



Flavors of Rochester at the Market

A sampling series brought to you by the City of Rochester Public Market, Friends of the Market, Democrat & Chronicle, Summit Federal Credit Union. Saturdays, May through September 10 a.m. to 12 p.m.

www.cityofrochester.gov/marketflavors; www.democratandchronicle.com/rocflavors

Guest Chefs for August 5, 2016: |

Polish Heritage Society of Rochester (www.polishheritagerochester.org)

Polish Language School (www.RochesterPolskaSkola.com)

Kraków-Rochester Sister Cities Committee

(International Sister Cities of Rochester, NY, Inc.)

www.cityofrochester.gov/sistercities/

www.facebook.com/ISCORNews/

Recipe: Naleśniki (nah-lesh-NEE-kee)

Polish Crêpes with Apple Filling

Thousands of Rochester-area residents proudly claim Polish heritage and celebrate it with food, music, festivals, and other customs and events through the year. The Polish Heritage Society of Rochester participates with and supports organizations for this purpose, including the Polish Language School at St. Stanislaus Church; the Krakow-Rochester Sister Cities Committee of International Sister Cities of Rochester, New York; the Skalny Center for Polish and Central European Studies at the University of Rochester; and the Polish community organization umbrella group Polonia Civic Center. Through events, scholarships, service projects, etc., these organizations help keep Rochester's Polish and Polish-American culture vibrantly alive in our community.

Enjoy a taste of it yourself at the City of Rochester Public Market on Saturday, August 5 from 10 a.m. to 12 p.m. and, later, at the annual Polish Arts Festival from 4-11 p.m. at St. Stanislaus Church, 1124 Hudson Avenue at Norton Street, just south of Route 104. Let the naleśniki samples at the Public Market whet your appetite for a full meal of Polish favorites at the Polish Arts Festival (free admission)!

At the Public Market you can visit Cherry's food stand or the Pierogie Guy in the indoor shed for more Polish specialties. Or stop at Dybowski's Market on Hudson Avenue between Norton and Route 104, or Polska Chata at 32 Vinedale Ave., off East Ridge Rd. just west of Culver Rd., for delicatessen treats or a full Polish meal!

Recipe: THE APPLE FILLING

2 lbs. apples, peeled and sliced
2 tablespoons sugar

1/4 cup water
1 teaspoon cinnamon

1. Add all ingredients together in pot and stir
2. Cook over medium heat, stirring occasionally until most of water is gone (about 10 min.)
3. May be used right away or stored in canning jars per canning procedures.

You can use other fillings, too. Be imaginative!

SWEET NALESNIKI (THE CREPES)

2 skillets: 7" and 10"

1 ½ cups milk

2/3 cup all-purpose flour

1/2 teaspoon salt

3 eggs

2 Tbls melted butter or vegetable oil

1/2 teaspoon vanilla (may omit)

1/2 teaspoon sugar (may omit)

1. Mix all ingredients together in blender or by hand in a bowl. Cover, chill 2 hours in refrigerator
2. Brush bottom of 7" frying or crêpe pan (or any flat bottom pan-no ridges) with butter. Over medium heat, add 1/4 cup batter to pan. Tilt pan to cover bottom with the batter. Cook 2 minutes until top is set and underneath is slightly brown.
3. Loosen crêpe and flip into hot 10" skillet, cook other side about 30 seconds. Slip onto a plate and start cooking next crêpe. Use immediately or refrigerate.
4. Add filling to one side of crêpe, roll up like a cigar part way, fold in sides, finish rolling up. Sprinkle with powdered sugar.

Of course, there are other methods to get the same thing! Ask around! SMACZNEGO! (Tasty eating!)