



## **NEWSLETTER 3/2022**

<b>INTRODUCTION</b>	<b>2</b>
<b>THE RESTAURANT "CUDNE MANOWCE"</b>	<b>3</b>
<b>"THE ALEGORIA" RESTAURANT IN THE KRASICKI HOTEL</b>	<b>4</b>
<b>KARCZMA WARMIŃSKA - THE WARMIA INN</b>	<b>5</b>
<b>THE UKIEL BREWERY</b>	<b>6</b>

## INTRODUCTION



arch. Hotel Krasicki

The traditional Warmia cuisine, like other cuisines, drew on ingredients which were close at hand. The sources of food products were forests, lakes and everything that could be grown and bred. People in the countryside lived modestly, even poorly. Food fulfilled an essential role. It was supposed to give strength for the hard work on the farm and in the fields. Hence, the food was not dietetic in the modern sense. Both daily and festive menus were based on meat, fat and potatoes. There was the human migration within Warmia and Masuria after the Second World War. The majority of the native citizens of East Prussia ran away in fear of the Red Army to Germany. The cuisine of East Prussia was slowly fading away. After the War, the people from different parts of Poland came to Warmia and Masuria. The current cuisine of Warmia and Masuria is typical Polish cuisine, among others from Masovia or present-day Lithuania. A wide range of Polish dishes can be tasted in the region, for example, pork chop, meat patty, beetroot soup, dumplings, chicken broth or sour soup. Because the region is abundant with lakes, the dishes made of fish are really popular. Moreover, the members of the organisation called Sieć Dziedzictwa Kulinarnego (Culinary Heritage Network) make attempts to reactivate the local cuisine of Warmia and Masuria.

## THE RESTAURANT “CUDNE MANOWCE”



arch. Cudne Manowce

The restaurant adjoins to the medieval defensive walls of Olsztyn. Traditions of the cuisine of Warmia and Masuria have inspired the cuisine of Cudne Manowce. The restaurant has been supplied by several local providers (cheeses, cold cuts, flour, beer, honey, vegetables...). These are family-run, mostly organic companies, producing their products on a small scale. You can taste local specialities such as nettle soup with snails in cream, green dumplings with Masurian fish, *podpłmyk* (a simple kind of flat bread, often made without yeast) with *mangalitsa* or the award-winning *karmuszka* – a thick soup with pork, vegetables and beans (Pearl 2017 for the best regional dish in the country, 1<sup>st</sup> place – Polish Culinary Treasures 2021). Relish the witches' ointment for flying or *dzyndzałki* (sort of dumplings) *warzyńskie* with *skrzeczka* (cracklings). The kitchen also makes use of unusual edible plants such as ground elder, Jerusalem artichoke, nettle and edible flowers. In addition, the Cudne Manowce restaurant offers a large selection of regional drinks from the Ukiel and Kormoran Breweries or Piasecki meads. The restaurant has been distinguished in the yellow Gault&Millau guide for years. It is winner of many prestigious competitions and plebiscites, such as Kitchen Plus Recommends, Our Culinary Heritage, Sails of Warmia and Masuria, Laurels of the Best of the Best, Helmsman of Warmia and Masuria. The restaurant has been the member of the European network of the Regional Heritage Warmia-Masuria-Powisle (Vistula region).

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

## “THE ALEGORIA” RESTAURANT IN THE KRASICKI HOTEL



fot. Piotrek Uścińowicz – Restauracja Hotel Krasicki

The “Alegoria” Restaurant in the Krasicki Hotel is located in climatic gothic cellars. The cuisine we can try in this amazing setting is inspired mainly by Polish dishes, however the Chef Krzysztof Mazurek skilfully combines world novelties, modern cooking techniques and native flavours. Seasonal vegetables, fruits and regional products - always of the top quality - are used in the Krasicki Hotel's cuisine. The a la carte dishes are very popular. You can notice each season of the year on the restaurant's menu. In summer you can taste the delicious cold borsch, and in autumn you will caress your palate with pumpkin cream soup or mushroom soup prepared on the basis of ceps picked in the forests of Warmia. The restaurant has also adapted to guests' special dietary requirements. Their palate is personally taken care of by Chef Krzysztof Mazurek, who is famous not only for his excellent culinary skills and his flagship dish - the Warmia Bishops' Duck, but also for the book he co-authored. They have collected together with Waldemar Mierzwa the most flavoursome information about the history and culinary history of the region, delivering readers delicious knowledge about Warmia.

[www.hotelkrasicki.pl/en/](http://www.hotelkrasicki.pl/en/)

## KARCZMA WARMIŃSKA - THE WARMIA INN



arch. Karczma Warmińska

Halfway between Olsztyn and Ostróda there is a picturesque place where a unique restaurant can be found — KARCZMA WARMIŃSKA — famous for its outstanding climate. Its decor consists mainly of a unique collection of farm tools and everyday items, which were used by Warmia and Masuria citizens in the past. In summer in the yard of Karczma tourists can see the works of such folk artists as a potter, a painter, a sculptor, a beekeeper or an embroiderer, who create their amazing goods in front of the tourists. The restaurant is famous for its excellent cuisine and Warmia dishes. Karczma Warmińska organises Warmia feasts which refer to folklore, history and tradition of Warmia. The past and the present blend here in a unique way. So when you stay at the Inn, you can taste broth with noodles, blood soup with gnocchi, soup from forest mushrooms with small noodles, Warmian sour soup with white sausage. What's more, there are dumplings, dzyndzałki (the art of dumplings), potato cake, potato sausages with cranberries on offer. Besides, you can taste such dishes with meat as pig`s trotter with cabbage and pea, spareribs in cabbage with caraway, fresh meat from frying pan and more other dishes from fish.

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

## THE UKIEL BREWERY



arch. Browar Ukiel

There are not many places within the boundaries of Olsztyn where you can relish the magical atmosphere of an authentic Warmia settlement. In carefully renovated one hundred year old buildings, located a few hundred metres from the picturesque Ukiel Lake, a small craft brewery has been located. Lovers of the golden beverage have been making their pilgrimages to it for several years. They come from all over Poland, and recently also increasingly from abroad. The local hosts, Maciek and Kamil, are happy to tell you about beer production and show you around the brewery. Despite its small size, the brewery has been brewing as many as nine different kinds of the drink, from traditional ones such as March, wheat, pils or porter, to new brands such as the bestselling West Coast IPA or APA. The latest achievement of the brewery is the delicious Belgian-style beer, for which gourmets come from the capital itself. Why does this little brewery have so many fans? This is determined by two things: the quality of the beer, which is made only from the best raw materials, and the passion and commitment of the brewers, for whom running a brewery is more of a lifestyle than a business. Further, you can both buy and taste beer in the brewery. What's more, in the summer there is also a snug beer garden, but you might as well take a deckchair out to the orchard and enjoy your favourite beer while contemplating the beauty of this world in the shade of centuries-old Warmia apple trees. The unique atmosphere of this place, authenticity and directness of its hosts as well as world-class locally brewed beer make Ukiel Brewery an absolutely must-see on the culinary map of Olsztyn and Warmia.

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