

Familiar Foods of the Chernobyl Children



Art work done by Marina Dupanova, 11 yrs old from Krasny Partizan, Gomel region.
Children of Chernobyl, Ellensburg, WA

THE MEALS

Zavtrak- (breakfast)

This is usually a very quick meal during the work week because everyone is in a hurry. The parents may have just an open sandwich with cheese, ham or salami, and a cup of coffee. Children have a cooked meal, which is usually a boiled egg, an omelette, or hot cereal ("kasha"). Kasha can be any cooked grain served with milk, sugar, and butter. Buckwheat, which is mistakenly called kasha in the West, is only one kind of kasha.

Obed - (lunch)

This is the main meal of the day, eaten between 1 and 3 p.m. It starts with a small zakuska (appetizer)--salted herring, or some kind of salad, followed by soup. The favorite soups are cabbage ("shchi") and beet soup ("borsch"). They are rich in flavor, quite thick, and are served with a piece of meat in each bowl, almost making a meal in themselves.

After the soup comes the main course. Fish is popular and freshwater is preferred--carp and pike. Tasty meat stews have unusual flavorings of wild mushrooms, pickled cucumbers and sour cream. "Golubtsy", cabbage leaves stuffed with meat and rice in a tomato sauce, or "sosiski", frankfurter-type sausages are also popular main courses, as are "kotleti, bitochki and tefteli," which are all dishes based on meatballs. The main course is served with potatoes, pasta or cereal. Some salt-cucumbers will be served, too. They are so popular that they accompany nearly every dish, just like bread. Bread is eaten a lot, and it's been said that in the olden days it was common for a peasant to eat as much as a loaf of bread at each meal.

Obed is finished with coffee, tea, "kompot" (stewed fruit) or "kisel" (fruit juice, thickened with cornstarch). The most popular kind of kisel is made from cranberry juice, is a bright purple-red color and slightly tangy in taste.

Uzhin - (supper)

This is the evening meal and the focus is the family gathering around the table to eat the last meal of the day, and, to exchange the day's news. Children help their mothers set the table and often wash dishes afterwards.

Soup might be served again at home (never in the evening in a restaurant) with a main course made from vegetables (potato cakes with mushroom sauce), or cottage cheese ("tvorog"). Tea or a milk drink follows

Special Meals: When you visit in the home of a Belarusian family, they give you a tremendous, multiple course meal. Oftentimes, the food is not available to them, or affordable. Ingredients may be borrowed from neighbors. It is not uncommon for several families to share in the making of a special meal. It has been said: "this is the way people meet their best friends, with best food on the table, best clothes on the hosts, etc." They are the most gracious hosts! **The toast:** almost always with vodka. It is a very warm, appreciative message. Be prepared to give one back.

Units of measure/conversion at end of document.

SALADS

Salad with Herring

1 herring	1 apple
2 potatoes	160 g of mayonnaise.
1 beet	

Peel a herring, separate flesh from bones (if a herring is too salted, soak it beforehand), and slice the flesh. Boil separately potatoes in their jackets and a beet, grate them into large pieces. Grate an apple (better an antonovka, a kind of winter apples), and cut an onion into semi-rings. Divide products mentioned above into two parts and put them into the salad-dish in the following succession: the herring to the bottom, then potatoes, the apple, the beet, the onion and pour mayonnaise on the top (take half of norm). Put the other part of products in the same succession and pour the rest of the mayonnaise on top.

Belorussian Salad

40 g dried boletuses	0,75 glass of mayonnaise
200 g of beef liver	3 tablespoons of vegetable oil
2 salted cucumbers	pepper
3 onions	greens
2 eggs	salt

Wash dried boletuses 3-4 times, soak them in cold water for 2-3 hours to swell, wash them properly again and boil them in the water they have been soaking, filtered through two layers of gauze beforehand. Boil beef liver, cool it and cut it into very small pieces. Add an onion, fried with oil, slices of salted cucumbers, half of norm of mayonnaise, pepper; mix with boiled, chopped mushrooms and salt it. Before serving, pour over mayonnaise.

Salad Stuffed in a Minsk Way

4 potatoes	2 tablespoons of oil
200 g agarics	½ teaspoons of 2% solution of citric acid
1 onion	1 teaspoon of sugar
200 g sauerkraut	greens salt

Prepare agarics (field mushrooms): peel stems, take thin skin off the caps of the mushrooms; wash agarics, pour hot water, add diluted citric acid and boil till the mushrooms are ready. Cut potatoes, boiled in their jackets and cooled, mix them with chopped sauerkraut, agarics. Add sugar, oil and salt. Decorate the salad with greens.

Salad "Stolichnij"

5 or 6 medium-sized potatoes	¼ lb. cooked turkey, chicken, or any
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other cooked meat	½ cup fresh or frozen (cooked) peas
2 eggs, hard boiled	¾ cup of mayonnaise a few scallions
1 medium sized apple	(green onions)
half a cucumber	salt
1 carrot	freshly ground black pepper
a few leaves of white cabbage	

1. Remove the meat from the bones and cut into ½-inch cubes. Cut the unpeeled cucumber and cooked potatoes into small chunks. Finely shred the cabbage. Scrub and coarsely grate the carrot, followed by the cored apple. Drain the green peas. Shell the eggs and thinly slice them.
2. Combine all the ingredients in a large mixing bowl, pour over the mayonnaise and season with salt and pepper. Mix well and mound on a serving bowl.
3. Smooth the top of the salad and decorate it with a few chopped scallions, or if you want to make it look like a festive dish, you can decorate it with "mushrooms" made from shelled hard-boiled eggs, topped with half a tomato and a few dots of mayonnaise.

Country Salad

2 beets, boiled, peeled, and shredded	3 tablespoons sour cream or
½ onion, grated	mayonnaise
1 hard cooked egg, chopped finely	Salt to taste

Mix cooked beets, onion and egg. Season with sour cream or mayonnaise and salt to taste.

Cucumbers in Sour Cream

3 cups sliced cucumbers	¼ cup chopped fresh dill or 2 Tbsp dill weed
Salt	1 cup dairy sour cream or yogurt

1. Sprinkle cucumbers with salt. Let stand 30 minutes. Pat dry with paper towels.
2. Stir dill into sour cream. Add cucumbers; mix well.

Radishes with Sour Cream: Follow directions for cucumbers in sour cream; substitute radishes for cucumbers and omit step 1.

Syr I Chesnok Pod Mayonem (garlic spread)

3 ea Garlic cloves, minced	8 oz. Muenster cheese, grated
5 Tbsp Mayonnaise	1 Tbsp Chives chopped
½ tsp Salt	

Mix the cheese, garlic, and mayonnaise together in a bowl. Stir in the chives & salt. Blend this mixture well. Refrigerate and when serving allow to approach room temp. Excellent spread!

Health Salad, "Salat Zdorov'ye" (carrot salad)

1/2 lb/ carrots, scraped	3 T. mayonnaise
1 t. freshly squeezed lemon juice	salt to taste
4 cloves garlic, minced	Parsley

Grate carrots, pour lemon juice over, and mix well. Add garlic, stir in mayonnaise and salt. Chill before serving, garnish with parsley

MAIN COURSE

Eggs Stuffed with Mushrooms

8 eggs	4 tsp. mayonnaise & sour cream each
20 g dried boletuses	2 teaspoons of sauce "Yuzhny"
1 onion	greens
1 tablespoon of melted butter	salt

Peel hard-boiled eggs, cut off obtuse parts of the eggs, take the yolks out. Sort out dried mushrooms, wash properly and soak them in cold water for 3-4 hours. When the mushrooms swell, wash them again and boil them without salt for 1-1.5 hours in the water in which they have been soaking. Take the boiled mushrooms out of the broth, wash with warm water and cut finely. Fry the mushrooms, mix with fried onions and yolk, salt them. Fill the eggs with the swell, put them into the salad-dish, cover them with the «caps (pieces of egg-whites cut before) pour sauce, decorate with greens and serve up. Sauce cooking. Mix equal parts of sour cream and mayonnaise, add some sauce «Yuzhny» and mix everything up.

Yuzhny sauce: A commercial combo of applesauce, tomato paste, veg oil, spices, onion, garlic, raisin, vinegar and Madiera. It is used with fish, meats, and veggies, and especially good with eastern foods.

Berestyie Roast Chicken

3 tablespoons butter, divided	breast, cut into small pieces
1 tablespoon flour	2 onions, sliced
2 tablespoons tomato paste	8 small potatoes, cubed
1 cup sour cream	2 tablespoon raisins
1 1/2 pound boneless, skinless chicken	1 tablespoon chopped nuts, toasted

Melt 1 tablespoon butter in sauce pan with flour. Add tomato paste and heat through about 7 minutes. Cool and add sour cream.

Brown chicken pieces in large frying pan with small amount of oil. Add onions and brown. Add half tomato paste mixture and let braise covered over gentle heat. Meanwhile, cube potatoes and fry lightly in a separate pan. Put potatoes on serving

plates, then cover with chicken. Add raisins and remaining sauce. Garnish with toasted nuts. Place in oven for a few minutes before serving.

Meat Stew with Apples

1-3/4 pound stew meat	1 pound sliced apples
1 quart beef stock	1 onion, sliced
Salt and pepper to taste	1 carrot, thinly sliced crosswise

In a large kettle heat oil and sear meat, browning on all sides. Cover with beef stock, season and add apples and vegetables. Bring to a boil, reduce heat, cover and let simmer 2 hours or until meat is tender. Serve with potatoes or noodles.

Mogilev Sausages

1 pound top sirloin or other tender lean beef	Salt and pepper to taste
½ pound salt pork	1 egg
2 cloves garlic, minced	1 tablespoon flour

Put beef and salt pork through meat grinder twice (or grind in food processor). Add garlic and seasoning. Shape into patties and dip in beaten egg then flour. Fry in hot pan until browned on both sides.

Liver Stuffed in a Gomel Way

500 g of beef liver	1 carrot
60 g of salted pork fat	1 root of parsley or celery
2 onions	1 tablespoon of flour
3-4 tablespoons of vegetable oil	salt

Cut a beef liver into pieces 1.5 cm in thickness. Beat a slice of salted pork fat not more than 0.5 cm thick and put it to the prepared liver, and above it a layer of slightly fried onions. Add salt, pepper, and roll up all the products mentioned above, tie the roll with a cord, roll it in flour and put into the boiling vegetable oil for 2-3 minutes. When the roll turns brown, put it into a pan, pour some water, add onions, carrot, parsley or celery and stew till it is ready.

Potatoes with Beet

4-5 potatoes	3 onions
1-2 beets,	salt
1-2 tablespoons of vegetable oil	

Boil separately potatoes in their jackets and a beet, cool them, peel and cut into small cubes. Add onions, fried with oil, salt and mix everything.

Potato Babka with Mushrooms

10 small potatoes, peeled and grated
1 tablespoon flour
½ teaspoon salt

½ pound fresh mushrooms, sliced
2 medium onions, chopped
2 tablespoons sour cream

Combine grated potatoes with flour and salt. Saute mushrooms with onion in small amount of oil. Layer half the potato mixture in a buttered baking dish; layer the mushroom mixture; cover with remaining potatoes. Smooth surface and brush with sour cream. Bake at 350 degrees 40 minutes or until tender. Serve with butter or sour cream.

«Peasant» Fried Sausage

400 g of «peasant» sausage
60 g of fat

1-2 teaspoons of sour cream

Boil till the soup is ready. Add greens, cut very small. Sour cream to one's taste.

Fry small pieces of salted pork fat with small pieces of «peasant sausage, add sour cream and heat it during 3-5 minutes. Serve boiled potatoes, wheat or potato pancakes, brown bread separately.

SOUPS

Broth

1 kg of sorrel
300 g of meat
2 potatoes
1-2 tablespoons of sour cream

1 glass of «bread kvass»
greens
salt

Cut bones and wash them with cold water. It is desirable to fry calves and pig bones in the oven. Put them in the pan, pour cold water, cover the pan and make it quickly. Take the scum off with a skimmer and boil 2-3 hours on a small fire. 1.5 hour before the end of cooking, put in the meat. When the broth boils for the second time, add salt, slightly baked carrot, onion and other aromatic roots. It is necessary to boil the broth on small fire and to take the scum and fat off from time to time. When the broth is ready, filter it.

Bread Kvass:

1 quart hot water 1 pound beets, pared and sliced 1 rye bread crust

Pour hot water over beets in a casserole. Add bread. Cover with a cloth. Let stand 3 to 4 days. Drain off clear juice and use as base for soup.

Holodnik (Cold Soup)

300-400 g of beet
200 g of cucumbers
2 eggs

100-120 g of green onion
dill
salt

Add some boiled water to bread or beet kvass, put into it boiled beet, cut into straw, fresh cucumbers, dill, cut finely, green onion and salt. When holodnik is ready, add some sour cream and halves of hard-boiled eggs,

Fish Soup

400 g of fish
2 potatoes
1 carrot
1-2 onions

celery
pepper
salt

Peel and disembowel fish, put it into the pan and pour water. Into the boiling broth add carrot, peeled and cut into cubes, potatoes, onion, pepper, celery, and make the soup boil quickly. Then salt it and boil on a small fire till it is ready.

Potato Soup with Fat

1.5 L of water
4-6 potatoes
onion

80 g of salted pork fat
greens
salt

Put potatoes, cut into cubes, into the boiling water, add salt and boil for 2-3 minutes. Enrich the prepared soup with fat and finely cut and stewed onion. While serving up, strew it with cut greens.

«Zatirka» with Milk

1.25 glasses of flour
1 egg
4 glasses of milk
4 glasses of water

2 teaspoons of sugar
1 tablespoon of butter
salt

Knead flour with an egg and some water. Divide prepared dough into small pieces and boil them in milk, diluted with water. Add sugar, salt and butter.

Belorussian Borscht

300 g of ham bones
200 g of beef
60 g of sausages
2 beets
5 potatoes
1 carrot
1 root of parsley

1 onion
2 tablespoons of tomato puree
20 g of lard
1 tablespoon of flour
2 teaspoons of 3 per cent vinegar
4 teaspoons of sour cream
spices salt

Put ham bones cut into pieces and beef meat in the pan with cold water and make it boil. Take the scum off with the skimmer and keep boil on a small fire. Half an hour before the broth is ready, put into it peeled and washed carrot, onion, celery. When the broth is ready, filter it. Stew raw carrot cut into straw, parsley, onion with lard, add tomato puree and keep in a small fire for about 10 minutes. Put potatoes, cut into cubes, boiled beet cut into straw, onion and roots stewed with tomato puree and diluted with the broth into the boiling broth and wait until it is ready. Enrich the borscht with sugar and vinegar. Cut meat and sausages into pieces and put them in the borscht.

Belorussian Borscht with Haricots and Apples

300 g of ham bones	1 tablespoon of lard
200 g of beef	2 tablespoons of sour cream
60 g of sausage	1 apple
1 foot	2 tablespoons of tomato puree
potatoes	1 root of parsley
1 carrot	1 tablespoon of 3 per cent vinegar
1 onion	1 tablespoon of flour, sugar, salt.
2 tablespoons of haricots (lima bean)	

Boil the broth of beef and ham bones and boil haricots separately. Stew a carrot cut into pieces, parsley and onion; add tomato puree and keep it on small fire for 10 minutes more. When the broth is ready, put potatoes cut into cubes into it.

Shchi (Cabbage Soup) with Apples

500 g of beef (with bones)	2 tablespoons of sour cream
500 g of fresh cabbage	pepper
3 potatoes	bay leaf
1 carrot	green
onion	salt
2 apples (Antonovka)	

Prepare broth. Cut the bones and wash them with cold water. It is desirable to fry calf and pig bones in the oven. Put them into a pan, add cold water, cover the pan and make the water boil. After that take off the scum with a skimmer and boil for 2-3 hours on a small fire. It is necessary to remove the fat, which comes to the surface, from time to time leaving only a very thin film, which will help to preserve the aromatic compounds of the broth. 1.5 hours before the broth is ready put the meat into the pan. When the broth boils again, add salt, carrot, onion and other aromatic roots, baked beforehand. It is necessary to cook the broth on a small fire, taking off the fat and the scum now and then. When the broth is ready, it is to be filtered. Shred the cabbage, slice the potatoes, the carrot and the tomatoes, cut the onions into semi-rings. Then put into the boiling broth: first cabbage, then potatoes. 10 minutes before the soup is ready add tomatoes and stewed onion and carrot. 3-5 minutes before the end of cooking add slices of apples without the peels and the seeds, pepper, a bay leaf, salt. Before serving the soup, should be enriched with sour cream and strewn with greens, cut very small.

Belorussian Milk Soup

4 glasses of milk
2 glasses of water
1 carrot
1 egg

1- 1.5 glasses of flour
2 teaspoons of sugar
1 tablespoon of butter
salt

Mix milk with water, make it boil, add grated carrot, salt and boil till it is ready. Add an egg and some water into wheat flour, mix it properly. It should be as thick as sour cream and pour it into the soup little by little, mixing quickly. Before the cooking end add sugar and butter.

Holodnik (Cold Soup) Stuffed in Minsk Way

700 g of sorrel
400 g of beet
2-3 fresh cucumbers
1 egg
120 g of green onions

2 glasses of buttermilk
2 glasses of sour cream
2 tablespoons of sugar
dill
salt

Boil sorted out and cut sorrel in salted water, cool it. Boil a beet (as a whole), adding vinegar. Cool beet-water and filter it through sieve or napkin, peel the beet and shred it. Put green onions cut very small and ground with salt and yolk; add fresh cucumbers and the shredded beet, beet-water, egg- white, sugar, whipped buttermilk. Enrich holodnik with soup cream and strew with dill cut very small.

New Potatoes Soup

12 potatoes
1 root of parsley
3 onions

100 g of fat
salt

Peel potatoes, wash, cut into cubes and boil, adding salt. Before the end of cooking put parsley, salted fat cut finely and stewed, onions.

BREAD, BISCUITS, PANCAKES

The Russians prefer to eat dark, heavy rye bread, which comes in many varieties. They are all sour-dough breads, though this does not necessarily mean they actually taste sour--it refers to the method used to make the bread rise.

Round Loaf

10-15 glasses of flour
80-100 g of yeast
4-5 glasses of milk
6-8 eggs
1 glass of sour cream

100 g of butter
100 g of raisins
1 tablespoon of honey
salt

Prepare leavened dough: dissolve yeast in warm milk, add salt, pour half of the flour norm and mix everything thoroughly to make a homogeneous mass. Put it into a warm place to ferment for 2-3 hours. When leavened dough rises and begins to sink, put honey, eggs, sour cream, butter into it and knead the dough till it comes off the sides of the dish. Then put it into a dark place to ferment. When the volume of the dough increases twice, press it down and put it to ferment and to rise again. Then beat it properly on the table, put into a greased mould. Decorate the surface of the, round loaf with various figures made of dough. In 30-40 minutes pour whipped egg on the surface of the round loaf for ruddy crust and bake it in the stove or oven.

«Byelorussian'» Biscuits

For 1 kg of the biscuits:	100 g of jam
3.22 glasses of flour	3 g of baking soda
1.5 glasses of sugar	vanillin
1.25 glasses of butter	salt
0.5 glass of milk	

Dissolve sugar in milk, add baking soda, salt, vanillin, mix everything to make a homogeneous mass, pour in wheat flour and mix again. Lay out small portions of the prepared mass with the help of confectionery bag. Put large drops of apple jam on to the center of each biscuit. Bake biscuits in the oven at 20trC.

Blini

2/3 cups of all-purpose flour	2 Tbsp. butter, melted
1 1/2 cups of milk (warm)	1/2 tsp. salt
2 tsp. dry yeast	1/2 tsp. sugar
1 egg, separated	

Start the preparation at least 3 hours before the meal.

1. Sift the flour into a large bowl. Warm the milk to lukewarm. Dissolve the yeast and sugar in 1 cup of the warm milk. Pour the mixture into the flour and beat it well to dissolve all the lumps. Cover the bowl and leave in a warm place for 1 hour.
2. Now stir the egg yolk, butter and salt together and mix it into the batter. Pour in the rest of the warm milk. Stir until you have a smooth, rather thin batter. Cover the bowl again and leave it to rise once more, for about 2 hours.
3. Beat the egg white until stiff but not dry, and, when the batter has risen again, fold the egg white into it. The blini should be cooked in a heavy-bottomed frying pan, over medium heat. Rub the pan with cooking oil and pour in about 3 tablespoons of batter. After 2 or 3 minutes, holes will appear on the surface.
4. Turn the blini and cook on the other side until it is nicely browned. Serve hot, and offer a sour cream topping.

Olga's Thick Pancakes (with yeast)

yeast, 25 grams	salt, 1 tsp
milk, total 2 big glasses 220 grams each	2 eggs
sugar, 2-3 Tbsp.	

In a small amount of warm milk dissolve the yeast, then add some more warm milk. Mix all very well. Add flour and mix again to look like rather thick mayonnaise. If not thick enough, add some more flour. Put aside for 2-3 hours to a warm place to ferment and rise (twice the initial volume), cover the container with a towel. Fry in very hot vegetable oil, put the dough on the pan with a big tablespoon. Olga wishes you all success and (Bon appetite!).

Buckwheat Pancakes

2 cups milk	1/2 teaspoon salt
1 tablespoon yeast	2 eggs, separated
1/2 cup all-purpose flour	1 tablespoon melted butter
1 tablespoon sugar	1 1/2 cups buckwheat flour

Heat milk to 110 degrees. Put 1/2 cup warm milk in mixing bowl and dissolve yeast. Add all-purpose flour and sugar and stir well. Let rest 10 minutes then add salt, egg yolks, melted butter and buckwheat flour. Add remaining milk and stir well. Let rise 15 minutes. Beat egg whites to soft peaks and fold into buckwheat mixture. Fry in oil on hot griddle. Serve with cottage cheese and butter.

Easter Bread

2 packages (1/4 oz. each) active dry yeast	1 t. vanilla extract
1/2 C warm water	1 t. lemon juice
4 eggs	2 Tablespoons grated lemon peel (Anna Mae uses orange rind)
6 egg yolks	2 C warm milk
1 C sugar	9-3/4 to 10-1/4 C all purpose flour
3/4 C butter or margarine, melted	1 C golden raisins
2 t. salt	

In a small bowl, dissolve yeast in water; set aside. In a large mixing bowl, beat the eggs and yolks until lemon-colored; gradually add sugar. Add butter, salt, vanilla, lemon juice and peel; beat well. Blend in milk and yeast mixture. Add 6 cups flour; beat until smooth. By hand, stir in enough remaining flour to form a soft dough. Turn onto a lightly floured surface; knead until smooth and elastic, about 10 minutes. Sprinkle with raisins; knead for 5 minutes more. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down. Turn onto a lightly floured surface; divide into thirds. Cover and let rest 10 minutes. Shape each portion into a loaf and place in greased 8 in x 4 in x 2 in. loaf pans. Cover and let rise in a warm place until almost doubled, about 30 minutes. Bake at 325 degrees for 45 minutes or until golden brown. Remove from pans to cool on wire racks. Yield: 3 loaves.

BEVERAGE

Belarusian Tea

1 quart boiling water	1 teaspoon St. John's Wort
1 teaspoon heather	1 teaspoon mint

Place herbs in teapot rinsed with very hot water. Add boiling water, cover and let steep.

DESSERTS

Minsky Honey Cake

5 tablespoons butter	1 teaspoon vinegar
1/3 cup honey	1/2 teaspoon cinnamon
5 eggs	1 teaspoon vanilla extract
1/2 cup sugar	2 cups flour
1/2 teaspoon salt	

Preheat oven to 350 degrees. Grease and flour two 8-inch cake pans. Using an electric mixer, cream butter and honey. Beat in eggs, adding one at a time. Add sugar and salt and continue beating until smooth. Add vinegar, cinnamon and vanilla. Gradually add flour, kneading to make a smooth dough. Press dough into cake pans and bake 50 minutes or until toothpick inserted in center comes out clean. Cool and remove from pans and dust with powdered sugar.

Nalistniki

1.5 glasses of butter	2-3 tablespoons of butter
2 glasses of milk or whey	0.5 glass of sour cream or cream
2 eggs	salt
2 tablespoons of sugar	

Dilute sifted flour with a glass of milk or whey. Add salt, mix, pouring the rest of the milk and whipped egg-whites. Bake thin pancakes. Put filling on them (grated cottage cheese, cheese or berries jam), roll them or wrap them up in the form of an envelope. Put nalistniki into a pot or a pan, pour sour cream, cream or butter and put them into the oven for a short time.

Cranberry Kissel

120 g of cranberries	2-3 tablespoons of starch
3-4 tablespoons of sugar	

Sort out, wash and grate cranberry through a sieve, wring out. Pour hot water (4-5 times as much) into what is left, make it boil, filter. Cool a part of cranberry-water and dilute potato starch with it. Cook sugar syrup out of the other part of the

cranberry-water: add sugar and make it boil. Then pour the diluted starch and wrung out juice into it and boil again. Pour out kissel into cups, strew sugar on top to prevent the pellicle to form and cool it.

Apples Baked with Honey

500-600 g of apples

40-20 g of sugar

Wash sour-sweet apples, cut out the core, fill the holes with sugar. Put apples on to a baking tray, poured with some water, and bake in the oven. Before serving up, pour honey over the apples.

Apples Baked with Cowberries

8 apples

0,5 glass of sugar

1 glass of cowberries

2 glasses of sugar powder

Cut the core out of apples, fill the holes with cowberries mixed with sugar and bake on a baking tray in the oven. Pour some water on the baking tray for not to spoil apples. Strew the prepared apples with sugar powder.

SAUCES

Mushroom Sauce

3 glasses of mushroom broth

1 onion

30 g of dried mushrooms

3 tablespoons of butter

2 tablespoons of flour

salt

Stew wheat flour till it turns cream (coloured), do not cool but dilute with hot mushroom-water. Boil the prepared sauce on a small fire for 15-20 minutes and filter it. Cut onion very small and stew finely with butter, mix with boiled minced mushrooms, fry, put into the sauce, add salt and boil.

Sour Cream Sauce

2 glasses of sour cream

2 tablespoons of butter

2 glasses of broth or vegetable water

salt

Stew wheat flour slightly, dilute with hot broth or vegetable-water, filter, add sour cream and boil on a small fire for 5-10 minutes. Put salt, butter into the sauce and mix. You can cook this sauce with stewed onion, adding it to the sauce «Yuzhny» at the end of cooking. Serve this sauce to meat, vegetable or fish courses or you can use it for cooking of baked courses.

Yuzhny sauce: A commercial combo of applesauce, tomato paste, veg oil, spices, onion, garlic, raisin, vinegar and Madiera. It is used with fish, meats, and veggies, and especially good with eastern foods.

Sour Cream Sauce with Tomato Puree

For 1 liter of sauce:	2 glasses of broth or vegetable-water
2 glasses of sour cream	0.5 glass of tomato puree
2 tablespoons of flour	

Cook down tomato puree, stirring until its volume reaches half of the initial one, mix it with sour cream. Serve sauce to small meat-balls, stuffed cabbage and other courses.

Red Vegetable Sauce

For 1 liter of sauce:	0,5 glass of tomato puree
2 tablespoons of flour	3 tablespoons of fat
1 carrot	1 teaspoon of sugar
1 root of parsley	3 glasses of broth
1 onion	salt

Stew flour till it turns cream and dilute it with hot broth. Stew roots, onion and tomato puree, put them into broth and boil on a small fire for 20-30 minutes. At the end of cooking add salt, 1-2 tablespoons of wine ("Madeira" or «Port»), filter and make it boil.

Chris' Perogie - Pyrohy - Varenyky Recipe Page

Over the last while, I have received E-mail from great distances asking about recipe's on how to make perogies. I find it very flattering to have such requests. But as any person of Ukrainian heritage, recipes were passed on from mother to daughter. Now the recipes that my mother gave me can now be shared with everyone, not only those who stopped in to sample her good cooking.

There are many different recipes on how to make perogies. Talk to any Ukrainian Baba, and she'll say she does it without a recipe. Talk to 2 Baba's and you may get 2 slightly different recipes. But that doesn't matter. No matter what, they are good. So I have put down our versions of perogies- pyrohy -varenyky (names differ depending upon who you talk to) for you to try. As you experiment, do not be afraid to vary the recipes to match your specific taste. Enjoy.

Perogie - Pyrohy - Varenyky Dough

2 ½ cups of flour	2 tsp. oil
½ tsp. of salt	¾ cup of warm water
1 egg	

Mix the flour with the salt in a deep bowl. Add the egg, oil and water to make a medium soft dough. Knead on a floured board until the dough is smooth. Caution: Too much kneading will toughen the dough. Divide the dough into 2 parts. Cover and let it stand for at least 10 minutes.

Prepare the filling. The filling should be thick enough to hold its shape. Roll the

dough quite thin on a floured board. Cut rounds with a large biscuit cutter, or as most Ukrainian Baba's did with the open end of a glass. Put the round in the palm of your hand. Place a spoonful of filling in it, fold over to form a half circle and press the edges together with the fingers. The edges should be free of filling. Be sure the edges are sealed well to prevent the filling from running out. Place the perogie on a floured board or tea towel and then cover with another tea towel to prevent them from drying out.

• Cooking

Drop a few perogies into a large quantity of rapidly boiling salted water. Do not attempt to cook too many at a time. Stir VERY gently with a wooden spoon to separate them and to prevent them from sticking to the bottom of the pot. Continue boiling for 3 - 4 minutes. The cooling period will depend upon the size you made it, the thickness of the dough and the filling.

Perogies will be ready when they are puffed. Remove them with a perforated spoon or skimmer to a colander and drain thoroughly. Place in a deep dish, sprinkle generously with melted butter to prevent them from sticking. Cover and keep them hot until all are cooked. Serve in a large dish without piling or crowding them. Top with melted butter - chopped crisp bacon and/or chopped onions lightly browned in butter.

• Reheating

One of the great things about perogies, is that they can be made in large quantities, refrigerated, frozen and reheated without loss of quality. Many prefer reheated perogies as compared to freshly boiled ones. To re-heat, you can.....

1. pan fry perogies in butter or bacon fat until they are light in colour..
2. heat the perogies in the top of a double boiler or in the oven until they are hot and plump.
3. Deep fry them.

• Fillings

Cottage Cheese

2 cups dry cottage cheese

1 egg, slightly beaten

salt

Combine the cottage cheese with the egg and season to taste with the salt. If the cheese is very dry, an additional egg (or egg yolk) or thick sour cream can be added.

Potato and Cheese Filling

1 tablespoon grated onion

2 tablespoons butter

2 cups cold mashed potatoes

1 cup or more cottage cheese

Salt & Pepper

Cook the onion in butter until tender. Combine it with potatoes and cheese. Season to taste with salt & pepper. Vary the proportions and ingredients in this recipe to suit your taste.

Sauerkraut Filling:

3 cups or more sauerkraut

1 medium chopped onion

4 tablespoons bacon fat or butter

(vegetable shortening can be substituted)

2 tablespoons sour cream

Salt & Pepper

Rinse the sauerkraut well in warm water, squeeze dry, and chop very fine. Cook the onion in the fat or shortening until tender. Add the sauerkraut and cream - season to taste with salt & pepper. Cook over low heat for 15 min. or until sauerkraut is tender and the flavours blend. Do not over cook. Chill thoroughly.

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Units of measure/conversion used:

1 g (gram) = 5 g to 1 tsp.

1 kg (kilogram) = 1000 grams or 2.2 lbs; 500 g. is close to 1 lb.

1 glass = 250cc's (cubic centimeters). Close to a cup and can be seen on a Pyrex measure cup 0,75 glass is roughly 3/4 cup - they use commas where we would use decimals

1 L (liter) = a little bit more than a quart

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