

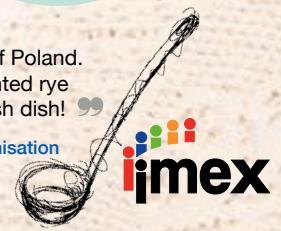


ŻUR WITH EGG



“ There are as many recipes for cooking żur as there are regions of Poland. The one essential, common ingredient is the leaven made of fermented rye flour with a piece of wholemeal bread crust. Enjoy a traditional Polish dish! ”

Krzysztof Celuch, Head of Poland Convention Bureau, Polish Tourist Organisation



ZUR WITH EGG

SERVES

6

Ingredients



- Wholewheat Rye Flour | 200g
- Water | 1 litre
- Carrots, Leek, Celeriac & Parsley | 500g
- White Sausage | 400g
- Salt | 1 tablespoon
- Flour | 2 tablespoons
- Garlic | 1 clove
- Marjoram | 2 tablespoons
- Hard Boiled Eggs | 3



Method

- 1 Allow the wholewheat rye flour to sour in the water for a few days to form a sour flour liquid (żur).
- 2 Make a vegetable stock in a pot with the carrots, leek, celeriac, parsley and water. Strain and remove the vegetables.
- 3 Add sour flour liquid (żur), salt and extra flour to the stock and bring to the boil.
- 4 Cut the white sausages into bite-sized pieces and add to pot.
- 5 Spice up the dish with garlic and/or marjoram.
- 6 Serve with hard boiled eggs cut into halves.

