**BIZARRE FOODS: DELICIOUS DESTINATIONS**

**KRAKOW: ACT 1 V1**

***Updated as of 10/16/18 1:48 PM***

Overall Note: Pierogi was shot on Day 1 and our Translator was a bit “out of control” in that he was trying to do too much. His English pronunciation is EXCELLENT, but he was not good at expressing colloquialisms and he let the people talk for *far too long* for me to be able to be sure where the certain lines / topics cut. And then he himself was very long-winded and got tangled up in his own translations – making everything more convoluted than it should have been. As you will see, I have included “Suggested Translation for clarity” notes when necessary to help address this! The stuffed cabbage was on our LAST day… and you can really see the difference in how much clearer and more concise his translations are.

**PIEROGI PROCESS**:

1. Filling (done w the Chef)
	1. Boiled potatoes and cheese curd ground together in an electric grinder into a paste
	2. Paste is seasoned with salt, pepper, Vegeta (a brand name bullion-type all-purpose seasoning - <https://www.vegeta.us.com/us/products/all-purpose-seasoning/vegeta>), and liquid Maggi seasoning sauce (a brand name salty vegetable based concentrate similar to Worcestershire, that gives food that umami flavor - <https://www.cooksinfo.com/maggi>)
	3. Onions that have been sautéed and caramelized in butter are mixed in to the paste to give it color and flavor
2. Dough (this will all be shown in B-Roll, as the woman who made it was incapable to explaining anything to camera)
	1. Flour, eggs, salt, oil, warm water mixed to form dough
	2. Kneaded
	3. Rested
	4. Rolled out (by hand and machine)
3. Making the pierogi (B-Roll)
	1. Dough cut into circles
	2. Filled w filling
	3. Crimped together by hand
4. Cooking (w Chef)
	1. Boiled until they float, stirring lightly
	2. Topped w fried bacon and paprika (for taste) and a chili (for looks, only)

**Gołąbki PROCESS:**

1. Filling
	1. Grind 2 pork belly and pork neck into a fine mince
	2. Combine with raw buckwheat groats (aka, whole grain buckwheat)
	3. Season w salt, pepper, mushroom powder, ground dried mushroom
2. Making the golabki
	1. Scald white cabbage in hot water to soften it
	2. Wrap the cabbage tightly around the filling
	3. Add some salt and water and cover w extra cabbage leaves and bake
3. Sauce (B-Roll only)
	1. Sauté porcinis in butter until golden
	2. Add sautéed onions, salt and pepper
	3. Add cream and reduce
	4. Add more cream and lots of dill
	5. Season to taste
4. Plating
	1. Fry individual pieces in butter in a pan until the outside is crispy
	2. Plate w mushroom sauce, tomato (for looks) and a sprig of dill

 **VIDEO TC AUDIO**

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| **ACT 1: PIEROGI, Gołąbki** |  |  |
| *B-ROLL PULLS INCLUDED IN STRING-OUT* English: KRAK-owPolish: KRAH-kov  |  | **(ANDREW VO)****KRAKOW, POLAND: THE CULTURAL AND HISTORICAL HEART OF THE ONCE RECLUSIVE, NOW WARM AND WELCOMING SLAVIC COUNTRY WHERE THE EASTERN BLOC MEETS WESTERN EUROPE.**  |
|  |  | (SOT) 0918 13:17:12 MARCIN: Krakow is the most beautiful city in Poland. We were lucky because it was not destroyed during The War, so obviously, it's authentic.  |
| *B-ROLL PULLS INCLUDED IN STRING-OUT* vah-VEL |  | **(ANDREW VO)****KRAKOW WAS THE ROYAL CAPITAL OF POLAND FOR OVER FIVE CENTURIES. IT WAS FOUNDED IN THE 4th CENTURY ATOP WAWEL HILL WHICH, AS LEGEND TELLS IT, CONTAINED THE LAIR OF A RAVENOUS, FIRE-BREATHING DRAGON.** **THE MYTHICAL BEAST HAS BECOME THE SYMBOL OF THE CITY.**  |
| *Note to Editor: Ryan wasn’t rolling audio when he shot this, so we’ll need to find a fun sound effect to put here.*  |  | NATS – FIRE-BREATHING DRAGON SOUNDS / TOURISTS Oooing & ahhing |
| *B-ROLL PULLS INCLUDED IN STRING-OUT*  |  | **(ANDREW VO)****Krakow’s cuisine – HEAVY ON STAPLES LIKE ‘MEAT AND POTATOES’ AND PICKLED VEGETABLES – HAS WITHSTOOD THE CITY’S OFTEN turbulent history.**  |
|  |  | (SOT)0919 12:54:43 TIFFANY: Polish cuisine is hearty and resilient, like the Polish people. They’ve been through a lot and it shows in their food. It’s really stood the test of time. |
| *B-ROLL PULLS INCLUDED IN STRING-OUT* **GFX: pierogi**pee-ROH-ghee |  | **(ANDREW VO)****KRAKOW’S MOST ICONIC DISH DATES BACK TO THE MIDDLE AGES – pierogi: BOILED OR FRIED dumplings WITH savory or sweet fillingS.**  |
|  |  | (SOT)0916 13.18.15 AGATHA: When you think of Poland, for me, it's pierogi. My favorite are the potato and cheese pierogi, but we also have meat pierogi, we have cabbage and fruit pierogi. Every family has their different variety.  |
|  |  | AZ ON CAM: pierogi FIRST arrived in KRAKOW in the 13th century, imported BY IMMIGRANTS FROM POLAND’S EASTERN EUROPEAN neighbors. Some suggest PIEROGI ORIGINATED IN China AND WERE BROUGHT TO EUROPE BY Marco Polo, WHILE others wager the Tartars brought the recipe to the West from the former Russian Empire. Although nothing is confirmed, Polish cookbooks dating from the late 1600s contained the first written pierogi recipes.  |
| *B-ROLL PULLS INCLUDED IN STRING-OUT* rhush-KEYKRAH-koh-vee-ans |  | **(ANDREW VO)****The most popular VARIETY is “Ruskie” Pierogi – a cheese and potato stuffed VERSION that Crakovians associate WITH the taste of home.**  |
| Suggested Translation for clarity: “The name could be translated as “Russian Pierogi”, but they are *not* actually Russian. They are eaten in Slovakia and Ukraine, but they are *most* popular in Poland.” |  | (TRANSLATED SOT)0916 10:44:21 CHEF KAROL VOSOVIC: The name is *Pierogi Ruski*, which could be translated as “Russian Pierogi”, but they are not actually known in Russia. They are well-known and popular though in Poland, Slovakia, and Ukraine, but they are liked the most in Poland.  |
| KER-ol voh-SOH-vich - *pronouncer included in string out*OO bab-CHEE mal-ee-NAY - *pronouncer included in string out*rwhy-NEK GVOV-neh |  | **(ANDREW VO)****CHEF KAROL VOSOVIC SERVES UP To TWO *THOUSAND* RUSKIE PIEROGI A DAY AT HIS TRADITIONAL POLISH RESTAURANT, U Babci Maliny, JUST OFF RYNEK Główny – THE LARGEST CITY SQUARE IN ALL OF EUROPE – IN KRAKOW’S HISTORIC OLD TOWN.** **THE ‘COUNTRY COTTAGE’ THEMED RESTAURANT WAS OPENED BY KAROL’S PARENT IN 1993. THE NAME TRANSLATES TO “GRANDMA’S RASPBERRY” – A FOLKSY TERM OF ENDEARMENT.**  |
| Suggested Translation for clarity: “The restaurant isn’t named after a particular person, but my parents wanted to convey that they would be serving home-made food like *your* grandma used to make.” |  | (TRANSLATED SOT)10:41:40 CHEF KAROL VOSOVIC: People basically think that there has been a grandma that the name of the restaurant comes from, but this is not exactly that. Basically, my parents opened the restaurant, and the idea was to make people feel at home, as if they were being served a dish by their grandma.  |
|  |  | **(ANDREW VO)****KAROL’S RUSKIE PIEROGI ARE ALL HAND-MADE, STARTING WITH THE FILLING WHICH IS A 50/50 COMBINATION OF SOFT, BOILED WHITE POTATOES AND FRESH, SPRINGY CHEESE CURDS, GROUND TOGETHER INTO A SMOOTH PASTE.**  |
| Suggested Translation for clarity: “When it comes to the proportions, it needs to be equal - too many potatoes and the filling will be runny, too much cheese and it will be too dense and crumbly.” |  | (TRANSLATED SOT)11:08:28 CHEF KAROL VOSOVIC: When it comes to the proportions, if you have too much potatoes, this filling is going to flow too much. When it comes to cheese, the filling is going to be too dry and it’s going to crumble.  |
|  |  | **(ANDREW VO)****KAROL USES A LIGHT HAND WHILE DOSING THE FILLING WITH BOTH DRY AND LIQUID SEASONINGS, WHICH GIVE IT A SLIGHTLY SALTY AND RICH UMAMI FLAVOR.**  |
|  |  | (TRANSLATED SOT)11:19:59 CHEF KAROL VOSOVIC: My experience tells me, and basically this is what my dad taught me, that you need to be careful and to use small doses because it’s better to use small doses twice than to give one dose but too much and spoil the dish. |
|  |  | **(ANDREW VO)****TO FINISH OFF THE FILLING, KAROL CARAMELIZES SWEET ONIONS IN BUTTER AND STIRS THEM IN FOR ADDED FLAVOR.**  |
|  *FINISHING THE FILLING* |  | (TRANSLATED SOT)10:57:17 CHEF KAROL VOSOVIC: The important bit is the color because it needs to be dark, dark golden, almost brown. Only then the taste and the smell will be right. |
| *START OF THE DOUGH PROCESS* B-ROLL: FLOUR, SALT, EGGS, SALT, WATER MIXED TO FORM DOUGH |  | **(ANDREW VO)****IN THE PAST, A SIMPLE NOODLE DOUGH OF JUST FLOUR, WATER AND SALT ENCASED THE FILLING, BUT THE MORE MODERN ADDITION OF EGGS AND OIL GIVES THE DOUGH A MORE LUXURIOUS, PASTRY-LIKE TASTE AND FEEL.**  |
| B-ROLL: DOUGH BEING KNEADED  |  | (TRANSLATED SOT)11:27:27 CHEF KAROL VOSOVIC: It needs to be soft and tender.  |
| *B-ROLL PULLS INCLUDED IN STRING-OUT:* DOUGH BEING ROLLED OUT, CUT INTO ROUNDS, FILLED AND CLOSED. CHEF PUTS THEM IN BOILING WATER.  |  | **(ANDREW VO)****THE DOUGH IS ROLLED THIN AND STUFFED AND SEALED BY HAND, BEFORE BEING BOILED.**  |
|  |  | (TRANSLATED SOT)12.36.12 CHEF KAROL VOSOVIC: We need to wait until they start floating. And every now and then you need to give them a stir, but very gently so that you don't damage them. |
|  |  | **(ANDREW VO)****THE PIEROGI ARE TOPPED WITH CRUNCHY FRIED BACON AND A DASH OF PAPRIKA AND A RED CHILI FOR PANACHE.**  |
|  |  | (SOT)13.21.34 AGATHA: The pierogis here in U Babci Maliny are really good. I love them. The proportions between the potato and cheese really go together, the dough is really soft and the spices have a good balance.  |
|  |  | (TRANSLATED SOT) 14.05.38 MR. YATZE KAMADEYA: For me, really good Ruskie Pierogi, you need to have quite a lot of onion, really well fried, brownish, and quite a lot of pepper. And then it's good. |
|  |  | (TRANSLATED SOT)14.19.43 MS. EVALINA COCHMISKA: The best Ruskie Pierogi should be rather soft and tender. These kinds of dishes require a lot of time and effort to make, and you have to roll out the dough and everything, so it requires quite a lot of time, which is why people come here to taste these. |
| **GFX: Gołąbki**guh-WUMP-kee |  | **(ANDREW VO)****PIEROGI WERE ONCE CONSIDERED A HUMBLE PEASANT FOOD BUT HAVE NOW BEEN ELEVATED TO KRAKOW’S PRIDE AND JOY, WITH A PIEROGI SHOP ON JUST ABOUT EVERY CORNER.** **ANOTHER ICONIC DISH THAT HAS ALSO ‘TAKEN FLIGHT’ IN MODERN TIMES IS Gołąbki, OR “LITTLE PIGEONS”: STUFFED CABBAGE ROLLS, FILLED WITH ANY COMBINATION OF MINCE MEAT, WHOLE GRAINS AND VEGETABLES.**  |
|  |  | (SOT)0919 12:35:04 MR. ARTO GEENE: Why that particular name? I’m not really quite sure, but the name has been around for many long years at this point. Possibly, is it the shape? Maybe, it’s a little bit like a pigeon.  |
|  |  | AZ ON CAM: VARIATIONS ON STUFFED CABBAGE ROLLS ARE FOUND THROUGHOUT EASTERN EUROPE AND THE MIDDLE EAST BUT IN POLAND THEY ARE THE STUFF OF LEGENDS, QUITE LITERALLY. IT IS SAID THAT IN 1465 KING Władysław II Jagiełło FED Gołąbki TO HIS TROOPS BEFORE AN IMPORTANT BATTLE IN THE THIRTEEN YEARS’ WAR AND CREDITED THEIR VICTORY TO THE HEARTY MEAL.  |
| *B-ROLL PULLS INCLUDED IN STRING-OUT* vah-VELPOD BAR-ahn-emYAHN BAR-ahn |  | **(ANDREW VO)****THE KING LIVED IN WAWEL CASTLE WHICH, TO THIS DAY, TOWERS OVER THE OLDEST PARTS OF THE CITY AT THE BASE OF THE HILL, INCLUDING THE BUILDING THAT HOUSES POD BARANEM – A MICHELIN GUIDE RESTAURANT, FAMOUS FOR ITS ELEGANT ATMOSPHERE AND GOURMET SPIN ON TRADITIONAL RECIPES.** **CHEF AND OWNER JAN BARAN FIRST LEARNED TO COOK DURING POLAND’S COMMUNIST ERA.**  |
|  |  | (TRANSLATED SOT)09.04.35 JAN BARAN: At the time, there were no privately owned restaurants in Poland at all, so I worked for what was then called “WSS SPOEM” - it was this huge cooperative that owned all the restaurants in Krakow. |
|  |  | **(ANDREW VO)****ONCE RELEASED FROM THE STIFLING COOPERATIVE, JAN OPENED POD BARANEM IN THE 1990s AND GARNERED A LOT OF ATTENTION FOR HIS CREATIVE POLISH CUISINE.**  |
| *Note: We got B-ROLL of the pictures of the Nobel Prize winners eating there that were hung on the wall.*  |  | (TRANSLATED SOT)10.15.45 JAN BARAN: The people that I am most proud of to have served here are the four literature Nobel Prize laureates that we have served. |
| 09.09.18 CHEF CUTTING UP MEAT09.09.54 MINCING MEAT IN A GRINDER |  | **(ANDREW VO)****JAN’S Gołąbki ARE SPECIAL THANKS TO HIS ATTENTION TO DETAIL. HE GRINDS HIS OWN MINCE MEAT – A COMBINATION OF FLAVORFUL PORK BELLY AND MEATY PORK NECK – AND COMBINES IT WITH LIGHTLY BOILED BUCKWHEAT GROATS – CRUSHED WHOLE GRAINS THAT RETAIN THE GERM AND BRAN.**  |
| Suggested Translation for clarity: “We use equal amounts of pork and groats because as it all bakes together, the groats will absorb all the melting fat from the meat and take on its flavor. The meat will basically disappear into the groats.”  |  | (TRANSLATED SOT)09.12.20 JAN BARAN: We have these proportions because later on we are going to make it all in the oven and the excess of fat is going to melt and go into the cabbage and into the grots so basically once we are done with the baking you see basically only the grots the all the meat will have almost disappeared. |
|  |  | **(ANDREW VO)****JAN SEASONS THE MIXTURE WITH SALT, PEPPER, PARSLEY AND TWO TRADITIONAL POLISH INGREDIENTS : WILD MUSHROOM POWDER AND PORCINI PASTE.**  |
|  |  | (TRANSLATED SOT)09.17.42 JAN BARAN: When it comes to [wild] mushrooms in Poland they used to form the basis, they were a staple food, if you will, because there were very few other ingredients available. At this point now, mushrooms are considered a bit of a ~~food that is a~~ [delicacy], so they've come back into fashion and they are considered very tasty. |
| *Scold? Scald?? I’m not sure what the right word is here* |  | **(ANDREW VO)****JAN SCOLDS WHITE CABBAGE IN HOT WATER FOR THE WRAPPINGS.**  |
|  |  | (TRANSLATED SOT)09.22.58 JAN BARAN: We need to scold it because when it’s raw it's too fragile and it breaks.  |
|  |  | **(ANDREW VO)****JAN FOLDS THE CABBAGE TIGHTLY AROUND THE PORK AND GROATS MIXTURE.**  |
| Suggested Translation for clarity: “We compressed them tightly because the groats are going to absorb fat and juices and expand as they cook, and we don’t want the golabki to fall apart.” |  | (TRANSLATED SOT)09.25.59 JAN BARAN: We try to make them as compressed as possible because as I said the grots has been boiled, but not over boiled um, and later on we need to remember that it's going to gain in volume and the fact that we are after for these golabki to be really compact in the sense that they are not falling apart, they stick together. |
| B-ROLL: Gołąbki IN OVENB-ROLL: JAN MAKING THE MUSHROOM SAUCE |  | **(ANDREW VO)****THE Gołąbki ARE BAKED WITH A LITTLE BIT OF WATER AND A COVER OF CABBAGE LEAVES, TO KEEP THE TOP FROM BURNING.** **JAN SERVES HIS Gołąbki WITH A CREAMY PORCINI MUSHROOM AND DILL GRAVY.**  |
|  |  | (TRANSLATED SOT)09.42.39 JAN BARAN: There is also ~~another option~~ another traditional option - you serve stuffed cabbage in tomato sauce, and some people do that because mushroom sauce especially porcini sauce is very expensive. |
|  |  | **(ANDREW VO)****THE BAKED Gołąbki ARE INDIVIDUALLY FRIED IN A BIT OF BUTTER, TO ORDER.**  |
|  |  | (TRANSLATED SOT)10.05.55 JAN BARAN: You get rid of the excess water from the leaves and then those leaves in golabkis get more crunchy and tasty. |
|  |  | **(ANDREW VO)****THE Gołąbki ARE PLATED WITH THE MUSHROOM SAUCE, A SLICE OF TOMATO FOR COLOR, AND CAPPED WITH A SPRIG OF DILL.**  |
|  |  | (TRANSLATED SOT)12:38:07 MR. ARTO GEENE: This particular filling in these golabkis is really great. It’s well composed. Everything fits together. It’s well matched, aligned. It forms one single whole, if you will.  |
| *Note: I think the real translator will be able to move these parts around so that the bite is:* “The first bite that I took, took me back in time to the time of my childhood. The first thing that I tasted was the mushrooms and some spices, including dill. There is cabbage that basically melts in your mouth. You can hardly taste the meats at all. And there was this cream that combined it all into one whole.”  |  | (TRANSLATED SOT)12:28:51 MS. ANGELIQUEA GEENE: The first bite that I took, took me back in time to the time of my childhood. The first thing that I tasted was, were the mushrooms and some spices, including dill. And there was this cream that combined it all into one whole. // Basically, what you can feel when you’re having this dish is that there is cabbage that basically melts in your mouth. You can hardly taste the meats at all.  |
|  |  | (SOT)11.58.15 MS. ANNA KASNAVOSKA: Well, it's a traditional taste. And I think the, all the ingredients, ingredients are easily available. I grew up at the countryside, partly, so from early childhood, I used to go with my mother to, to collect mushrooms. It's a Polish, well, sport, you can say, collecting mushrooms. And we know a lot of species. It's a traditional food, old world traditional, but it's quite popular. |
|  |  | **(ANDREW VO)****TEASE TBD**  |