

# Polish Municipalities Traditions and Good Food

**Kietrz • Krzanowice • Krzyżanowice • Pietrowice Wielkie**

*You can visit – except a lot of cultural sights and natural beauties – also excellent restaurants and so you can taste a lot of local delicacies.*



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PARTNERSTVÍM K POZNÁVÁNÍ REGIONU / PARTNERSTWO DO POZNAWANIA REGIONU  
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Czech Republic - Poland 2007 - 2013.

Gmina Kietrz is a fundamental territorial unit, 12 municipalities are included in this Gmina – they are Dzierzyslaw, Kietrz, Kozlowki, Lubotyń, Ludmierzice, Nasiedle, Nowa Cerekwia, Pilszcz, Rogożany, Rozumice, Sciborzyce, Wielkie and Wojnowice, 11 500 inhabitants live here.



## Municipality Wojnowice

The Palace in Wojnowice offers a complex service for family and company actions, you can use a restaurant and a bear garden.

Address: 47-470 ul. Pałacowa 1, Wojnowice

Tel. + 48 32 419 15 97, + 48 502 55 66 21

e-mail: [info@palacwojnowice.pl](mailto:info@palacwojnowice.pl)

[www.palacwojnowice.pl](http://www.palacwojnowice.pl); GPS: 50°3'25.992"N, 18°9'5.651"E

It is possible to order a party in any term, but the restaurant is open only at weekends from May to September, from 12 a.m. It has been possible to have an accommodation since the spring 2012 in small villages around the palace. We offer European cuisine. We are able to organize various events and public celebrations – you can find the information always in advance on [www.palacwojnowice.pl](http://www.palacwojnowice.pl). You can visit a park around the palace every day from the morning to the evening and you can book – for groups or for an individual person – a visit of our Museum of village in time old.

## Municipality Kietrz

### The Restaurant Ludowa

The restaurant “Ludowa” is a place, where it is worth to have a party regardless of it is a grandiose wedding or a quiet dinner after a wedding service, a cheerful friendly meeting with music and dancing or a banquet on the occasion of the first communion, at baptism or a birthday party, but also a meeting after a funeral. We are able to organize also business meetings or various events for companies etc.

The secret of our success is to be able to adapt to requirements and interests of our customers.

We will be pleased to make a new menu according to your ideas. In our restaurant it is possible to arrange actions for maximal 100 people.

At our restaurant you can find a monitoring hall with air-condition, a monitoring parking place for our guests, a barrier-free entrance, a place for changing the napkins of babies, an internet over Wi-Fi, a separated smoker-room. We accept cards.

We are looking forward to a cooperation with travel agencies, too.

Address: ul. Głubczycka 18 A, 48-130 Kietrz  
Contacts: tel: +48 77 / 471 17 15, +48 77 / 471 17 16,  
+48 77 / 544 96 60  
e-mail: ludowa@ludowa.com.pl,  
restauracja@ludowa.com., Web: www.ludowa.com.pl  
GPS: 50° 4' 44.86" N 17° 59' 51.81" E



## Gmina Krzanowice

[www.krzanowice.pl](http://www.krzanowice.pl)

Gmina Krzanowice is a fundamental territorial unit, five municipalities are included to this Gmina: Krzanowice, Bojanów, Borucin, Pietraszyn, Wojnowice, 6000 inhabitants live in its area.

### Hotel-Restauracja Perła

Kolejowa 8, 47-470 Krzanowice, Tel:+ 48 32 410 80 55, <http://www.perla.info.pl/>  
• Perła – incidental parties, hotel: GPS:50°1'1.596"N, 18°7'34.175"E

### Pensjonat Moravia

Cegielniana 3a, 47-470 Krzanowice, Tel: +48 32 410 80 46, Tel. +48 784 902 258, e-mail: [dkborucin@tlen.pl](mailto:dkborucin@tlen.pl)  
<http://pensjonatmoravia.pl>, GPS: 50°0'52.199"N, 18°6'51.191"E

# The Restaurant Kosel



At the restaurant Kosel we serve traditional Polish and Silesian cuisine. We offer a lot of delicious meals, a very pleasant atmosphere and we recommend to have a rest in our garden far from a noisy town.



They are at our guests' disposal:

- three halls – with a seating capacity of 15, 24 and 60 persons
- a roofing terrace for 50 persons
- a traditional barbecue – fish, neck of pork, ribs of pork and piglet
- a traditional smoking chamber: smoked trout, mackerel, flounder and local sausages
- a crisp knee of barbecue
- a children playground, parking, WiFi, data-projector with a big screen, a table for snooker and billiard.



Meals are served in the form of buffet, in summer also at a terrace.

We offer local food:

- a knee "krzanowicky" way
- rolled meat from grandma
- "hekele"
- a potato salad
- a bread soup with garlic
- a devil tripe soup
- small ribs in honey.



We organize integrations meetings (Czech is spoken here), for example:

- friendly meetings of pensioners from Bolatice, Chuchelná and other villages in the surroundings
- meetings of the Club Oldboys from Borová and Krzanowice
- meetings of the Club of Lovers of Historical Bicycles
- meetings of the Motorbikes' Riders' Club



Contact: **The Restaurant Kosel**

47-470 ul. Opawska 1a, Krzanowice

Tel.: +48 32 410 81 14; +48 507 737 299

e-mail: [restauracja@restauracja-kosel.eu](mailto:restauracja@restauracja-kosel.eu)

web: [www.restauracja-kosel.eu](http://www.restauracja-kosel.eu)

GPS: 50°1'6.707" N, 18°7'31.799" E

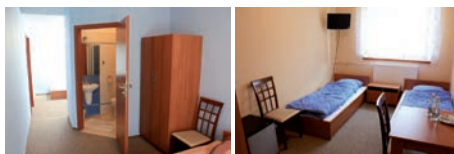


## The Boarding-house Moravia



The boarding-house Moravia offers to its guests 8 double-rooms (price: 90 PLN/room) and 2 rooms with three beds (price: 120 PLN/room), the price inclusive breakfast in the kind of buffet. The boarding-house has been completely reconstructed lately and so it has a new equipment – furniture and everything, that tourists need. Every room has got a toilet, a bathroom and a TV-set. In some room there are fridges, too. Next to the boarding-house there is a car-park for guests.

Cegielniana 3a 47-470 Krzanowice  
Tel. 324 108 046, 784 902 258  
web: [www: www: www.pensjonatmoravia.pl](http://www.pensjonatmoravia.pl)  
GPS: 50°0'52.199"N, 18°6'51.191"E



## Gmina Krzyżanowice

[www.krzyzanowice.pl](http://www.krzyzanowice.pl)

Gmina Krzyżanowice is located in the region of Rati-borz, in the south-western part of the Silesian area. Its extend is 6 900 hectares and about 11 500 inhabitants are living here. The municipality Krzyżanowice is a fundamental territorial unit (a central municipality), 10 municipalities are included in this Gmina – they are Krzyżanowice, Chalupki, Tworków, Bienkowice, Bole-sław, Owsiszczce, Nowa Wioska, Roszków, Rudyszwałd and Zabelków.

taste a doughnut with a hidden prediction or a lottery-ticket. Except the traditional doughnuts you can taste also "faworky" (slim small bows of puff pastry fried in lard and sprinkled with fine sugar) or doughnuts from homogenous curds. This "Fatty – Thursday" coffee is accompanied with songs and jokes.

## The traditional meals from Krzyżanowice "Kreple" (Doughnuts)

Housewives of "The Circle of Village Housewives" (the whole-state organisation for women living in villages) of the whole municipality bake on the "fatty Thursday" doughnuts ("kreple"). On this day in the afternoon the housewives meet in the Cultural Centre in Tworków to have a coffee together and to taste each other's doughnuts. Everybody of the Circle makes about 50 doughnuts. On the table you can find traditional doughnuts with marmalade, but also with stuffing of custard, curds, poppy or avocado, sometime you can





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## Kiszynie zeli – Sauerkraut

Every year women from “The Circle of Village Housewives” from the whole municipality prepare a meeting and during this meeting they show the traditional way of cabbage – souring. This meeting, which also a lot of various guests are invited to, has to demonstrate this tradition to all, but mainly to the young generation, that does not know this tradition.

“It is necessary to have for souring of cabbage a nice apron, a nice scarf (a scarf for head), suitable knee breeches and clean feet – for treading the cabbage,” says the chairwomen of the local Circle of Village Housewives in Tworków Krystyna Lamczyk. “Certainly it is necessary to have the cut cabbage, carrot, apples and a crockery barrel for the souring. When we have good treading cabbage, it is possible to have in one barrel about 50 kg cabbage,” insists Mrs Krystyna Lamczyk. To have a well treading cabbage, you have to tread near your feet – and not negligently.

Cabbage has to sour in a barrel for 14 days and then it is necessary to put it to jars and pasteurize, after this process it has been able to keep for two years, too. Women from circles use this kind of sauerkraut for many various occasions and celebrations.



## The Stripping Feathers

Every year, mostly in February, women of the Circle of Housewives from the whole municipality Krzyzanowice gather in the culture centre to traditional "stripping feathers". This meeting wants to show this old tradition to the young generation. It is also an interesting and not so usual kind of free time spending.

This stripping is in fact severing a beard from a stem of goose feathers. "Mostly women and children used to make this work. The stripping feathers of three geese had taken to ten women time about three days," explains Mrs Krystyna Lamczyk of the Circle of Village Housewives from Tworków. Geese have been delivered



of feathers three times a year – lastly after their killing. The geese were traditionally killed in November before the St. Martin's Day. There were made blood sausages and goose fat. The goose fat was used as a medicine, too, for example for bronchitis, cough or pneumonia.

"The chest or the back of a patient were coating with this fat, then it was covered with a parchment paper and then with a warm pillow," mentions Mrs Krystyna Lamczyk, the chairwomen of the Circle of Village Housewives in Tworków. But mainly pillows, blankets and sacks stuffed with feathers were made from the stripped feathers. About 2,5 to 3 kg feathers was used for a blanket, about 1,5 kg for a pillow and about 4,5 kg for a sack stuffed with feathers.



## The Products of Pumpkins

The idea of making products of pumpkins came into existence on the occasion of a harvest festival in Tworków, when the harvest chairman had sown a 25-acre field with pumpkins and zucchinis. After celebrations nobody knew what to do with so many pumpkins. The women of the local Circle of Housewives had had an idea to present all those pumpkins to the ten local circles to make various meals.

Since this time it has to be a tradition – women make various stewed fruit, sups, salads, doughnuts, cakes both of raised paste and of crisp pastry, rissoles, jams, marmalades, fried zucchinis and zucchinis with browning.



## The Baker's Trade in Bieńkowice



## The Baker's Trade in Twokrów

The bakery in Twokrów makes traditional bread with leaven, a lot of rolls and bread. Every Friday a traditional Silesian cake is baked here, you can order it, too. The local delicacy is onion bread, that is baked also every Friday.



## The Baker's Trade in Chalupki

The bakery in Chalupki makes traditional pastry prepared with a natural leaven. It is a long-term process and it determines the quality and taste of pastry. The assortment of this bakery has been still increased, nowadays it makes about 30 kinds of pastries including half-confectioner's products and pastry for diabetics. Local shops and other customers are provided.



# Recipes

## The Local Delicy from the Gmina Kietrz (Dzierzysławi):

- „Pierogi s kresovou omáčkou“ (meat-pies with a kres- sauce) – it was awarded “Perla 2010” (Pearl 2010), it is a meal in the way of dumplings filled with for example vegetables, meat etc. with a special local sauce.



## The Christmas Sauce (mačka)

### Ingredients:

½ kg gingerbread, 150g sugar, 200g butter, 1 glass plum stewed fruit, 1 glass gooseberry stewed fruit, juice of one lemon, 0,25l red wine, dried plums, figs, raisins, almonds, walnuts

### The way of making:

Crumble the gingerbread and put into a pot, pour water and stewed fruit. Heat the wet gingerbread and by mixing boil. Add crumbled dried plums, figs, raisins, almonds and nuts, lastly add wine and melting butter.

## The King Curd Cake

### Ingredients for the dough:

400g flour, 200g sugar, 200g margarine, 40g cocoa, 2 eggs, 1 baking powder

### The way of making:

Add sugar, margarine, cocoa and eggs to the flour and make a dough, which put on a baking-sheet (to the edges), a little of dough let for breadcrumbs.

### Ingredients for the curd substance:

150g curd, 200g sugar, 3 eggs, 2 vanilla custards, 200g margarine, 1 vanilla sugar

### The way of making

Add sugar, eggs, custards, margarine and vanilla sugar to the curd. Mix all ingredients and then pour on the dough on the baking-sheet. Then make a breadcrumbs from the rest of the dough, then put into an oven and bake 60 minutes by the temperature 175°C.

## The Strudel with Poppy

### Ingredients for the dough:

500g flour, 150g butter, 50g sugar, 50g yeast, 250ml warm milk, 4 yolks, pinch of salt

### The way of making:

Make dough from the half of flour, yeast and warm milk, work out well. During this making add the rest of flour, salt, sugar and warm butter. The dough has to be working out until it is able to get unstuck of the bowl, then put it rising.

### Ingredients for the stuffing:

500g ground poppy, 250ml milk, 4 whites of eggs, 150g vanilla sugar, 1 spoon cinnamon, 100g butter + 3 spoons, 150g raisins, 150g almonds

### The way of making:

Add sugar, raisins, vanilla sugar and almonds to the ground poppy, then pour hot milk. Make a roux from butter and flour, then make a stiff froth from the whites. Add everything to the poppy and mix.

Pour the rising dough to the scape of oblong. Put the poppy substance equably over the dough and roll carefully and let rest for about 20 minutes to rise. Then put into a heated oven and bake 45 minutes by 175 – 200°C.

### The glaze:

Whip 1 white of egg to a stiff froth, add 3 tea spoons powder sugar and spread the surface of baked dough.

## The Poppy – nut Cake

### Ingredients for the I. substance:

500ml ground poppy, 375ml hot milk, 150g sugar, 1 vanilla sugar, 3 whites (not whip!)

Mix well all ingredients and cook lightly to have the substance thick. Then let become cool and then pour on a sponge-biscuit. Put some biscuits on the substance.

### Ingredients for the II. substance:

Pour 125ml hot milk over 150g ground nuts and let become cool. Whip 3 whites of eggs and add to the nut substance. The substance II pour over the biscuits or the sponge-biscuit and decorate with a glaze.

## The Curd Cake “škubanec”

### Ingredients for the dough:

250g margarine, 250g sugar, 500g flour, 2 eggs, 2 spoons cocoa, 2 spoons baking powder, a pinch of salt – mix everything.

### Ingredients for the curd substance:

1250g ground curd, 7 yolks, 400g sugar, 150g butter, vanilla sugar, 2 spoons flour, 2 spoons potato starch, a stiff froth of 7 whites

### The way of making:

Put ¾ of dough on a baking tin – it has to be well spread with butter or margarine before. You can use a baking paper, too. Mix all the ingredients for the curd substance and put over the dough. The rest of the dough rip over the curd substance.

## The Cake with Dry Plums

### Ingredients for the dough:

5 eggs, 150g flour, 2 spoons cocoa, 150g sugar, 1 tea spoon baking powder

### The way of making:

Whip a cake dough and pour on a baking tin. Then bake in an oven by 180°C about 15 minutes. 500g dry plums, ¼ l vodka Cut the plums and pour vodka over them, then let rest for 6 hours.

### The cream:

½ l milk, 6 tea spoons sugar, 1 ½ vanilla custard Make a custard and let become cool.

1 package butter, ½ package margarine – whip them together to a white substance, then add slowly the custard. Spread this ready vanilla cream on the sponge-biscuit. Put plums on the cream, the plums have to be taken out of the alcohol before. Pour a chocolate for cooking over everything.

## THE PLAN OF CULTURAL ACTIONS IN KIETRZ

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January – the Sports Tournament in Shooting of air-guns (the Sports shooting-range in Nowa Cerekew)  
– the New-Year Swimming Competition (the Swimming-pool in Kietrz)  
– the Table-tennis Tournament (the Gymnasium in Nasiedle)

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February – the Mini-football Tournament (the Sports hall by the Grammar School Tadeusz Kosciuszki in Kietrz)  
– the Table-tennis Tournament for the Chairman's Cup in Kietrz (the Sports hall in Nasiedle)  
– the Volleyball Tournament (the Sports hall by the Grammar School Tadeusz Kosciuszki in Kietrz)  
– the Championship in Downhill Skiing (Wisla)

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March – the Volleyball Tournament (the Sports hall by the Grammar School Tadeusz Kosciuszki in Kietrz)  
– the Cross-country race 6km (the Town Park in Kietrz)

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April – the April Chess Tournament (MGOK Kietrz)  
– the Spring Volleyball Tournament (the Sports hall by the Grammar School Tadeusz Kosciuszki in Kietrz)  
– the Championship in Swimming in Kietrz (the Swimming-pool in Kietrz)  
– the Flowers Running (Nasiedle – Kietrz – Pietrowice Wielkie) /relay/

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May – Poland is running! The route lies in the surroundings of the Primary school in Kietrz  
– the Tennis league Kietrz (the Complex of playgrounds "Orlik" in Kietrz)  
– the Whole Family does Sports (including cross-country race 6km, the Complex of playgrounds "Orlik" in Kietrz)

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June – the Days of Kietrz, Kietrz  
– the Half-marathon Kietrz – Rohov (21km) (including a running for children and young people and a jogging Nordic Walking)  
– the Chess Tournament (MGOK Kietrz)  
– the Summer Volleyball Tournament (the Complex of playgrounds "Orlik" in Kietrz)

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September – the Harvest-home in the area of the municipality Kietrz  
– the Championship in Swimming in Kietrz, the Swimming-pool in Kietrz

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October – the Cross-country race, the town park in Kietrz

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November – the Autumn Volleyball Tournament (the Sports hall by the Grammar School Tadeusz Kosciuszko in Kietrz)

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## THE PLAN OF CULTURAL ACTIONS IN KRZANOWICE

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February – the Ball – the Funeral of a Contrabass

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March – the International Show of Local Food

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May – the Firemen's Competition

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July – the Feasts the Days of Krzanowice

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September – the Harvest-home

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## THE PLAN OF CULTURAL ACTIONS IN KRZYŻANOWICE

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January	<ul style="list-style-type: none"><li>- the Concert of Laureates of Show of the Carols in the Church of SS Peter and Paul in Tworków</li><li>- the Show of Christmas Performances – Jaselka in the hall of the House of Culture in Tworków</li></ul>
February	<ul style="list-style-type: none"><li>- the Folklore Meeting “The Stripping Feathers” in the hall of the Culture Centre in Tworków</li></ul>
February/March	<ul style="list-style-type: none"><li>- the Competition of Silesian Dialect in the hall of the House of Culture in Tworków</li><li>- the Fatty Thursday in the Hall of the Culture Centre in Tworków</li></ul>
March/April	<ul style="list-style-type: none"><li>- the Easter Markets in the hall of the Culture Centre in Tworków</li><li>- the Easter Horses’ Parade in Bieńkowice</li></ul>
May	<ul style="list-style-type: none"><li>- the Show of Young Talents in the hall of the Culture Centre in Tworków</li><li>- the International Show of Small Theatres of Kindergartens under the Patronage of the Chairman from Ratiborz in the hall of the Culture Centre in Tworków</li><li>- the Concert to the Honour of the Work by Ferenc Liszt and Ludwig van Beethoven in Krzyżanowice</li><li>- the Fair on the Borders, Chalupky - Bohumín</li></ul>
June	<ul style="list-style-type: none"><li>- the Festival – the Choice of the Nicest Teenager-girl in Krzyżanowice, the Main Concert of Young Talents, the Performance of Laureates of the Competition of Silesian Dialect - the square by the Culture Centre in Tworków</li><li>- the Firemen’s Competition of Youth in Krzyżanowice</li><li>- the Night Firemen’s Competition in Bolesław</li></ul>
September	<ul style="list-style-type: none"><li>- the Folklore Meeting “Kiszynie zeli w Tworkówce” - in the hall of the Culture Centre in Tworków</li></ul>
September/October	<ul style="list-style-type: none"><li>- the Harvest-home</li><li>- the “Kobzolfest” in Bolesław</li><li>- the Fair on the borders in Chalupky Bohumín</li><li>- the Oktoberfest in Rozsków</li></ul>
October	<ul style="list-style-type: none"><li>- the Municipal Inauguration of the Culture Year, the hall of the Culture Centre in Tworków</li></ul>
November	<ul style="list-style-type: none"><li>- the Evening by Candles in the hall of the Culture Centre in Tworków</li><li>- the Integrations Meeting “Children to Children”, the hall of the Culture Centre in Tworków</li><li>- the Exhibition of parrots and homing pigeons in the hall of the Culture Centre in Tworków</li><li>- the St. Martin’s Day (Owsiszce, Krzyżanowice, Tworków)</li></ul>
December	<ul style="list-style-type: none"><li>- the Christmas Markets in the hall of the Culture Centre in Tworków</li><li>- the Municipal Show of Carols and Christmas Songs in Polish and German “Weihnachten mit Weihnachtsliedern – Christmas with Carols” in the hall of the Culture Centre in Tworków</li></ul>

## THE PLAN OF THE CULTURE ACTIONS IN PIETROWICE WIELKIE

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February	<ul style="list-style-type: none"><li>- The Festive Meeting of Businessmen</li></ul>
April	<ul style="list-style-type: none"><li>- The Easter Parade on the Horses</li></ul>
May	<ul style="list-style-type: none"><li>- The Eko – Exhibition of building, interiors and heating</li></ul>
September	<ul style="list-style-type: none"><li>- The Harvest – home</li></ul>
December	<ul style="list-style-type: none"><li>- The Christmas Markets</li></ul>



The harvest – home in Gminy



The Eko – Exhibition



The Festive Meeting of Businessmen in Pietrowice Wielkie



The Parade on Horses in Wojnowice



The Parade on Horses in Pietrowice Wielkie