

# Some Recipes from Poland, Latvia and Russia

compiled by

The Balivanich ESOL class





In Scotland

the people are nice and friendly

it is quiet.

Beautiful beaches

silence, peace.

I feel it is good here

and very safe

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For a cultural evening at Grogarry Lodge.

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## Chicken Salad

### Ingredients

3 chicken breasts    3 tablespoons vinegrette dressing

1 can of pineapple chunks    Salt, pepper, paprika,

1 can of sweetcorn    Oregano, chives and parsley

1 onion

- Fry the chicken breasts in olive oil, salt and pepper for about 15 minutes
- Slice the onion
- Cool the chicken, then cut into cubes and place in a bowl
- Add the remaining ingredients, onion, pineapple, sweetcorn and mix the vinegrette through
- Add oregano and parsley to taste
- Decorate with parsley, chives and paprika

Bon appetite !

## Tuna Salad

### Ingredients

2 tins of tuna

3 oz of fine pasta noodles

1 tin of sweetcorn

4 tablespoons of mayonnaise

1 onion

4 tablespoons olive oil

2 red pepper s

Chives and parsley

- Cook the pasta noodles
- Chop the onions and the peppers - separately
- Mix the tuna with the cooled pasta in a bowl
- Then add the chopped onion, sweetcorn, oil and mayonnaise and mix well
- Sprinkle the peppers, chives and parsley on the top

Ready!

## Chicken in Jelly

1 large chicken  
6 eggs  
1 tin of carrots/or fresh  
1 tin of peas/ or fresh

20g gelatine  
salt and pepper

- Bake the chicken in a small amount of water
- Hard boil the eggs
- Cut the chicken and the eggs into slices, reserving the chicken stock
- Fill small glass dishes with layers of carrots, peas, chicken and egg slices
- Add the gelatin to the remaining stock and pour over the contents of the glass dishes
- Place these into the fridge for two hours

Enjoy!

## Latvian Fish Salad \*

2 hard boiled eggs  
4 large boiled potatoes  
4 large ,cooked beetroots

1 tub of roll-mops  
1 tub of mayonnaise  
1 onion

- Grate the boiled potatoes and beetroot
- Chop the herring and the onion
- Select an oval platter, and spread with a layer of mayonnaise
- Next add a layer of chopped herring, then a thin layer of onion
- Then make a layer of grated potato, spread with a layer of mayonnaise
- Follow this with a layer of beetroot, spread with mayonnaise.
- Repeat, finishing with the mayonnaise and sprinkle the grated hard-boiled eggs on top.
- You may adapt to include, grated apple or grated carrot

\*This dish is traditionally used to celebrate New Year!

## Mushroom and Cheese Baguettes

1 long baguette                      150g of cheddar cheese  
15 mushrooms                        3 cloves of garlic  
3 small onions                        3-4 tbs of mayonnaise  
2 tablespoons parsley                salt, pepper

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- Slice the baguette lengthways in half
- Wash, dry and slice the mushrooms
- Finely chop the onions
- Squeeze the garlic, wash, dry and chop the herbs
- Grate the cheese
- Fry the onions in a little oil and after 5 minutes add the mushrooms for another 5 minutes
- Mix in the cheese, garlic, parsley and mayonnaise
- Spread on the baguette and leave in the oven at 180 deg. for 10-15 minutes

*So tasty!*

## Polish Cake

1 homemade or bought sponge cake  
2 tubs of cream  
1 tin of peaches, or fresh peaches  
1 fruit jelly

- put the whole sponge cake into a bowl
- add the cream
- layer the peaches
- pour on the jelly, mix and leave to set in the fridge.

*So, so delicious - you'll want more!*





Any excuse for a party!

