

Patyczki with Spelt Breading



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Being from a Polish background, celebrations and special occasions often included Patyczki. However, in our house it was known as what it is “meat on a stick”, which is cubed veal and pork which are marinated then skewered on a stick, breaded, browned and then baked in the oven. This is my version of this traditional recipe, prepared in a healthier way. To complete the meal, we would have Kapusta (sauerkraut with meat) and dilled potatoes.

Serves 8

Patyczki with Spelt Breading

¾ cup	water	3	cloves garlic, chopped	Breading: Whole wheat flour 3-4 eggs, beaten Spelt breadcrumbs Canola oil 3-4 onions and celery stalks, sliced
¼ cup	white wine vinegar	1	celery stalk, diced	
1 lb	pork shoulder, trimmed and cut into 1 inch cubes	1 large	onion, chopped	
1 lb	veal shoulder trimmed and cut into 1 inch cubes	5	bay leaves	
3	large eggs	1 tsp	salt	
½ cup	milk	1 tsp	black pepper	
		16	4 inch bamboo skewers	



Hamilton



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1. In a small pitcher, mix water and white wine vinegar. Place pork and veal in separate medium sized bowls. Pour half of the mixture over each meat, cover and refrigerate of about 1 hour. This will tenderize the meat. Remove from the refrigerator and rinse thoroughly.
2. In a medium sized bowl, beat eggs with milk.
3. Add garlic, celery, onion, bay leaves, salt and pepper.
4. In medium sized bowls add pork and veal in separate medium sized bowls, coat well with egg mixture.
5. Cover each bowl with cellophane and let marinade for 24 hours.
6. Remove meat from marinade, shake off pieces of onion and garlic, and discard the marinade.
7. Using skewers, skewer meat alternating pieces of pork and veal.
8. Place whole wheat flour, beaten egg, and spelt breadcrumbs in separate medium sized bowls.
9. Roll skewers in whole wheat flour. Then coat with beaten eggs, shaking off any excess.
10. Next roll in spelt breadcrumbs. Press in the palm of your hands to help the breadcrumbs adhere to the meat.
11. Over medium heat, heat canola oil. Lightly pan fry all sides of the skewered and coated meat.
12. Place pan fried skewers, single layered in a pan lined with parchment paper. Cover with sliced onions and celery. Add 1 cup of water.
13. Cover with foil and bake at 275° F for 2 ½ hours. Remove foil cover in the last 15 minutes to allow the coating to crisp.

Note: Skewers can be frozen and reheated in the oven.

Kapusta with Kielbasa and Dilled Potatoes



Kapusta with Kielbasa

Serves 8

1 jar	wine sauerkraut	Peppercorns
2 tbsp	non-hydrogenated margarine	½ lb lean kielbasa, skin removed and diced
1 medium	onion, diced	
1 medium	carrot, shredded	

1. Drain sauerkraut and rinse well.
2. Sauté onions in margarine until translucent. Add sauerkraut and water until sauerkraut is almost covered.
3. Add shredded carrots and a small handful of peppercorns. Add kielbasa.
4. Simmer 2-3 hours on low heat

Dilled Potatoes

Serves 8

2 lbs.	boiled small potatoes, quartered	¾ cup	low fat yogurt
½ tbsp.	salt	¼ cup	low fat buttermilk
2 tbsp	non-hydrogenated margarine	Fresh dill	

1. Boil potatoes in salted water until just done. Drain and set aside.
2. Heat margarine, buttermilk and yogurt over medium heat until hot.
3. Pour over potatoes and toss until coated.
4. Sprinkle with fresh dill