

Jane Doe  
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Period 4

## Food

Poles have a great love for food. Many foods that they enjoy are eaten today in the United States. One such dish is golabki, or stuffed cabbage, which is still very popular to eat. Both my Grandmother and mother have made this meal for my family and me several times. Another favorite food that my Grandmother makes is pierogi. These are dough pockets that can be filled with cheese, blueberries, meat, or potatoes. In Poland, the pierogi is often served with soup, but we do not follow that tradition. There are also many traditional cakes that Poles bake. Cheesecake and poppyseed cake are among the favorites in Poland. As with the other examples, my family traditionally has these two desserts at our holiday meals. Even though these are some favorite Polish foods, these foods are not just eaten by Polish people, but by many Americans.

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