

Zur or zurek soup



Ingredients

Sourdough:

- half cup of rye flour
- peel from one slice of wholemeal bread (not obligatory)
- 2 cloves of garlic - crushed
- 2 bay leaves
- 1 cup of water

Soup:

- 2 white sausages
- previously made sourdough
- half of a small parsley
- 1 medium-size onion
- 3 potatoes
- 3 tablespoons of thick sour cream (18% fat)
- 1 spun of marjoram
- salt, pepper
- hard-boiled eggs when ready to be served

Preparation

Recipe:

1. Pour rye flour into a clay or cup pot, add pressed garlic and pour over warm but not hot water. Mix it with enough water so that a slurry forms, and then leave for about 4-5 days in a warm and sunny place. After this time it will have a distinctive sourdough sour smell (don't worry - disappears during cooking). The sourdough can be poured into jars or bottles and stored even a month.

The soup:

Pour your sourdough into a large pot, add some water or broth, so as to be adequately acid (according to your taste). Cook it.

1. After boiling, add the leaves, all spices, juniper, diced sausage.
2. In the meantime, boil the potatoes separately - otherwise, they become hard and are distasteful.
3. Cook until soup goes an intense aroma of meats and herbs. Add salt, pepper and other seasonings to taste. Cook a moment more and then turn off. At the end add the sour cream, eggs and boiled potatoes. Stir. Serve hot!

Notes

Zurek or zur is a very traditional Polish soup. The taste of this Polish soup comes from so-called sour leavening, originating from fermentation of rye flour and bread crusts. In many Polish homes zurek soup is a traditional food eaten during Easter holidays. Oftentimes, Polish zurek soup is dished up in a special hollowed out loaf of bread (see photo below). Compulsory additions to zurek soup are hard-boiled eggs and a peculiar Polish raw sausage. Smoked bacon or ribs are another popular addition. This great Polish soup is often eaten with some bread or roll.