



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 Chef for August 5, 2017:

Krakow-Rochester Sister Cities Committee of the International Sister Cities of Rochester/Polish Heritage Society of Rochester/Rochester Polish School

Recipe: *Salatka Jarzynowa (Vegetable Salad)*

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, NY, Inc.; the Skalny Center for Polish and Central European Studies at the University of Rochester; and the Polish community organization umbrella group the Polonia Civic Center. Through events, scholarships, service projects, etc., they help keep Rochester's Polish and Polish-American culture vibrantly alive in our community.

Enjoy a taste of Polish Culture yourself on Saturday, August 5, 2017. At the City of Rochester Public Market, in front of the Market Office, you can sample the *salatka jarzynowa*, vegetable salad, offered for free by the Polish Heritage Society. You can easily make it yourself at home from farm-fresh products you can buy while you're there. It will whet your appetite for a full meal of Polish favorites later that day at the Polish Arts Festival (free admission and handicapped accessible) from 4-11 p.m. at St. Stanislaus Church, 1150 Hudson Avenue at Norton Street, just south of Route 104.

At the Public Market you can also visit Cherry's restaurant or the Pierogie Guy for more Polish specialties. Or stop at Polska Chata at 32 Vinedale Ave., off East Ridge Rd just west of Culver Rd, for delicatessen treats or a full Polish meal!

Salatka Jarzynowa

(sah-LAH-tah Yah-zih-NOE-vah)

Vegetable Salad

Submitted by Maria Kowalski, Rochester

This is the most loved and popular salad in Poland. If you were ever invited to a house-



party, wedding or Easter dinner, there is a 100% chance this salad will be on the table! There are several versions of this salad depending where in Poland you are from, but they are all easy and simple - most importantly, the veggies are the same size as the peas. This recipe is the one I grew up with.

2-3 large potatoes
3 large carrots
1 parsley root
1 celery root, small
1 Apple
3 hard boiled eggs

1 cup sweet green peas
3 large pickles, gherkins
1 cup mayo
1 T mustard
1-2 tsps sugar
Salt and pepper to taste.

Cook unpeeled veggies until done, about 30 min. (potatoes, parsley root , carrots, and celery root).

When cooled, you can peel and cut up into very small pieces, the size of the peas. Cook the peas with 1 tsp sugar so they maintain their color. Let cool.

Chop the apple, pickles and hard boiled eggs into small pieces the size of peas.

Mix the mayo, mustard and 1 tsp sugar in small bowl.

Combine all the ingredients in large bowl and add the mayo mixture. Mix gently until well combined. Salt and pepper to taste.

Cover the salad with plastic wrap and place in the fridge for about 2hrs. Serve cool.

*Of course, there are other methods to get the same thing! Ask around! Use your own ideas! SMACZNEGO!
(smach-NAY-go---Tasty eating/bon appetit!)*

For further information, call Michael Leach, 585-694-2597

Or visit:

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/

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