



## ***Mizeria***

Recipe by Yola Ksiaczcyk of 8ARM

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Yola Ksiaczcyk was born and raised in Lawrenceville, Georgia. She is of Polish descent, a focal point of her cooking style. Her interests include Slavic history and cuisine, Georgia ecology, linguistics, and sustainability. As Sous Chef of 8arm's brunch program, she is under the tutelage of Chef Maricela Vega.

The following recipe is for *mizeria*, a Polish cucumber salad. This cold, herbacious dish is often presented alongside other chilled salads, pickled vegetables, and grilled meats. As such, *mizeria* makes a frequent appearance on both the ornamental bowls of Sunday supper, as well as the plastic plates of late-night barbecues. Versatility and simplicity lend *mizeria* its staple status in Poland.

### MIZERIA

prep time ~1 hour

serves 4

### ingredients

#### **aioli**

3 heads of garlic	HEIRLOOM GARDENS
2 egg yolks	WOODSONG FARM
1 tblsp lemon juice	
1 cup sunflower oil	
salt	

#### **salad**

4-5 small cucumbers	MCMULLAN FAMILY FARM
2 small red onions	
1/3 cup labneh*	THE WOODSMAN & WIFE
a handful of basil and dill	ABUNDANT HARVEST GARDENS
1 clove garlic	
roasted sunflower seeds	
salt	
pepper	

\*Exclude labneh for a dairy-free *mizeria*.

The base to this salad is a roasted garlic aioli. To begin, cut the tops off of your 3 garlic heads and wrap them in aluminum foil. Place them in the oven at 350F for at least an hour. The roasting time here can go longer if you don't mind waiting-- the darker you get your garlic, the deeper your aioli flavor.

While you wait, peel your cucumbers and red onion. Cut the cucumbers into rounds no thicker than a 1/4". Cut the red onions in paper-thin half-moons. Allow the cucumbers and onions to marinate in the fridge with a pinch of salt. This is also a good time to roast your sunflower seeds if you have purchased them raw. I recommend tossing them in sunflower oil, salt, malt vinegar powder, and a pepper powder (such as cayenne or aleppo) before inserting them in the oven for approximately 7 minutes at 350F.

Now, remove your 3 heads from the foil. The garlic should be easily squeezed out from its papery exterior, and it should resemble a paste. Place said garlic, egg yolks, and lemon juice in a blender and blitz at a low speed for a few seconds. Next, slowly pour your sunflower oil into the blender and continue to blitz until the emulsion becomes viscous. This should take under a minute. Salt to taste.

Return to your mixing bowl in the fridge. Pour your completed roasted garlic aioli from blender to bowl. Mix gently. Roughly chop basil and dill. Add the chopped herbs to the bowl along with the labneh. Grate one clove of garlic and season the mizeria with salt and pepper to taste. Finally, garnish the miziera with the sunflower seeds and any sprigs of dill or leaves of basil left unchopped.

Enjoy! ....or, Smacznego!