




Goose meat is a delicious speciality of the region offering juicy, tender meat. The bird is known for having a darker, smokier flavor than turkey, and in the Pomeranian region of the country, the white *kołudzka* goose has become a staple of the local diet. From stews and sautees to more traditional baked and stuffed methods of preparation, Pomeranian chefs have been dreaming up hundreds of different recipes utilizing the bird. Guests may will also dine on local fare like honeys and apples from the Lower Vistula Valley, mushrooms and forest fruits from Tuchola Forest. The Kuyavian-Pomeranian Goose Culinary Trail passes by Kuyavia, Dobrzyń region, Pałuki, Krajny, Kociewie and the Chełmno region. Traditional Polish recipes are created masterfully in the inns in Chełmno, Pawłówek, Ślesin and Bystraw, the townhouses of Toruń and Bydgoszcz, in the

The main sites of the trail:
Siedlce, Mościbrody, Kr
www.szlak-kulinaryny.pl

The Silesian Tastes Culinary Route is comprised of restaurants and eateries serving traditional cuisine of the Beskids, Jura, Zagłębie and Silesia. The route stretches from Częstochowa to Jeleśnia. Menu offerings feature roulade with red cabbage, a local delicacy and also lesser known dishes like Jewish caviar – a kind of fried chopped liver;

The Polish word for this region of the country, Podhale translates to “under the mountain glen.” This lush part of Poland comprises the southernmost region and is the setting for many of the oldest folktales and legends. With such a beautiful landscape and rich history, it is easy to understand why this area has proven to be the at the center of the Polish foodie revolution. More than 30 establishments are participating in the Tastes of Podhale, each offering traditional dishes and modern takes on the classics. Every restaurant features a signature dish created by the executive chef in honor of the Tastes of Podhale. These recipes were developed under the watchful eye of

Oscypek which is a hard, smoked and salted form of sheep's cheese is made in Poland from a period beginning in late May and ending in September.

The Subcarpathian region is a narrow, long stretch, sitting along the northern part of Poland's interior. Because of its varying climates and altitudes, it produces a wide array of local food and wines. Poland has long been famous for producing excellent vodkas and liquors, however in recent years, Subcarpathian wines have become popular. Staples

