**Polish cuisine** – the formation of its characteristic features was influenced by historical changes. Throughout history, Polish cuisine has been influenced by regional variations and changes, especially since the territories of the Polish-Lithuanian Commonwealth historically were inhabited by a changing mosaic of nations. As a result, strong culinary influences include Eastern (Tatar-Turkish, earlier Mongolian), Ruthenian, German, French, Italian, and Jewish.

The most popular Polish dishes include: pierogi, buckwheat, dumplings, cabbage rolls, pork cutlet, minced cutlet, bigos, meat jelly, pork knuckle, beef rolls, soups (sour rye soup, cabbage soup, barley soup, borscht, broth, tomato soup, cucumber soup, mushroom soup, pea soup, cold beet soup), dishes made from cabbage and potatoes, bread (rye bread, wheat bread), pastries, cottage cheese, as well as various types of meat (mainly pork, poultry, and beef) prepared in various ways, and to a lesser extent, both sea and freshwater fish. A specific Polish dessert is "faworki," and other pastries such as babka, poppy seed cake, cheesecake, gingerbread, and doughnuts are also popular.

Among the very characteristic dishes and beverages are tripe, pickled cucumbers, sauerkraut, buttermilk, sour milk, and kefir.

Among alcoholic beverages, vodka distilled from grains and potatoes has replaced the once widespread mead. Beer, hopped in Poland, is a traditional and common beverage, while wine is consumed less frequently.

A popular drink is tea, often served with a slice of lemon and sweetened with sugar. Tea arrived in Poland from England shortly after its appearance in Western Europe (thanks to Dutch merchants). However, its spread is attributed to the Russian occupiers in the 19th century: samovars from Russia reached Polish homes in the so-called Congress Poland, where tea had independently appeared as a gift from China at the tsarist court, about 50 years before it became widespread in the Netherlands. Coffee is also popular, widely consumed in Poland since the 18th century, even by lower social classes such as craftsmen or wealthy peasants.

Polish cuisine – culinary regions

Greater Poland cuisine:

**Soups**

* Blind fish (also: rare pyrki, and in Pałuki: ruks, ruksa) – thick soup made from boiled potatoes,
* Chicken broth – treated as a festive dish, served on Sundays (currently consumed with pasta or dumplings, and formerly with peas, beans, or croutons, which are cubes of semolina),
* Duck blood soup – soup based on duck (formerly goose) blood,
* Kiszczonka – soup made from the liquid left after cooking kaszanka (blood sausage),
* Parzybroda – cabbage soup,
* Eintopf – thick vegetable soup,
* Rumpuć – a type of eintopf,
* Pumpkin soup, also called squash soup,

**Noodles, dumplings, pancakes**

* Dumplings, e.g.: kulochy, nagusy (made from raw potatoes, without flour), szkaplarki (with the addition of flour and eggs), prażuchy (from boiled potatoes),
* Grey dumplings (przecieruchy) usually served with boiled sauerkraut or bigos, garnished with fried onions,
* Yeast dumplings (kluchy na łachu),
* Potato dumplings with meat filling,
* Potato pancakes (plendze) – served sautéed or sweet, sprinkled with sugar,
* Makiełki – a Christmas Eve dish (a bread soaked in milk with poppy seeds and dried fruits),
* Dukane potatoes (purée),
* Jacket potatoes (boiled without peeling),
* Pyry deptane (boiled potatoes mixed with finely chopped fried bacon and fried onions – served as a puree),

**Eggs, dairy**

* Scrambled eggs with flour – klepka,
* Sour eggs (perduty) – boiled without shells in water with vinegar, served with sour sauce,
* Gzik – cottage cheese mixed with cream and onion or chives,
* Kosek – dried cottage cheese in balls (salted, with caraway seeds),
* Fried cheese,

**Meat**

* Galart (also: galat, trzęsionka, zimne nóżki) – meat jelly,
* Pork schnitzel,
* Salceson,
* Pork knuckle with peas and pickled cabbage,
* Pork chop with dried plums,
* Roast duck with apples, red cabbage, and dumplings,

**Vegetables**

* Stuffed onions – onions stuffed with mushrooms,
* Cabbage with mushrooms or peas,

**Bakery products**

* Poznań babka,
* Faworki (angel wings),
* St. Martin's croissant (in Poznań),
* Yeast roll with glaze (drożdżówka),
* Pipe (in Poznań),

Pomeranian cuisine:

* Swedish sausage,
* Półgęsek,
* Marinated Bismarck herring,
* Rote Grütze (Red Grout)
* Brukwianka – yellow turnip soup with smoked goose,
* Pancakes (Ruchańce)
* Klitundplumen – plum soup with dumplings,
* Sweet and sour bean soup,
* Barley soup,
* Potato soup,
* Duck blood soup
* Beer soup

Silesian cuisine:

**Meat dishes**

* Roulade
* Karminadle
* Krupniok
* Żymlok

**Soups**

* Silesian sour soup
* Wedding sour soup
* Wodzionka, brotzupa
* Siemieniotka
* Bryja
* Pea soup

**Others**

* Armeriter
* Bratheringi
* Fried potatoes
* Ciapkapusta, also known as panszkraut
* Dziubany cake
* Hekele
* Hauskyjza
* Black dumplings
* Silesian dumplings
* Kopalnioki
* Krepel
* Poppy seed noodles
* Honey cake
* Moczka
* Blue cabbage
* Oblaty
* Silesian salad
* Szpajza
* Zista

Galician cuisine:

* Pork cutlet
* Pork knuckle
* Paprykarz (fish paste)
* Goulash
* Tripe
* Tyrolean dumplings
* Spätzle
* Potato pancakes
* Roasted pork neck with caraway seeds
* Cabbage rolls
* Ukrainian borscht
* Pierogi Ruskie, Lwowskie
* Blinis
* Bagel
* Dumplings
* Krakowska sausage
* Potato salad
* Żentyca (liver sausage)
* Sauerkraut soup
* Oscypek (smoked cheese)
* Bundz (sheep cheese)
* Redykołka (honey cake)
* Pischinger (chocolate wafer)
* Biscuit omelette
* Mineral waters from Wysowa, Krynica, Rymanów, Iwonicz, and Żywiec