

GROCERY LIST: POLAND

1/2 pound diced pork
1/2 pound diced beef
1/2 pound diced ham
1 pound slab bacon
1 pound Polish sausage (kielbasa)

4 medium onions
1 container mushrooms
4 apples
2 pounds sauerkraut
1/2 cup pitted prunes

2 pounds canned diced tomatoes
2 cups beef broth

1 tablespoon caraway seeds
12 peppercorns
2 bay leaves

1/2 cup dry red wine
3 Tablespoons cooking oil

1/4 cup sour cream
9 tablespoons butter
1 large egg

1/2 teaspoon baking ammonia (Learn more about baking ammonia and substituting if you cannot find any here: tinyurl.com/bakersammonia)
1 3/4 cups flour
1 cup + 1 tablespoon sugar
1/2 teaspoon vanilla

Please note:

For the shopping lists, quantities have been multiplied to assume you are serving at least 4 people. (Recipes that serve 2 people, for instance, have been doubled.)

All oils for sauteing have been combined into "cooking oil" unless the type of oil is traditional to the dish. Use the fat that you prefer for this purpose.

It is assumed you already have enough table salt and ground black pepper to prepare the recipes, so they are not included unless the recipe requires a lavish amount.