



Mizeria

(Polish Cucumber Salad)

Mizeria is a Polish salad consisting of thinly sliced or grated cucumbers with sour cream and dill. Other possible ingredients include onions, pepper or lemon juice, sugar, dill, chives, mint or parsley.

Legend has it this dish was a favorite of Queen Bona Sforza, an Italian princess who married Polish King Sigismund I in the 16th century. Homesick for her native Italy where cucumbers were common, every time she ate it, it made her cry. Hence the Polish word for "misery," derived from the Latin.

INGREDIENTS

- 3 medium cucumbers, peeled and thinly sliced
- 1 ½ teaspoons salt
- 1/8 teaspoon pepper
- 1 Tablespoon dill
- 1 cup sour cream
- 1 Tablespoon white vinegar

PREPARATION

1. Place cucumbers in a medium bowl and add salt. Mix lightly until salt adheres evenly to cucumbers.
2. Cover and refrigerate for one hour. Drain juice from limp cucumbers.
3. In a small bowl, combine the remainder of the ingredients.
4. Pour over cucumbers, mixing gently.
5. Cover and refrigerate until ready to serve.