

The most popular salads in Poland

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Vegetables salad

This salad is made of cooked vegetables, pickled cucumbers, peas, onions, boiled eggs and mayonnaise too.



It can be serve like this:



„Gyros” salad

It's made of: meat of chicken seasoned with spices and ingredients shown in the photo below:



It can be serve in layers or mixed up:



Salad with chicken and rice noodles

This salad is made of: chicken, ham, rice noodles, corn, cucumbers, red peppers, celerys and mayonnaise.



It can be make with
short rice noodles:



or with long rice noodles:



„Mizeria”

It's serve with dinner. This salad is made of cucumbers, cream and pepper. People usually add chives and dill too.



Dinner with mizeria:



People often add radish or tomatoes to this salad:



Salad with tortellini, salami and cheese

It's made of: cooked tortellini with ham or with meat, corn, peas, tomatoes, salami, cucumbers, cheese, mayonnaise and spices.





This salad look like this:



Salad with leek and egg

It's made of leek, eggs, pickled cucumbers, corn, mayonnaise, salt and pepper.



Polish people love this salad!

Herring salad

This salad is made of cooked Herring, potatoes, red onion, pickled cucumbers, mayonnaise and eggs.





Fruit salad

It's made of every fruit what you want. It can be made of for example: tangerines, bananas, strawberries, apples etc.



It can be made in many ways

Fruit salad with yoghurt



Fruit salad with ice cream



Thank you for watching!

This presentation
was made by Maria
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