

April 2024

PCC

CHEM NEWS

Newsletter of the PCC Rokita Capital Group and affiliated companies



Happy Easter!



Happy Easter !

We wish you peace, joy and
special moments with your
loved ones this Easter

Wiesław Klimkowski
President of the Management Board

Rafał Zdon
Vice-President
of the Management Board

Brzeg Dolny, 2024

pcc
Group

PCC CHEM NEWS

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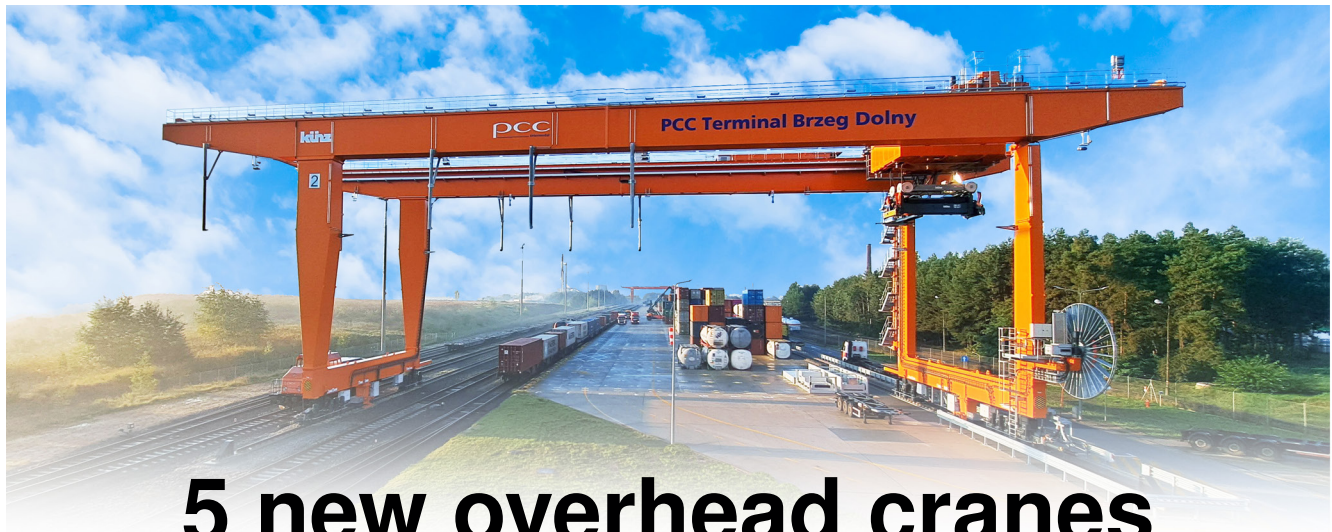
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5 new overhead cranes at the terminals of PCC Intermodal S.A.

We entered the New Year with new experiences at the terminals of **PCC Intermodal in Brzeg Dolny and Kutno**. Both facilities were supplemented with new electrically-powered overhead cranes supplied by Künz. The purchase of all handling equipment was co-financed by EU funds from the Cohesion Fund under Measure 3.2 Development of maritime transport, inland waterways and multimodal connections (Group C Intermodal transport), Priority axis III Development of the TEN-T road network and multimodal transport of the Operational Programme Infrastructure and Environment 2014-2020.

The terminal in Brzeg Dolny, where until now all transshipments were carried out using reachstackers, now boasts two modern RMG-type overhead

cranes. The equipment stood above the railway tracks. The investment involved the construction of a special crane track at the facility. The purchase of the equipment has accelerated and automated container handling operations to/from the trains and increased the facility's handling capacity to 150,000 TEU per year, which places Brzeg Dolny in second place in terms of size and operational capacity among PCC Intermodal SA terminals.

Kutno, by far the largest terminal in the PCC Intermodal network, has been supplemented with a third RMG (rail) overhead crane and two additional RTG overhead cranes (on rubber wheels). The additional RMG overhead crane on the operating crane track and the commissioning of two RTG overhead cranes has contributed to the increase of the terminal's handling capacity, which now is 350,000 TEU. In this

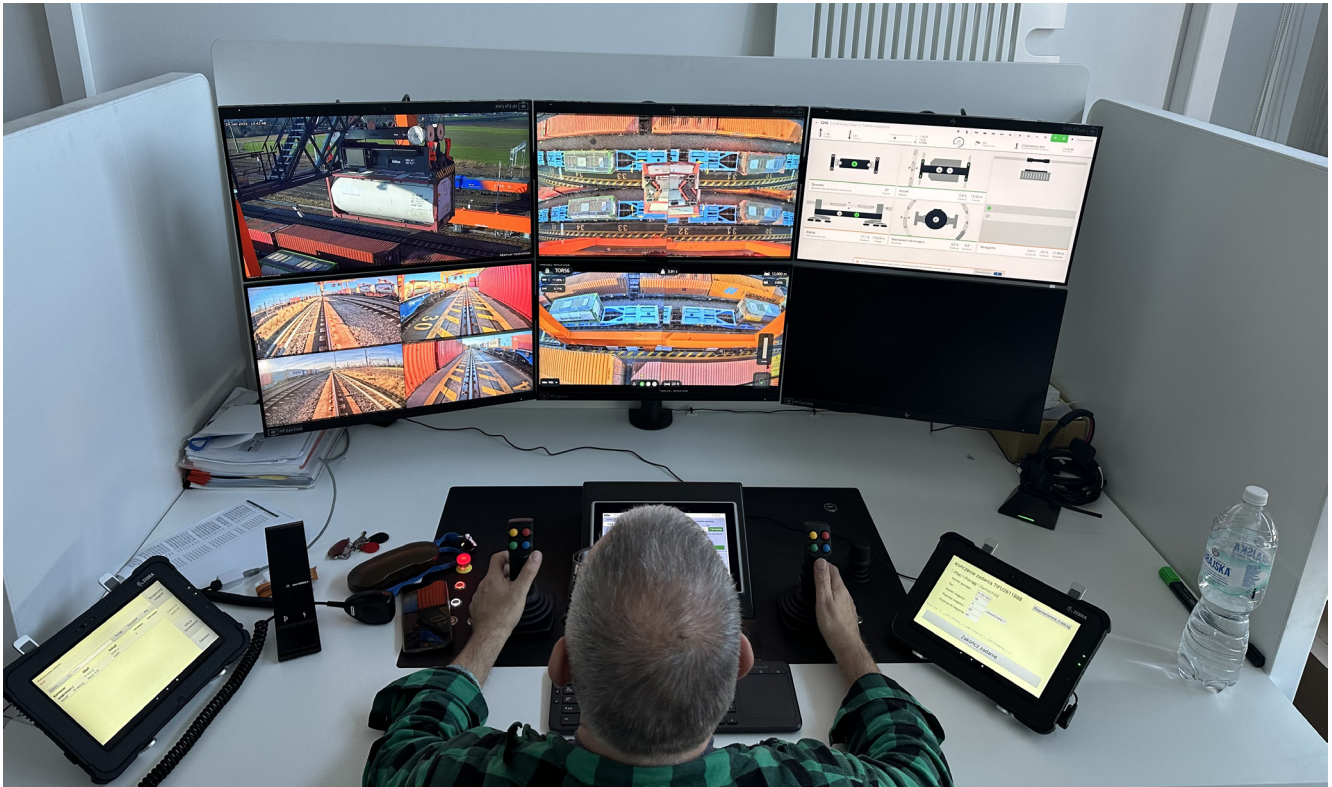
way, Poland's largest and most modern intermodal hub, has gained additional capacity and can handle faster and therefore even more intermodal trains.

All of the new overhead cranes are controlled remotely and electrically powered, which enables to reduce the proportion of internal combustion handling equipment and reduce CO₂ emissions into the atmosphere in line with the Be Safe. Be Green. Be like Intermodal.

PCC Intermodal continues to invest in and provides additional equipment to terminals to increase their efficiency and to handle better containerised cargo, so that it can travel efficiently across Europe on trains. Following the installation of new equipment, all PCCI Terminals are now equipped with overhead cranes, of which there are already ten in total in the company's inventory!

Wojciech Skrzypiński, Director of Terminal in Kutno:

The remotely controlled overhead cranes delivered to two of our terminals are a brave and logical step in the development of our organisation and better working conditions for their operators. For example, the RTG overhead cranes (yard cranes) in Kutno are part of a programme to reduce emissions by replacing diesel with electric equipment, but also an important step towards future automation. Currently, the two yard overhead cranes are usually operated by a single remote operator working in the comfort of a special dedicated room. We are working intensively to ensure that ultimately some of the overhead crane movements can be carried out autonomously in conjunction with the company's IT systems, which we are also developing. We can say that the five remotely controlled overhead cranes delivered to Kutno and Brzeg Dolny are also an excellent testing ground before future large-scale investments such as ICY Tczew.



Jarosław Bednarz, Director of Terminal in Brzeg Dolny:

The terminal in Brzeg Dolny is an important handling centre for the Lower Silesia region. Today we look with pride at how we have changed the landscape of the region. We are an example of how a small town can gain European fame and, over the course of 2 decades, become an important link in the supply chains for Polish exporters to both the east (Ukraine) and the west (Germany, Belgium, the Netherlands, France). Moreover, intermodal trains also depart from our terminal on a daily basis towards Polish ports (Gdańsk and Gdynia). The new remotely controlled overhead cranes complete, like the 'icing on the cake', the expansion of the terminal with which PCC Intermodal started its operations in 2005. We used to organise 1 container train a week and there were 8 people on board PCC Intermodal. Today the company employs 535 people and we organise over a hundred regular trains a week!"



Katarzyna Uklejewska-Krawczyk
PCC Intermodal



Safety in the chemical industry

Workshops for students of Wrocław University of Science and Technology

**Visit to our plant of students from the
international English-language studies
Sustainable Biomass and Bioproducts Engineering!**

At the end of January 2024, we had the pleasure of hosting over 20 students from 16 countries from all over the world together with the project coordinators - employees of the Wrocław University of Science and Technology.

The topic of the lecture was Safety in the chemical industry. Our wonderful colleagues from the safety and prevention office introduced the students to

important information on occupational health and safety and process safety. In addition, they also prepared a workshop on personal protective equipment and HAZOP process analysis. Afterwards, we went to the Company Rescue Service to introduce our guests to the specifics of the firefighters' and dispatcher's work and to present firefighting equipment. The day ended with a walk through a smoke chamber and an attempt to put out the fire.

Many thanks for the support of the Manager and Deputy Manager of the Company Rescue Service, our wonderful firefighters and the invaluable paramedic for providing so many strong sensations for our guests!

Julia Kita
PCC Rokita

Chemical workshop *with the PCC Group*

On February 13 and 14, we hosted on the premises of our company grade 8 pupils from primary schools in Brzeg Dolny (Primary School No. 1, Primary School No. 5, Primary School No. 6), Wołów (Primary School No. 1, Primary School No. 2) and Miękinia (SP Miękinia).

The pupils took an active part in a chemistry workshop conducted by our employees. Together they created, among other things, colourful and fragrant soaps, mattress foams and much more! In the second part of the meeting, we invited the pupils to play together in Chemiada, during which we had great fun answering chemical questions.

There were prizes, fun, but also educational values. We hope that these meetings have instilled even more interest in chemistry in our guests and we will meet them soon again at our Chemistry Technical School, and perhaps in the future when we work together in the PCC Group.

Karolina Ławecka
CWB Business Partner



New development programme „PCC TalenTY” already underway!

New Year, new challenges and new opportunities!
We have started the first edition of the project: PCC TalenTY
- a development programme for employees of our organization.

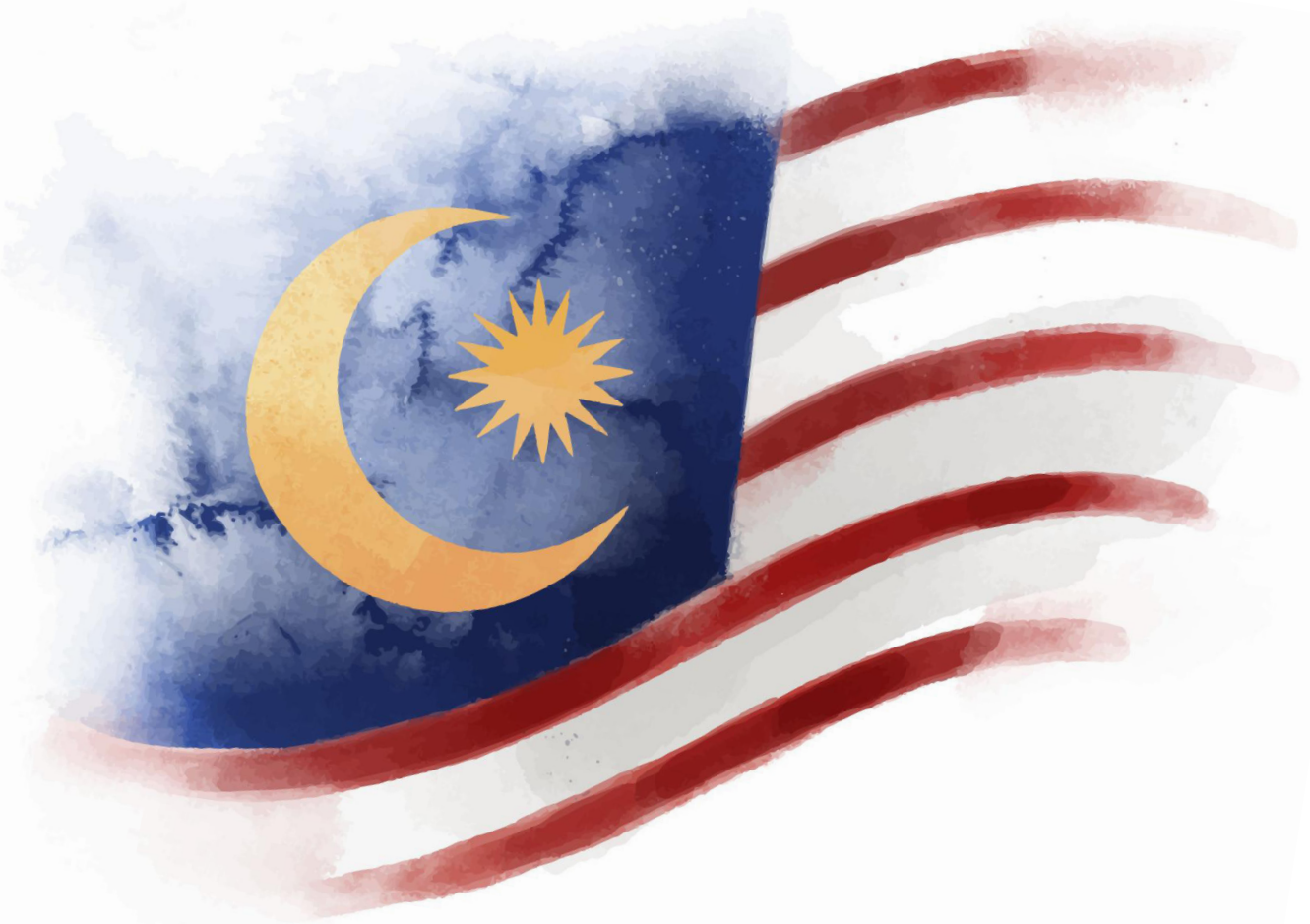
The programme involves a competence diagnosis, individual meetings with the HR department and a series of "tailor-made" training courses for each training group. The first edition will involve 4 training groups (2 in Production, 1 in R&D and 1 in Trade & Administration) - a total of 82 people!

The project will last 1.5 years and started with meetings with employees. We discussed the objectives, programme and schedule of activities. During the project, the participants will take part in training to develop their skills and gain new experience.

It's gonna rock!
 Next editions are planned and we will be inviting more employees to join!

Karolina Ławecka
 CWB Business Partner





Visit of the Ambassador *of Malaysia* in Brzeg Dolny

In January, we had the honour of hosting Her Excellency the Ambassador of Malaysia, Ms Dato Chitra Devi Ramiah, at our plant. She has been serving in our country since 2018 and is responsible for bilateral relations not only with Poland, but also with Lithuania. Prior to her position in Warsaw, she served as the Ambassador of Malaysia to East Timor and as Consul General of Malaysia in South India and Embassy Counsellor in Hungary. In Poland, she focuses on strengthening the friendly diplomatic relations and cooperation that the two countries share. At the same time, her main objective is to promote and

strengthen Malaysia's trade, investment and economic relations with Poland. During her visit, the Ambassador visited the plant and discussed the progress of the PCC Group's project in Malaysia. The project is being carried out by PCC SE in cooperation with PETRONAS Chemicalst Group Berhad (PCG) and involves the construction and commissioning of an alkoxylation installation in Kerteh, the state of Terengganu.

Igor Korczagin
PCC Rokita



AI news part I

News

from the AI world

In the last quarter, the AI world has not ceased to amaze us.
What innovations appeared on the horizon?
What opportunities do the latest language models offer us
and how has the market changed?

In this article, we take a look at the latest news
from the world of artificial intelligence.

A new model from OpenAI that will change the future of filmmaking

OpenAI is going beyond text and image. A new tool, called Sora, can generate spectacular video creations using text. The process itself is nothing new - we have already been able to use text-to-video tools such as PIKA for several months. What is exciting, however, is the quality of the videos generated by the new model from OpenAI. The videos created with Sora are very detailed and their quality is shocking.

Examples of videos generated by Sora on the basis of text:
<https://openai.com/sora>

The model uses techniques similar to those used in DALL-E 3, combining a diffusion model with a transformer neural network. It allows the generation of video in a manner analogous to text processing in large language models. At the time of writing this article, the

available to the general public. OpenAI has begun cooperation with external testers and a selected group of developers to gather feedback and refine the model before making it publicly available.

Goodbye Google Bard. Hello Google Gemini!

It has happened! The rumours that Google will abandon the Bard brand and rebrand have been confirmed. As of February 8, Bard is the past. Now the flagship AI product from the Mountain View giant is called Gemini. That's not all! Google, like its biggest competitor, has made the model available in a paid

subscription system. The new service called Gemini Advanced has been priced at \$19.99. What do we get in return? The Gemini Ultra 1.0 service, based on the Mountain View giant's largest and most advanced AI model. What's important, the app rollout of mobile versions of Gemini and Gemini Advanced

for Android and iOS has also begun. This means that the well-known Google Assistant will soon be a thing of the past.

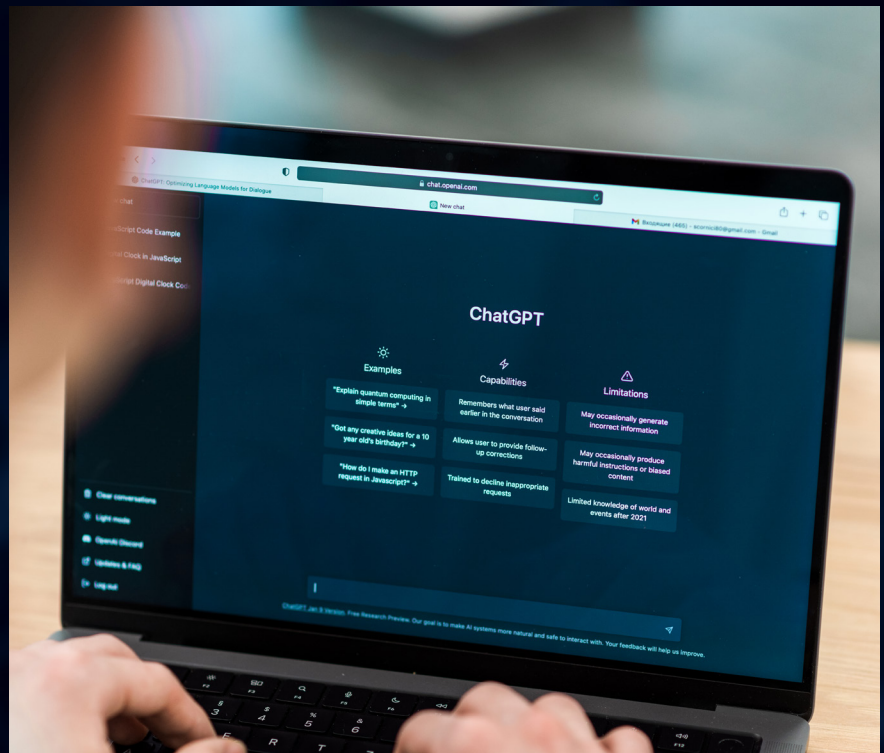
Presentation of Google Gemini Ultra 1.0:
<https://www.youtube.com/watch?v=b5Fh7TaTkEU>

Changes in ChatGPT – DevDay featuring Sam Altman

During the recent OpenAI DevDay, held at the end of 2023, Sam Altman announced a number of new products and updates relating to the OpenAI environment.

The most important include:

- GPT 4 Turbo – context has been increased to 128,000 tokens which allows for the analysis of longer documents and extended conversations.
- Data update – the new model has been trained on data up to April 2023.
- GPTs – from now on OpenAI allows users to create their own personalised assistants, GPTs, which we can feed with any data from documents and files.
- GPT Store - a “store” with user-built applications based on ChatGPT.



All the news from OpenAI presented by Sam Altman during DevDay:
<https://www.youtube.com/watch?v=U9mJuUkhUzk>

A new major competitor in the conversational AI market

So far, the AI industry has been dominated by two players: Microsoft, which is funding ChatGPT, and Google, which has launched Bard. Now Amazon is joining them - investing \$4 billion in the Anthropic startup.

The latest chatbot model from Anthropic is called Claude and it stands out for its much more extensive contextual scope. In the case of OpenAI, its GPT-4 model is capable of handling a maximum of 8192 tokens, which is roughly equivalent to 11,000 words. Claude 2, on the other hand, exceeds this number by twelve times, with a context window capable of holding the equivalent of as many as 75,000 words.

Co-founders of Anthropic AI are former OpenAI employees, who founded their own start-up at the end of 2020. Among them are former directors and managers, e.g. Dario Amodei, Daniela Amodei and Jack Clark.

What else distinguishes Claude? Its creators declare that the development of the model is done on a safety basis. Claude has been trained using a technique called "constitutional artificial intelligence" - Claude's coding with humanistic values means that it must be programmed with humanity's goals in mind. As the creators explain, this is

meant to be a code for algorithm creators, based on several rules and concepts, including beneficence (maximising the positive impact of AI), non-harm (avoiding giving harmful advice) and autonomy (respecting freedom of choice).



Copyright Shield – OpenAI launches new copyright protection programme

During the recent DevDay, Sam Altman announced that OpenAI will defend its users against legal claims related to copyright infringement and that the company would pay damages resulting from such claims.

During the recent DevDay, Sam Altman announced that OpenAI will defend its users against legal claims related to

copyright infringement and that the company would pay damages resulting from such claims.

Please note that users of the free version of ChatGPT will not be covered by the Copyright Shield programme.

OpenAI is committed to protecting our clients by introducing built-in protections against copyright infringement in our systems. Today we are going one step further and introducing Copyright Shield - we will now intervene and defend our clients and cover the costs incurred if you face legal claims of copyright infringement. This applies to the generally available ChatGPT Enterprise functions and our developer platform.

Kamil Plewka
PCC Rokita

#Ecology

Cosmetics with ingredients of natural origin

PCC CONSUMER PRODUCTS KOSMET

Over recent years, we have seen how much interest in natural and ecological products has increased. Customer awareness has increased and more and more often, when they have a choice on the shelves, they choose products with eco, vegan or natural ingredients. These trends have also affected the cosmetics industry, which is related to the growing ecological awareness of consumers and the belief in the special safety of products based on natural substances.

As one of the main goals and assumptions of PCC CP Kosmet is to follow the path of sustainable development, our portfolio also includes cosmetics with ingredients of natural origin. Thanks to ingredients specially selected by our specialists, we can boast a wide range. PCC Consumer Products Kosmet, under its brands such as Sense of Pleasure, #OLI OLI, Nau Cosmetics and Flomie, has released lines of cosmetics that contain, among others: 96% of natural origin and are vegan. In addition to the production of cosmetics containing ingredients of natural origin under its own brands, PCC CP Kosmet also prepares such products for its clients from the Private Label sector. Our cosmetic products are available in Poland, among others: in all Lidl, Rossmann, Dino stores.



These are cosmetics for the most demanding customers who love to take care of their skin with natural ingredients. Each cosmetic we introduce undergoes a series of tests to confirm its effectiveness and safety. Much milder cleaning compounds are used to produce cosmetics with ingredients of natural origin than in standard products. They often contain ingredients of plant origin, i.e. alkyl polyglucosides, which perfectly combine cleansing properties with exceptional gentleness to the skin. Our formulations are also enriched with oils, hydrolates and plant extracts of natural origin. Our #OLI OLI and Sense of

Pleasure products are marked as vegan, which means that they do not contain any animal or animal ingredients. We know how important ecological aspects and sustainable development are, so we are glad that we can also take steps on this path of development. We therefore follow the latest trends and, above all, we want to meet the high expectations of our customers.

Natalia Kosin
PCC Consumer Products Kosmet

Phenol-free *versions of heat stabilisers*

The use of plastics at elevated temperatures arouses increased interest nowadays. There are several factors that limit the area of application of plastics, in particular their relatively low resistance to thermal degradation. Decomposition of the most commonly used polymers takes place at temperatures in the range of 150 to 300°C, which makes processing impossible and also causes degradation reactions during the use of the materials. Product properties such as mechanical strength, thermal properties and colour can deteriorate significantly then. The ease of polymer degradation is strongly linked to its chemical structure - as a result of thermal degradation at elevated temperatures, the components of the long-chain polymer backbone begin to separate (the so-called chain scission) and react with each other, changing the properties of the product. Polymer decomposition reactions can proceed via radical, ionic and molecular mechanisms.

The following factors can be distinguished as causes of polymer degradation:

- heat (thermal degradation and thermos-oxidative degradation by oxidation in the presence of oxygen).
- light (photodegradation).
- oxygen (oxidative degradation).
- atmospheric conditions (usually UV degradation).





For this reason, one of the most important parameters concerning plastics is their thermal stability. It is defined as the ability of a polymer material to resist the effects of heat while maintaining its properties such as elasticity, hardness or resistance at a given temperature. Plastics can be effectively 'protected' through the use of additives such as thermal stabilisers. Stabilisers serve to keep the polymer chains and the original molecular structure intact so that properties such as resistance and hardness can be retained over a longer period of time.

Stabilisers can work in different ways, but in most cases they work by interrupting the thermal degradation cycle to slow or prevent completion of the cycle. Technological developments connected with the manufacture and processing of plastics are moving towards improvement of their properties, but it is also becoming increasingly important to minimise the emission of volatile organic compounds during production and use of products. Due to the wide range of applications of plastics, stan-

dards have been set for the emission of volatile organic compounds (VOCs). This mainly involves reducing the amount of additives previously used in plastics, as this is one way of effectively eliminating VOCs.

It is the phenol that is one of the most harmful chemical compounds in the structure of heat stabilisers. Efforts to eliminate it are becoming one of the main tasks of manufacturers of plastics additives. PCC Rokita offers versions of thermal stabilisers belonging to a new generation of phenol-free compounds characterised by unique features. These products are Rostabil TD-PV and Rostabil TTDV. The use of these phosphite versions allows to obtain improved thermal stability during plastics processing, uniform and bright formulation colours, excellent protection against degradation, and contributes to cost savings through effective performance in products already at low content of additives. The stabilisers are compatible with both commonly used plasticisers such as DOTP, DINP, etc., as well as with plasticisers

with flame retardant properties, i.e., the Roflex range products. By using the products, it is possible to achieve the same or even extended degradation times for plastics, while reducing the total phenol content by more than 20 times. These Rostabili versions have similar physical properties to their standard equivalents and are characterised by a broad spectrum of applications. Their proven effectiveness allows for emission-free processing and application in a wide range of industries: automotive, construction, textiles, electronics, and transport.

Ewelina Szewczyk
PCC Rokita

Report

from the New Year's indoor football tournament



The story goes that there is no such thing as an offside in indoor football, and everyone present at the New Year's tournament knows why. Not only is our Company Rescue Service great at putting out fires and rescuing from trouble, but they also got through the tournament without a single lost match!

The bitter sporting fight began at 8.30 a.m. on February 3, 2024. 8 teams from various departments and companies turned up for the tournament. 28 matches were scheduled, 27 were played, the last one was won by walk-over. The games were not easy - you had to be in great physical shape to get through the whole tournament. The intensity of the matches (with only three minute breaks) gave the players no respite. At first, the winner

was not obvious. The Company Rescue Service played tactically with everyone, distributing their forces evenly throughout the day. They eliminated team after team, taking away points that were so valuable in the competition. PCC Prodex's great shots on goal, CTP-3's sensational defence, MCAA's youthful vigour or PCC Autochem's bravery did not help. In the end, virtually every team played against each other.

In addition, prizes were awarded to the most outstanding player and goalkeeper of the tournament. Michał Wróbel from the Company Rescue Service was hailed as the best player. Łukasz Kawa, proudly representing PCC Prodex, was hailed the best goalkeeper. Congratulations to the winners and many thanks to the other participants for truly sports rivalry!

Beata Krok
PCC Rokita



1st place:
Zakładowa Służba
Ratownicza

2nd place:
PCC Prodex

3rd place:
CTP-3

4th place:
LabMatic

5th place:
Apakor

6th place:
PCC MCAA

7th place:
PCC Autochem

8th place:
PCC Kosmet



In Volleyball, *PCC Apakor* is second to none!

Volleyball excitement reached its zenith at the New Year's Tournament. Ten teams met on the courts on February 17, with cheering fans present in the stands. During the competition, one could see the great commitment and charisma of the LabAnalytics team, the great play of the MCAA, the (almost) impenetrable block of the Kompleks Chlorowy team and the bravery of PCC IT. The Controlling Department's tactical play also deserved special mention. Unfortunately, none of the things mentioned above were able

to stop the PCC Apakor team from taking the best trophy. They went straight for the victory ignoring the volleyball adversity and other struggling teams. The statue for the best player went to Kacper Włodarczyk also from PCC Apakor. The overall classification of the teams is presented below. Many thanks to all the fans and participants of the tournament for coming and taking part. Huge congratulations to the winners!

Beata Krok
PCC Rokita



1st place:
PCC Apakor



2nd place:
Kompleks Chlorowy

3rd place:
Polirole

4th place:
Controlling

5th place:
PCC IT



6th place:
PCC MCAA

7th place:
LabMatic

8th place:
Rokanolki

9th place:
Exo – Love – cy



10th place:
LabAnalytika





Be fit *for spring!*

It's been a few months since we – newly minted healthy lifestyle applicants, took our local gyms by storm, motivated by our New Year's resolutions. Also behind us is a day longer than usual and the warmest February ever measured, as determined by the Institute of Meteorology and Water Management, which means that the time is inexorably approaching when we will take our huge clothes off that so effectively cover up the perfections and, of course, the imperfections of our bodies.

However, in this article I would like to focus mainly on how to lose weight, what to do to improve your figure and, of course, how to find the motivation to do so. We live currently in the age of almost unlimited access to information, but also of ubiquitous fake news and information bubbles. That's why it is easy to believe the promises of effectiveness of miracle diets or magical supplementation, hoping to achieve equally amazing results. So what is healthy weight loss about? Unfortunately, I am not going to be original

when I say that it means the gradual loss of weight and the improvement of one's mental and physical fitness through:

1. well-balanced diet
2. physical activity at an intensity adjusted to one's current capabilities
3. providing the body with regeneration, including healthy sleep.

What's important, these are not three methods to lose weight healthily but elements of the same process and should be treated as such. Skipping any of them will dramatically undermine the desired effect. Still, it is worth realising that even a small change in our lifestyle is better than none at all. Therefore, abandoning any physical activity just because we do not have the opportunity to attend the gym three times a week or the time to run for at least 30 minutes at a heart rate of 130 beats per minute is just an excuse. One solution, for example, is to aim for 10,000 steps a day. At the same time, referring to the principle that a little change is better than no change at all, doing 8,000

steps should not discourage us either. In fact, the process of weight loss can be simply reduced to a negative energy balance. The human body is a complex bio-machine that needs fuel in the form of supplied calories. If we consume more calories in a day than we need, this unused portion will be stored in the body's fat tissue. However, if energy intake is less than energy expenditure, then the body will release its reserves, resulting in a loss of body volume. Each of us has a fixed calorific requirement for basic life functions, which means that any additional physical activity increases this requirement and affects the aforementioned energy balance. This seems obvious, but we forget about it very often.

Does this mean that if we want to lose weight, we can eat whatever we like, but only with a negative energy balance? Well, this is enough in order to lose weight. But of course this does not mean a healthy and balanced diet. However, I would not like to describe the principles of healthy eating in detail here, as this is an extremely broad subject. I encoura-



ge those who would like to take on the challenge of carefully monitoring their calorie intake and the proportion of macro- and micronutrients to install an app which will also help calculate their daily requirements. However, for a start, it is sufficient to familiarise with the popular healthy eating pyramid, and the recommended proportions of consumed products. In addition, it is important to note that 1 gram of protein and carbohydrates has 4 kcal, whereas 1 gram of fat has 9 kcal. This means that by avoiding fatty foods, we eat twice as much at the same calorie value. In order to give yourself a better chance of keeping to your diet, it is worth following the 80/20 rule, i.e., 80% of the time you stick to your diet plan and 20% can be used for occasional deviations. In addition, if you decide to lose weight, you don't have to start by

installing a calorie-counting app or buying a smartwatch to monitor your calorie burn. We only need to control our weight once a week at the same time of day to check our weekly energy balance.



The three-step rule

The principle of small steps also applies to planning to increase your physical activity, which we should not initiate by buying a gym pass or professional running shoes. It is difficult to assume that every person planning to lose weight will approach a daily workout on a treadmill or an orbitrek with full determination. Some people will find it impossi-

ble due to limited time and a busy daily schedule, while others will simply not be convinced by this form of physical activity. It is therefore worth remembering that any physical activity, even unplanned one, undertaken while cleaning or climbing stairs, has a great impact on the metabolic rate and, as a result, may stimulate a significantly higher energy

expenditure. That's why it is sometimes worth giving up the lift or the car if a shop is within a distance of a 10-minute walk. What is worth planning is undoubtedly time spent outdoors. Longer days, warm sunshine and waking nature undoubtedly encourage all kinds of outdoor activities.



As I mentioned earlier, the third pillar of successful weight loss is the proper sleep, thanks to which we are able to reduce the exaggerated tension resulting from constant mental and physical activity during the day. Sleep deficit puts the body in a state identified with stress, the consequence of which is an increase in cortisol levels - the stress hormone. High cortisol levels over a prolonged time result in sugar and insulin spikes, which means that insufficient sleep will not only hinder weight loss, but will actually contribute to fat accumulation. But what is most important when planning our lifestyle change is to stay in tune with ourselves. Although weight loss is a test of perseverance for our character, a rational and healthy approach should prevail over a morbid and incessant thinking about the lost kilos. A healthy distance and setting achievable goals for ourselves gives us the best chance of achieving them. Let's take the first step, then the next and

the next, and I assure you that the first results we will observe in ourselves will be the best motivation not only to continue following our goals, but also to set more and more ambitious plans for ourselves. The reward for this effort, in the form of a better quality of life, is guaranteed.

Editors
PCC Rokita



Easter

food traditions

Today we take a peek into the kitchens of Brzeg Dolny and the local Easter tables. Learn about traditional Easter food ideas from PCC Group employees. We have received more than 70 recipes for delicious salads, entrees, cold cuts, and cakes. It was not easy to choose what recipes to publish – here you will find the most unique ones, prepared using local products.



Grandma's recipe for a simple egg roulade

Ingredients

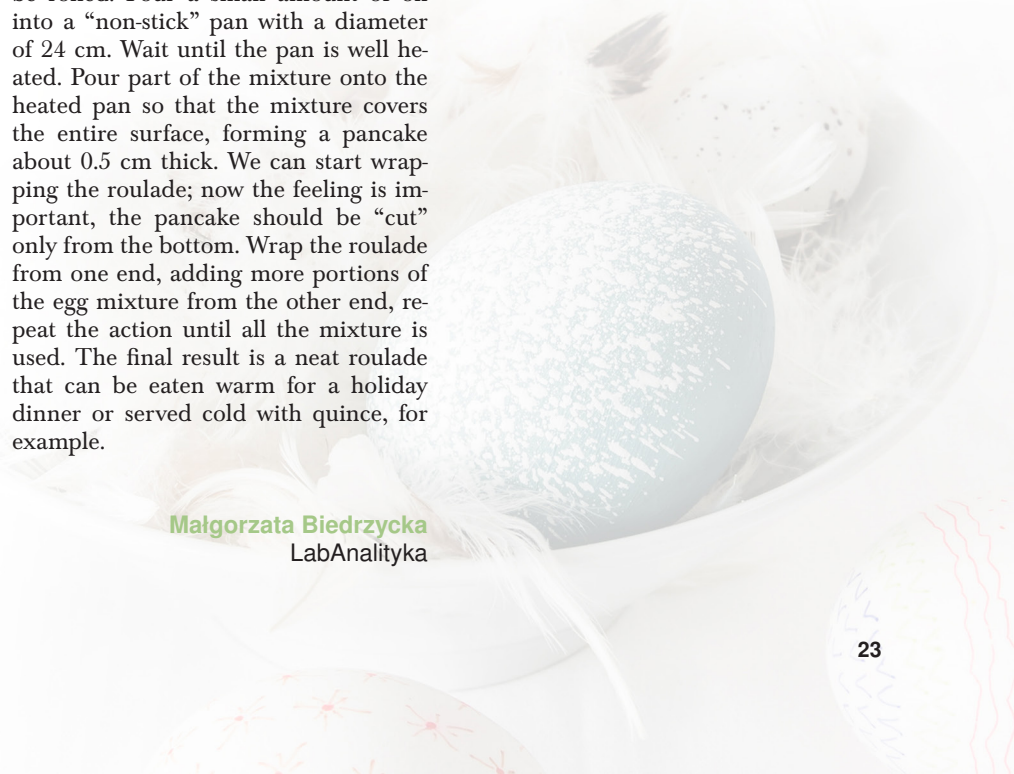
- 6 eggs
(from a local farm owned by Ms Agata from Górowa)
- 1 medium-sized wheat bread roll
(can be dry, we use stale bread)
- 1 large onion
(from a local farm owned by Ms Agata from Górowa)
- a bunch of green parsley
(from own garden)
- salt and freshly ground pepper
- frying oil

Step by step

Soak the roll in water. Fry the medium-diced onion in a small amount of oil until slightly golden. Finely chop the parsley; this can be done using the stems as well. Put the bread crumbs—drained and firmly crumbled with your hands—in a bowl, add chopped parsley

and fried and cooled onions. Then add raw eggs (you can decorate the shells with the children, in my case the shells end up in the compost heap). Finally, season the whole thing with salt and pepper. Mix the mixture gently but thoroughly. Use a spoon to mix. Do not mix with a mixer, in this case the mixture will aerate and the roulade cannot be rolled. Pour a small amount of oil into a “non-stick” pan with a diameter of 24 cm. Wait until the pan is well heated. Pour part of the mixture onto the heated pan so that the mixture covers the entire surface, forming a pancake about 0.5 cm thick. We can start wrapping the roulade; now the feeling is important, the pancake should be “cut” only from the bottom. Wrap the roulade from one end, adding more portions of the egg mixture from the other end, repeat the action until all the mixture is used. The final result is a neat roulade that can be eaten warm for a holiday dinner or served cold with quince, for example.

Małgorzata Biedrzycka
LabAnalytika



Citrus mazurek with mini meringues

Ingredients

Egg-shaped shortcrust

- 250 g flour
- 50 g (1/3 cup) powdered sugar
- 1 teaspoon baking powder
- 150 g butter (cold)
- 3 egg yolks
(save the whites for the meringue)

Lemon cream with a hint of orange

- 2 large eggs
- 2 egg yolks
(save the whites for the meringue)
- 160 g fine baking sugar
- 80 g butter
- zest and juice squeezed from 2 lemons
- 1 small orange

Mini meringues

- 5 egg whites
(left over from the shortcrust and cream)
- pinch of salt
- 300 g fine baking sugar

Step by step

Egg-shaped shortcrust

Pour flour on a pastry board, add powdered sugar and baking powder, then cold butter cut into small cubes. Chopping the ingredients for the crumble with a knife, toss in the egg yolks, combine into a smooth paste. Put the whole thing in the refrigerator for 1 to 2 hours. After the dough has cooled, place it on a floured countertop and roll it out. Give it an oval shape—a few centimetres larger than planned. It is best to do it right away on baking paper, as it can get damaged when moving. Mark out the shape in the form of an egg with a sharp knife and cut off the unnecessary part. Make 2 narrow rolls from the cut-off piece, wrapping them around each other to form a “braid,” and wrap it around the edges. Preheat the oven to 180°C, downstream option. Punch the dough with a fork and keep it in the refrigerator until the oven is preheated. Once the temperature is right, bake for 30–35 minutes until golden brown.



Lemon cream with a hint of orange

Scrub lemons (preferably unwaxed, organic) with a brush, scald them, rub off the peel. Scramble the eggs, egg yolks, and sugar in a small pot (e.g. with a whisk). Place on the stove, heat on a low burner power, stirring all the time. Add butter, as well as lemon and orange juice. Stir until the cream thickens and reaches the boiling point. Quickly remove from the burner to avoid weighing down the cream. If there are lumps, which we do not want — rub through a strainer. Add lemon zest and stir.

Mini meringues

Place the egg whites in a bowl and start beating with a mixer on high speed. After they froth slightly, add a pinch of salt and continue until you get a thick foam. Gradually start adding fine baking sugar one tablespoon at a time, all

the while whisking to dissolve it into the meringue mixture. Line the baking tray with baking paper. Put the mixture into a piping bag with a decorative metal tip and squeeze it onto the paper. Leave gaps between them—they will grow. Bake the meringues for about 45–60 minutes at 140°C, preferably with thermo-circulation.

Finishing the mazurek

Spread the cooled lemon cream on the baked and cooled shortcrust. Decorate with lemon or orange slices (if left) and mini meringues. You can also place the leftovers from the fruits in a heated sugar syrup for and also them for decoration.

David Rostkowski
PCC Rokita

Easter paskha



Ingredients

- 1 kg of semi-fat or fat curd cheese, ground (cubed, not from a bucket)
- 8 egg yolks
- 200 g butter (at room temperature)
- 1 cup of 30% or 36% fresh cream
- 200 g powdered sugar
- seeds from 1 vanilla pod or a teaspoon of ground vanilla
- half a cup of chopped walnuts and/or almonds
- about 10 diced dried apricots

Step by step

Prepare all ingredients in advance so they are at room temperature. Beat egg yolks with powdered sugar until you get light and fluffy cream. Add fresh cream without stopping the blending. Pour the resulting mixture into a pot and heat on a burner at medium power, stirring constantly. The mixture should thicken slightly. Important: it must not be allowed to boil over. Just before the boiling point, remove from the burner. Pour the mixture back into the mixer bowl. While slowly blending, gradually add curd cheese, butter, and vanilla. Once the consistency

is smooth, add the dried fruit and stir. Line ceramic or plastic moulds (with holes at the bottom) with gauze. There can be one mould with a capacity of about 2 litres, or 2 moulds with a capacity of 1 litre (a smaller paskha sets faster). Pour the cheese mixture into them, kneading slightly. Cover with gauze, then with a plate and weigh it down. Put the mould in a deep dish so that the whey can flow freely through the hole in the mould, then put it in the refrigerator overnight so that it has time to set. The next day, carefully remove from the mould, decorate as you wish (with edible flowers, freeze-dried fruits or chopped nuts). Paskha is best stored in a refrigerator and served as soon as it is taken out.

Additional tips

- apricots can be replaced by raisins but then subtract about 20 g of sugar;
- paskha is most convenient to cut with a knife previously soaked in hot water.

Ilona Tabaka-Dąbrowska
PCC Autochem

Nadodrze Easter ham

Ingredients

- pork ham (1-2 kg) preferably from a local farm
- 40 g nitrate curing salt / 1 kg meat
- 0.5 l spring water / 1 kg meat
- 3 juniper seeds / 1 kg meat
- 5 g sugar / 1 kg meat
- 3 garlic cloves / 1 kg meat
- about 8 kg of alder/beech wood or cherry wood for smoking

Step by step

Cure the ham for at least 4 days (up to 6 days). Prepare the curing marinade with non-carbonated spring water, such as Kuracjusz Beskidzki. After dissolving the nitrate curing salt in water (boil the water beforehand), pour off 150 ml of marinade for each kilogram of meat to be sparged. Add the ingredients to the remaining water according to the given proportions. After curing, set aside for 14 hours to drain at about 10 degrees.

After this time, tie the meat with cotton sausage twine and set it aside at a temperature of 20 degrees to dry for about 4 hours. Put the ham to heat into a warm smokehouse (24–26 degrees). Smoke in the first stage at this temperature for about 1.5 hours with the smokehouse door ajar as in the photo. Then raise the temperature to 45 degrees and smoke “hot” for another 2 hours. In the final stage, increase the temperature again, this time to 60 degrees for 1.5 to 3 hours, until completely smoked (from time to time check the colour of the meat visually). After the whole process, steam the ham at 82 degrees for 45 minutes for each kilogram of meat. Then harden in ice water (about 2 degrees). After the ham has cooled, put it in the refrigerator.

Marcin Król
PCC Rokita





Green and white „Bunny“ Bundt cake

Ingredients

Bundt cake tin measuring 24 cm x 10 cm

Light dough

- 200 g butter
- 200 g powdered sugar
- 4 eggs
- 250 g wheat flour type 250 – flour from a local mill: Młyn Skokowa
- 50 g of potato starch
- 1.5 teaspoon baking powder
- 2 teaspoons vanilla sugar
- 4 tablespoons milk

Spinach dough

- 4 eggs
 - 450 g frozen shredded spinach
 - 150 g wheat flour
 - 1 cup of oil
 - 1.5 teaspoon baking powder
 - 100 g sugar
 - 50 g honey
- (from a local apiary in Godzięcin)

Topping

- 200 g white chocolate
- coloured sprinkles for decoration

Step by step

Light dough

Cream the butter with powdered sugar and vanilla sugar, gradually add the eggs. Combine with loose ingredients and milk. Mix the whole mixture until you get a uniform dough; pour it into the prepared mould. Bake for about 50 minutes at 180 degrees until you get a “dry stick.” Take out the baked dough and cool it.

Spinach dough

Thaw spinach and drain excess water, mix with oil and honey. Beat eggs with sugar until fluffy, pour in flour combined with baking powder, finally add spinach mixture. Mix the whole thing until you get a uniform colour. Pour a quarter of the spinach mixture on the bottom

of the same tin in which the light Bundt cake was baked. Cut the light dough into slices of about 1.5 cm then cut out a bunny from each (with a cookie cutter). Arrange the cut out animals one by one along the tin on the spinach mixture. Pour the rest of the spinach cake on the animals arranged in this way. Use a spatula to gently bring the dough to all the nooks and crannies of the cut out paws and ears, so that the bunny on each side is wrapped in green mass, but not soaked with it. Pour the rest on top and level off. Put the whole thing in the preheated oven. Bake for about 60 min. at 180 degrees. After cooling, decorate with white chocolate melted in a water bath and coloured sprinkles.

Malwina Zawadzka
PCC Exol





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