic feature of 'kielbasa krakowska sucha staropolska' is the mosaic visible when we look at a thin slice against the light – the so-called stained-glass pattern.

The production method is based on traditional processes: curing, settling, smoking and drying. In the production process, a special role is played by the process of settling (2-3 hours) thanks to which the complex physicochemical processes are taking place in the product and it acquires specific taste and aroma.

Tradition

The tradition of meat processing in Poland dates back to the times of the early Middle Ages. For many years, slaughter of farm animals has been an event of importance to the whole family. This was also a period of preparing food stocks for the times of trips, wars or winters. Climate conditions in Poland made it necessary to apply various types of food preservation methods, i.e. salting, curing, marinating, smoking, scalding or drying. The recipe for producing 'kielbasa krakowska sucha staropolska' has been developed over years as a result of historical methods of processing properly selected meat raw materials and spices. The method and recipe for producing 'kielbasa krakowska sucha staropolska' are confirmed by the sources i.e. Polish Norms of 1959 and in-house regulations of the Central Office of the Meat Industry of 1964, which have been developed based on the regulations applied before WWII.

Geographical indications of spirit drinks

Geographical indication of spirit drink is an indication which identifies a spirit drink as originating in the territory of a country, or a region or locality in that territory, where a given quality, reputation or other characteristic of that spirit drink is essentially attributable to its geographical origin. In order to place a spirit on the national list of protected spirits all stages of production, during which the spirit acquired their character and specific qualities must be conducted in a region, locality or territory of Poland to which name it refers.



Polska Wódka

(Polish Vodka)

History

Vodka remains a mystery. The history of vodka goes back a very long time. The art of distillation was spread by Arabian or Italian merchants in Poland around the 13th-15th century. The word 'wódka' itself derives from Polish expression 'woda życia' (water of life) which was originally used in reference to curative waters.

The oldest sources containing reference to the word 'wódka' come from Akta Sądowe Województwa Sandomierskiego (Court Statutes of Sandomierskie Voivodeship) of 1405 and from Akta Grodzkie i Ziemskie Lwowa (Municipal and Land Statutes of Lviv) of 1437. The long tradition of 'wódka' production as well as the significant consumption in Poland in the 16th century is confirmed by numerous materials such as the book by Stefan Familiarz 'O ziołach i moczy gich, O paleniu wódek z ziół' published in 1534, the book by Marcin z Urzędowa 'O wódkach zioł rozmagitich' published in 1550, or book by Sebastian Klonowicz 'Roxdania' published in 1581. The word „wódka” referring to a strong spirit drink made from grain distillate was also used in documents concerning the collection of taxes from 1564, 1565 and 1577. Moreover there are also the flavoured types of vodka which traditionally are produced in two ways, either by mixing the vodka concentrate (purified distillate) with small amounts of herbs or fruit extracts, or by adding herbs, flowers, fruit stones, etc. to the last distillation.

Another group of Polish flavoured vodka is obtained by adding a natural aroma (e.g. fruit aroma) to concentrated vodka, which results in a different smell and flavour than the one originating from the materials used (rye, wheat, barley, oats, triticale or potatoes).

Unique qualities

The clarity and clear taste of 'Polska Wódka / Polish Vodka' are the results of modern technological production process that includes a careful selection of grains (rye, wheat, barley, oats or triticale) and potatoes, preparation of mash, natural fermentation and expelling of alcohol by multiple distillations. The last stage of production has a significant influence on product quality. A well-purified (rectified) grain (rye, wheat, barley, oats, triticale) or potato distillate is a vodka concentrate that is later diluted with high-quality water (free of any pollution). The beverage produced in such a manner is pure 'Polska Wódka / Polish Vodka' – the true essence and strength of alcohol.

'Polska Wódka / Polish Vodka' is a Polish national drink. The Polish top brands of vodka are well known all over the world. Consequently, the vodka in Poland is believed to play the similar role as cognac in France or whisky in Scotland. The success of 'Polska Wódka / Polish Vodka' on the global market is caused mainly by the following factors: the tradition passed down from one generation of manufacturers to the next, the originality of recipes, modern technology, and last but not least the use of superior quality potatoes or grains to produce ethyl alcohol.

The 600 years of history of the vodka production in Poland, guarantees that nowadays the alcohol from all over the country respects the traditional method of production.

Geographical area: Poland

Wódka ziołowa z Niziny Północnopodlaskiej aromatyzowana ekstraktem z trawy żubrowej

(Herbal vodka from the North Podlasie Lowland
aromatised with an extract of bison grass)



History

'Herbal vodka from the North Podlasie Lowland aromatised with an extract of bison grass' is an original and authentic Polish national vodka, production of which began in 17th century in the borderland of the Kingdom of Poland and the Grand Duchy of Lithuania. In 18th century it became one of favourite vodkas of gentry and peasantry. The company J.A. Baczewski Liquor and Distillery from Lviv is believed to export it for the first time. A year after Poland regained its independence in 1918, the State Spirits Monopoly was established in order to maintain centuries-old traditions of alcohol production as well as was granted an exclusive right to produce and trade vodka. In 1926 Polmos in Brześć distillery had developed a method of mass production of bison grass extract flavoured herbal vodka, which was then followed by numerous companies all over the world. Finally, the production of bison grass extract flavoured herbal vodka under the state monopoly was started in 1931.

Unique qualities

The 'herbal vodka from the North Podlasie Lowland aromatised with an extract of bison grass' owes its exceptional taste and smell to two varieties of grass containing coumarin: wood holy-grass and aromatic holy-grass, blossoming from April to June in the Białowieża Forest. The secret of the high quality of this vodka stems from the process of harvesting the bison grass. This partially protected grass from the unspoilt Białowieża Forest harvested, under the relevant licence granted by the Minister of Environment, by tools such as grass hooks and knives, which are used to cut the grass several centimetres above butt ends. The grass being in the proper stage of growth should be harvested in dry weather. This condition guarantees good quality of raw materials. The dried in the shadow grass has uniform green colour and an intensive, distinct coumarin smell. 'Herbal vodka from the North Podlasie Lowland' is one of the most recognised and appreciated Polish flavoured vodkas. Each bottle contains a symbolic stalk of the bison grass. The inhabitants of Białowieża claim that the vodka gives the power of a bison to those, who drink it.

The fact that Polish producers use the traditional recipe, high quality vodka concentrate, the aroma of the bison grass and the modern production methods, makes the 'herbal vodka from the North Podlasie Lowland aromatised with an extract of bison grass' one of the best recognised Polish vodkas all over the world.



Geographical area: North Podlasie Lowland



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