



HOW TO COOK KIELBASA

REFRIGERATION

Do you want to eat the kielbasa in the next 7 days?

- If so, place it in the refrigerator. An unopened vacuum-sealed package will stay good for 10 days. An opened package will stay good for 5 days.
- If not, place it in the freezer. An unopened vacuum-sealed package will stay good for 6 months. When you are ready, put it in the refrigerator the day before you want to eat it.

PREPARATION

Is the kielbasa raw?

If you have our raw "Fresh Kielbasa," place it in a large pot and cover with water. Bring to a boil over high heat. Reduce heat and simmer uncovered for 30 minutes until internal temperature reaches 168° to 174° F. You can then grill or roast as described below.

Is the kielbasa boiled?

If your kielbasa is white in color, it is not smoked and must first be grilled or roasted it as described below.

Is the kielbasa smoked?

If you have any other kielbasa, you can eat it right away as it is already fully smoked! All you have to do is heat it up. Sausages should be cooked to an internal temperature of 155° to 175° F. Use any one of the following techniques:

- **Grill:** Place kielbasa on a hot grill for 4-6 minutes, then flip and cook the other side for 4-6 minutes. Do not cut slits in the kielbasa as this will cause it to lose juices.
- **Roast:** Place kielbasa on tray in a 350° oven for about 20 minutes, turning frequently.
- **Sauté:** Cut kielbasa into 1" thick slices and pan fry it with oil and sliced onions.
- **Boil:** Place kielbasa in pot of water. Bring water to boil, then turn down heat and let simmer for 5 to 10 minutes.

What should I serve it with?

Kielbasa is best served on a plate or in a roll with mustard, horseradish, or sauerkraut, but can also be combined with other ingredients in stews, soups, casseroles, and sauces. Don't be afraid to experiment!