

Recipes and Tips



Proziaki traditional polish bread rolls

Proziaki is a Polish bread made at home, especially made in Podkarpacie, a southeastern part of Poland located close to the border with Ukraine and Slovakia.

250 gr plain flour
8 oz kefir
1 teaspoon bicarbonate of soda
½ teaspoon salt

In a large mixing bowl, put in the flour, baking soda, and salt. Stir them gently together.

Gradually add the kefir, **you may not have to add it all**, mixing until a soft dough forms.

Turn the dough out onto a floured surface and knead gently for 1-2 minutes. If it starts sticking to your hands, stop and add more flour to your hands and the surface.

Divide into 4 to 6 pieces and form into a ball. If it starts sticking to your hands, stop and add more flour to your hands and the board.

Bake in a preheated oven at 375°F (190°C) for 10-12 minutes.

Herb-Flavored Proziaki: Add chopped fresh herbs like dill, chives, or parsley to the dough for a flavorful twist.

Cheese Proziaki: Mix in grated cheese like cheddar or mozzarella into the dough for a cheesy version of the bread.

Sweet Proziaki: Add a tablespoon of sugar and a pinch of cinnamon to the dough for a slightly sweet version. Serve with jam or honey.