



WE INVITE YOU TO EAT POLSKA!

Why?

- 390 restaurants in the Polish edition of Gault et Millau
 - Over 5000 food blogs
 - Almost 600 annual food events
 - 20 culinary routes
 - 37 products classified by the European Commission into the following categories:
 - protected designation of origin, protected geographical indication and/or traditional specialty guaranteed
 - Largest producer of apples in the EU
- Need we say more?

When and where?

Eat Poland/Eat Polska is a series of dinners organized in the European capitals
2015: Riga, Tallinn, Helsinki, Stockholm
2016: Berlin, Prague, Bratislava and Budapest

Timing? September and October 2016.

Meeting

Because one meeting at a dinner table = endless talks about Polish food and Polish culture. Polish cuisine is undergoing a major revival. The modern Polish art of making food is represented by young and outrageously talented chefs. We invited them to work for us. The dishes they prepared reflect Polish cuisine of the 21st century: modern, light, inspired by our heritage and making the most of our natural environment. Raw jerusalem artichokes in cold pressed sunflower oil? Porcini consomme with buckwheat dumplings and dill infused camelina oil? Pumpkin asiette? Let's give it a try!

Traditional Polish

Traditional Polish products and recipes from legendary cookbooks (such as the one written by Lucyna Ćwierczakiewiczowa from the second half of the 19th century) became the basis for modern dishes in exclusive restaurants. Refined creations from the pre-war period (crayfish soup, fieldfares with juniper and giblets) inspire today's chefs, thanks to which Polish cuisine is equally refined and creative as it was in the Roaring Twenties.

Michelin stars

The first Michelin star appeared in Poland in 2013. It was acknowledged to Wojciech Modest Amaro, the owner of the Atelier Amaro restaurant in Warsaw, where he proved that only through using traditional, regional products in an innovative way one can create the history of Polish cuisine anew. In 2015 the second Polish restaurant gained a Michelin star – that was Senses Restaurant run by Italian chef Andrea Camastra. In his kitchen he is combining contemporary cooking techniques with classic Polish and international traditions.

Honey

Another thing you can also produce on your own in an urban environment is... honey. Pszczelarium stands for a mighty interesting concept: Agnieszka Skórska and Kamil Baj set up made-to-order beehives and take care of them. The honey you have received had been collected by Kamil in August 2016 in the Mokotów district of Warsaw. It is the result of the bees' work in gardens and on lawns; the honey is clean and 100% natural.

Fruit and modern craft food

Poland is the largest producer of apples in the EU. They are used to make excellent apple juice, cider, vinegar, compote or jam. What for? We have excellent apples, pears, plums... Maciej Reimann, who manufactures apple cream, jam and sauce in his workshop, agrees. On each stylish jar with a golden "Rajman" inscription, there's a tag where you can read that the content have been made out of three kilos of apples. Rajman is a high-end brand of gourmet delicacies made exclusively from organic apples. You can chose from thick molasses, apple butter, syrup, vinegar and more. The supreme quality of the fruits and long cooking on wood-fired stoves give Rajman its distinguished deep and intense flavour. Apart from apple molasses or urban honey, Polish gourmants can enjoy foods from wide range of locally produced preserves. We carefully chose couple of them – to show an example of how young entrepreneurs combine new approach and the respect for tradition using the best regional and so very Polish fruits. Like Cherry Tree, a family business producing sour cherry juices, syrups, jams and honey. Their cultivation is carried out in a biodynamic way. The perfect complement for those modern brands is Java Coffee, Warsaw-based hand roasters.

Polish regional products

Oscypek and bryndza are just a few out of 37 Polish products registered by the European Commission as one of the following categories: protected designation of origin, protected geographical indication and traditional specialty guaranteed. This prestigious group has also been joined by camelina oil, produced according to traditional methods on Polish grounds since pre-Slavic times. It has a trademark onion-ish and mustardy taste, plus a strong, juicy aroma. Honeys are protected as well: heather honey from the Bory Dolnośląskie region and honeydew from Podkarpacie, along with Polish fruit: the Kashubian strawberry, "nadwiślanka" cherry, Szydłów plum. Now's the time for Polish cuisine to expand beyond the country's borders.

Culinary routes

We have 20 culinary routes in Poland. It's worth mentioning the journey through the tastes of the Suwalszczyzna and Mazury region (such delicacies as kartacze, potato pie, sękacz or smoked whitefish), or the oscypek trail (oscypek = Polish mountain cheese) in the Wierchomla area, where you can taste the bryndza podhalańska (yet another mountain cheese). A map with all the routes in PDF format can be downloaded here:

<http://ustamagazyn.pl/kulinarne-szlaki-polski/>

Breakfast markets

On weekends, residents of big cities (Warsaw, Wrocław, Poznań, Gdańsk and Cracow) eagerly head towards so-called "breakfast markets" (<http://targśniadaniowy.pl/>) to celebrate meals with their families, friends and neighbors. In a single place they can try out dishes prepared from ingredients coming from eco-farms situated all over the country. They can also taste ethnic cuisine, and buy products they will use themselves in their very own kitchen.

Night markets

Completely away from the Polish customs, referring more closely to the Asian tradition – a group of young rebellious entrepreneurs initiated the weekly event called Nocny Market. Abandoned train platform in the center of Warsaw became a meeting place for tens of thousands of residents who have a chance to eat the best street food in the city (offered by constantly changing independent vendors), listen to good music, hang out and spend time together. The formula quickly found followers.

Design and fashion

Modern Polish kitchen is not just food, but also design. More and more designers and fashion brands are cooperating with restaurants and food concepts. That is why we put special emphasis on working with craft pottery manufacturers from various Polish cities: Fenek, Ani Ani, Spiek Ceramiczny, Koee. There are also some fashion brands worth mentioning. Kaaskas most characteristic features include vivid prints, unobvious color combinations and geometrical forms. The unique, edgy looks capture the essence of a modern lifestyle. On the other hand we have Elementy clothes – basics, reinterpreted classics. They are accurate, timeless, whole and precise in their form and production.

TV shows

TV shows about food are incredibly popular in Poland. Thanks to hits such as “MasterChef” or “Top Chef”, Poles are paying bigger attention to what they eat, and they are no longer afraid to experiment in their kitchens. There are dozens of TV shows on national channels with countrywide access, not to mention channels targeted at a female audience, or food channels such as Kuchnia +, entirely dedicated to cooking.

Food blogs

Over 5000 food blogs! When it comes to numbers, there are definitely ahead of other themes in the Polish blogosphere. In 2013 the <http://www.kwestiasmaku.com/> blog achieved a record result with 1 mln visits during a single month. The best bloggers publish their own cookbooks, for instance Eliza Mórawska with her <http://whiteplate.com/> blog or Marta Dymek from the vegan blog <http://www.jadlonomia.com/>. Speaking of which, vegan kitchen is gaining more and more fans. To prove it, Jadłonomia received the Best Food Blog title in 2013, and a year later the same award went to another vegan blog: <http://wegannerd.blogspot.com/>. Eating healthy is a common trend in the Polish blogosphere. The dishes are prepared out of excellent Polish groats (millet, buckwheat, barley), eco-products, seasonal ingredients...

Food magazines

Apart from food blogs and modern cookbooks, there are also innovative food magazines. One of them is USTA Magazine – the main organizer of Eat Poland. The team collaborates with creative photographers, journalists and graphic designers, creating a culinary-cultural magazine, which is exceptionally polished when it comes to aesthetics and content.

Organizers of the events

USTA Magazine, ArtAnimacje Association, Polish Institutes in Berlin, Prague, Bratislava and Budapest.

USTA Magazine

Main organizer of the event. A food & culture quarterly with a modern graphic design and page layout, in-depth content and unique photography aesthetics. The pictures complement each other and create a one-of-a-kind quality on the Polish press market, giving USTA Magazine a distinctive style. The team regularly co-works with journalists, photographers and artists from Poland and abroad. Founders of the magazine meet up with readers during special events, such as the Bread Festival, Apple Festival or Flowers Festival. They also publish books, such as “Appetite for Poland” for Expo Milano 2015, “On Polish Sea Fish” for the Polish Ministry of Foreign Affairs or “On Apples” and “On Bread” by Eliza Mórawska, author of the acclaimed White Plate blog.

<http://ustamagazyn.pl/en/>

<https://vimeo.com/user24103668/videos>

ArtAnimacje Association

The ArtAnimacje Association has been founded in 1995. Its mission? Animation and education in the cultural field. ArtAnimacje has produced several dozens of independent artistic projects, professional and amateur alike, on different scales and of different reach. Their biggest success was Projekt Praga – a project to revitalize the post-industrial space in the former Optical Manufacturing Company in the Praga district of Warsaw, and also the creative recycling event Przetwory. Projekt Praga received the Wdecha award in 2008 – a prestigious cultural recognition from „Gazeta Co Jest Grane”. In the same year, the association co-organized reANIMATOR – a series of debates on cultural related topics in Warsaw. In 2012 ArtAnimacje was the program curator and partner of the More Europe conference, while in the years 2008/2009 it accomplished several projects in Israel, within the Polish Year in that country. The association's trademark project is Przetwory, visited annually by 5 000 guests.

www.przetworydesign.com/en

Chefs:**Marek Flisiński**

Currently one of the most talented chefs in Poland working for Water & Wine restaurant concept since its very beginning. A true enthusiast of fine dining, fully engaged in his work, talented and creative. His kitchen is dominated by seasonal, natural products from reliable regional suppliers. During the internship in Italy we had a chance to get to know the ins and outs of modern culinary techniques, which in Poland at this time were unknown or germinated timidly in the field of avant-garde gastronomy. This passion for trying an unknown still accompanies him today. In Water & Wine he creates new projects important for the development of the restaurant and sets directions for creating new recipes, closely related to seasonality.

Michał Gniłka

He loves to eat and he is crazy about food – he emphasizes the fact that above all he is a gourmand, and a chef only in the second place. He is an autodidact. London was the place where he acquired his first skills. He worked in various places: starting with eco restaurants, through farmers' markets, ending up at exclusive catering companies. One of his most interesting professional experiences was the year he spent working on movie sets for Hollywood productions. He had the pleasure to work for Steven Spielberg, Ridley Scott, Keanu Reeves or Charlize Theron. For nine years he lived between London and Mexico. He has also worked on Bali as a menu consultant for a restaurant in the very hype region of Seminyak. Now he decided to stay longer in Warsaw, where he is focused on vegan cuisine. As Mickey Rotten he posts his vegan recipes every week on www.ustamagazyn.pl. For Eat Poland, Michał prepared the menu served during dinners in Berlin, Prague and Bratislava.

Stylist:**KWIATY&MIUT**

Our table is set up by the Kwiaty&Miut duo. Radosław Berent and Łukasz Marcinkowski are florists, and for the past few years they have been running a very successful flower shop in Poznań. They also work together as stage designers at photo shoots and various events. Finally, they design pottery. The Eat Poland dinners are decorated with bouquets composed by them out of local flowers.

<http://kwiatyimiut.pl/en/>



Events

BERLIN — 23rd September 2016

PRAGUE — 26th September 2016

BRATISLAVA — 29th September 2016

BUDAPEST — 2nd October 2016

Coverage and follow-up to our dinners, along with Polish recipes can be found here:

<http://eatpoland.net>

If you took some pictures and want to share them with the world via Facebook or Instagram, we would be delighted if you added **#eatpoland #eatpolska**

Partners

Cisowianka Perlage — “Perlage” is the name of the specially created technology of saturating water with carbon dioxide of natural origin. Thanks to this unique method the bubbles are very small and released slowly. It is perfect for sparkling water lovers as well as for those who prefer still one. The delicate bubbles are similar to one you may find in champagnes and sparkling wines. Subtle taste and tiny bubbles that delicately tickle your tongue make it a great water to accompany any type of food.

Contact

info@eatpoland.net

Media and partnership

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of Poland



Tell us!

Please describe shortly: what are your associations with the Polish cuisine?

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Did our workshops and dinner surprise you?

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Was there any dish or ingredient that you have tried for the first time? Which one?

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What did you enjoy best and why?

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What didn't you enjoy?

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Do these dishes stand a chance of becoming popular in your own country? Would you include them in your everyday diet?

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Would you visit Poland in order to taste more dishes of the modern Polish cuisine?

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Thank you!



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