

# THE CHEST GAZETTE

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## Fat Thursday

Mr Wiszowaty sent me a virtual donut in a lorry on Wednesday of last week from Białystok to Ankara. One day later, on Thursday, Mrs Łukaszewicz sent me another virtual donut in a train. Sorry! It is not a donut, it is “pączki”.

This year (2021), 11th of February is “Fat Thursday”. It is a special day for the Polish people to bake donuts, to invite their friends to eat donuts together, to eat donuts outside in patisseries.

The donuts or the doughnuts are warmly kept in Polish hearts. They say “live like a donut in butter”. It is an idiom with a meaning “live in clover”. If someone doesn’t eat many donuts on the Fat Thursday, his field will be destroyed by mice, his barn will be empty. This humorous tradition is an attitude showing a belief that donuts will bring happiness.

In Polish, it is “Pączki” in “Tłusty Czwartek” (Fat Thursday).

From Christmas until Lent, the period of forty days before Easter, the Polish people celebrate Carnival. They have a horse-drawn sleigh ride through the snow-covered countryside, eat sweets, cakes and special pastries like pączki.

In the issue 11 of Chest Gazette, Jan Surmacz had reported “faworki” that is another dessert baked during the period from Christmas to Lent.

Fat Thursday is a fest to celebrate the last day before the fasting season of Lent begins. With Lent, the sweets are forbidden.

Although Pączki has the same design with the Berliner of Germany and donut of USA, it is still different. Their dough is made of yeast, flour and eggs. Polish pączki are fried in deep oil or lard only for 30-40 seconds so that the fat would not soak inside. They taste the best when still warm. It is sometimes filled with almond or nut, sometimes with rose jam or other marmalades, sometimes glazed with sugar, and sometimes topped with candied orange peel.

It is a tradition to make pączki at home (as Wiszowaty family does). But nowadays, the crowds will stand in line at patisseries to have their Fat Thursday’s Pączki.



Reporter, Lech Wiszowaty,  
10.02.2021, Wednesday



Reporter, Helena Łukaszewicz,  
11.02.2021, Thursday

Editor, HB, 18.02.2021, Thursday



Pączki baked by Wiszowaty Family



People waiting in line to buy pączki in Corona days of Białystok