



Polska: New Polish Cooking

Zuza Zak

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This is a fresh new take on Polish cooking from young food writer Zuza Zak. The food of Poland has long been overlooked, but the time is right for a reinvention, with an estimated 10 million people of Polish descent living in the US. Zuza presents her contemporary take on Polish cuisine, with lavishly photographed recipes for snacks, party foods, soups, preserves, breads, fish, meat and poultry, salads, and desserts. She places Polish food within the context of the country's history and geography, and tracks how it has developed and adapted to Poland's ever-changing political and economic situation. *Polska* is a breath of fresh air.

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