

## “Podlaskie Jadło”

“Podlaskie Jadło” is an association which published the book “Podlasie Cuisine” about traditional regional food. In this publication we can find a history of cooking traditions in Podlasie including some old recipes. As an example, a long time ago on the tables of nobility in Podlasie, meals with venison, as well as pheasants and peacock meat were reigning.

Delicious elk nostril soup, sparrow pie and bear`s paw were real treats, all of wich you can try to cook with the help of “Podlasie Cuisine” . Bonne appetite!

The Podlaskie Jadło Association is involved in cultivating the tradition of regional cooking. The most important activities of this organisation are:

- promoting the culture and tradition of our region
- supporting development of the regional food market, promotion of regional production
- cultivating old traditional cooking
- supporting development of ecological agriculture and agrotourism in Podlasie
- popularizing healthy food and phytotherapy
- promoting helthy style of life, high-quality food production
- organizing workshops, seminars, conferences, fairs, presentations
- cooperating with regional administration, local businesses and other organisation

