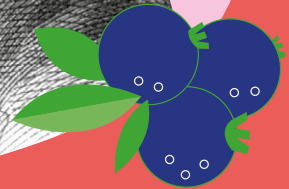
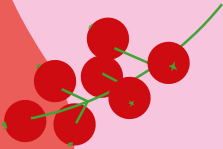
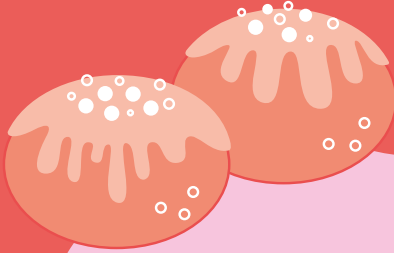


Afternoon tea for kings



Warszawa

Afternoon tea for kings

Warsaw became the capital of Poland in 1596, which was of great importance to the city's development. It became not only the seat of power, but an important economic and cultural centre. The city grew rapidly, and its rulers built residence after residence, in which social life flourished. The Royal Route, which connects three royal residences as well as the Old Town, being part of UNESCO's World Heritage List, serve as a reminder of this time. The last king of Poland, Stanisław August (1732–1798), organised famous Thursday Dinners: gatherings of outstanding Polish intellectuals, during which they discussed art, literature and science. However, the culinary aspect of these weekly meetings was no less significant. Head chef Paul Tremo (1734–1810) served dishes and desserts that skilfully combined Polish flavours with current culinary trends.

Many sweet treats originate from the cuisines of royals and noblemen — only the wealthiest could afford to use ingredients that were expensive and difficult to source, sugar being one of them. Today, among the most popular sweet delicacies, we find *paćki* (singular: *paćka*) — flattened balls of deep-fried yeast dough with jam or cream filling. Once fried, the donuts are sprinkled with icing sugar or covered with icing. This delicacy was first mentioned in writing in the 16th century. This donut also gets its own special day. Fat Thursday is a moveable Christian custom that takes place on the last Thursday before Lent. On this day, queues form in front of pastry shops and bakeries, and eating at least one donut is thought to bring luck and success in the coming months.

Bakeries and pastry shops also sell delicious *drożdżówki* (singular: *drożdżówka*) — yeast rolls filled with fruit, custard cream or cottage cheese filling. In the summer months, everyone eagerly awaits *jagodzianki* (singular: *jagodzianka*) — small rolls filled with berries, sold between the end of June and the end of July. In autumn, baked goods that contain different varieties of plums reign supreme. No matter the season, Warsaw bakeries and pastry shops offer a wide variety of sweet treats to accompany a tea or coffee.

Photos: Warsaw Tourism Office, Polona.pl



/ go2warsaw



Warszawa