

## Dairy Products - *Nabiał*

Here are some English Translations for the Polish Dairy Products:

dairy products	nabiał
milk	mleko
yoghurt	jogurt
butter	masło
margarine	margaryna
cheese	ser
cottage cheese	serek wiejski
blue cheese	ser z pleśnią
goat's milk cheese	ser kozi
ice cream	lody
cream	śmietanka and śmietana
cream cheese	serek fromage
egg	jajko
fried egg	jajko smażone
hard-boiled egg	jajko na twardo
fairly-soft boiled egg	jajko po wiedeńsku
soft-boiled egg	jajko na miękko
scrambled eggs	jajecznica
poached eggs	jajko gotowane we wrzątku bez skorupki
eggs and bacon	jajka i bekon
ham and eggs	szynka i jajka
omelette	omlet
fish eggs	ikra

## Milks

fresh milk	świeże mleko
pasteurised milk	mleko pasteryzowane
skimmed milk	chude mleko
sterilised milk	mleko sterylizowane
powdered milk	mleko w proszku
whole milk	mleko pełnotłuste
long-life milk	mleko o przedłużonej trwałości
buttermilk	maślanka
condensed milk	mleko skondensowane
coconut milk	mleczko kokosowe

## Understanding Creams:

*Śmietana* is similar to Sour Cream in America or Crème Fraiche in France. When comparing brands or suppliers of *śmietana*, the Polish practice is to note the fat content of the varieties. Fat content can range from 10% (runny) to 70% (thick), most common, as would be found in supermarket, are 12%, 18%, 30% and 42%.

*Śmietanka* is cream and is also sold by fat percentages.

In the United States, the types of cream sold as follows:

Half and half (10.5–18% fat)
Light, coffee, or table cream (18–30% fat)
Medium cream (25% fat)
Whipping or light whipping cream (30–36% fat)
Heavy whipping cream (36% or more)
Extra-heavy or manufacturer's cream (38–40% or more), generally not available at retail except at some warehouse stores.

In the United Kingdom, the types of cream sold as follows:

Name	Minimum milk fat
Clotted cream	55%
Double cream	48%
Whipping cream	35%
Whipped cream	35%
Sterilized cream	23%
Cream or single cream	18%
Sterilized half cream	12%
Half cream	12%

## Cheese

Poland produces many types of cheese. In fact Poland is the sixth largest cheese producer in the world.

You may see these labels on various cheeses:

Pełnotłuste (min 45%)	Full Fat
Tłuste (40%)	Full Fat
Półtłuste (min 20%)	Semi-Fat
Chude (less than 10%)	Low or Non-Fat

Here is a list of a few of the Polish cheeses and basic cheese types. I got the information from Gosia and the internet so some of the descriptions might sound like I am selling the cheese. I just copied the descriptions – they aren't necessarily endorsements.

Bieluch	White cheese with a soft spreadable texture
Bryndza	Sheep's milk cheese, Salty, Soft and Creamy
Damski	Is naturally smoked over wood embers, is a semi-soft variety with a pleasant, sweet flavor combined with the typical qualities of any smoked cheese.
Koldamer	A Baby Swiss-type cheese that is very similar to Tilsit, only less pungent. Aged for approximately four months, this semi-firm, pale yellow cheese offers a mild and nutty flavor. Koldamer melts well
Lubelski	Mild and somewhat dry it melts easily and has a flavor and texture similar to Mozzarella. Eat as a table cheese with beer, or use for melting, cubing in a salad, or for pizza topping.
Morski	Is a mild, semi-soft cheese with a pleasing full flavor. Made to be a smooth tasty & versatile cheese Morski it lives up to its reputation. Very good in salads, as a table cheese, with wines, & excellent on sandwiches as well this cheese is a staple in Polish households.
Oscypek	Is a smoked cheese made of salted sheep milk exclusively in the Tatra Mountains
Podhalanski	Is a semi-hard cheese made from cow's and sheep's milk. This cheese has tiny holes throughout the pale yellow interior. It has a natural rind that darkens to burnt orange if smoked.
Ser Topiony	Similar to Laughing Cow
Serek	Creamy spreadable cheese available in many flavors
Serek Wiejski	Cottage Cheese
Smoked Kurpianka	Is a sausage-shaped cheese with a semi firm texture. It has a smoky, edible rind and a springy texture that melts in your mouth. The smokiness is mild with a touch of garlic which complements this cow's milk cheese.
Twaróg or Ser Biały	Quark (or qvark) is a type of fresh cheese of Central European origin. Dictionaries usually translate it as curd cheese. It is soft, white and un-aged, similar to Fromage frais. It is not the same thing as cream cheese or cottage cheese. It is distinctly different from ricotta because ricotta (Italian: recooked) is made from scalded whey.
Twaróg Sernikowy	Specifically for making Polish Cheesecake - Sernik

## Butters and substitutes

Masło Ekstra	Many different brands. This is your basic Butter.
Oselka Górska	This is the butter that Gosia recommends
Ekstra Mix Pasterki	A blend of milkfat, oil and cream
Oosełka Śmietankowa	A blend of butter and oil
Kasia	Similar to Crisco – for use in baked goods. I have tried it in pie crust and it works fine
Planta	Fat for frying – no cholesterol

## Miscellaneous

Drożdże Domowe	Yeast – They have both the package type and the cake type in the refrigerator section
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