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## CULINARY RICHNESS OF THE SUBCARPATHIAN REGION

History, culture, environmental conditions, tradition, agricultural production of Subcarpathian made it a great region of culinary richness. It is here that meals are made with a far-reaching tradition associated with various rituals, festivals and customs that used to be celebrated in the countryside. Diversity in this region's culinary heritage can be seen in the list of traditional products maintained by the Ministry of Agriculture and Rural Development. The aim of this study is to present the richness and culinary diversity of Subcarpathian region on the example of products included in the List of Traditional Products.

**Key words:** *Subcarpathian region, agricultural production, ecological conditions, culinary traditions.*

Підкарпатський регіон є найбільшим південно-східним воєводством у Польщі. На сході він межує з Україною, а на півдні – Словаччиною. Площа Підкарпатського воєводства становить 17,8 тис. км<sup>2</sup>, або 5,7% території країни та 0,4% території ЄС. На цій території мешкають понад 2 млн людей. Підкарпатське воєводство має специфічні умови ведення сільського господарства внаслідок великого різноманіття природних, соціально-економічних, екологічних, історичних та інфраструктурних умов. Цей регіон включає гірські, підгірні, передгірні райони, долини та низовини. Історія, культура, екологічні умови, традиції, сільськогосподарське виробництво Підкарпаття зробили його великим регіоном кулінарного багатства. Саме тут їжа робиться з далекосяжними традиціями, пов'язаними з різними ритуалами, святами та звичаями, які колись святкувалися у сільській місцевості. Різноманітність кулінарної спадщини у цьому регіоні можна побачити у переліку традиційних продуктів, що підтримуються Міністерством сільського господарства та розвитку сільських районів. Метою дослідження є аналіз багатства та кулінарного розмаїття Підкарпатського регіону на прикладі продуктів, включених до Переліку традиційних продуктів.

Традиційні та регіональні продукти, на відміну від масових, високопродуктивних, загальнодоступних продуктів міжнародної якості, характеризуються індивідуальністю, цікавим і неповторним смаком і, перш за все, пов'язані з місцем їх походження. Ці продукти часто виробляються з використанням унікальних порід тварин та їх природного способу розведення, незвичайних культур, старих сортів рослин і традиційних технологій

переробки. Регіональні та традиційні продукти харчування все ще є продуктом розкоші завдяки своєму складу, якості, методам виробництва, а також традиціям та історії регіону. Помічено, що споживачі частіше звертають увагу на інші якості продуктів, ніж на їх корисність, а саме: унікальність, стиль, оригінальність, емоційне значення або походження. Уміле визначення комерційної якості загальновідомих традиційних продуктів, захист знань і методів виробництва може принести визнання і стати додатковим джерелом доходу. Часто саме ці продукти визначають регіон. Підкарпатська регіональна і традиційна їжа, як правило, проста, нехитра, але смачна, ароматна та орієнтована на сім'ю. Цей регіон з його унікальністю та широким асортиментом традиційної їжі має шанс зайняти престижне місце серед лідерів високоякісного продовольчого ринку. Диверсифікована кулінарна спадщина цього регіону завдяки своїй багатій культурній спадщині – це можливість виділитися серед інших регіонів.

**Ключові слова:** Підкарпатський регіон, сільськогосподарське виробництво, екологічні умови, кулінарні традиції.

### Introduction

The Subcarpathian region is the most southeastern voivodeship in Poland. It borders with Ukraine to the east and Slovakia to the south. The area of Subcarpathian Voivodeship is 17.8 thousand km<sup>2</sup>, which constitutes 5.7% of the country's area and 0.4% of the EU area. This area is inhabited by over 2 million people. The voivodeship has an agricultural and industrial character, as evidenced by the structure of land use – 52.5% of the area is occupied by agricultural land and the population structure – 58.7% of the total population is rural population. Out of the total number of 160 communes in the voivodship, 144 are rural and urban-rural communes (Yearbook ... 2018).

The Subcarpathian Voivodeship has specific farming conditions resulting from the large diversity of natural, socio-economic, ecological, historical and infrastructural conditions. This region includes mountain, sub-mountain, submontane, valleys and lowland areas.

Historical and cultural conditions influenced the fact that agriculture of Subcarpathian Voivodeship has its own specificity, distinguished above all by high agrarian fragmentation – 85% of farms do not exceed the area of 5 ha, and the average area of agricultural land on the farm is 4.71 ha (in Poland the average is 10.5 ha), as well as it has a low commerciality of agricultural production (about 44% of farms produce only for their own supply) ([www.podrb.pl/index.php/doradztwa/produkcja-](http://www.podrb.pl/index.php/doradztwa/produkcja-)

[zwierzeca/443-podkarpackie-rolnictwo-w-liczbach](http://zwierzeca/443-podkarpackie-rolnictwo-w-liczbach)).

The Subcarpathian region is rich in natural resources such as the mountain ranges of Bieszczady and Low Beskid, rivers, meadows, forests, lakes such as the Solina Lake. The environment in this area enables the development of safe and ecological food and its processing. Currently, it focuses on processing in the meat, dairy, fruit and vegetable, cereal and confectionery industries. History, culture, environmental conditions, tradition, agricultural production of Subcarpathian made it a great region of culinary richness. It is here that meals are made with a far-reaching tradition associated with various rituals, festivals and customs that used to be celebrated in the countryside. According to Jeżewska-Zychowicz (2008), food products often consumed in a given community or associated with celebrations, which are passed down from generation to generation, prepared according to old recipes, stand out and at the same time are known for their sensory properties and above all are associated with the local, regional or national community, may be considered traditional food. Food production using traditional methods most often concerns regions with a predominance of non-industrial and extensive agriculture, i.e. poor regions, which occupy a special place in European regional policy (Krajewski et al. 2009). Subcarpathian is such a region. The diversity of culinary heritage of this region is visible in the List of Traditional Products maintained by the Ministry

of Agriculture and Rural Development. The aim of this study is to present the richness and culinary diversity of the Subcarpathian region on the example of products included in the List of Traditional Products.

### Subcarpathian traditional products

Under the Act of 17 December 2004 on the Registration and Protection of Names and Designations of Agricultural Products and Foodstuffs, as well as Traditional Products (Journal of Laws of 2005, No. 10, item 68), the Ministry of Agriculture and Rural Development maintains a List of Traditional Products. The list includes a product of which the quality or exceptional characteristics and properties result from the use of traditional production methods. Traditional methods are those which have been in use for at least 25 years. In addition, the product applying for such an entry must be a part of the identity of local community and the cultural heritage of region in which it originates. Only the product, not the producer, is included in such a list. By registering products on the List of Traditional Products, producers do not acquire any right to either protect or promote registered products as their own ([www.gov.pl/web/rolnictwo/produkty-regionalne-i-tradycyjne1](http://www.gov.pl/web/rolnictwo/produkty-regionalne-i-tradycyjne1)).

Most of products on the List come from Subcarpathian, Lesser Poland and Lublin Voivodeships. They constitute more than 1/3 of all entries on the list (as of 12.03.2019) (Fig. 1).

Subcarpathian Voivodeship is the leader in terms of the number of products included in the List of products. As of 12 March 2019, out of the total number of 1864 products, 229 came from Subcarpathian region (12.3%), which gave the first place in the country ([www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych12](http://www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych12)). What is important, this situation has not changed for several years.

On the National List of Traditional Products, the largest number is ready meals, bakery products and meat products. They constitute 61% of all specialties. Oils, fats and other products are the least numerous categories among all products included in the list (Table 1)

Meat products, bakery and confectionery products, as well as prepared meals and dishes are the most numerous among the products from Subcarpathian region included in the List of products. Table 2 shows selected traditional products specific to Subcarpathian cuisine.

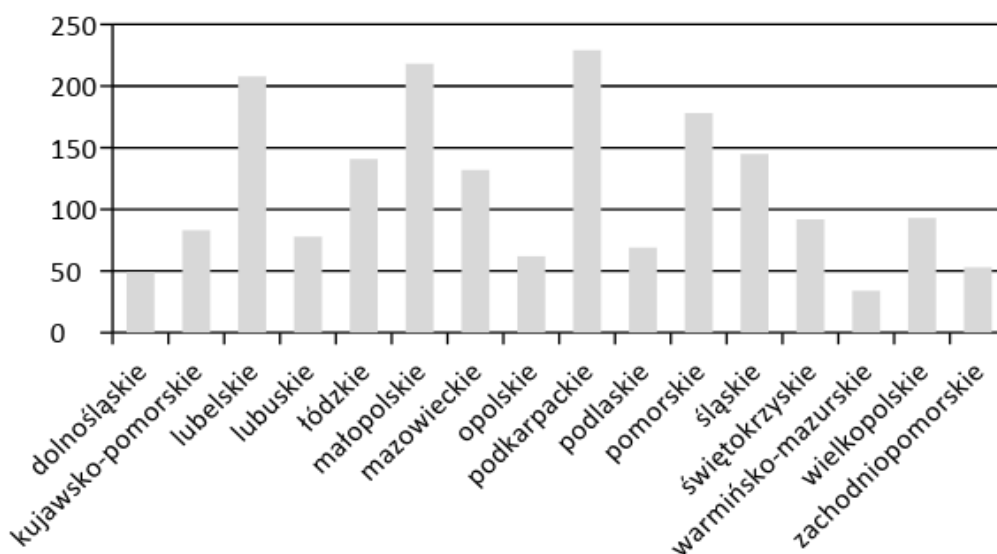


Fig. 1. Number of traditional products by province

Source: <https://www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych12> – access date 12.03.2019

Table 1

## Number of traditional products by category in Poland and Subcarpathian Voivodeship

Product category	Poland	Subcarpathian Voivodeship
Dairy products	118	23
Meat products	417	77
Fishery products	72	3
Fruit and vegetables	165	10
Bakery and confectionery	342	47
Oils and fats	47	4
Honey	80	3
Prepared meals and dishes	387	48
Beverages	196	13
Other	40	1
<b>Total</b>	<b>1864</b>	<b>229</b>

Source: Own elaboration based on [www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych](http://www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych) (12.03.2019)

The Subcarpathian traditional products are produced on the basis of generational recipes, from the highest quality raw materials. Their original taste and aroma, and sometimes even appearance can satisfy even the most demanding consumers. The advantage of Subcarpathian region's culinary heritage is the fact that the production and processing methods of raw materials are natural and come from local agriculture. Moreover, the diversity of regional and traditional food produced here has been influenced by national and ethnic traditions. Each region in the

Subcarpathian Voivodeship has its own characteristic dishes and ways of preparing them, depending on tradition, availability of raw materials, the abundance of home and farmed animals (Pisarek and Lechowska 2012).

The flagship suppliers of animal and plant raw materials are family farms with a long tradition and small farms with extensive agricultural production. Producers of local specialties often come from culturally diverse communities, are strongly bonded to their places of origin and maintain regional identity (Bienia et al. 2017).

Table 2

## Selected traditional Subcarpathian products included in the List of Traditional Products

Meat products	Fresh meat and meat products	Nuts, seeds, cereals, fruit and vegetables (processed and not processed)
Wallachian goat's cheese, white or smoked	Markowska sausage	Krzeszów jam
Goat's bryndza	Markowska baked delicacy	Subcarpathian rubbed rose
Farmer cheese	Sausage domestically produced	Subcarpathian pickled cornelian cherry
Subcarpathian goat's cheese, white and smoked	Baked pate	Pickled cucumbers from Handzlówka
White cheese from Handzlówka	Markowska country ham	Pruchnicka dried Hungarian plum
Cornaka cheese in herbal marinade	Dukielski brawn	Dried slices of Pruchnik apples
Grained curd cheese	Dukielski liverwurst	<b>Fishery products including fish</b>
Beer cones	Pilzneń country blood sausage	Lasowiacki carp in gelatin
Bieszczadzki matured goat's cheese	Pilzneń countryside brawn	Smoked carp from Ruda Różaniecka

Table 2

Meat products	Fresh meat and meat products	Nuts, seeds, cereals, fruit and vegetables (processed and not processed)
Goat bundz cheese	Pilzneń sausage	<b>Bakery and confectionery</b>
Lemko cow's cheese	Pilzneń baked ham	Old Polish bread, baked on wood and cabbage leaves
Cow's Wallachian cheese	Rural baked from Górna	Krupiak
Lasowiacki curd cheese	Górna baked dry sausage	Proziaki
<b>Prepared meals and dishes</b>	<b>Beverages (alcoholic and non-alcoholic)</b>	Jarosławskie biscuits
Cabbage with barley groats prepared by Lasowiak recipe	Mountain dried compote	Hand-handleaved cheesecake
Panepuchy	Krzyszów nutcracker	Puppets with lamb groats
Kacapoły or kręgle	Krzyszów plum spirit	Grodzisk wedding cone
Dachnowkie goose meal	Lasowiak cranberry liqueur	Koziarniacki bread
Glinicka pamuła	Fruit juices cold-pressed from Łańcut area	<b>Oils and fats (butter, margarine, etc.)</b>
Green bud acid	Elderberry juice	Subcarpathian oil
Handzłowskaya Easter whey	Dereniówka Bask from Albigowa	Domestic butter from Handzlówka
St. Jack's baked dumplings	Jasiel nutcracker	Jasienica Rosielna butter
Cabbage cakes – szandorki	<b>Honey</b>	<b>Other products</b>
Pasteur pipes	Subcarpathian honeydew honey	Galician apple vinegar
Jeżowskie dumplings with lamb groats and curd cheese	Lubacz honey	

Source: Own elaboration based on [www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych](http://www.gov.pl/web/rolnictwo/lista-produktow-tradycyjnych) (12.03.2019)

### Conclusion

Traditional and regional products, in contrast to mass-produced, highly processed, generally available products of international quality, are characterized by individuality, interesting and unique taste and above all are related to their place of origin. These products are often produced using unique animal breeds and their natural way of breeding, unusual crops, old plant varieties and traditional processing technologies. According to Newerla-Guz and Rybowska (2015), regional and traditional food is still a luxury product due to its composition, quality, production methods, but also tradition and history of the region. Póltorak and Bielec (2011) state that consumers more often pay attention to the values of products other

than usable ones, namely: uniqueness, style, originality, emotional value or origin. Skillful determination of the commercial quality of commonly known traditional products, protection of knowledge and production methods may bring recognition and constitute an additional source of income. Often, it is precisely these products that recognize a region. Subcarpathian regional and traditional food is generally simple, unsophisticated, but tasty, aromatic and family-oriented. This region with its uniqueness and a wide range of traditional food has a chance to take a prestigious place among the leaders of high quality food market. The diversified culinary heritage of this region due to its rich cultural heritage is an opportunity to stand out from other regions.

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Traditional and regional products, in contrast to mass-produced, highly processed, generally available products of international quality, are characterized by individuality, interesting and unique taste and above all are related to their place of origin. These products are often produced using unique animal breeds and their natural way of breeding, unusual crops, old plant varieties and traditional processing technologies. According to Newerla-Guz and Rybowska (2015), regional and traditional food is still a luxury product due to its composition, quality, production methods, but also tradition and history of the region. Póltorak and Bielec (2011) state that consumers more often pay attention to the values of products other than usable ones, namely: uniqueness, style, originality, emotional value or origin. Skillful determination of the commercial quality of commonly known traditional products, protection of knowledge and production methods may bring recognition and constitute an additional source of income. Often, it is precisely these

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