


  
Oct. 18, 1965

The following is a recipe for a Polish dish given to me by  She did not have this written down but remembered it as it was handed down to her by her mother who was born in Sanok Poland, in 1887.

(RECIPE)

PAROGI

This is a dough type shell made with a filling of any one of four types of filling.

1. Mashed potatoes and american cheese.
2. Sauer Kraut
3. Cottage Cheese with egg yolk and sugar
4. Prunes

The shell is made as follows.

4 cups of flour

1 tsp. of salt

1 Egg

1 Boiled Potato

You first make the dough type shell and then fill it with any of the four types of filling listed above. You then cook in boiling water (the same water that was used to boil the potato in.) You then fry it in butter and eat topped with sour cream.

DEC 15 1965

  
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