

The background of the image is the Polish flag, featuring a white upper half and a red lower half, with a wavy, fabric-like texture. A white, rounded rectangular box with a thin red dotted border is positioned on the right side of the image. Inside this box, the text "Typical Polish breakfasts" is written in a black, serif font, centered vertically and horizontally.

**Typical Polish
breakfasts**

Scrambled egg



Ingredients:

- 4 eggs
- Polish sausage or one onion
- Salt and pepper
- 1 tablespoon of butter
- 2 tablespoons of milk

Preparation:

1. Crack four eggs into a bowl, add 2 tablespoons of milk and a pinch of salt and black pepper.
2. Beat the mixture lightly with a whisk or fork.
3. Melt 1 tablespoon of butter in a fry pan.
4. Pour the egg mixture into the fry pan.
5. Using a spatula, gently pull the eggs from the edges of the pan into the centre.
6. Cut the sausage or onion and put them in the egg fry pan.
7. Take the fry pan off the heat and let the scrambled eggs cool down.
8. Finished !!!



Traditional
Semolina
Porridge



Apple pancakes



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Ingredients:

- 1 ½ all-purpose flour
- 4 tablespoons unsalted butter (melted)
- 2 tablespoons granulated sugar
- 1 tablespoon baking powder
- ½ teaspoon salt
- 1 egg
- 1 ¼ cups milk (warm)
- 1 teaspoon vanilla
- 2 apples (peeled, cored and cut into chunks)
- 1 tablespoon lemon juice
- 2 tablespoons caster sugar

Preparation:

1. Mix all dry ingredients in the bowl or another dish.
2. Mix milk with egg and melted butter (in different bowl).
3. Pour the milk mixture into the dry ingredients and mix using a fork to remove big lumps. Do not use mixer.
4. Add apple chunks to batter.
5. Lightly brush a frying pan with piece of butter. Using a 1/4 measuring cup spoon the batter and spread it into a circle.
6. When bubbles appear on your pancake, turn over. Cook until pancake is lightly brown and cooked in the middle.
7. Sprinkle with powdered or caster sugar and serve. Enjoy your meal!





**POLISH
BREAKFAST**

