

BUFFALO WITHOUT BORDERS CULTURAL INFORMATION PACKET



NIGHT THREE POLAND



CUISINE SERVED BY: THE POLISH VILLA



Our third night will be celebrating Polish culture. The Polish Villa is a Buffalo staple for authentic Polish cuisine. The Polish Villa is family-owned and operated since 1978, regarded as the best spot in Buffalo by our Polish community. Some of their outstanding dishes include Pierogi, Kielbasa, and Golabki.

STORY OF THE CHEF



The Polish Villa is a three generation family-run Polish restaurant. Kevin Kutas currently runs the business with his father, but the restaurant was started by his grandfather who arrived to Buffalo as an immigrant from Poland.

The Kutas' have a long culinary and cultural tie with Buffalo. Kevin's grandfather, Edward Sr., founded the Dyngus Day celebration in Buffalo, which has grown to be the largest in the world (even bigger than Poland's).

Kevin's father, Edward Jr. graduated from Emerson Culinary School, earning rights as the Top Chef in New York State in '72. Now Kevin is expanding their franchise by stocking their Polish pierogis in five Save-A-Lot markets, with their reach expanding to another store soon!

Kevin's favorite dishes to serve are the specials which change by the season, breakfasts, desserts, Polish sausages, pies, and stews. All of which is made with love at the Polish Villa!

Marjoram is the main spice in many Polish dishes, especially for sausage. But another favorite is Czarnina, or duck blood soup, which Kevin says might make some customers uneasy, but tastes really great! The restaurant also prides itself on using ingredients like their mustards which are imported directly from Poland.



Kevin Kutas, owner of
The Polish Villa

[VISIT THEIR WEBSITE HERE!](#)

THE SLAVIC BAZAAR

1550 WILLIAM ST, BUFFALO, NY 14206



The Slavic Bazaar is an Eastern European Market, stocked full of imported delicacies, including a wide array of gourmet chocolates and traditional snacks!

Eastern European Snack Pack

You will receive a combination of these snacks



Jelly candies with real
fruit juice centers
(Vegan)
(Gluten Free)



Cocoa cream fudge
(Gluten Free)
(Contains milk)

Dark chocolate
wafer candy bar
(Contains wheat
and milk)



Tomato and herb
flavored rye croutons
(Contains wheat and
possible contact with
fish and dairy)



WHAT'S ON THE MENU?



**STANDARD ENTREE: GOLABKI,
CHEESE PIEROGI, AND
KIELBASA**



**VEGAN ENTREE:
VEGAN GOLABKI, POTATO
PIEROGI, AND SHREDDED
CARROT SALAD**



**FOR THE VIP PAIRED DRINK: LET'S
GO PILS, A LAGER BREWED IN A
TRADITIONALLY EUROPEAN WAY
FROM COMMUNITY BEER WORKS**



AND FOR DESSERT...

**PACZKIS, POWDERED DONUTS FILLED
WITH AN APPLE RASPBERRY JELLY
FROM FRY BABY DONUTS (VEGAN,
CONTAINS GLUTEN)**



**SESSAKISS SESAME BAR WITH A
WILDBERRY FLAVOR
GLUTEN FREE**

AROUND A POLISH TABLE



POLISH DINNERTIME CUSTOMS

Have a seat at our Polish table! And remember do not begin eating until everyone has received food on their plates and the host invites you to start; this is usually done by saying "smacznego," or "enjoy your meal," in English.

The most honored position at a Polish table is the head, with the most important guest seated immediately to the right of the host/ hostess. If there is a hosting couple, one will be seated at each side of the table. The oldest or most honored guest is always served first.

On a Polish table there is usually at least one meat dish, with boiled vegetables or a salad as a side dish. Potato dishes like Latkis, traditional soups like their national soup - Tripe Soup, or a dumpling dish like Pierogis are also common.

The most widely used spices in Polish cuisine are marjoram, dill, caraway seeds, parsley, and pepper. Polish people like both their meat and vegetables cooked until they are very tender and usually end their meal with a sweet dessert like cake.



MORE ABOUT POLAND



GEOGRAPHY:

Located in Central Europe, Poland is bordered by **six countries**: Germany, Czech Republic, Slovakia, Ukraine, Belarus, Lithuania, and Russia!

CLIMATE:

Poland's climate is **temperate** with warm (sometimes very hot) summers; crisp, sunny autumns and cold winters.



POPULATION:

37.97 million

Holidays:



Epiphany: Epiphany, also known as Theophany in the east, is a **Christian feast day** that celebrates the revelation of God incarnate as Jesus Christ.

Constitution Day: or in Polish 'Swieto Trzeciego Maja' or 'National Third of May day,' **celebrates their constitution which was signed in 1791**, only the second to be signed in the world after America's.

Traditions:

Drowning of Marzanna

The tradition of burning or drowning an effigy of Marzanna, the Slavic goddess of winter to celebrate the end of the season is a **folk custom** that survives in the Czech Republic, Poland, Lithuania, and Slovakia. In the past, the festival was held on the fourth Sunday of Lent. In the 20th century the date March 21st was decided upon for the holiday.



Tłusty Czwartek Fat Thursday is a traditional Christian feast marking the last Thursday before Lent and is associated with the celebration of Carnival. Because Lent is a time of fasting, the days leading up to Ash Wednesday provide the last opportunity for feasting until Easter.

Immigration:



Refugees in Poland are a **relatively small group**. Each year; about 1–2% of the applications are approved. The majority of applications are from citizens of the former Soviet Union (in particular, Chechnya and Ukraine).

Throughout most of its long history, Poland has experienced only very limited immigration from abroad, meaning most **Polish natives are born and live their entire lives** in their home country. This factor explains why 96.8% of the population in Poland is ethnic Polish.

What Food Means:

In the Cold War Era, Poland had less access to worldly cuisines and almost all restaurants were owned by the state. As the communist state failed, **food became a scarcity** and many traditional recipes could not be served with the supplies on hand.

In the modern day, Poland takes great pride in its cuisine, **considering it a part of their history and identity**. Poland even strays from investing in American fast food restaurants to preserve their food culture.



Buffalo Without Borders TO GO: Spring Edition

CULTURAL ACTIVITY PAGE

POLISH PLAYLIST

Click the music note graphic to listen to Polish songs with your dinner!



[CLICK HERE!](#)



[CLICK HERE!](#)

POLISH PERFORMANCE

And click the dancing graphic to check out our cultural dance video made by local dance company, Polish Heritage Dancers of WNY!



[CLICK HERE!](#)

POLISH CRAFT

Click the craft graphic to learn how to make traditional Easter Eggs with Erin!

POLISH MOVIE RECOMMENDATION

Cold War

Directed by: Pawel Pawlikowski

Set against the backdrop of the 1950s Cold War in Poland, a music director falls in love with a singer and tries to persuade her to flee communist Poland for France. Following two people of differing backgrounds and temperaments this award winning movie follows an almost impossible romance.



[CLICK HERE!](#)

TRAVEL TO POLAND FROM YOUR OWN HOME

Our International Visitors and Education Department has crafted a one of a kind audio travel experience, so you can explore Poland from your own living room!

Click the airplane graphic to start your staycation journey!



[CLICK HERE TO TAKE THE FULL JOURNEY!](#)



[CLICK HERE!](#)

**FIND NEW CULTURAL
RESTAURANTS AND
SHOPS WITH OUR ONLINE
MAP DIRECTORY!**



**TAKE PHOTOS OF YOUR CULTURAL CARRY OUT
EXPERIENCE AND TAG US ON FACEBOOK, INSTAGRAM,
OR TWITTER: @IIBUFF**

WHATS IN THE BAG?

What's in
your VIP
BWB2G
bag?



What's in
your
BWB2G
bag?



LOCAL GOODIES FEATURE

CLICK EACH NAME TO VISIT THEIR WEBSITE!

WHAT'S POP-IN

What's Pop-In Gourmet Popcorn is proudly a family-owned business, founded and run out of Buffalo, New York. It was started to bring people together no matter their budget, and what's better for that than popcorn?



MY BUFFALO CANDLE COMPANY

My Buffalo Candle Company was born from the idea to merge a creative outlet with the desire to give back to the Buffalo community. The products are ecologically & health-conscious, great-smelling soy candles. that give back a portion of proceeds to organizations in our community!



COMMUNITY BEER WORKS

CBW brings people together through the love of great beer. CBW's foundation is firmly cemented in the City of Good Neighbors, and they have been a long partner with the Institute.



HERTEL LIQUOR LIBRARY

Hertel Liquor Library is North Buffalo's primary liquor store with a large selection of wines and spirits from across the state and popular national brands. Krystal, the store's owner is friendly and always willing to help you find a perfectly paired drink!



FRY BABY DONUT COMPANY

Opened in 2017, Fry Baby is a 100% plant-based business that makes donuts, pastries, and pizza! Each week they have unique and cruelty-free donut flavors to feast upon!



**TAKE PHOTOS OF YOUR CULTURAL CARRY OUT
EXPERIENCE AND TAG US ON FACEBOOK, INSTAGRAM,
OR TWITTER: @IIBUFF**

COOK A POLISH RECIPE AT HOME

Easter Leek Salad

serves 10-12 as a starter! It is commonly served as a brunch dish and has origins in Poland, as well as Belarus. This recipe was provided by a community member who learned it from her Polish grandmother



EQUIPMENT YOU'LL NEED

cutting board, large bowl, knife, measuring cups/spoons

INGREDIENTS FOR EASTER LEEK SALAD

- 3 medium size leeks (only the white parts, washed thoroughly, halved lengthwise and sliced as thinly as possible)
- 2 cans sweet peas, drained
- 1 cup cubed cooked ham (if there is any coating or skin, it needs to be trimmed off)
- 2 medium tart apples, peeled and cubed
- 1 cup of mayonnaise
- 1/2 tablespoon of Dijon mustard

HOW TO MAKE: EASTER LEEK SALAD

Prep time: 30 minutes

- 1) Clean and chop all produce
- 2) Add all the ingredients together in a large bowl
- 3) Refrigerate overnight for improved flavor
- 4) Serve with traditional sourdough bread, or rye bread, see recipe below (optional)



EASTERN EUROPEAN BREAD TO PAIR!

Momshi's Rye Bread

This bread is a daily staple in Austria, and has been passed down through the family of our community member who submitted the Easter Leek Salad recipe. Rye bread is not as dense and chewy here, so



Austrian folks prefer to make their bread themselves. The recipe was dedicated to the eldest son's wife, who passed away and is now memorialized in the family through this recipe!

EQUIPMENT YOU'LL NEED

large mixing bowl, cookie sheet, dish towel, aluminum foil

INGREDIENTS FOR MOMSHI'S RYE BREAD

- 2-1/2 cups all-purpose flour
- 1-3/4 cups rye flour
- 1 package dry yeast
- 1 teaspoon sugar
- 1 teaspoon salt
- 1/4 teaspoon fennel seeds
- 1/2 teaspoon caraway seeds
- 2 cups luke-warm water

HOW TO MAKE: MOMSHI'S RYE BREAD

Prep time: 4 hours, Cook time: 60 minutes

- 1) Mix yeast, sugar, 2 tablespoons flour and 1 cup luke warm water to form a thin, smooth paste.
- 2) When yeast mixture has doubled, transfer to a large mixing bowl and gradually add the flours, salt, seeds and remaining water. Mix until fully incorporated. Let rise, covered with a damp dish towel, until increased 2-3 times in volume, about 2 hours.
- 3) Preheat oven until 450 degrees.
- 4) Flour surface and knead dough until it is a smooth consistency. Form a long loaf.
- 5) Place the loaf on a cookie sheet lined with aluminum foil, floured in the middle.
- 6) Let loaf rise on the stove top for 10 minutes.
- 7) Brush loaf with water and bake for 15-20 minutes (until deep golden brown). Turn temperature down to 350 degrees. Bake for 45 more minutes.
- 8) Remove from oven and brush crust with cold water.

POLISH COCKTAILS TO PAIR

Courtesy of Adam Rath, Hydraulic Hearth



Warsaw Stinger

1 ½ ounces Zubrovka (or substitute standard vodka and a dash of vanilla extract)
1 ounce (2 tablespoons) krupnik
1 ounce apple juice
½ ounce fresh lemon juice
2 dashes Angostura Bitters
Apple slices
Shake and strain into a coupe glass.
Garnish with apple slices.



Polski Punch (non-alcoholic)

2 ounces (4 tablespoons) unsweetened black tea
1 ounce grenadine
¾ ounce orange juice
½ ounce fresh lemon juice
1 pinch smoked paprika
Shake and strain into a rocks glass over a large ice cube. Garnish with a cinnamon stick and a cherry.

POLISH DESSERT COCKTAIL TO PAIR

courtesy of Mark Record, Lloyd's Taco Factory



Krupnik Cocktail

(spiced honey)
1 cup Clove Honey
2 cinnamon sticks (cracked)
1 Vanilla bean (split length-wise)
3 star anise pods
1 tsp peppercorns
The peels of 1 orange

Add honey and 4oz of water to a sauce pan over medium-low heat. Then add spices, vanilla, and orange peels. Allow to simmer for about 5 mins. Strain the honey mixture using a cheese cloth, coffee filter, or fine mesh strainer. Allow to cool before adding Vodka if you are not going to serve hot. Add twice the amount of Vodka (2cups) to the honey mixture.

Mark recommends Polish Vodka (Sobieski Rye Vodka) but you can also use whatever you have at home!