

The Best of Ukrainian Cuisine



Barrie 2009

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**Exaltation of the Holy Cross Ukrainian Catholic Church,
Ladies Committee and Ukrainian Delights**

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The Exaltation of the Holy Cross Parish was established by a small group of families in October, 1987 to serve the spiritual needs of all Ukrainian Catholics in the City of Barrie and surrounding communities. The Liturgy was initially conducted in the home of one of the parishioners, and then moved to the Simcoe Muskoka Catholic District School Board, where services were held in their chapel on Sunday mornings. In 2007, after years of dedicated fundraising, we acquired a small church on 19 Parkside Drive in Barrie. The Exaltation of the Holy Cross Ukrainian Catholic Church was consecrated on October 26, 2008 by His Excellency Bishop Stephen Chmilar, and thus became the first concrete symbol of the Ukrainian Catholic community in Barrie. Sunday Liturgy is served in a combination of English and Ukrainian to welcome all people who wish to celebrate the Byzantine Ukrainian Catholic faith.

The most active group in the parish is the Women's Committee. Our devoted women organize social activities, feast days and celebrations throughout the liturgical year. They also raise funds for the parish through Ukrainian Delights, selling pyrohy and cabbage rolls at the Barrie Farmer's Market on Saturday mornings. The compilation of their favourite recipes in this cookbook is the latest endeavour of the Women's Committee of Exaltation of the Holy Cross Ukrainian Catholic Church.

Inquiries for more information are welcome.

The Exaltation of the Holy Cross Ukrainian Catholic Church
19 Parkside Drive, Barrie Ontario L4N 1W7
Telephone: 705-730-7999
Sunday Divine Liturgy - 9:00 a.m.

The Ladies Committee of Exaltation of the Holy Cross Ukrainian Catholic Church would like to thank everyone who contributed their favourite recipes to make our cookbook a success.

Special thanks go to Vera Bedryn and Betty Voss for collecting and editing the recipes, and Lesia Mattina (Bedryn) for her beautiful hand-drawn illustrations.

Finally, we would like to express our sincere gratitude to Father Dmytro Hancharyk for his support and countless hours spent in making *The Best of Ukrainian Cuisine Cookbook* a reality.

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TRADITIONAL EASTER BREAKFAST

Easter to Ukrainians is synonymous with the pysanka, the beautifully and artistically decorated Easter egg. From time immemorial the egg has been a symbol of life, of eternity, having no beginning and no end. The egg shell represents Christ's grave from which he arose. The gift of an Easter pysanka is something to be treasured and loved.

In the last week of Lent special traditional food is being prepared. The paska, as ornately decorated round loaf, and the babka, a sweet leavened bread, are baked with meticulous care. On Saturday a basket of food is readied, which must be taken to church. Basically, it includes a paska, babka, boiled eggs, cheese, sausage, horseradish, butter and pysanky. A candle is placed in the middle and the whole covered with a beautifully embroidered cloth. In good weather these baskets are set outside as the congregation walks in procession around the church, and the priest blesses each basket with holy water.

The horseradish represents the bitterness of sin and its sad consequences. Salt represents fast or motivation. Paska represents Christ the life giver of all creatures, as bread nourishes our body, likewise Christ nourishes our soul by Holy Communion - the bread of everlasting life. The different meats represent the paschal lamb which the Jews consumed on their Pascha. Cheese and butter represent God's grace.

The Easter breakfast ends the Lenten fast. The table is centered with the paska, pysanky and candles and the fragrance of incense permeates the home. The menu is sumptuous and varied; it includes the consecrated food together with boiled eggs, sausage, baked ham, pickled beets, horseradish and for desserts, slices of delicious babka, syrnyk (cheese cake) and other pastries. The father, after leading in prayer, cuts the consecrated egg into several pieces, one for each member, and greets the family with the traditional salutation "Krystos Voskres" (Christ is Risen), to which everyone replies "Voistynu Voskres" (Indeed He is risen). This ritual symbolizes family unity.

We too, can make Easter breakfast a happy and festive occasion if we only realize its special significance for ourselves and our family. This family meal, shared in a true spirit of love and joy, will unite us with the world of our ancestors. Past and present, the old and the new will thus be blended in a beautiful and solemn ritual which will instill our families and ourselves with the true spirit of Easter.

SUGGESTED DISHES FOR THE EASTER MEAL

Foods blessed in Church:

Various cold meats: hams, kobassa, head cheese (studenez)

Various Salads

Easter Breads

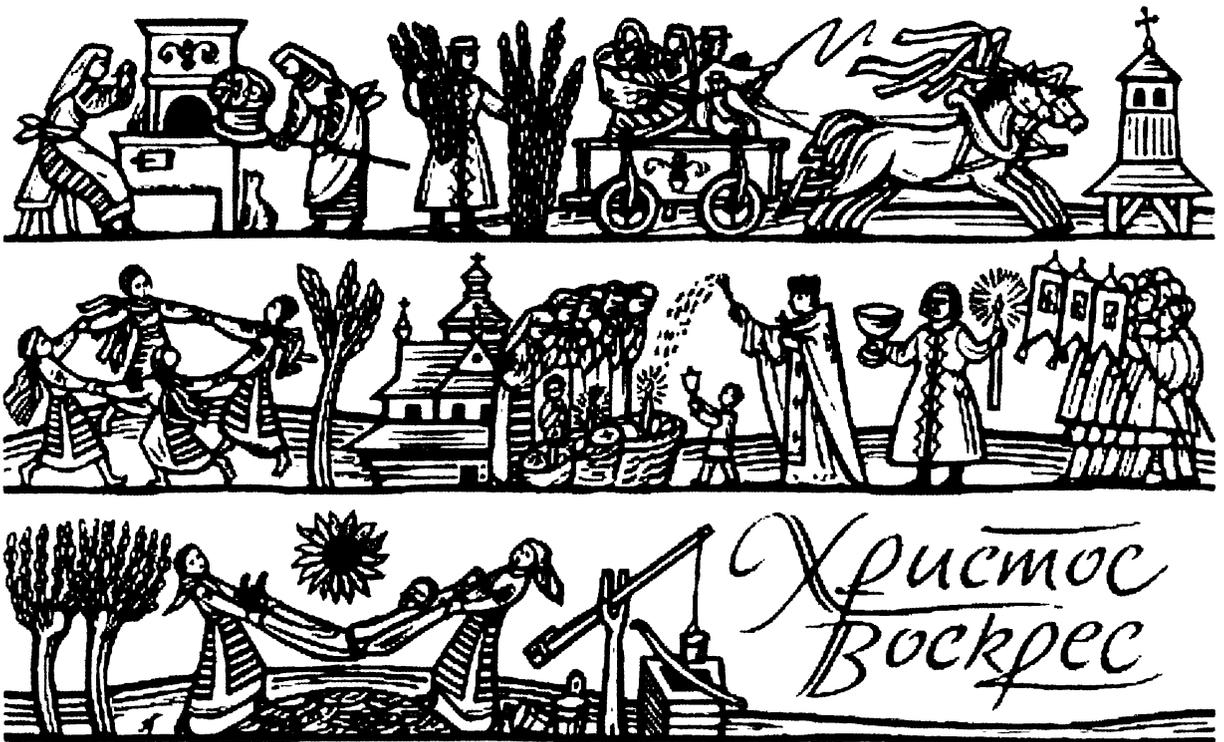
Cooked Eggs

Symyk (cheese cake)

Relishes: beet and horseradish, freshly grated horseradish, dill pickles

Desserts: bapka, tortes, pastries.

** browse through all sections for various recipes for Easter.*



TRADITIONAL CHRISTMAS DISHES (SVYATA VECHERA)

In every Ukrainian home where national customs are in practice, a sheaf of wheat, “Diduch”, is set in a corner and is as much a part of the decorations as is the Christmas tree, “Yalynka” the Christmas symbol of all nations.

The home is redecorated and rearranged days ahead of time. With the first evening star the members of the family take their places at the table. The father leads the grace and asks the blessing for the health of his family and the hope that all may be together again the following Christmas. The candle in the center of the table is lit, signifying the star that appeared at the birth of Christ.

The most festive occasion is the Sviata Vacheria (Holy Supper) on Christmas Eve, January 6th. Because Christmas Eve falls on the last day of advent, fish is the main dish of the Holy Night Supper. The menu is meatless, consisting of twelve dishes, symbolic of the twelve Apostles. No milk or animal fats may be used in the preparation of food.

After repeating the Lord’s Prayer, the father raises a spoonful of kutia and greets the family with the traditional “Krystos Rodyvsia” (Christ is born), and all reply “Slavim Yoho” (Let us glorify Him). After partaking of Kutia, the family is served with other delectable dishes; borsch, varenyky, holubtsi, various preparations of fish (baked or jellied), marinated herrings, mushrooms, beans flavoured with garlic, sauerkraut with peas, stewed fruit, buns and other pastries, fresh fruit and nuts. After Supper the whole family joins in singing traditional Christmas carols, beginning with the oldest koliada “Boh Predvichnyi” (God Eternal).

At midnight the family attends a special Christmas service to hear again the deeply moving story of the birth of Christ, and to join in the singing of well-known and beloved carols.

During the three holy days carollers both young and old sing in every house in the parish. At each home friendly greetings are exchanged and the carollers ask the blessing of the new - born Christ upon every member of the family. The hospodar thanks all for their good wishes and invites the visitors to come in while the lady of the house serves food.



CHRISTMAS EVE RECIPES

Prospora

This is the bread with which the master of the house greets each member of the family and guests at Christmas Eve Supper.

6 cups all purpose flour
2½ cups lukewarm water

1 package dry yeast

Dissolve yeast in water. Add flour, kneading dough until smooth. Cover and let rise until double in bulk. Toss out on floured surface and knead through. Divide into two portions. Knead and form two round loaves. Place on lightly floured cookie sheet or cake pans. Cover and let rise for ½ hour. BAKE at 350 F for about 1 hour. Cool.

Slice and prepare a small piece of bread for each person at the table. Honey may be spread on the pieces and the remainder may be served with the fish dishes at the Holy Supper.

Kutia (Christmas wheat)

The first and most indispensable of the twelve courses at Christmas Eve supper. The Kutia is placed near the icons before the meal, sharing honour with the *didukh* and is a sacred invitation to God and ancestors to join the living in celebrating the Holy Night.

Bring to boil 1 pound shelled wheat in 3 quarts water. Simmer 3 hours. Cool. Before serving, discard starch skin and pour on 1 cup boiling water. Stir gently to separate kernels. Sweeten to taste with 1 cup honey. Add 1 cup ground poppy seeds. Cool.

Garnish with chopped nuts.

12 generous servings.

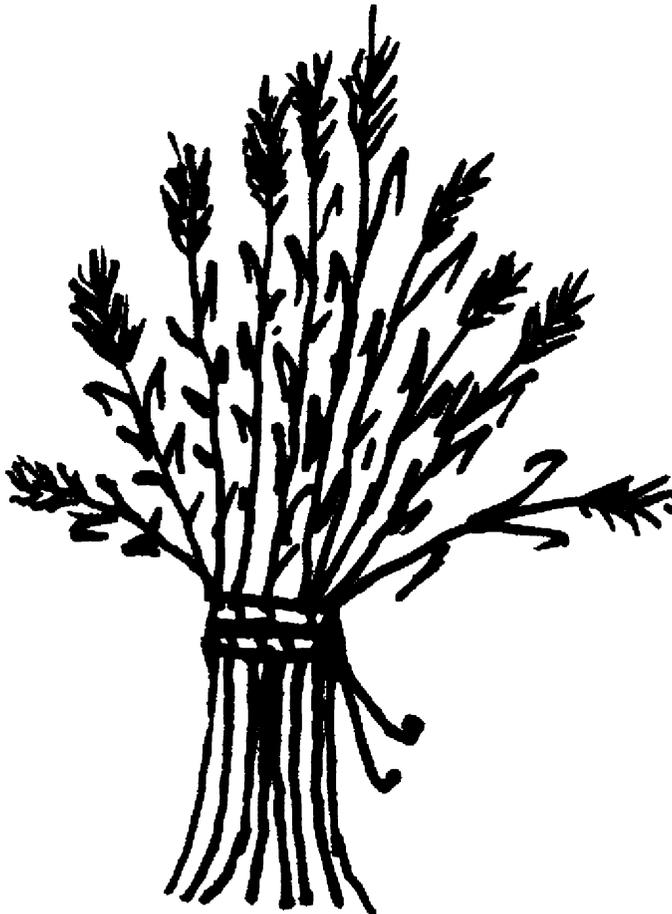
Compote (Uzvar of dried fruit)

1 package mixed dry fruit
1 lemon

2½ quarts water
sugar or honey to taste

Cook fruit in water with fresh whole lemon, cut in half adding sugar or honey. Cool. Serve.

** The remainder of recipes for Svyata Vechera are found in the various sections, eg: soups, fish, vegetables. Remember for Christmas Eve to choose meatless and no dairy. Replace butter with oil. Christmas day may be with full fare! Smachnoho enjoy!*



SOUPS

Quick borsch

2 cups water	1 tin of beets (8¼ oz.)
1 vegetable bouillon cube	1-2 tbsp. powdered mushroom soup, diluted in water
2 tbsp. ketchup	1 tsp. oil
powdered garlic	

To the boiling water, add bouillon cube, mushroom soup, ketchup, grated beets and their juice, the oil or butter and garlic.

** suitable for Christmas Eve using oil **

Meatless borsch

3 beets, size of an orange, cut into thin strips	3 tbsp. butter (substitute oil or margarine for Christmas Eve)
1 carrot, diced	1½ cup cabbage, shredded
8 cups water	1 cup tomato juice or tomato soup
1 medium potato, diced	1½ tbsp. flour
2 tbsp. lemon juice	½ cup water, cold
½ cup string beans, green peas, or white beans	2 tbsp. dill, chopped
large onion, sliced	½ tsp. salt
	½ tsp. pepper

Cook beets and carrots in water for 20 minutes. Add potatoes, simmer 10-15 minutes. Add lemon juice (keeps red colour in beets). Add beans or peas. Simmer until tender. Sauté onion in butter until soft. Add cabbage to onions with ¼ cup water, simmer until cabbage is tender. Stir into the beets. Add tomato juice or soup. Blend flour with ½ cup cold water, stir into vegetables. Add dill for added flavour. Bring to a boil. Add salt and pepper.

** for Christmas Eve, use oil. As well you may puree borsch somewhat, especially if serving vushka.*

Tomato noodle soup

Noodles:

1 egg
¾ cup flour

¾ tsp. salt

Combine ingredients. Knead well. Roll out thinly and cut into noodles.

¼ cup celery, diced
2 tbsp. onion, chopped
½ cup carrot, diced
½ cup whipping cream

3 tsp. Chicken-in-a-Mug
10 oz. condensed tomato soup
20 oz. water
2 tbsp. butter

Cook vegetables in water until tender. Drain, reserving liquid. Pour whipping cream over vegetables to cover. Boil until slightly thick. Combine tomato soup and water. Add noodles and cook until tender. Add vegetable mixture, reserved liquid, butter, and Chicken-in-a-Mug.

Potato soup

2 tbsp. margarine or butter
1 medium onion, diced
3-4 medium potatoes, peeled and diced
1 stalk celery, chopped
1 cup cabbage, chopped
4 cups chicken stock

½ cup milk
1 tbsp. flour
1 cup sour cream
½ tsp. salt
¼ tsp. pepper
fresh or dry dill weed

In saucepan melt margarine and sauté onion. Add potatoes, celery, cabbage, and chicken stock. Simmer 15 minutes, until vegetables are tender. Remove 2 cups of cooked vegetables, combine with milk, flour, and sour cream, puree in blender. Stir mixture into soup and reheat. Add salt and pepper to taste. Garnish with dill and serve.



Carrot soup

6 large carrots
10 oz. milk
¼ tsp. salt

⅛ tsp. pepper
10 oz. tin, cream of mushroom soup or
10 oz. tin, cream of celery soup

Boil carrots and mash. Save the liquid and add enough water to make 2 cups. Add to mashed carrots. Add soup, then stir in milk, salt and pepper. Simmer for a few minutes.

Baba's Borsch

Bring to a boil:

1 lb. soup meat with bone, usually beef, covered with 8 to 10 cups cold water
2 tsp. salt (sea salt is fine).

Add 1 to 2 medium chopped onions & 1 celery stalk, chopped.

Fresh garlic cloves may also be chopped and added, 2-6, as desired, bay leaf, optional. Cover and simmer for 1-½ hours. Skim off foam with a metal spoon.

Add 1 small tin of diced tomatoes or 3-4 fresh or frozen (peeled) tomatoes.

Peel and dice 1 to 2 med potatoes and add, continue simmering & skimming for 15 min.

Peel 4 to 6 beets, reserving beet tops, if desired.

Peel 3 to 4 carrots. Grate beets and carrots into thin slivers and add to soup.

Continue simmering 10 minutes, removing foam. Bones may be removed at this point.

Chop finely 1 small cabbage, 2-3 cups and add to soup. If using beet tops, chop finely also and add at this point. Finish soup by adding, either

1 tin of cooked white beans or

1 tin of kidney beans or

1 package of frozen lima beans

At this point, there are several options as per one's own preference. For example, add 1 tin of pork and beans or a tin of mushroom soup or

sauté a medium onion chopped,

a few more cloves of diced garlic in 2-3 tbsp. of butter till just brown.

Add a heaping tbsp. of flour, making a paste. To the roux add 1 cup of hot soup and stir in.

Then add back to the pot. This will thicken the borsch a little and add a distinct flavour.

Mushrooms, fresh or dried may also find their way into the sautéed onion mixture.

Some cooks like to add lemon juice for a bit of tartness, also.

Once everything is added, bring the soup to a boil. Check flavour - add salt and pepper here if necessary. Finish with chopped dill and parsley and continue simmering 10 minutes or so, to blend all flavours.

Soup seems to taste best if allowed to sit for a few hours or even the next day.

Serve with sour cream or rich sweet cream. It is best to have each person add their own according to personal taste, at time of serving. Freezes well, however omit creams.

Baba's kapusnyak (Sauerkraut soup)

Bring to a boil and skim off foam till mostly clear:

1 lb pork shank or spare ribs	1 stalk celery, chopped or 3 long pieces
8 cups water	(later removed)
1 large onion, diced (or leave whole and remove later)	1 bay leaf
	1 tsp. salt

Simmer covered, 1½ to 2 hours.

Add 1 to 2 medium potatoes, peeled & diced and 2 to 3 carrots, sliced

2 to 3 fresh or frozen tomatoes, peeled or 1 small tin tomatoes

3 cups sauerkraut, washed, well drained, quick chopped

1 tin kidney beans or 1½ cups cooked kidney beans

Bring to a boil and simmer another 10 to 15 minutes.

Add 1 small shredded cabbage, sautéed slightly in butter first with

1-2 cups fresh or tinned sliced mushrooms or if using dried mushrooms, add liquid used in soaking as well for more flavour.

Optional at this point:

#1 - 1 tin of pork and beans

#2 - sautéed chopped onion

#3 - thickening by making a paste with 1 tablespoon flour and 3 tbsp. melted butter. Add a little soup to paste and return to soup. Bring last ingredients to a boil and simmer 10 to 20 minutes to blend flavours. Check for salt and pepper – add fresh chopped parsley as well.

** soup always tastes better if it sits for a few hours before serving.*

Kholodnyk (Uncooked chilled soup)

Chilled vegetable soups made with a base of sour milk and cream or chicken broth and cream are popular summer soups in a number of European Countries.

1 quart of sour milk or buttermilk	1 tbsp. chopped green onion
½ cup sour cream	1 tbsp. chopped green dill
1 cup cooked diced beets	2-3 hard boiled eggs
1 cup diced cucumber	salt and pepper
1 tbsp. grated raw carrot	

Beat the sour milk or buttermilk with the cream until uniformly blended. Add the remaining ingredients and season to taste with salt and pepper. Chill thoroughly.

Serve very cold in chilled soup plates.

Tomato soup

For a quick tomato soup, omit the meat and use canned boullion or soup stock.

1 pound pork spare ribs or fresh pork	1 medium onion, chopped
1 small carrot, sliced	½ stalk celery, diced
6 - 7 cups cold water	1 tbsp. of flour
16 oz. can of tomatoes or	½ cup or more sour cream
1 lb. fresh tomatoes	salt and pepper to taste

Cover the meat with water. Bring to a boil and skim. Add the salt and vegetables. Cover and simmer until the meat is done. Remove meat and add tomatoes.

Cook for a brief period, just enough to blend the flavours. When fresh tomatoes are used, cook until they are tender.

Press these ingredients through a sieve and mix flour with the cream. Blend together, then stir into the soup. Bring to a boil. Season to taste with salt and pepper.

Serve with steamed rice.

Kartoplyanka (Country style)

Potato soup

In some regions of Western Ukraine this soup is called white borsch.

1 small onion	1 small stalk celery, diced
4 cups soup stock	1 tbsp. flour
2 tbsp. butter	1 cup shredded cabbage
2 cups water	½ cup or more sour cream
2 medium potatoes, diced fine	chopped dill or parsley
1 tsp. salt	

Cook the onion in the butter until slightly wilted. Add the vegetables, soup stock, water, and salt. Cover and cook until the vegetables are tender. Blend the flour with the sour cream. Spoon some soup liquid into flour mixture and then stir into soup and bring to a boil. Season to taste with salt and pepper. Garnish with dill or parsley. This soup is usually served with rye bread.

Pea soup

4 tbsp. margarine	4 cups water
4 tbsp. flour	4 carrots, chopped
1 small onion, chopped	1 tsp. salt
2 tsp. parsley	¼ tsp. pepper
4 cups peas, frozen	½ tsp. paprika

Cook margarine and flour for a few minutes, until well blended, stir continually. Add onion, stir and cook for a few more minutes, until transparent but not browned. Add remaining ingredients, bring to a boil, simmer for ½ hour. Add noodles (see recipe below).

Noodles:

1½ cup flour	½ tsp. salt
1 egg	½ cup water

Mix all ingredients into a ball, break off little pieces and drop them into the soup. Cook for 15 minutes.

Fresh mushroom soup

2½ lbs. fresh mushrooms	1-1½ c. flour (or more for desired thickness)
salt to taste	½ cup oil
5 cloves garlic or more according to taste, crushed	

Wash mushrooms well to remove all grit and dirt. Cut in small pieces put into soup pot. Add water to cover mushrooms. (If more water is needed, add after mushrooms are cooked.) Add salt and garlic. Cook for about 1 hour.

Brown flour in oil over medium heat, stirring constantly so that the flour does not burn. Carefully add the browned flour roux to the boiling mushrooms, a little at a time, stir vigorously to prevent lumping. Stir well, simmer until well blended. More roux may be added if a thicker consistency is desired.



Meatless borsch, suitable for Christmas Eve

¼ cup oil	½ cup vinegar
1 medium onion, chopped	1 tsp. sugar
8 medium peeled beets	3 tbsp. margarine or oil
1 tbsp. salt	5 tbsp. flour

Brown onion in oil in a 6 or 8 quart pot. Add beets and 12 cups of water.

** (see note)*

Add salt, bring to boil and cook for 1-½ hours. Remove beets and cool them. Shred 4 beets and put back into borsch. Add vinegar and sugar. Melt margarine in small pan. Add flour and stir. Cook until golden brown. Pour a cup of hot borsch into margarine and flour mixture and mix well. Then pour all back into borsch. Mix well and bring to a boil.

** NOTE: Vushky (tiny dumplings) with mushrooms may be added to this borsch when serving. Recipe for vushky and mushroom filling may be found in the varenyky-pyrohy section.*

** in regard to the liquid in above borsch recipe, you may substitute for the water, up to 6 cups of liquid left over from cooking the mushrooms for the vushka filling.*

Sorrel borsch

Sorrel is a plant with tender sour leaves which are used in soups, salads, and sauces. It grows wild in Ukraine but in Canada it is cultivated in the gardens. Sorrel borsch has a specific character of its own.

1 small onion, chopped	3 cups or more chopped sorrel
1 tbsp. butter	1 tbsp. flour
6 cups soup stock	½ cup of sour cream
1 medium potato, diced	salt and pepper
1 cup chopped vegetables (celery, carrot, cabbage)	chopped dill
	3 hard cooked eggs

Cook the onion in the butter until wilted. Add the soup stock and the vegetables except sorrel. Cook until tender, strain and press the vegetables through a sieve, add to the stock. Toss in the sorrel and continue cooking for a few minutes. Blend the flour with the sour cream to a smooth paste, stir into the borsch and bring to a boil. Season to taste and add dill. When ready to serve, place half of the hard cooked egg, yolk side up, in the bottom of each soup bowl and fill with the borsch.

PASKA, BABKA, BREADS

Easter Bread (Traditional Easter Paska)

Take out 1 dozen eggs (so that they are at room temperature).

Sift flour, about 14 cups, you will use about 10-12 cups on average

Separate the dozen eggs....yolks and whites

Mix and set aside in a bowl: 2 tbsp. sugar; 2 pcks. of dry yeast (Fleishman's red stripe. Check expiry); ½ cup warm water * *this mixture should start bubbling*

Beat egg whites till very stiff.

In a large bowl, add 1 cup of sugar to the yolks, plus 2 packets of vanilla sugar.

Beat well until light and thick, using electric mixer.

To the yolk mixture, add the yeast mixture and blend. To this mixture, add and mix gently

1 cup lukewarm water

1 cup vegetable oil

1 tsp. salt

2 tsp. real vanilla or lemon flavouring

2 tbsp. grated lemon rind

To yolk mixture, add, alternately, flour, and whites, (about 2 cups at a time), stirring after each addition at first. As dough becomes stiffer, each addition will be kneaded in.

About 10-12 cups flour on average will be used. Total kneading is about 15 min.

The dough will be very sticky but should pull away from the bowl. This dough does not require a lot of kneading. Leave sticky. Rub palms of hands with oil and rub over dough so it doesn't dry out, all around. Cover bowl with towel and let rise in warm, draft free place, until double in size. Grease containers well for baking with Crisco. Sprinkle lightly with bread crumbs. Flour surface and knead dough again very slightly. Cut pieces of dough off, visualizing container or tin and knead slightly again. Raisins may be added to the whole batch of dough and kneaded in or knead into individual portions. Some can still be plain.

You may also wish to save a piece of dough for decorating.

Fill containers about ½ full and set aside. Cover and let rise again till top of dough is even with the top of pan only.

Brush with beaten egg and milk just before baking.

BAKE at 350 F for 10 minutes and then reduce heat to 300 F. For small paskas it can take as little as another ½ hour to ¾ hour. Larger ones may take about 1 hour all together.

If you wish to decorate: save some dough and knead in more flour so that dough becomes stiffer. Prepare decorations. After paskas have been in the oven for 20 min., dip decorations into egg and milk mixture and place very quickly on baking paska.

Work quickly with oven door open and rack pulled out as much as possible.

To tell whether paska is done, turn paska out of pan and tap the bottom. If it sounds hollow, it is done. If it sounds flat, put it back in.

NOTE: When using narrow tins (coffee tins), only fill to about ¼. Then let rise to just below top of tin.

Pampushky (Doughnuts)

2 tsp. sugar	2 whole eggs
½ cup lukewarm water	3-4 egg yolks
2 packages dry yeast	1 tsp. vanilla
¾ cup scalded milk cooled to lukewarm	1 tsp. salt
¾ cup flour	grated rind of lemon or orange
½ cup butter, softened	4-5 cups sifted all purpose flour
½ cup sugar	

Dissolve sugar in lukewarm water. Sprinkle the yeast over it and let it stand until softened. Add the lukewarm milk and ¾ cup flour and beat well. Cover and let rise in warm place until light and bubbly (mixture will resemble a sponge).

Cream the butter and sugar. Beat the eggs and egg yolks together with the salt. Add egg mixture to butter/sugar mixture and beat thoroughly. Stir in the vanilla, lemon rind and yeast mixture. Add flour and knead in bowl for about 10 minutes. The dough should be soft. Cover and let rise until double in bulk. Punch down, knead a little and let rise again.

Plain pampushky:

Roll dough to ½ thickness. Using doughnut cutter, cut into rings. Place on lightly floured board; do not cover. Let rise till double in bulk. Deep fry in oil or shortening for about 3 minutes on each side. Drain, sprinkle with icing sugar or a mixture of granulated sugar and cinnamon.

Filled pampushky:

Roll dough to ¼ thickness. Cut into small rounds with a cookie cutter or glass. Place a tsp. or so of filling in centre of round and cover with another round and seal edges well. Shape lightly with hands and place on lightly floured surface and let rise till double in bulk. It is not necessary to cover while rising so that a crust forms on the dough. The pampushky will absorb less fat when fried. Deep fry for about 3 minutes on each side. Drain and sprinkle with icing sugar or a mixture of granulated sugar and cinnamon.

Prune filling:

1 pound prunes, cooked	1 tbsp. lemon juice
½ cup sugar	½ cup chopped walnuts (optional)
½ tsp. cinnamon	

Pit prunes and chop fine. Combine prunes with remaining ingredients. Be sure filling is thick. If chopped prunes appear a little thin, cook with the sugar until the mixture thickens and then add remaining ingredients. Jams may also be used as filling.

Babka

Babka is traditionally served at the Easter Meal and is a rich yeast-raised cake bread.

1 cup milk	¾ cup sugar plus 2 pck. vanilla sugar
⅓ cup flour	1 tsp. salt
3 tsp. sugar	¾ cup melted butter
½ cup lukewarm water	2 tsp. vanilla
2½ packages dry yeast	grated rind of one lemon
10 egg yolks	about 5 cups all purpose flour
2 whole eggs	raisins or chopped peel (optional)

Bring milk to a boil. Add hot milk to ⅓ cup flour and beat until thoroughly smooth. Sieve if necessary. Cool till lukewarm. Dissolve yeast and sugar in the ½ cup lukewarm water thoroughly. Combine yeast with flour/milk mixture. Beat well and let sit in warm place until bubbly.

Thoroughly beat egg yolks, whole eggs and salt. Add sugar gradually and beat until light. Add butter, vanilla and lemon rind, beating constantly. Combine this mixture with yeast mixture and mix well. Stir in only enough flour to make a very soft dough. Knead by working the dough under and over for about 10 minutes. Add raisins after dough is kneaded. Cover and let rise till double in bulk. Punch down and knead a few more times and let rise again.

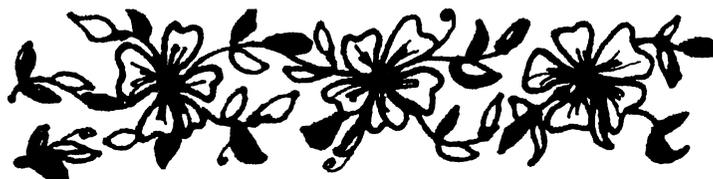
Grease tall round baking pans. Coffee tins work well. Sprinkle with bread crumbs. Fill with dough only to ⅓ full. Let dough rise to top of containers. Brush loaf carefully with beaten egg diluted with 2 tbsp. water.

BAKE at 375 F for 10 minutes. Reduce oven to 325 F and bake for another 20 to 30 min. Reduce heat again to 275 F and bake an additional 15 to 20 min. Be careful not to over bake. Let babkas stand in tin 5 to 10 min. before removing. Remove loaves very gently onto a soft cloth-covered pillow. A hard surface could cause bread to fall. Change position of babkas during cooling. Babka may be iced or glazed and sprinkled with baker's confetti. Slice babka in rounds across the loaf.

To glaze:

Squeeze lemon juice into bowl and add icing sugar to desired consistency. Glaze may be left quite runny or thick by adding more icing sugar. Drizzle over babka if runny or ice top as a cake. Let glaze set for a minute running down sides if thin. Then sprinkle with prepared confections, coloured sugars, grated lemon rind or toasted almond slivers.

Milk instead of lemon juice may also be mixed with icing sugar for a different flavour.



Kolach

The Kolach is the traditional Christmas Eve Supper centrepiece. Three braided loaves, topped by a candle commemorate the Trinity. The circle symbolizes eternity.

Recipe for single kolach. Triple ingredients for three loaves (only doubling yeast mixture). Sprinkle 1 tsp. sugar and 1 package yeast into $\frac{1}{3}$ cup lukewarm water. Let stand until bubbly. Combine 2 beaten eggs, 1 egg yolk, 1 tsp. salt, 2 tbsp. sugar, 2 tbsp. vegetable oil and $\frac{1}{2}$ cup lukewarm water. Stir in yeast mixture. Add 4 cups sifted flour. Knead until dough comes clean off fingers and blisters appear on smooth surface of dough. Cover with towel in greased bowl. Place in warm spot until double in bulk (1 to $1\frac{1}{2}$ hours). Punch down. Let rise again. Knead 5 minutes.

** Divide dough into 6 equal portions. $\frac{1}{2}$ cup seedless raisins may be added.*

To Shape Kolach:

1. With palms of hands, roll each portion into a 26" strip. Entwine two strips, starting at centre. Repeat, making three twisted strips.
2. Now entwine two twisted strips, starting at centre.
3. Join neatly in circle. Set in greased low pan at least 9" round. Leave 1 space.
4. Wrap remaining twisted strip around Kolach. Join ends. A small greased pan helps keep centre open.

Cover. Allow to rise in warm place until almost double. Glaze with beaten egg.

BAKE at 375 F for 10 minutes. Lower to 350 F for 40 minutes or until golden in colour.

Never fail buns

3 cups warm water

$1\frac{1}{2}$ tsp. salt

2 tbsp. yeast

$\frac{1}{2}$ cup sugar (less for bread)

Dissolve yeast, sugar and salt in water for 10 minutes.

4 eggs, beaten

$\frac{1}{2}$ cup oil

10 cups flour or less

Combine eggs and oil, stir in yeast mixture, add flour. Blend well, cover, and let rise 2 hours. Do not punch down. Make into buns or bread. Let rise $1\frac{1}{2}$ hours. Bake buns, 25 minutes at 375 F. Bake bread, 15 minutes at 400 F, then 25 minutes at 375 F.

Cottage cheese puff

2 cups cottage cheese
¼ cup cream of wheat
4 eggs, separated

salt
1 cup cream

Press the cottage cheese through a sieve. Beat the egg yolks well and combine with the cheese and cream. Beat thoroughly. Stir in the cream of wheat and season to taste and salt. Beat the egg whites until stiff and fold gently into the mixture. Spoon into a buttered baking dish. Set the dish in a pan of hot water and bake in a moderate oven 350 F for 35 to 45 minutes, or until done. Serve hot with sour cream and a green salad.

Prune puff

1 cup pulp of cooked prunes
¼ cup sugar
1 tbsp. lemon juice

few grains salt
4 eggs, separated

Chop the stewed pitted prunes very finely or press through a sieve. Combine the prunes with the lemon juice. Beat the egg whites until stiff and the yolks until thick and light colored. Add the sugar and salt gradually to the yolks and continue beating. Combine the prune pulp with the yolk mixture. Fold in the beaten whites. Spoon the mixture lightly into a buttered baking dish, set the dish in a pan of hot water. Bake in a moderate oven 350 F for 45 minutes or until the centre is firm when touched lightly with a finger. Serve hot with a custard sauce. Garnish with toasted chopped almonds.

Serves 4 to 5.

** go to sauces section for custard sauce*



MEATS

Patychky (Breaded meat sticks)

Patychky may be made using either:

1. equal quantities of lean pork and veal
2. lean pork shoulder or pork loin * if using only pork tenderloin, be careful not to over cook.
3. equal quantities of pork and beef
4. some cooks use a combination of pork, veal, chicken and beef.

Whichever meats you choose, the preparation is the same.

Cut meat into chunks, about 1 inch cubes and trim off fat.

Marinate meat overnight by adding salt, pepper, onion salt, vegeta flakes, crushed fresh garlic cloves (or garlic powder), olive oil. 1 or 2 tbsp. of lemon juice or wine.

Mix seasonings with meat, cover and refrigerate over night.

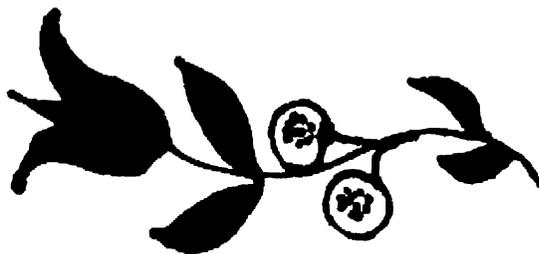
Using wooden skewers, (4-5inch lengths), skewer on meat, leaving about 1inch at bottom of stick for handling. With your hand, squeeze and pat meat gently around skewer to form an even shape.

Roll prepared meat sticks in flour so that they are well coated. Dip in egg beaten with 1 tsp. milk and then roll in fine seasoned breadcrumbs or fine soda cracker crumbs. Again pat breading around the meat and shape gently.

Gently brown patychky in olive oil (a little butter may be added also) on all sides. Place browned meat sticks on paper towels and then transfer to a pan, a roaster or casserole dish and bake covered at 325 F anywhere from 1 to 1½ hours, depending on size of meat chunks and tenderness of meat. Check periodically while baking and shake pan slightly so that bottom meat sticks do not stick to the bottom of the pan.

** some cooks line bottom of pan with fresh onion and green pepper slices with 1-2 tbsp. water and place patychky on top. It is not advisable to have too many layers in one pan.*

Start second layer, placing patychky in opposite direction. After baking let meat rest about 15 min.



Honey glazed ham

6 lb. country-style ham
whole cloves

2 tbsp. honey
3 tbsp. brown sugar

Put ham into large bowl, cover with water and let soak overnight. Next day, drain the ham. Place it in a large saucepan and cover with fresh water. Bring to a boil. Remove any scum. Reduce heat, cover, and simmer for 1½ hours.

Preheat the oven to 350 F. Remove ham from pan, allow to cool slightly, then cut off any rind. Score fat in a lattice pattern and put a clove in the center of each diamond.

Gently heat brown sugar and honey in a small saucepan until melted. Brush over the surface of the ham. Put ham in a roasting pan and cook in the oven for 30 min., basting from time to time. Take care not to let the glaze burn. 10 servings.

Sweet and sour spareribs

2 lbs. spareribs

1-2 Spanish onions, sliced

Roast spareribs with Spanish onions for approximately 1 hour at 350 F. Drain off fat.

Sauce:

2 tbsp. flour
1 cup brown sugar
¾ cup vinegar

1 cup water
2 tbsp. soya sauce (or more, if desired)

When mixing sauce, mix flour with brown sugar first, then stir in the vinegar, and other ingredients. Cook sauce until thickened and pour over the ribs. Return to oven for 15 minutes at 350 F.

Tasty pork chops (fast)

Dip each chop in a mixture of soya sauce and garlic powder or crushed fresh garlic. Next dip chop into a bowl of beaten eggs, dipping next into a bowl of breadcrumbs. Place on cookie sheet and bake at 350 F about 1 hour (depending on thickness) or until tender.

Stuffed pork chops

12 pork chops, ½ inch thick
4 strips bacon, diced
1 onion, peeled and chopped
2 stalks celery, sliced fine, finely chopped
3 tbsp. butter
¾ cup breadcrumbs

¾ cup cooked rice
¼ cup applesauce
1 egg, slightly beaten
½ tsp. sage
Salt and pepper to taste

Sauté the bacon, onion, celery and garlic in the butter until the onion is soft and the bacon crisp. Add the breadcrumbs, rice, applesauce, egg and seasonings. Mix. Quickly brown the pork chops and place 2 tbsp. of stuffing on 6 of the chops. Cover each with another chop as if to make pork chop sandwiches. Salt and pepper the top chops.

BAKE at 350 F for 45 minutes.

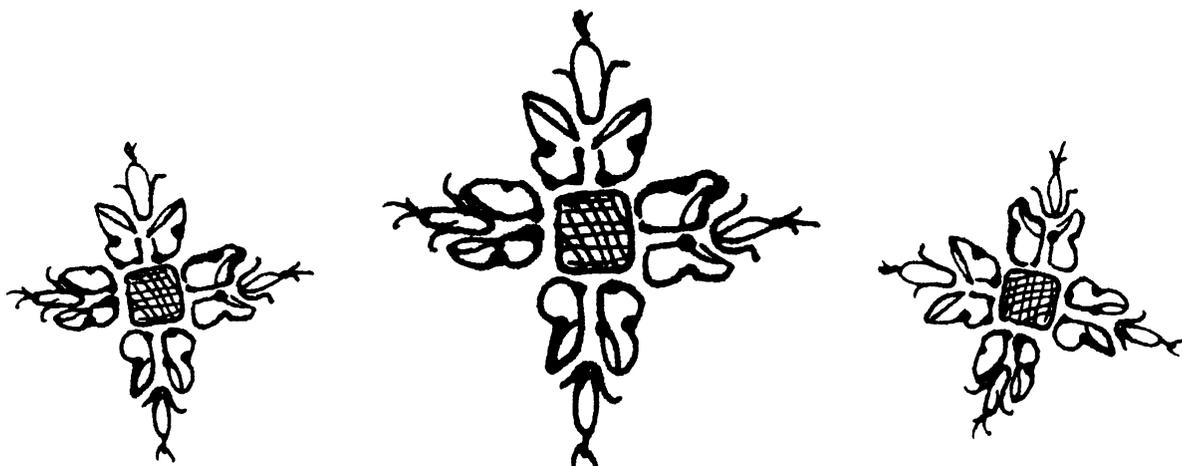
Fried chicken in cream

2 pounds chicken pieces
seasoned flour (salt, pepper, garlic salt,
paprika & parsley)

olive oil or butter for browning
1-½ cup sour cream
dill

Mix flour and seasonings. Place in sturdy plastic bag and shake pieces of chicken till well coated. Fry coated chicken in pan till lightly browned all over. Place fried pieces in a casserole. Pour in sour cream. Sprinkle with dill. Cover and BAKE at 300 F until chicken is tender, about 1 hour.

10 minutes before chicken is done; fresh mushrooms, very lightly sautéed with onion may be added for extra flavour.



Tasty meat loaf

In large bowl, beat

3 eggs

1-½ tsp. salt

½ tsp. pepper

1 tsp. onion salt

Stir in and let sit for about 5 min.

¼ cup milk

¼ cup sour cream

1 cup bread crumbs

Add:

2 lbs ground meat (this may be all beef or a mixture of beef, pork and veal)

¼ cup finely chopped onion

3 tbsp. chopped parsley

2 tbsp. chopped celery leaves

1 clove finely chopped garlic

Mix, until well blended.

Shape meat into loaf. Place 6 strips of bacon over top. BAKE for 45 minutes at 350 F.

Glaze

In small bowl combine ½ cup chili sauce or ketchup, 2 tbsp. brown sugar and ¼ tsp. dry mustard. Mix.

Use part of glaze for tops and sides, return to oven for 30 minutes more, brushing several times with remaining glaze.

Makes 6 to 8 servings

Variation: Stuffed Meatloaf

For added flair, once meat mixture is ready, put half the meat in the baking dish and press out a little from the centre, making a small well in the centre. Fill the well by either lining up 4 hard boiled eggs or fill well with sauerkraut (about 2 cups), well rinsed, chopped and drained. Cover with remaining meat mixture and form loaf to enclose the eggs or sauerkraut. You may also use cooked mushrooms or pickle spears as stuffings. Bake as above.

**if a sauce is desired for the meatloaf, instead of the glaze, use 1 tin of tomato or 1 tin of mushroom soup, diluted with ½ tin of water or milk. Add after 45 min of baking. If there is juice in the pan from the meat cooking, drain before adding sauce.*

Ukrainian sausage and sauerkraut

1 ring Ukrainian sausage
¼ cup onions, chopped

1 tbsp. oil
1 qt. sauerkraut

Fry onion in oil until light brown. Mix with sauerkraut and sliced sausage. Place in roaster, and bake for ½ an hour in 350 F oven.

Pork sausage stuffing

1 lb. pork sausage meat
1 – 1½ cup water
¼ cup butter
½ cup celery, finely cut
1 medium onion, finely chopped

4 cups bread crumbs
1 tsp. salt
¼ tsp. pepper
1½ tsp. sage

Boil sausage meat with water to cover until it loses its colour. Save the water. Combine butter, celery, onion, fry until soft. Combine all ingredients, mix well. Use as stuffing for chicken or turkey. Will stuff a 6-8 lb. bird.

Stuffed pork tenderloin

Pork tenderloin, the most tender cut of pork, lends itself to many variations. Ukrainians enjoy it stuffed in one big roll or individual rolls.

2 pork tenderloins
melted butter

salt and pepper
favourite bread stuffing

Select 2 pork tenderloins of equal size. Trim off the fat and split the tenderloins lengthwise without cutting them through completely. Open each tenderloin and flatten it out. Brush it with the melted butter and sprinkle with salt and pepper. Spread the stuffing on one flattened tenderloin and cover with another one. Tie the roll in 2 or 3 places with a string. Brush a roasting pan with oil, place the roll into the pan brushed with oil. Cook in a moderate oven (350 F) until tender allowing 30 to 35 minutes to the pound. Make a gravy of the pan drippings. Serve the roll in slices.

Zrazy / Meat Balls

Using meatloaf mixture in previous recipe, shape meat into 1½ inch balls and brown evenly in hot fat (olive oil, butter or combination of both).

Or - Form meatballs and place on baking sheet and brown in oven at 350 F for about 20 min., discarding fat and liquid left over from baking. Toss and coat meatballs with flour and place in baking dish. Add enough beef or chicken broth to cover and continue baking at 350 F. After about 30 min., you may add sautéed mushrooms and onions and bake another 30 min. Remove from oven, add a heaping tbsp. of sour cream, fresh dill or parsley. Allow meatballs to rest about 20 min. before serving.

Chicken Kiev with Mushroom sauce

Chicken breasts	1 slightly beaten egg
Butter	2 tbsp milk, fine bread crumbs
Salt, pepper	Seasoned flour-salt, paprika, parsley

Pound chicken breast very flat and thin. Cut butter into 2 x ½ pieces and freeze until very hard. Sprinkle breasts with salt and pepper. Place a cube of butter on a breast. Fold in the ends well and roll into a neat roll, encasing the butter completely. Skewer the opening securely with a wooden pick. Fill all breasts in the same manner.

** Very important to make sure that the frozen butter is well enclosed so that it doesn't leak out.*

Coat rolls with seasoned flour and parsley. Dip in beaten egg and milk and then dip in bread crumbs. Brown quickly in hot butter or olive oil. Drain and BAKE at 400 F for about 5 to 10 minutes. Remove wooden picks and serve. Serve with mushroom sauce.

Mushroom sauce

3 tbsp. butter	¼ cup light cream, salt and pepper
½ pound fresh sliced mushrooms	1-2 tbsp. sour cream
1 tbsp. flour	

Sautee lightly mushrooms with butter. Add flour, cook for a few minutes. Add salt, pepper and cream. Cook about 5 minutes and add sour cream. Stir till smooth and blended.

Stir fry chicken with rice

3 chicken breasts
4 cups water
1 tsp. salt
¼ cup celery leaves, chopped
1 bay leaf
1 small onion
1-2 tbsp. soy sauce
10 oz. can mushrooms, sliced

1 large onion, diced (½ cup)
1 clove garlic, minced
1 cup rice, uncooked
3 cups chicken broth
½ tsp. salt
¼ tsp. pepper
½ cup peas, frozen or fresh

Debone chicken breasts. Cook bones in salted water with celery leaves, bay leaf and small onion for about 45 minutes. Strain, reserving broth. Cut chicken in ½ strips. Pour soy sauce over and marinate for about 1 hour.

In electric fry pan, or stainless steel pan with lid, stir-fry chicken in 1 tbsp. of oil on high heat. Add drained mushrooms, diced onions, garlic and fry for a few minutes longer. Add the uncooked rice, chicken broth, salt and pepper to taste. A little more soy sauce may be added, if desired. Turn down heat. Cook about 15-20 minutes with lid on.

Stir several times. Add peas and cook another 8-10 minutes.

Paupiettes (Rolled round steak), also called Rolladen

1-2 lbs. ¼ thick round steak
prepared mustard
precooked bacon strips
dill pickles

½ tsp. salt
¼ tsp. garlic salt
¼ tsp. pepper

Cut steak into 3 - 4 squares. Spread mustard on each slice. Place bacon on steak slice. Wrap steak around dill pickles that have been sliced into quarter sections. Fasten rolls with toothpicks. Season rolls with salt, pepper, and garlic salt. Brown rolls in a skillet and arrange in a casserole. Make gravy with the meat stock from browning rolls.

*Or * Variation: for stuffing sauté very lightly, chopped bacon, onion chopped, chopped pickles and even carrots, finely grated. Spread meat with mustard, then spread the above mixture over the mustard. Season as above. Roll meat up and fasten with a toothpick. Brown rolls and proceed with gravy and sauce.*

Gravy:

2 tbsp. flour
½ tsp. salt

2 tbsp. drippings
1 cup liquid, (water or beef broth)

Add flour and salt to pan drippings. Olive oil or butter (or combination of both) may be added if there is not enough drippings for sautéing. Cook for a few seconds. Slowly add liquid, simmer until thickened.

Sauce:

½ cup onion, diced
2 cloves garlic, finely chopped

1 tsp. parsley flakes
1 oz. dry red wine

Combine all sauce ingredients with gravy. Pour over paupiettes in casserole. Bake at 350 F for ½ hour at least. Sometimes round steak may need additional cooking time to become more tender. Increase time and lower temperature, e.g., reduce to 325 F and bake for 1 hour. Let rolls rest in sauce for about 15 min. before serving.

Boiled ham

Scrub the ham in warm water with a brush and wash it well. Place the ham in a deep kettle and pour enough boiling water to barely cover it. Cover and simmer (do not boil) until the ham is tender, allowing 25 to 30 minutes to the pound. Use a meat thermometer for accuracy. Cool the ham in the water in which it was cooked. If a boiled and then baked ham is desired, place the cooked ham while it is still warm in a roasting pan. Strip off the skin and cover the top and sides with brown sugar mixed with a small quantity of dry mustard. Stud it with whole cloves. Bake the ham in a hot oven 425 F for about 20 min. or until the sugar is melted and delicately browned. The ham may be basted with any fruit juice. Old country cooks use the syrup of pickled fruit for this purpose. The traditional Ukrainian accompaniment for ham is freshly grated horseradish, or a beet and horseradish relish.



Chicken with wine

1 large chicken (or turkey)

½ cup flour

½ tsp. poultry seasoning

½ tsp. salt

¼ tsp. pepper

1 cup sliced mushrooms, (optional)

1 pkg. onion soup mix

1 pkg. mushroom soup mix

1 cup sweet wine

½ cup sour cream

¼ cup tomato ketchup add water if sauce is too thick

Cut up chicken or turkey into serving pieces. Dredge in flour, poultry seasoning, salt and pepper combination. Lay in the bottom of a roaster. Top the meat with mushrooms, if desired. Combine next 6 ingredients. Pour the sauce over the chicken pieces. Bake at 325 F for about 1½ hours (check cooking time for chicken). Turn heat off and let stand covered for about 15 minutes. Use sauce for gravy.

** To use with a turkey, this recipe can be doubled. Marvellous for Christmas.*

Chicken in sour cream

7-11 chicken breasts, halved

1 tbsp. butter

1 tsp. salt

1 tsp. pepper

1 tsp. paprika

20 oz. can cream of mushroom soup

1½ oz. pkg. dry onion soup mix

2 cups dairy sour cream

1 tbsp. lemon juice

1 tsp. dillseed

Place chicken in buttered baking dish. Dot each piece with butter, sprinkle with salt, pepper and paprika. Combine remaining ingredients and pour over chicken. Bake in 350 F oven for 1¼ to 1½ hours or till chicken is tender and sauce is brown.

Serve with rice and vegetable salad.

Other chicken pieces could be used.



Fried chicken in Cream

This every day dish lends itself to innumerable variations. Smothered mushrooms, diced vegetables, or chopped dill may be added for an interesting flavour.

3 pounds frying chicken
butter

seasoned flour
1 cup hot sweet or sour cream

Cut the cleaned chicken into serving pieces. Coat each piece with the seasoned flour and pan fry in the hot butter to brown evenly on both sides. Remove the meat to a casserole. Sprinkle with salt and pepper and pour in the cream. Cover and cook in a slow oven (300 F) until the chicken is tender. Serve in the casserole.

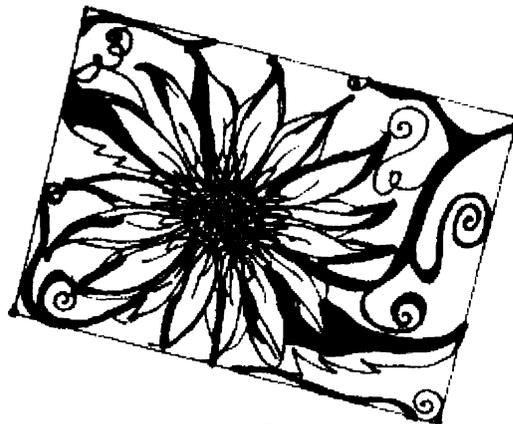
Hussar roast

Although this dish is popularly called a roast, it is really a stuffed round steak.

2½ to 3 pounds thick round steak
½ cup boiling vinegar
seasoned flour
¼ cup butter

1 medium onion, quartered
½ cup soup stock or water
1 tbsp. flour
salt and pepper to taste

Pound the meat well on both sides. Scald with the boiling vinegar and let it stand a few minutes to tenderize. Drain the vinegar and sprinkle the meat on both sides with the seasoned flour. Heat the butter in a dutch oven or a heavy pan with a close fitting cover and brown the meat on both sides. Add the onion and soup stock or water. Cover and simmer slowly for 2 hours. A half hour before serving, remove the meat, cut it crosswise into thin slices leaving every other slice not completely cut through. Prepare any favourite bread stuffing. Spread a small quantity of this stuffing between the partly cut slices and skewer with wooden picks. Return the stuffed meat to the pan. Sprinkle it with 1 tablespoon of flour. Add a little more soup stock or water, season with salt and pepper. Cover and cook slowly for ½ hour. To serve arrange the meat carefully on a platter, remove the wooden picks and pour the pan drippings over it. Serve with mashed potatoes and any favourite vegetable.



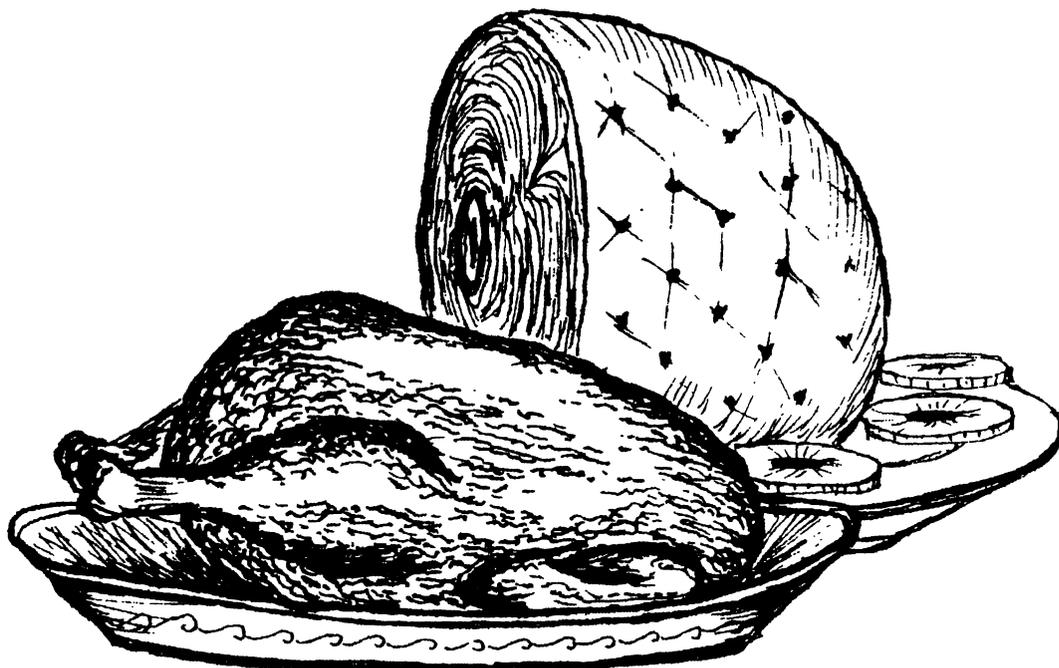
Breaded veal kotlety

The following recipe gives very tender kotlety that may be served when entertaining guests.

1½ to 2 pounds veal steak
Juice of ½ lemon
Seasoned bread crumbs

1 egg slightly beaten
½ cup soup stock or cream

Wipe the meat with a damp cloth. Trim off excess fat and skin from the meat. Pound the meat well with a mallet or the edge of a heavy plate. Sprinkle both sides with the lemon juice and let it stand at room temperature for 30 min. Pat dry and cut the meat into serving portions. Dip each slice into bread crumbs and then in the beaten egg diluted with 2 tbsp. of water. Again dip the meat into bread crumbs. Brown the slices on both sides in the hot butter. Pour the soup stock over the meat, cover tightly and cook in a slow oven at 300 F to 325 F for 1 hour. Arrange the meat attractively on a platter and sprinkle with salt and pepper and pour the pan drippings over it. Garnish with sprigs of parsley.



HOLUBTSI (CABBAGE ROLLS)

Cabbage Rolls

Preparing Cabbage:

Remove hard core of the cabbage by cutting around it with a sharp pointed knife. Simmer cabbage in water, covered, removing outer leaves as they wilt. Do not overcook. Line casserole with smallest and damaged leaves. Save a few for covering the top.

To form holubtsi:

Cut off the hard centre rib of each leaf. Cut large leaves into two sections. Place a generous spoonful of filling on each leaf. Fold sides toward centre. Starting at thin outer edge, roll up.

Fillings for holubtsi

Basic rice filling

2 cups rice	1 to 4 medium onion, chopped
2 cups or less boiling water	5 tbsp. butter or other fat
2 tsp. salt	salt and pepper

Add rice to boiling water; stir in salt. Bring to a boil and cook for 1 minute. Cover and turn off heat. Let stand until water is absorbed. Rice will only be partially cooked.

Sauté onion in fat and add to rice. Season well with salt and pepper. Roll and layer in casserole lined with cabbage leaves. Sprinkle layers with salt and pepper. Add tomato juice just to cover and bake at 350 F for 1 to 2 hours. Remove from oven and allow holubtsi to sit at least ½ hour before serving.

** fresh dill or parsley, (or both) chopped, may be added to any holubtsi filling.*

Mushroom-rice filling

This filling is prepared without meat or dairy products so that it is suitable for

Christmas Eve Supper

Wash 2 oz. dried mushrooms. Simmer in 3 cups water for 1 hour. Strain stock. Chop mushrooms. Sauté 1 cup chopped onion in ½ cup vegetable oil. Partly cook 2 cups rice in the mushroom stock (add water to make 3 cups if necessary). Add mushrooms and onion. Season well with salt and pepper. Line casserole with reserved cabbage leaves and arrange holubtsi in layers. Sprinkle layers with salt. Add 2 cups tomato juice (just to cover). Sprinkle with ½ cup vegetable oil.

BAKE covered at 350 F for 1 to 2 hours, depending on size and quantity.

This filling is sufficient for about 3 lbs. of cabbage.

Variations of rice filling

Rice and bacon filling:

Add ½ cup or more well browned bacon to rice filling. Brown with onions. Add bacon drippings as well. Fresh chopped parsley and dill may also be added.

Rice and meat filling:

Add ½ pound or more ground beef, ground veal or ground pork (or a combination). Brown with onions in butter, oil or chopped bacon. Add with drippings to rice. Check for a little more salt for the meat and certainly add more or less meat as preferred. Fresh garlic may also be used to season meat. Onions may also be increased.

** grated carrot may also be added to fillings.*

Holubtsi sauce & variations:

Before adding sauce, some cooks add salt and dots of butter over the prepared holubtsi. The most common sauce for cooking cabbage rolls is 2 cups of tomato juice or V8. There should be enough liquid to cover holubtsi.

Variations:

To the juice, some cooks add 1 tin of tomato soup, undiluted. Another suggestion: to the juice, add 1 tin tomato soup or 1 tin chopped tomatoes, 2 tbsp. of brown sugar, 4 tbsp. apple cider vinegar and chopped onion. Mix and pour over holubtsi. As well, some cooks also use spaghetti sauce, for baking.

Lazy Cabbage rolls

2 lbs. hamburg meat	¼ tsp. pepper
¼ cup onion chopped	2 eggs beaten
¾ uncooked rice	½ cup water
2 tsp. salt	1 medium cabbage

Sauce:

48 oz. tin tomato juice	pepper
6 tbs. lemon juice	garlic
salt	

Prepare meat by adding onion, salt, pepper and 2 eggs mixed well. Cut cabbage coarsely, layer ½ cabbage in bottom of the roast pan. Then add the rice, ½ cup of water spreading rice evenly on to the cabbage. Add meat mixture, then the rest of the cabbage. Pour the sauce over top and bake at 325 F degrees for 2 to 3 hours. This is a very simple recipe to make.

FISH

Pechena ryba (Baked fish)

Sauté 1 cup each, grated carrots, celery, chopped onion, 1 clove crushed garlic and 1 bay leaf in 3 tbsp. oil until tender.

Add 1-½ cup canned tomatoes.

Cover. Simmer 5 minutes. Add ½ cup tomato juice.

Puree all ingredients. Add salt and pepper to taste.

Brush with oil, 2 pounds sole or flounder fillets. Sprinkle with lemon juice, salt and pepper.

Arrange fillets in oiled baking dish. Top with pureed vegetables.

BAKE at 375 F for 20 minutes. Garnish with parsley.

Serves 8-10.

This recipe is recommended for Christmas Eve Supper.

Syletsi (Pickled herrings)

Herrings are often served as an appetizer and also at the Christmas Eve Supper

10 herring (milkers)

4 onions, peeled & sliced

1-2 tbsp. oil to taste per jar

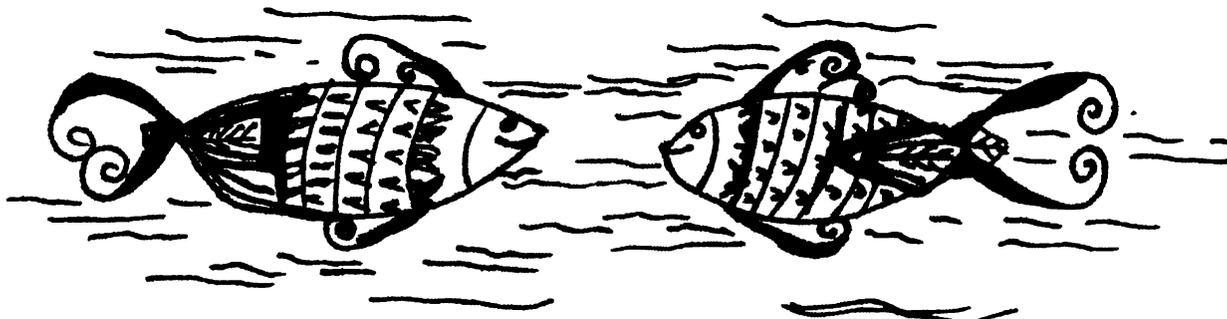
3 cups water

1 cup vinegar

2 tbsp. sugar

Wash herrings and milkers well and soak overnight in cold water. Cut herrings into pieces. Skin and bones may be removed at this point if desired. Pack jars with herring pieces and onions. Add oil to jar. The amount of oil may vary according to jar size and taste.

Boil together water, vinegar and sugar. Cool. Add to jars and cover. Let stand at least 2 days.



Lemon rice stuffed salmon

¼ cup butter	3 tbsp. lemon juice
1 cup celery, chopped	1 tsp. salt
½ cup onions, chopped	¼ tsp. thyme
1½ cup water	⅛ tsp. white pepper
2 tsp. lemon rind, grated	1¾ cups rice, uncooked

Melt butter, add celery and onions and cook until tender. Add remaining ingredients, except rice. Bring to a boil. Add rice, stirring a few times until it returns to a boil. Remove from heat and cover. Let stand 5-10 minutes.

To prepare salmon, season inside and out by rubbing with a cut clove of garlic. Also rub butter over salmon. Season lightly, inside and out, with salt and pepper. Stuff with prepared stuffing, place on well-greased baking dish. Cover with foil. Bake at 350 F, 10 minutes per pound, plus 10 minutes extra. Garnish with parsley and lemon.

Baked stuffed salmon

1¾ cups bread crumbs	⅛ tsp. pepper
1 small onion, very finely, diced	1 cup fish stock
1 tbsp. parsley	1 whole salmon, split down the centre
1 tsp. sage	6-8 slices bacon
½ tsp. salt	

Mix first 6 ingredients for stuffing. Stuff the salmon and skewer the fish closed. Lay the stuffed salmon in a buttered baking dish. Pour the stock over the salmon. Place the strips of bacon on top of the salmon. Bake at 350 F for approximately 15 minutes per pound of salmon. Serve with hollandaise sauce.

Hollandaise Sauce:

¼ lb. butter	2 tbsp. water
2 tbsp. lemon juice	4 egg yolks

In the top of a double boiler melt the butter, add lemon juice and water. When this is mixed, add the egg yolks (be sure that the top of your boiler does not touch the water underneath). Stir vigorously until thickened. Serve immediately. If the sauce curdles, remove from heat and add a bit of hot water. Stir vigorously.

Fish baked in cream

2½ to 3 pounds fish fillets (any type)
1 small onion, chopped
2 green onions, chopped
1 medium carrot, diced

1 stalk celery, diced
1½ cup sour cream,
parsley

Sprinkle fillets with salt and pepper. Place in a baking dish and add vegetables. Pour cream over the fish and sprinkle with parsley. Cover and BAKE at 450 F allowing 10 minutes per inch of thickness.

Fish balls

1 pound fish fillets (any type)
1 tbsp. chopped onion
2 tbsp. butter
1 cup bread crumbs
½ cup milk
1 egg slightly beaten

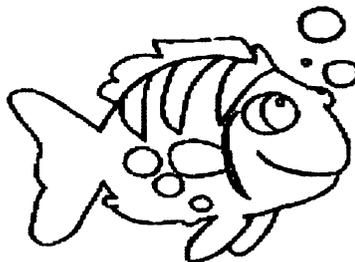
salt and pepper
1 egg, slightly beaten
2 tbsp. milk
bread crumbs
butter

Grind fillets. Cook onion in butter until tender and add to ground fish. Soak bread crumbs in milk, egg, salt and pepper (to taste) and add to fish mixture.

Mix thoroughly.

Shape mixture into small balls, dip in beaten egg with the 2 tbsp. milk and then coat with bread crumbs.

Cook in hot butter until delicately browned.



Baked sole

Place sole fillets flat on baking sheet, as many as you need. Sprinkle with salt and pepper. Squeeze fresh lemon juice all over fish.

Layer over fillets, chopped green onion, long slices of green or red pepper, tomato slices and sliced fresh mushrooms. The actual quantity is up to your own preference.

Bake at 350 F for 20 to 30 minutes. About 10 minutes before fish is done, sprinkle with a layer of shredded swiss or cheddar cheese.

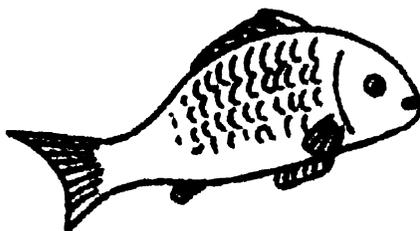
** If you omit the cheese, this recipe would be suitable for Christmas Eve.*

Fried fish with Savory tomato sauce

1 medium onion chopped
1 cup diced celery
¼ cup chopped green pepper
3 tbsp. butter
2 ½ cups cooked tomatoes
3 tbsp. ketchup
½ bay leaf

1 clove garlic, crushed
1 tbsp. lemon juice
Salt and pepper
2½ pounds fish fillets
Seasoned flour
Butter

Simmer the vegetables in the butter for about 15 minutes. Add the tomatoes, ketchup, bay leaf, garlic, lemon juice, and seasoning to taste. Cook until the celery is tender. Press these ingredients through a sieve. Cut the fish fillets into serving pieces. Coat each piece with the seasoned flour. Brown lightly in the hot butter. Then remove to a casserole and pour the sauce over the fish. Cover and cook in a moderate oven (350 F) for about 15 min. to blend the flavours.



CASSEROLES & VEGETABLES

Easter macaroni casserole

2½ cups egg noodles

½ cup butter, melted

½ cup raisins, well-washed

¼ cup sugar

½ tsp. salt

¼ tsp. cinnamon

3 eggs, beaten

1 cup scalded milk, cooled

Cook noodles in salted water until almost done. Drain well. Add melted butter and mix well. Add raisins. Mix sugar, salt, cinnamon, beaten eggs, and milk and add to macaroni. Place in well-buttered casserole and bake in a moderate oven, 350 F, for 30 minutes or until golden brown on top.

Easy chicken casserole

1 cup uncooked long grain rice

1½ cup cold water

2 chicken breasts (uncooked)

1 tsp. salt, pepper

butter, paprika, thyme, poultry seasoning

Wash rice; place in a large greased casserole with water and salt. Rub chicken breasts with butter and place on top of rice. Season with salt, pepper, thyme and poultry seasoning; sprinkle with paprika. BAKE covered at 275 F for about 2 hours. Delicious as flavour goes down through rice.



Spinach and egg casserole

1 pound washed and trimmed fresh spinach or
2 pkgs (10 oz each) frozen spinach, chopped, cooked and drained
3 tbsp. (½ stick) butter
¼ cup flour
1 tsp. salt

⅛ tsp. cayenne pepper
1½ cups milk
1 cup fresh bread crumbs
2 hard cooked eggs, peeled and thinly sliced
1 cup shredded sharp cheddar cheese
1 bacon strip, cut in 1" lengths

1. If using fresh spinach, place spinach, with just the water that clings to the leaves, in a large kettle, pressing down if necessary. Cover; cook about 10 minutes or until wilted and tender. Drain in a fine sieve, pressing against sides until as dry as possible. Chop coarsely.
2. Melt butter in saucepan, blend in flour, salt and cayenne. Add milk slowly and heat, stirring constantly until sauce is thickened and bubbly, about three minutes.
3. To assemble casserole, butter a 6 cup casserole. Layer the ingredients this way: ½ of the bread crumbs, ½ of the spinach, ½ the egg slices, ⅓ of the sauce, ½ of the cheese, remaining spinach, remaining egg, ⅓ of the sauce, remaining cheese, remaining sauce and remaining crumbs. Arrange bacon pieces on top. BAKE uncovered at 350 F for 40 min until bubbly or browned.

Tuna and Noodles

½ pkg. Constant noodles, medium
6½ oz. canned tuna fish
10 oz. mushroom soup

½ tsp. Worcestershire (optional)
1 cup grated cheese

Cook noodles for 5 minutes. Mix with other ingredients, except for the grated cheese. Place in greased baking dish. Add grated cheese. Bake in moderate oven for 350 F for 25 min.

Turnip casserole

2 medium turnips, boiled and mashed
1 cup applesauce
6 tbsp. butter
4 tsp. sugar
1½ tsp. salt

¼ tsp. pepper
2 eggs
¾ cup bread crumbs
1½ tbsp. butter

Mix first 7 ingredients together and place in uncovered casserole. Sauté bread crumbs in butter and spread on top of turnip. Bake at 350 F for ½ hour.

Cheese noodle casserole

1½ packages of noodles, boiled	1 large sour cream
2 pounds ground beef (sautéed with green onion, salt and pepper)	1 large cottage cheese
1 green pepper	½ pound mozzarella cheese
1 large Philadelphia cream cheese	1 large tin tomato sauce

Cream the cream cheese, cottage cheese, sour cream and green pepper together. Pour a little tomato sauce into the casserole dish. Put in half of the noodles and cover with the cheese mixture. Add the rest of the noodles; pour meat on top. Sprinkle with Mozzarella cheese and pour in the rest of the tomato sauce. BAKE at 350 F for ½ hour. Makes two large casseroles.

Non curdling scalloped potatoes

2 tbsp. butter	2 cups milk
2 tbsp. flour	6 cups sliced potatoes (not packed)
1½ – 2 tsp. salt or less	1 tbsp. melted butter

Melt 2 tbsp. of butter in a large saucepan. Stir in flour and salt, then add milk slowly, stirring until sauce thickens. Add potatoes and heat, stirring until sauce boils again. Turn into a greased casserole being sure all potatoes are coated with sauce. Drizzle melted butter over potatoes. Bake, covered, at 350 F for 1 hour or until potatoes are tender. Reduce heat to 325 F and bake for a further ½ hour.

Note: After the melted butter has been added, the casserole can be refrigerated, covered, until baking time.

Kapusta baked (Sauerkraut)

In large skillet, brown: 4-6 strips of bacon, finely chopped
Add: 1 large onion, chopped
Continue to sauté onion till tender.

Rinse well and drain: 1 large tin or large jar sauerkraut, squeeze well to remove excess water.
Add sauerkraut to bacon and onion. (Do not drain bacon fat)
Add: 1 medium cabbage, shredded
Cook for 10 minutes.

Put into baking dish or roaster and bake at 350 F for 1 hour.

This may be turned into a complete meal by adding to Kapusta before baking:

1. browned, seasoned spare ribs.
2. kobassa slices or chunks
3. small kobassa sausages.
4. potatoes peeled and quartered, carrots
5. any combination of above

With added meat and vegetables you will need to bake at least ½ hour longer or with ribs about 1-2 hours more.

Pldpenky with Gravy (Dried mushrooms)

2 cups Pidpenky (dried mushrooms)	4 tbsp. browned flour
1 large onion, diced	4 cups hot water
1 clove garlic, minced	½ tsp. salt
6 tbsp. oil	¼ tsp. pepper

Soak pidpenky overnight. Drain and wash well. Add water to cover pidpenky and boil for 15 min. Drain and rinse well. Add water again and boil for 15 min. Drain and rinse again. Set aside.

Sauté onion and garlic in oil. Sprinkle browned flour over onion and add 4 cups of hot water. Stir well to make a smooth paste. Add drained pidpenky. Add salt and pepper to taste. Simmer for 15-20 minutes.

If desired, you can add dill with your onions and garlic.

Sautéed mushrooms country style

6 slices bacon	2 tbsp. fine dry breadcrumbs
2 pounds mushrooms	½ tsp. salt
1 tsp. lemon juice	freshly ground black pepper
1 small onion, finely chopped	1 tbsp. finely chopped parsley
1 clove garlic, crushed	

In a large skillet, cook the bacon over low heat until crisp. Drain and crumble. In the pan in which the bacon was cooked, sauté the mushrooms for 3 minutes in the remaining fat, adding a little butter if necessary. Sprinkle with lemon juice. Add the onion, garlic and breadcrumbs and sauté over high heat, stirring constantly, for 3 minutes. Add the bacon, salt, pepper and parsley and mix well. Serve hot. *4-6 Servings.*

Sauerkraut and Peas (Kapusta)

¾ cup dried peas
3 cups sauerkraut
¾ cup water
1 large onion, chopped
½ cup oil

3 tbsp. flour
1 clove garlic, crushed
¼ tsp. pepper
½ tsp. salt

Soak peas overnight. Drain and rinse well. Cover with fresh water and cook until tender. Rinse sauerkraut in water and drain. Add ¾ cup water and cook for 15 min. Combine sauerkraut and peas. Reserve liquid.

Sauté onion in oil. Sprinkle flour over onions and brown lightly. Pour reserved liquid into onion mixture, add crushed garlic. Stir until sauce thickens. Add sauce to peas and sauerkraut, stir. Add salt and pepper, simmer for 30 minutes.

Perfect hard boiled eggs

Cover desired amount of eggs with cold water in an appropriate-sized pot. Bring to a boil, turn off heat, cover pot and let stand for about ½ hour. Run cold water over eggs to cool. Eggs will be properly hard-boiled without grey rings.

Potatoes Romanoff

6 large potatoes
2-10 oz. sour cream
1½ cups sharp Cheddar cheese,
shredded

1 bunch green onions, chopped
1½ tsp. salt
¼ tsp. pepper
paprika

Boil potatoes in jackets until fork tender. Cool. Peel. Shred potatoes into large bowl. Stir in sour cream, 1 cup shredded cheese, onion, salt, and pepper. Turn into buttered 2-quart casserole. Top with remaining cheese, sprinkle with paprika. Cover and refrigerate several hours or overnight. Bake, uncovered, in a 350 F oven about 30 to 40 minutes or until heated through.

Makes 8 to 10 servings.

Mashed potato puff

5 lbs. cooked potatoes, mashed	1/8 tsp. pepper
6 oz. cream cheese	2 tbsp. butter
1 cup sour cream	1 cup bread crumbs
1 tsp. salt	1/2 cup butter, melted

The day before or a few hours ahead, combine first 6 ingredients and place in 9" x 13" pan. (Refrigerate if not using immediately.) When ready to use, sprinkle bread crumbs over top, then drizzle melted butter over crumbs. Bake in 350 F oven until good and hot. Serve.

Potato pancakes

3 large potatoes	1/2 tsp. salt
1-2 eggs, slightly beaten	few grains pepper
1 tbsp. grated onion	1/2 tsp. baking powder
2 tbsp. flour	

Peel, wash and grate the potatoes on a fine grater. Drain. Squeeze out excess water. Add all other ingredients and mix thoroughly. Drop mixture in small pancakes onto hot, greased griddle. Fry about 5 minutes on each side. Serve hot, with sour cream and cottage cheese.

Serves 4-6.

Mashed beans (Kolasheny fasoli)

1 1/2 cups white beans	1 clove garlic
5 cups water	1 onion, diced
1 tsp. salt	2 tbsp. cooking oil

Pick over the beans, rinse, soak overnight in water to cover. Next day drain, cover with fresh water, boil gently for 1 hour, drain. Cover with 5 cups water and simmer until the beans are tender.

Mash the beans well. Mince 1 garlic clove, and stir into mashed beans. Sauté onion in cooking oil until tender. Sprinkle the onion over the beans. Serve hot.

Marinated carrots

2 lbs. carrots, unpeeled	1 cup white sugar
1 large Spanish onion, thinly sliced	½ cup salad oil
1 large green pepper, thinly sliced in rings	¾ cup vinegar
2 stalks of celery, diced	1 tsp. salt
10 oz. can tomato soup	½ tsp. pepper

Wash and cook unpeeled carrots until tender-crisp, don't overcook. Drain. Put in cold water and peel. (Cooking carrots this way gives them a bright color). Cut in half lengthwise in about 2 strips, if large carrots. Add onion rings, pepper, and celery. Combine remaining ingredients in a saucepan. Bring to a boil, stirring to dissolve sugar. Pour over vegetables and cook on low heat for 5 min. If desired, pack in hot sterilized jars and seal. Cool and store. Allow to marinate at least overnight before using. This makes 4 pints.

Marinated mushrooms

2 lbs. white, firm mushrooms wash, drain well. Large ones may be sliced in half, small ones may be left whole. Sprinkle with garlic salt. Add 1 small bottle of either: Kraft Italian Salad Dressing or Herb & Garlic dressing Toss well, cover & refrigerate for 2-3 hours. Stir a few times to keep mushrooms well coated with dressing. Jars with wide opening also are good for marinating.

Marinated vegetable salad

4 cups sliced zucchini (4 medium)	1 cup halved cherry tomatoes
2 cups broccoli, cut into flowerets	2 cups diced yellow squash or
1½ cups cauliflower cut into flowerets	2 cups sliced mushrooms (added at end to
1 cup carrots, sliced	prevent sogginess)
1 purple vein onion, sliced	

Marinade:

2 cups cooking oil	1 tsp. dry mustard
1 cup white vinegar	1 tsp. oregano
½ cup wine vinegar	1 tsp. garlic salt
½ cup lemon juice	1 tsp. dehydrated onion
¼ cup salt	½ tsp. anise seed

Shake above ingredients well. Pour half of marinade over vegetables and marinate in refrigerator for several hours. Keep remaining marinade for next salad.

Broccoli casserole

1 c. finely chopped onion

1 c. sliced mushrooms

1 lg. bunch fresh broccoli

1 10 oz. can cream of mushroom soup

¼ lb. grated cheese

white cheddar

lots of slivered almonds salt, garlic, bread crumbs

Brown onions and mushrooms. Add soup and cheese and stir until cheese melts. Add garlic and salt to taste. Cut up and cook broccoli for 5 minutes then add to sauce. Add almonds reserving a few for the top. Put in casserole dish. Top with bread crumbs and almonds. Bake at 350 F degrees for h hour. *Serves 8.*

Day ahead mashed potato casserole

5 lbs. (9 lg.) potatoes

2-3 oz. pkgs. cream cheese

1 c. sour cream

2 tsp. onion salt

1 tsp. salt

pinch of pepper

2 tbsp. butter

Cook potatoes in salted water. Drain, mash. Add remaining ingredients and beat until fluffy. Cool slightly. Place in large greased casserole and dot with more butter or buttered crumbs. Cover with plastic wrap. Refrigerate. Remove 1 hour before dinner. Let stand at room temperature 30 minutes, then bake, uncovered, at 350 F degrees for 30 minutes, until heated through. This casserole can be made up to 5 days before serving. *Serves 12.*



VARENYKY / PYROHY

Varenyky / Pyrohy

No dish is more tempting to Ukrainians than well-filled, plump Varenyky (commonly miscalled pyrohy) made of a soft dough and served with sour cream (smetana).

Varenyky are filled dumplings which are cooked by dropping into boiling water.

Pyrohy, pirishki are baked buns with various fillings, usually made from a yeast-raised dough.

Basic varenyky dough

Mix: 2 cups flour with 1 tsp. salt, make a well,

Add: 1 egg or 2 egg yolks and 1 tbsp. of oil (sour cream).

Add: enough water to make a medium soft dough (about ½ cup).

Knead lightly. Too much kneading will toughen the dough. Divide dough into two sections. Cover and let stand at least 10 minutes.

** Baba always added a heaping tablespoon of sour cream to the dough, as well.*

To Form Varenyky:

Working with one part of the dough, roll out fairly thin on floured surface. Cut rounds with inverted water glass (about 2 to 2-½ in diameter). Hold the round in the palm of your hand. Place a spoonful of filling in it, leave a clean edge, fold over to form a half circle and press edges together with fingers. You may need to coat fingers in flour. Be certain that edges are free from filling and sealed well so that the filling won't run out.

Place Varenyky on floured surface and cover with towel to prevent drying.

To Cook Varenyky:

Drop a few at a time into large pot of boiling water. Boil rapidly 3 to 4 minutes and stir very gently with wooden or plastic spoon (no metal) while cooking to prevent them from sticking. Remove gently to colander and drain thoroughly. Let cooked varenyky sit for a minute or two and shake colander to loosen and separate. Have ready melted butter or chopped onion sautéed in butter to coat Varenyky well so that they don't stick.

Keep warm till all are cooked. Shake and move container of warm varenyky occasionally as well to prevent from sticking. Serve with sour cream.

Our favourite pyrohy dough Ladies auxiliary

10 cups flour

1 egg beaten

500 gr. sour cream

2 ½ cups warm water or

potato water

½ cup oil

1 tbsp. salt

Combine the oil, egg and salt with the warm water or potato water, stirring all together. Add the sour cream to the ingredients, mixing together. When mixed, slowly add to flour making a medium soft dough.

Knead lightly as too much kneading will toughen the dough. You are ready to make pyrohy. This dough will freeze well and makes a quantity for 10 pounds of potatoes.

Potato water varenyky dough

Mix: 3 cups flour with 1 tsp salt

Add: 1 egg and 2 tbsp oil into centre of mixture

Add: 1 cup warm liquid (potato water)

Knead lightly and let sit covered at least one hour. This dough freezes well and this quantity makes enough for 5 lbs of potatoes.

Fillings for varenyky

Cheese filling

2 cups dry curd cottage cheese

salt and pepper to taste

1 egg, slightly beaten

Mix above ingredients well.

Potato filling

1 large onion, chopped & sautéed in ½ cup
butter

2 cups mashed potatoes
salt and pepper to taste

Mix all ingredients thoroughly. Filling should be quite stiff.

** If preparing for Christmas Eve Supper use vegetable oil in place of butter.*

** Sautéed mushrooms may also be added for another unique flavour*

Potato and cheese filling

Add to the potato filling either:

1 cup cottage cheese

or ½ cup or so grated cheddar cheese-mild
or aged

or 1 cup cream cheese

or a variety of cheeses as per your own
preferences

** finely chopped onion or bacon sautéed may be added to any filling as desired.*

Sauerkraut filling

** If preparing for Christmas Eve Supper replace butter with vegetable oil.*

3 cups or so of sauerkraut	bacon fat (oil for Christmas Eve)
1 large onion, chopped	salt and pepper
4 tbsp. butter or	

Rinse sauerkraut well and squeeze dry. Chop very fine. Sauté onion in fat just until tender. Add sauerkraut and season to taste with salt and pepper. Cook over low heat for about 15 minutes. Cool completely before using.

** Variation: 1 cup of chopped mushrooms may be sautéed with the onion.*

** also: ½ pound ground beef may be sautéed with the onion and added to sauerkraut.*

Mushroom filling

1 medium onion, chopped fine	salt and pepper
2 to 3 tbsp. butter	2 egg yolks
2 cups fresh mushrooms, chopped	

Sauté onion in butter until tender. Add mushrooms and cook about 10 minutes, reducing liquid from mushrooms. Season with salt and pepper. Remove mixture from stove and beat in egg yolks. Chopped dill may be added.

NOTE: For Christmas Eve Supper, replace butter with vegetable oil and omit egg yolks. Add a tablespoon of flour to help bind mushrooms.

Plum filling

½ cup water	sugar to taste
1 cup prunes	1 tsp. lemon juice
¼ tsp. cinnamon	

Bring prunes to a boil. Cool, remove pits and chop fine, Add sugar and cinnamon and lemon juice.

Fruit fillings

Various fruits may be used. e.g. plums, cherries, blueberries. Remove pits and toss fruit with a little flour (to thicken) and add sugar to taste.

** fruit varenyky may also be served with a syrup made by boiling water with honey or sugar, a tablespoon of brandy if desired. As well sour cream may be sweetened a little with honey, sugar and cherry brandy.*

Vushka (Tiny varenyky)

Using a varenyky dough, roll out quite thin, cut into 2 squares. Place a small portion of the mushroom filling on each square of dough, pinch edges together making a triangle, sealing in the filling. Next pinch the 2 top ends together again to make it look like a sow's ear (vushka). Drop vushka into a large pot of boiling salted water. When cooked, they will float to the top, about 10 minutes. Drain in a colander. Let sit for a few minutes to dry somewhat and shake colander to separate vushka before coating. Coat with ¼ cup cooking oil (Christmas Eve) or butter and toss well to coat. This will prevent them from sticking. Place a few vushka in each soup bowl and cover with hot borsch.

Knydlyj (Plum potato dumplings)

1 cup flour
2 cups well mashed potatoes
2 eggs
½ tsp. salt

1 lb. plums (well soaked dried fruit may be substituted)
3 tbsp. butter, melted
2 tbsp. bread crumbs

Mix potatoes with flour, beaten eggs and salt. Roll out on board about ½ inch thick. Cut in squares and place plum in center of each square. Fold dough around fruit and pinch together at top. Place each dumpling in large pan of boiling water. When they float, boil 5-8 minutes more. Remove very carefully and dredge with melted butter and crumbs mixed. Serve hot with sour cream slightly sweetened with sugar.



CREPES / NALYSNYKY / SAVORY SPREADS

Crepe batter / Nalysnyky batter

1 cup all-purpose flour	½ cup water
2 eggs	¼ tsp. salt
½ milk	2 tbsp. melted butter or margarine

Place all ingredients in bowl and beat until smooth. Let stand for 1 or 2 hours. Grease non-stick pan lightly with butter and pour 2 tbsp. batter on pan. Tilt pan so that batter covers the pan. These should be very thin. Brown 1 side only. Makes 16 crepes.

Fluffy nalysnyky

3 eggs, separated	½ tsp. salt
¼ cup flour	¼ cup water
¼ cup milk	

Beat egg whites stiff. Beat yolks till light. Add the remaining ingredients to the yolks and beat till smooth and creamy. Fold in beaten egg whites. Fry and prepare as directed in previous Nalysnyk recipe.

Nalysnyky may be used during the main course or as a dessert depending on the filling.

Plain pancakes

2 cups flour	2 ½ cups milk
4 tsp. baking powder	2 eggs well beaten
½ tsp salt	2 tbsp. butter or lard, melted

Preheat griddle to 400 F. Mix dry ingredients. Add milk to beaten eggs. Mix the liquids with the flour mixture and blend. Add melted butter or lard. Pour ¼ cup of batter on hot, lightly greased griddle. Fry until golden brown. Flip once.

Fillings for nalysnyky

Cottage cheese filling

2 cups cottage cheese	salt
2 egg yolks	1 tsp. chopped dill, if desired
2 tbsp. rich cream	

Mash the cottage cheese or press it through a sieve. Add remaining ingredients and mix well. Spread the filling on nalysnyky and roll. Some cooks fold sides in first, over filling and then roll, or ends may be open.

Prepare for baking. Butter baking dish, arrange rolls in a single layer. Dot with butter, cover (foil OK) and bake at 325 F for about 20 min.

Mushroom filling

1½ cups finely chopped mushrooms	2 tbsp. sour cream,
1 small onion, chopped	salt and pepper
2 tbsp. butter	1 tsp. chopped dill, if desired.

You may use tinned or fresh mushrooms or an assortment of the different varieties of mushrooms available. Sauté mushrooms with onion in butter until lightly browned. Cook until most of the liquid is reduced. Add cream and cook to blend flavours. Season to taste. Spread filling on nalysnyky and roll. Prepare for baking as directed in cheese filled nalysnyky recipe.

Cabbage filling

1 small chopped onion	3 cups finely shredded cabbage
2 tbsp. butter	salt and pepper

Sauté onion in butter. Add cabbage, season and cook just until tender. This filling may be varied by adding chopped corned beef, chopped ham, chopped crisp bacon, chopped mushrooms or chopped hard boiled egg. Spread and roll. Bake as directed in preceding recipes.

Sauerkraut and Mushroom filling

1 large jar of sauerkraut	salt and pepper
2 cups chopped fresh mushrooms	4 tbsp butter, melted
1 large onion, chopped	1 tbsp fresh chopped parsley

Sauté mushrooms with onions in butter. Wash and rinse sauerkraut and roughly chop. Add to the mushroom and onions. Salt and pepper and add parsley. Spread over nalysnyk (crepe) and roll. Bake as directed in cheese nalysnyky.

Fillings for Dessert nalysnyky

Cottage cheese filling

2 cups cottage cheese	½ tsp. vanilla
2 egg yolks	¼ tsp. cinnamon, few grains
¼ cup or more sugar	salt, raisins

Mash cottage cheese or press through a sieve. Add remaining ingredients and mix well. Spread on nalysnyky, roll and bake as directed in the cheese nalysnyky recipe.

Fruit fillings

Fill nalysnyky with crushed sweetened strawberries, raspberries, pitted cherries, grated apples or other fruit. Serve with either sour cream, whipped sweet cream, maple syrup or chocolate sauce.

These nalysnyky may be eaten unbaked or lightly baked with dots of butter, 300 F for about 15 min.

Honey filling

3 tbsp. butter	1 tsp. lemon juice
½ cup honey	1 tsp. orange juice
½ tsp. grated lemon or orange rind	½ cup crushed walnuts or pecans

Cream butter with honey and stir in remaining ingredients. Spread and roll. May be baked lightly with butter for about 10 minutes or so.

Eggplant Spread

Eggplant grows luxuriantly in the southern regions of Ukraine. This spread, called IKRA in Ukrainian, is a popular appetizer when eggplant is in season. Good with cold meats.

1 large eggplant	2 tsp. salt
1 tsp. finely chopped	4 to 5 tomatoes
2 small onions, chopped fine	pepper
parsley	2 tbsp. lemon juice or vinegar
3 tbsp. cooking oil	

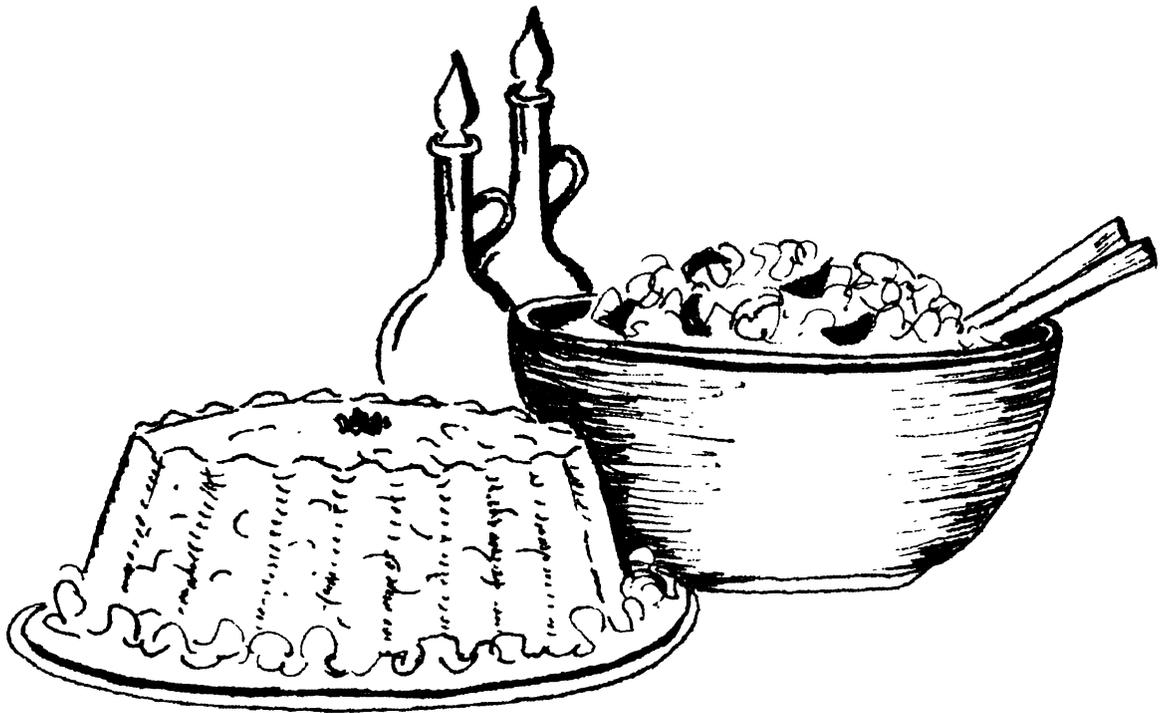
Wash and cook the eggplant in boiling water to cover for about 20 minutes or until tender. Drain and cool. Cut off the stem end, remove the skin and chop the eggplant as fine as possible. Cook the onion in the oil until tender. Add the peeled and chopped tomatoes and cook, uncovered until fairly thick. Stir in the eggplant and continue cooking until quite thick. The mixture should be of a thick puree consistency. Stir in the lemon juice or vinegar, parsley and seasonings. Chill thoroughly. Use it as a spread on canapés or as a relish with cold meat.

Savory cottage cheese spread

2 cups cottage cheese
2 tbsp. thick sour cream
1 hard cooked egg, sieved
½ tsp. caraway seed

1 tsp. chopped fresh dill
1 tsp. chopped green onion or chives
salt to taste

Press the cottage cheese through a sieve and blend well with the sour cream and sieved egg. Mix in the remaining ingredients. Season to taste. Chill thoroughly. Spread on thinly sliced rye bread and sprinkle with paprika.



SALADS, SAUCES, MOLDS

Caesar Salad

1 clove garlic, chopped	½ cup salad oil
¼ cup salad oil	1 tsp. Worcestershire sauce
2½ cups bread cubes	pepper
8 cups salad greens, preferably	salt
Romaine lettuce	1 egg
½ cup Parmesan cheese	½ lemon juice

Early in Day:

Quarter garlic, drop into ¼ cup salad oil and Worcestershire sauce, salt and pepper. Toss gently until every leaf glistens. Break whole raw egg onto greens, pour lemon juice over all, toss until egg specks disappear. Now pour the ½ cup oil you set aside over bread squares, toss, sprinkle over greens. Toss salad, serve at once.

Note: Ingredients for dressing can also be mixed in blender and then poured over greens.

Coleslaw (for 100 people)

7 heads of cabbage, shredded	12 green onions, cut
6 carrots, grated	4 cup green peppers, chopped

Mix all vegetables together.

Dressing:

3 cups sugar	6 tsp. salt
3 cups Crisco oil (do not substitute)	4 cups vinegar

Mix together and just bring to a boil. Pour over cabbage and other vegetables. Let stand 12 hours. Drain well before serving.

Potato salad with ham & green beans

1/3 cup oil	5 medium potatoes (cooked and sliced)
3 tbsp. cider vinegar	1 pound green beans, cooked
3 tbsp. chopped parsley	2 cups slivered ham or chicken or turkey
3 tbsp. green onion	2 cups chopped water cress (lettuce)
1/2 tsp. salt	1/2 cup thinly sliced radishes
fresh ground pepper to taste	

Combine oil, vinegar, parsley, onion, salt and pepper. In a bowl, layer warm potato slices and dressing. Cover and let stand at room temperature for at least 30 minutes. Just before serving add beans, ham, watercress and radishes. Toss to mix.

Ginger ale fruit mold

1 cup hot water	1 cup fruit cocktail, drained
3 oz. pkg. lemon-flavoured gelatin	juice of lemon
3/4 cup ginger ale	

Filling:

1 cup cottage cheese	1 tbsp. cream
1/4 cup pecans	1 tbsp. mayonnaise
4 maraschino cherries, sliced	

Stir hot water into gelatin until dissolved. Chill until cool but not thickened. Stir ginger ale, fruit cocktail, and lemon juice into cooled gelatin. Pour into ring mold rinsed in cold water. Chill until firm. At serving time, combine cottage cheese, pecans, cherries, cream, and mayonnaise. Unmold fruit gelatin ring, fill center with cottage cheese mixture.



Jellied beet mold

15 oz can diced beets
3 oz lemon jelly powder
1 cup boiling water
¾ cup beet liquid (add water if
necessary)

½ tsp. salt
3 tbsp. vinegar
1 tbsp. prepared mustard
1 cup finely grated cabbage

Drain beets, saving liquid. Dissolve gelatin in boiling water; add salt, beet liquid and vinegar. Chill until beginning to set. Add beets, horseradish and cabbage. Pour into 1½ quart mold and chill until firmly set.

Coleslaw oil dressing

½ white sugar
½ white vinegar
½ cup oil

1 tsp. salt
garlic salt, to taste

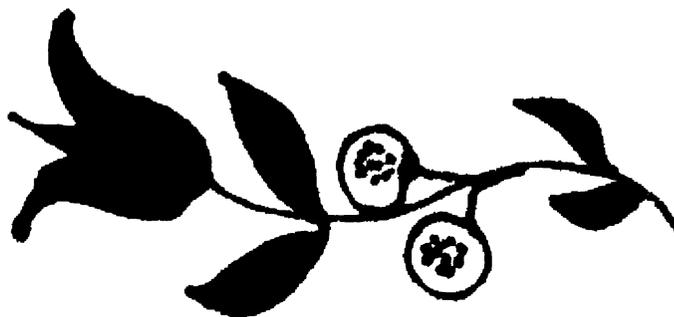
Bring the first 4 ingredients to a full boil. Cool and add garlic salt to taste.

Horseradish Sauce

4 cups finely grated horseradish
3 cups sugar
2 cups sweet cream
3 cups milk

1 tsp. salt
3 tbsp. flour
1 ¼ cups vinegar
4 eggs, well-beaten

Mix above ingredients well. Cook till it comes to a boil - stirring constantly. Simmer for 15 to 20 minutes. Put in jars and seal.



Bean Salad

1 (19 oz) tin each of:

Chick peas
green beans

Red kidney beans
yellow beans

Rinse and drain beans. Add:

1 large red onion, chopped or sliced in
rings

1 large green pepper, chopped
 $\frac{3}{4}$ cups celery, chopped

Dressing:

Mix well:

$\frac{3}{4}$ cup sugar
 $\frac{2}{3}$ cup vinegar
 $\frac{1}{3}$ cup oil
 $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ tsp. pepper
1 tsp. tarragon
1 tsp. basil
1 tsp. marjoram

Pour over beans and chopped vegetables. Mix well and let sit for several hours in refrigerator. Drain slightly before serving.

Creamy beet salad with Dill

5 medium fresh beets
remove tops and stems
 $\frac{1}{8}$ tsp. salt
1 tbsp. butter
 $\frac{1}{2}$ whipping cream

$\frac{1}{4}$ salt
 $\frac{1}{8}$ pepper
1 tsp. lemon juice
2 tbsp. chopped dill
1-2 tbsp. sour cream

Place beets in a large saucepan and add enough cold water to cover. Add salt and bring to boil. Cover and simmer for 45 minutes to 1 hour or until tender.

Drain and cool. Peel and cut into small cubes. Melt butter in frying pan, add cubed beets. Sauté 2 minutes, stirring well. Pour in whipping cream and cook over medium heat about 5 minutes or until cream is thickened. Season with salt, pepper, and lemon juice. Remove from heat and stir in chopped dill and sour cream. Mix well. Chill or serve at room temperature.

Sauerkraut Salad

½ cup oil
½ cup vinegar
1 cup sugar
32 oz. jar sauerkraut
1 cup onion, chopped

1 cup green pepper, chopped
½ cup red pepper, chopped
1 cup carrots, shredded
1 cup celery, diced

Combine oil, vinegar, and sugar. Bring to a boil. Cool. Mix sauerkraut with remaining ingredients. Pour oil mixture over all. Refrigerate 24 hours. This is perfect with barbecued roast beef.

Beet / Potato salad / Mamas vinaigrette

Serves 4-6 people

2 medium beets
2 medium potatoes
2 medium carrots
1 small can white beans (or kidney beans)
drained
2 medium sized dill pickles – or
homemade
preferably home made - diced

1 small jar of sauerkraut (wine is ok)
1 medium onion - diced
Fresh Parsley - to taste
Fresh Dill - to taste
Canola oil – ¼ cup to taste
Vinegar - to taste (or use pickle juice)
Salt
Pepper

Cook beets until medium done. Cool. Peel and dice. Cook potatoes until medium done. Cool. Peel and dice. Par boil carrots. Cool. Slice or dice. Mix first 7 ingredients in a large bowl before adding oil, vinegar, salt and pepper. Finish by adding finely chopped parsley and dill. Cover and cool in refrigerator overnight before serving.



Sauerkraut Salad

A quickie for lazy days. Try it with some chopped green pepper for a variation.

1 pound of sauerkraut	pepper
1 tsp. sugar	3 tbsp. salad oil
1 small mild onion, chopped	

Drain the kraut and taste for acidity. Rinse in cold water, if necessary. Chop it coarsely and mix in the remaining ingredients. Some salt may be needed. Chill before serving. Garnish with chopped parsley and a sprinkling of paprika. Great side dish.

Hollandaise Sauce

¼ lb. butter	2 tbsp. water
2 tbsp. lemon juice	4 egg yolks

In the top of a double boiler melt the butter, add lemon juice and water. When this is mixed, add the egg yolks (be sure that the top of your boiler does not touch the water underneath). Stir vigorously until thickened. Serve immediately. Do not allow to sit. If the sauce curdles, remove from heat and add a bit of hot water. Stir vigorously.

Mushroom Sauce

Mushroom sauce is a favourite standby for many Ukrainian meat and cereal dishes. Some enjoy a light touch of garlic in it. When using canned mushrooms replace the meat stock in this recipe with mushroom stock.

½ small onion, chopped fine	1 tbsp. flour
2 tbsp. butter	½ cup sour cream
1 cup chopped mushrooms	1 tsp. chopped dill or parsley
½ cup meat stock	salt and pepper

Cook the onion in the butter until tender. Add the mushrooms and cook for about 10 to 12 minutes. Sprinkle them with the flour and mix. Pour in the meat stock and stir constantly until smooth and thick. Add the cream and then cook the sauce for a few min. Mix in the dill or parsley, season to taste. Do not cook after adding the dill or parsley.

Cucumber Sauce

1 large cucumber
¼ tsp. salt
1 tbsp. finely chopped green onion

pepper
2 tbsp. vinegar
½ cup sour cream

Pare and chop the cucumber very finely. Drain off excess liquid over a sieve. Combine the cucumber with the remaining ingredients. Serve in lettuce cups with any meat or fish.

Wine Sauce

2 eggs, separated
2 tbsp. lemon juice

¼ cup sugar
½ cup sherry or white wine

Put the egg yolks, sugar, and lemon juice into the top part of a double boiler. Beat with a rotary beater until frothy over hot, not boiling water. Add the sherry and beat until the mixture is very light and begins to thicken. Remove the sauce at once from the hot water. Have the egg whites beaten stiff. Pour the hot sauce over the beaten whites. Beating constantly until well blended. Serve hot or cold.

Serves 4.

Raisin Sauce

1 tbsp. butter
1 tbsp. flour
¾ cup meat stock or water
½ cup seedless raisins

¼ cup brown sugar
⅓ cup orange juice
2 tbsp. lemon juice or vinegar

Melt the butter, blend in the flour, stir in the meat stock or water, and bring to a boil. Add the raisins and sugar. Cover and simmer for 10 minutes. Stir in the remaining ingredients. Serve the sauce very hot with a hot or cold ham or tongue.

Custard Sauce

2 cups milk
few grains of salt
4 egg yolks or 2 whole eggs

1 tsp. vanilla or rum
¼ cup sugar

Scald the milk in the top of a double boiler. Beat the yolks or eggs slightly and blend in the sugar and salt. Pour in the scalded milk gradually and return the mixture to the top of a double boiler. Cook over hot water, stirring constantly, until the sauce just coats a metal spoon. Remove from the range and strain. If the sauce should start to curdle, beat vigorously with a rotary beater until smooth. Add the vanilla or rum. Serve hot or cold. This recipe will make about 2 ½ cups.



PRESERVES AND JELLIES

Chokecherry Jelly

12 cups chokecherries
4 cups white sugar

3 oz. Certo crystals

Wash berries. Add enough water to cover berries, and boil until berries are soft. Drain overnight in a jelly bag. Do not squeeze.

To 3 cups chokecherry juice add Certo and sugar. Boil this mixture hard for 1 minute. Pour into hot sterilized jars and seal immediately.

Beet Jelly

3 cups beet juice
3 oz. pkg. Certo

4 cups sugar
1 pkg. Kool-Aid (grape is good)

Cook beet juice, Certo crystals and Kool-Aid for 7 minutes. Add sugar and cook 2 minutes. Put into jars and seal.

Pickled beets

Select approximately 2 quarts small beets. Cook until tender. Dip in cold water and remove the skins. Make the following syrup.

2 cups sugar brown
2 cups water
2 cups vinegar
1 tsp. allspice

1 lemon, thinly sliced
1 tbsp. cinnamon
1 tsp. cloves

Pour over beets and simmer for 15 minutes. Pack in jars and seal. A little grated horseradish added to pickled beets gives variety.

Pickled cabbage

4 heads cabbage
12 green peppers
12 red peppers

24 medium onions
½ cup salt

Slice the whole works, salt and leave over night. In the morning, squeeze out water and salt and add:

3 cups brown sugar
2 cups oil
2 cups vinegar

3 cups water
7 tsp. mix spices in little cloth bag
1 tsp. turmeric powder

Mix solution well. Boil 15 minutes. Put in hot sealers.

Mustard pickles

2 cauliflowers, washed and cut into pieces
1 quarts cucumbers, washed and cut into chunks or use 2 quarts small whole cucumbers

2 quarts whole small silver skin onions, peeled
2 green peppers, washed, seeded and cut into strips
2 sweet red peppers

Combine vegetables in a large pan and add a brine made by combining:

1 cup coarse salt; 2½ quarts water; 1 tsp. alum

Let stand overnight. In the morning, drain off brine and rinse vegetables once.

Combine: for mustard sauce

½ cup dry mustard
1 cup pre-sifted all purpose flour
2½ cups sugar

1 tsp. turmeric
1 tsp. cayenne pepper

These ingredients should be mixed in a preserving kettle large enough to hold the above prepared vegetables. Blend in 2 cups water. Cook, stirring, until thickened and smooth. Slowly add 7 cups cider vinegar. When sauce is hot, add vegetables and cook over medium heat about 15 min. or until tender. Stir occasionally to prevent sticking. Ladle into hot sterilized sealers and seal. Yield: 14 pints.

Note: 1. Allow the pickles to ripen 1 month before using.

2. The mustard sauce can be made the day before you make the pickles if desired.

Variation: fresh green and yellow beans may be substituted for cucumbers.

Dilled green beans and Carrots

2 pounds green beans, washed and left whole or cut in 3 pieces
1 package (1 pound) carrots, peeled and cut in 3 strips
3 tbsp. pure granulated salt
2 tsp. mustard seed

Crushed hot red pepper
Dill seed
4 cloves garlic
2 cups white vinegar
1/3 cup sugar

Soak beans and carrots in ice water to cover about 30 minutes, then cook in 1 quart boiling water with 1 tablespoon salt 5 minutes, or until of desired tenderness. Pack in 4 hot sterilized pint jars. Put 1/2 tsp. each mustard seed and dill weed, a pinch each of crushed pepper and dill seed and 1 clove garlic in each jar. Mix remaining salt, the vinegar, sugar and 2 cups water in saucepan. Heat to boiling and pour over vegetables, filling to within 1/2 of top. Seal and process 5 minutes.

Pickled beets

Cook beets in small amount of boiling salted water until tender. Drain, dip in cold water, then slip skins off. Slice or cube beets. Small beets may be left whole. Return to kettle.

Mix:

2 cups water
2 cups white sugar
2 cups strong white vinegar

1 tsp. each ground cloves and allspice
(optional)

Add to beets, so that beets are covered and bring to a boil. Boil for 10 minutes. Pack in hot sterilized jars and fill to within 1/2 of top. Seal & process.

Dills (Water base)

Pack sterilized jars with washed cucumbers. Put bay leaf, 1 to 2 tsp. of pickling spice and fresh garlic cloves into jar. At top of jar add dill. For every 5 cups of water, add one heaping tablespoon of coarse pickling salt.

Boil water and salt and add to cucumbers and seal right away. Leave on counter for a few days to make sure sealed.

Pickles (Dill pickles)

Approximately 7 pints

4 pounds pickling cucumbers
fresh garlic cloves
fresh dill
½ cup pickling salt

3 cups white vinegar
3 cups water
pickling spices

Clean cucumbers thoroughly in cold water. Cover with cold water and leave overnight. Next day, drain.

In each sterilized jar, drop ½ clove of garlic and some dill and 1 tablespoon pickling spice. Pack cucumbers and put more dill on top.

Bring salt, vinegar and water to a boil. When salt has dissolved, pour the boiling liquid over each jar and leave about ¼ headspace. Seal. Store for 6 weeks before use.

Simple dill pickles

Brine:

Boil: 3 cups vinegar, 16 cups water, 1 cup pickling salt

Let cool before using. Left over brine may be stored in fridge for next batch. Just warm brine up a little before using.

Wash cucumbers and slit with sharp knife. Pack into sterilized jars, add garlic cloves (more or less to suit) one sprig of dill and ¼ tsp. black pepper. Pack cucumbers into jars and add more garlic and dill on top. Fill jars with warm brine to top, covering cucumbers. Seal, making sure surfaces are dry. Place jars in large canner and cover with very hot water. Place lid on canner and let sit for 20 minutes. Leave jars on counter for a few days and store.

Beet and Horseradish relish

10 beets
2 tsp. salt
½ cup freshly grated horseradish

1½ cups vinegar
¼ cup sugar
½ tsp. pepper

Cook beets until tender. Drain, cover with cold water and peel skins. Grate on coarse grater. Add horseradish. Horseradish will become stronger, the longer it stands. Combine remaining ingredients and bring to a boil. Add to beets and horseradish and mix well. Store in sterilized jars. Let stand 24 hours before serving. This recipe may be altered according to personal preferences, eg. more or less horseradish.

Easter Horseradish

1 cup fresh horseradish, ground
2 tbsp. soft butter, room temperature

¼ cup honey, room temperature
6-8 hard-cooked eggs

Combine horseradish, butter, and honey.

Mash eggs, add to the horseradish mixture. Mix well. More eggs could be added for a milder horseradish taste.

This dish is excellent served with eggs, sausage, beef, or even pork.

Paprika (Pickled pepper)

1 basket red and green sweet peppers. Wash, clean and cut into halves or quarters. Steam for 3 minutes. Pack into sterilized jars. Cover with the following syrup and seal.

Syrup:

Boil together:

3 cups water
2 cups sugar (or more)
1 cup white vinegar

1 tbsp. salt
1 tbsp. oil dill and fresh garlic may also be packed with pepper if desired

Sweet sour red cabbage

1 red cabbage (approximately 2½ pounds)
¾ cup boiling water
3 apples, cored and sliced
3 tbsp. butter or margarine

¼ cup brown sugar
2 tsp. flour
1½ tsp. salt pepper
¼ cup vinegar

Quarter cabbage and wash. Drain and shred rather coarsely. Add boiling water, cover and cook for 10 to 15 minutes. Add apples, cover and simmer until cabbage is tender.

Add butter. Mix sugar, flour, salt and pepper. Mix in vinegar and stir into cabbage mixture. Stir while heating until mixture boils. Check sugar/vinegar ratio. Adjust if needed. Pack in sterilized jars and seal.

Sweet and Sour dills

Boil and let cool: 10 cups of water & 4 cups vinegar

Brine may be stored in fridge and warmed up when needed. To each sterilized jar (large) add:

1 tbsp. pickling salt

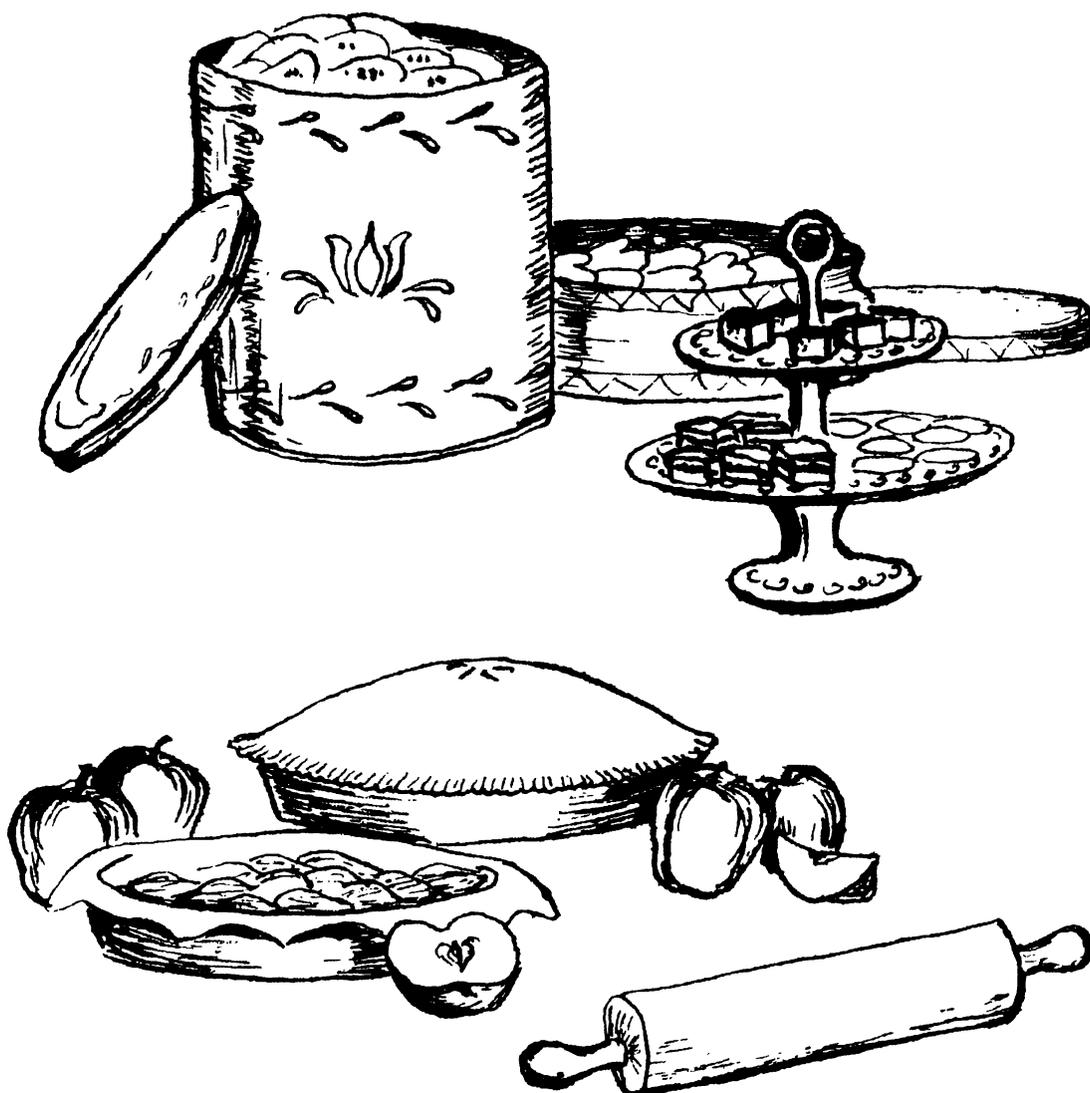
3 tbsp. brown sugar

1 garlic clove (cut in quarters)

1 tsp. pickling spices

a few raw onion rings

Pack jars with cucumbers, add brine and seal and process as in Simple Dills recipe.



BAKING/ DESSERTS

Strawberries with Meringue

This delicately flavoured dish is popularly called bird's milk or cloud drops.

3 to 4 egg whites
2 cups of hot milk

¼ cup sugar
Strawberries

Beat the egg whites until stiff. Add the sugar gradually and beat. Drop the meringue from a tablespoon in mounds into the hot milk. Cover tightly and poach for about 5 to 6 minutes, without letting the milk boil. Remove very gently with a perforated spoon. Use the milk to make a Custard Sauce. Cool the sauce. Put some sugared strawberries into a dessert dish. Pour the custard sauce over them. Place the meringues on top. Chill well before serving.
Serves 6.

Apple dumplings

Apple konyk (pony) is the Ukrainian name for this old fashioned dessert.

2 cups sifted flour
2/3 cup butter or shortening
½ tsp. salt
½ cup cold water or milk

2 tsp. baking powder
5-6 medium apples
cinnamon and sugar

Sift the flour with the dry ingredients. Cut in the butter or shortening as for pie. Sprinkle the water or milk over the mixture and press together lightly, working the dough only enough to hold it together. Roll the dough about ¼ inch thick and cut into 5 to 6 squares. Pare and core the apples. Place one apple on each square and fill the hollow with sugar and cinnamon. Dot the top with butter. Bring the 4 corners of the square to the top and seal. Brush with slightly beaten egg diluted with 2 tbsp. of water sprinkle with a mixture of chopped nuts and sugar. Place the dumpling in a greased baking pan and in the oven at 425 F for 10 to 15 minutes, then lower the temperature to 350 F and continue baking for about 30 minutes, or until the apples are tender. Serve plain, or with cream or any favourite sauce.

Cherry Dumplings

Follow the preceding recipe for Apple Dumplings, but replace the apples with pitted, sugared cherries. Heap the cherries on each square generously and seal. Bake as directed.

Pavlova

4 egg whites
1 cup sugar
2 tsp. vinegar
1 pint whipping cream

fresh or well drained canned fruit
eg: peaches, strawberries, raspberries,
blueberries

Beat the egg whites until stiff and shiny. Gradually beat in the sugar. At the end, beat in the vinegar. Put foil on large cookie sheet and mound meringue to form a circle. Work meringue so that edges are a little higher than inside.

BAKE for 1-½ hours at 300 F on lowest oven rack. Let cool for 5 minutes. Peel off the foil and place on a plate.

Whip the whipping cream until stiff.

Spoon onto meringue shell and top with fruit.

Christmas Cake

4 ½ - 5 c. flour
2 tsp. baking powder
1 tsp. salt
1 tsp. nutmeg
1 lb. glazed cherries, cut in halves
2 cups citron peel
1 ½ lb. sultana raisins
½ lb. bleached sultana raisins
6 oz. blanched and shredded almonds

1 ½ cups butter
1 cup sugar
7 eggs
½ cup corn syrup
19 oz. can drained, crushed pineapple
¼ lb. candied pineapple chopped
½ cup brandy
1 tsp. vanilla
1 tsp. almond extract

The amount of flour required will depend on the softness of batter due to the amount of liquid in the pineapple. Use smaller amount of flour, adding the extra half cup only if batter seems to be rather thin. Prepare bread pans by lining them with parchment paper and grease well.

Measure flour, baking powder, salt, and nutmeg, set aside. Combine fruit, dust with flour, mixture, minus 1 cup.

Beat butter until creamy and light, add sugar gradually, beating between additions.

Then add eggs, one at a time, unbeaten; beating each one in thoroughly before adding next. If mixture curdles, add a little flour mixture, then continue to add the eggs. Add pineapple, syrup, brandy and flavouring. Add flour and fruit mixture. Fill prepared pans ¾ full.

Bake in 275 F to 300 F oven for 3 to 3 ½ hours. Place pan of water in oven. When cake cools it may seem crisp. Before storing, rub about ½ cup brandy over cakes.

Wrap in wax paper and cheesecloth. Store in cool place. Let ripen about 6 weeks, then test. If you feel it's ready, it can now be frozen to keep.

Yields: about 4 loaves.

About 10 lbs.

Oksana's famous and Easy Christmas Cookies

½ lb. sweet butter	1 egg white (pour into a cup)
½ lb. cream cheese (1 package)	1 heaping tbsp sour cream
1 ½ cups flour	1 small bowl regular sugar (granulated)
1 egg yolk	

Leave butter, cream cheese at room temperature until soft.
Combine and cream (mix) together butter, cream cheese in large bowl.
Add egg yolk and sour cream.
Add flour, mixing well until smooth, soft and forms into 1 sticky mass.
Make a large ball; place in bowl, cover and put in fridge for a couple of hours or Overnight.

Next morning:

Cut ball in half and roll out with rolling pin (sprinkle table top and pin with flour so that batter does not stick).
Cut into desired patterns, i.e. use small glass and thimble for a hole in the middle (like small donut). Brush on egg white on 1 side of the cookie and then dip that side into a bowl of sugar.
Arrange cookies on a cookie sheet, place in fridge until all batter used up and all cookies ready to be put into the oven.
Preheat oven at 400 F and then - Bake cookies for 15 - 20 minutes until light, fluffy at 350 F.
These are most often used at Ukrainian Christmas and New Year's. After January 14 (Ukrainian New Years) start your diet!!!

Quick no bake Cheesecake

3 oz. pkg. lemon Jell-o	½ pt whipping cream
1 cup boiling water	1 tsp. vanilla
1-2 tbsp. sugar	9 graham wafers
8 oz. Philadelphia cream cheese	¼ cup graham crumbs

Beat first 4 ingredients together until smooth. Whip cream until stiff, add vanilla. Pour lemon mixture into whipped cream and beat together. Pour into 8" x 8" pan lined with graham wafers. Sprinkle crushed wafer crumbs on top. Chill overnight in refrigerator.

Cheese cake (Easter syrnyk)

At Easter time, the syrnyk may be served with the main course or as dessert.

1 pound dry cottage cheese	1 tbsp. sugar
4 egg yolks	½ cup raisins
1 tbsp. melted butter	dash of cinnamon if desired
1 whole egg	

Press cottage cheese through sieve. Beat well, the egg yolks and the whole egg together until light and creamy. Combine with the cheese and beat well. Add raisins and spoon mixture into a well-buttered baking dish. Bake in slow oven about 300 F to 325 F for 45 minutes or until toothpick inserted in centre comes out clean. Cool completely before serving. Slice.

Prune platsok

6 tbsp. butter	2 ½ cups flour
4 egg yolks (use whites for meringue)	3 tsp. baking powder
½ cup sugar	½ cup sweet cream

Cream together butter, egg yolks, and sugar. Add flour, baking powder and cream. Mix ingredients together and press into greased and floured 10" x 12" pan.

1½ lbs. prunes	1 tsp. cinnamon
½ cup sugar	1 tsp. lemon juice

Cook prunes. Drain and remove pits. Add sugar, cinnamon to taste and lemon juice. Mix well. Spread prune mixture on dough. Cover with the egg white topping.

Egg White Topping

4 egg whites	3 tbsp. sugar
1 tbsp. water	½ tsp. baking powder
3 tbsp. cornstarch	1 tsp. vanilla

Beat egg whites until stiff. Beat in remaining ingredients. Spread meringue on top of prune mixture. Bake in 325-350 F oven for 40 to 50 minutes.

Bundt poppy seed cake

½ lb. poppy seeds	2 tsp. baking powder ¾ tsp. soda
7 eggs, separated	½ tsp. salt
1 ½ sugar	1½ c. bread crumbs, finely crushed
1 cup oil	½ cup walnuts, chopped

Cover the poppy seeds with water and cook for ½ an hour. Grind by putting through a blender. Beat the egg yolks adding the sugar gradually while beating. Then add the oil, baking powder, soda, salt, bread crumbs and poppy seed, beating after each addition. Beat egg whites till stiff and then fold in. Gently stir in the walnuts. Bake in a large bundt pan at 350 F for 60 minutes.

Cherry squares

1 whole egg	2 tsp. baking powder
3 egg yolks (reserve whites)	1 tsp. rum or vanilla flavouring
1 cup sugar	½ pound butter
1 cups flour	1, 15 oz can filling (cherries, peaches, apples, blueberries)
1 tbsp. shortening	
1 tbsp. sour cream	

Mix the whole egg with the 3 egg yolks and sugar. Add the sour cream, shortening and flavouring. Mix well. Add flour and baking powder. Mix well using your hands as this dough is quite heavy! Melt butter and add to dough while butter is still warm. Mix well.

Spread part on a greased pan (10" x 14"), with your hands, usually slightly more than half of dough. Place other part of dough in refrigerator. Sprinkle a little flour over dough in pan and prick about 20 times with a fork. Spread filling. Beat egg whites and spread on top of filling. Now spread the rest of the dough on top by rubbing dough between your hands. It comes out crumbly. Bake 30-35 minutes at 350 F.

Skor chip squares

1 box mini Ritz crackers, crumbled	1 tin Eaglebrand condensed milk
1 pkg. skor chips	1pkg. white chocolate chips

Mix together, spread into 9" x 9", buttered pan. Bake at 350 F till brown on edges, very lightly. Cut into squares while still warm.

Pineapple refrigerator dessert squares

1¼ cup graham cracker crumbs	1 egg
2 tbsp. granulated sugar	1 cup chilled whipping cream
¼ cup melted butter	14½ oz tin crushed pineapple well drained
½ cup butter, softened	maraschino cherries to garnish
1 cup icing sugar	

Mix graham cracker crumbs, granulated sugar and melted butter. Press half the crumb mixture evenly in bottom of square pan 8"x8"x2". Beat ½ cup butter, icing sugar and egg until mixture is light and fluffy. Spread carefully and evenly over crumbs in pan. In chilled bowl, beat cream stiff. Fold in drained pineapple. Spread over butter mixture. Sprinkle with the remaining crumbs. Cover and chill at east 12 hours. Cut into squares and garnish with cherry.

Quick & Easy jam tarts

4¼ oz. cream cheese	½ cup butter
1 cup flour	jelly or preserves

Melt butter, blend with cheese and stir in flour to make a nice smooth dough. Put in freezer for about 1 hour until firm. Nip off pieces about the size of golf balls, roll them out, trim them into squares and put a tsp. of jelly on each. Fold them into triangles, seal the edges with a floured fork and BAKE on a greased cookie sheet at 375 F until brown. 10-15 minutes.

Plum coffee cake

¾ cup sugar	6-8 fresh Italian plums, pitted and sliced
½ cup butter	½ cup brown sugar firmly packed
1 egg	3 tbsp. flour
1 tsp. vanilla	½ tsp. cinnamon
1 ¼ cup flour	3 tbsp. melted butter
2 tsp. baking powder	¼ cup chopped nuts
½ tsp. salt	
½ cup milk	

Cream together sugar, butter, egg, and vanilla. Sift together flour, baking powder, and salt. Alternately add milk and dry ingredients to butter mixture. Spread dough in a greased 9" square pan. Top with rows of plum slices, skin side down. Combine remaining ingredients until crumbly, not smooth, and sprinkle over plums. Bake in a preheated 375 F oven for 35 minutes or until done. Cut into squares.

Oatmeal date squares

1½ cups all purpose flour
½ tsp. baking soda
1 tsp. baking powder
¼ tsp. salt

1 cup soft butter
1 cup brown sugar
1½ cups oats

Date filling

Combine flour, baking powder, soda and salt. Mix in butter with finger tips. Add sugar and oats. Mix well, continuing to use fingers. Spread half the crumbs in a greased shallow pan (about 8"x14"). Pat to smooth. Cover with cooled date filling, spreading evenly, then cover with remaining crumbs. Pat to smooth. BAKE at 325 F for 30 to 35 minutes. Then increase the heat slightly and bake for just a few minutes longer, to lightly brown the mixture. Cut in squares while hot and allow to cool in pan.

Date filling:

2 cups chopped dates
2/3 cup cold water
2 tbsp. brown sugar

grated rind of ½ an orange
2 tbsp. orange juice
1 tsp. lemon juice

Cook dates, water, orange rind and sugar in a small saucepan, over moderate heat until thick and smooth. Remove from heat, add fruit juices, mix well. Cool before spreading.

Bublyky (Cream puffs)

½ cup butter
¼ tsp. salt
1 cup water

1 cup flour
4 eggs

Add butter and salt to water, bring to the boiling point. Add flour, cook mixture until it leaves the side of the pan, cool. When nearly cold, add unbeaten eggs, 1 at a time. Drop mixture by the spoonful on a buttered cookie sheet, leaving space for rising.

Bake in moderate oven, 350 F for 40 minutes.

When cold, split, fill with whipped cream, top with chocolate syrup.

Hawaiian dream squares

Preheat oven to 375 F.

Cream: ½ cup soft butter add ½ cup lightly packed brown sugar; ½ tsp. vanilla.

Mix in thoroughly: 1½ cup flour. Pat evenly over an ungreased 9" x 11" pan.

BAKE in oven for about 15 min. or until golden brown. Let cool about five min.

Spread with: 1 large tin of well drained crushed pineapple.

Beat together: ¼ cup melted butter, ¾ cup granulated sugar, 1 egg, 1 tsp. vanilla, 1 cup shredded coconut. Spread coconut mixture over pineapple.

Bake in preheated oven for 30 minutes. Cool in pan and cut into squares.

Carob Brownies (low sugar)

½ cup butter or margarine, softened

½ cup brown sugar

½ tbsp. vanilla

2 eggs, lightly beaten

4 tbsp. water

⅛ tsp. salt (optional)

⅓ cup whole wheat pastry flour

2 tsp. baking powder

6 tbsp. carob powder

1 cup chopped walnuts or pecans

Cream together butter or margarine and sugar, in a medium sized mixing bowl. Mix in vanilla, eggs, and water. Sift together salt, flour, and baking powder, and stir slowly into butter-sugar mixture. Stir in carob powder and the nuts (save a few nuts to decorate top of cake), mixing well. Grease and flour an 8" x 8" cake pan and fill evenly with batter. Place whole nuts on top if desired. Bake brownies in preheated 350 F oven for 25 minutes.

Lemon Squares

½ cup butter

2 tbsp. icing sugar

1 cup flour

2 eggs, well-beaten

½ cup sugar

4 oz. lemon pie filling

½ tsp. baking powder

1 cup chopped dates

1½ cup coconut

Mix first 3 ingredients together. Mix well, spread in 8" x 8" pan and bake 15 to 20 minutes at 350 F. Mix remaining ingredients together. Spread over crust. Bake at 350 F about 25 minutes until lightly browned.

Kruhky platsok (Fruit squares)

Dough:

½ cups all purpose flour	1 cup granulated sugar
½ lb. butter or margarine, softened	1 tsp. baking powder
2 eggs	1 tsp. vanilla or grated rind of one lemon

Work all ingredients with fingers in large bowl until thoroughly blended and dough sticks together when pressed into a ball. Divide into 2 balls $\frac{2}{3}$ and $\frac{1}{3}$ in size. Wrap in plastic wrap or bag and refrigerate at least two hours. At this point, the dough may be stored in the fridge up to 1 week or frozen at this point for future use. When ready to use, grease a 10-½"x15"x1" pan (or use 2 smaller pans). Grate larger ball of dough on a grater and pat down on ungreased sheet and up the sides of the pan.

Filling: Jams or preserves may be spread over dough, as well as fresh or well drained tinned or frozen fruits. Eg. apple slices, peach slices, pitted cherries or plums. 6 to 7 cups fruit will be needed. Toss fruit with sugar depending on your taste and toss well with 1 to 2 tsp. cornstarch, depending on the juiciness and firmness of fruit.

Grate remaining ball of dough on top of fruit. Do not pat down, leave crumbly. Sprinkle with white or brown sugar if additional sweetness is desired. Bake at 325 F to 350 F for about 1 hour until golden brown.

Korzi z Makom

3 cups flour	1¼ cup water
1 tsp. salt	1 tbsp. oil

Combine all ingredients. Knead and roll to about ½ thickness. Bake on ungreased cookie sheet at 350 F till golden brown, about 8-10 minutes. Cool. Break into small pieces and place in large pot or casserole with lid.

2 cups poppy seeds	¼ cup honey or
2-3 cups hot water	½ cup sugar

Grind poppy seeds. Add hot water and honey or sugar to taste. Bring this to a boil. Pour this mixture over Korzi, mix well, cover and let stand to soften – 20-30 minutes.



Frying pan balls

In a pan, melt: ½ cup melted butter

Add: 1 cup chopped dates 2 eggs, well beaten pinch salt.

Cook as scrambled eggs until brown over medium heat. Let cool.

Add: 2 cups rice crispies; ½ tsp. vanilla

Form balls and roll in coconut.

Crescent Cookies

½ cup butter

½ cup shortening

½ cup icing sugar

1 tsp. vanilla

1¾ cups pre-sifted flour

¾ cup finely chopped nuts

¾ cup semisweet chocolate bits

Preheat oven to 375 F. Cream butter, shortening, and sugar with vanilla until light and fluffy. Blend in flour gradually. Add nuts and mix well. Pinch off small balls of dough. Roll into finger lengths and shape into crescents. Bake on lightly-greased cookie sheets in 375 F oven for 15 minutes or until lightly browned. Cool. Melt chocolate and dip ends of each crescent in the chocolate. Place on rack to set chocolate. Makes 3½ dozen approximately.

Medivnychky (Honey cookies)

These cookies are hard when first baked but become softer after a few days.

1 cup honey

1 cup sugar

2 cups sifted flour

2 egg yolks

2 whole eggs

2 cups sifted flour

1½ tsp. baking soda

1 tsp. cinnamon

¼ tsp. salt

chopped walnuts (optional)

Bring honey and sugar to a boil. Immediately add 2 cups of flour to the boiling honey and stir briskly until well blended. Cool the mixture until warm to the touch. One at a time, add egg yolks and eggs and beat well after each. Sift remaining flour with dry ingredients. Add to the honey mixture and blend thoroughly. Shape dough into small balls, press onto greased baking sheet and bake at 325 F for about 20 minutes. Cool and store in tightly covered container for several days.

Mushroom Cookies (for special Ukrainian events)

4 eggs
1 tbsp. sugar
¼ tsp. salt

¾ cup oil (Crisco or Mazola)
1 cup all-purpose flour

Beat eggs well with the sugar. Add salt and oil and beat again until bubbles show. Add the sifted flour and beat well until light and bubbly.

Use a muffin tray with small round-shaped cups, curled bottoms. Place ½ tsp. of oil into each cup. Using a tsp. drop 1 tsp. of batter into each muffin cup.

Bake at 375 F for 28-30 minutes. Test with finger, dough will not yield to light pressure. During baking, the batter puffs up the sides of the tin, leaving the centre empty, resembling a mushroom. When cool, they may be filled with whipped cream if desired. Top with cherry (optional). May also be filled with cooked apricot filling.

Ukrainian torte squares

¾ pound butter (softened)
4 egg yolks
4 cups flour
¼ cup milk
¼ cup warm water

1 package dry yeast
2 jars Baker's apricot filling
1 pound ground nuts
1 cup sugar
3 tsp. cinnamon

Combine nuts, sugar and cinnamon. Measure ½ cup and set aside for the topping.

Combine yeast and warm water. Set aside. Sift flour into a bowl. Add butter and cut in as for pie crust. Add slightly beaten egg yolks, milk and yeast mixture. Blend batter until it pulls away from the side of the bowl.

Place on floured board and knead for a few minutes. Divide dough into three sections.

Roll out one section and place dough onto large slightly greased jelly roll pan. Work edges up on sides of pan. Sprinkle this layer with nut filling.

Roll out second section. Place over nut layer and spread with apricot filling. Roll remaining dough and place over the apricot filling. Prick with a fork and let it rise for 1 hour.

Bake in 350 F oven for 45 minutes. When cool, spread with torte icing, then sprinkle with remaining nut mixture.

Icing: Here are two types; choose your favourite.

ICING

Boil and cool 1 cup of milk with 2 ½ tbsp. flour.

Cream together 1 cup of butter and 1 cup of sugar.

Beat well and add milk mixture. After beating, add 1 cup of icing sugar.

Or French Cooled Frosting

Blend $\frac{2}{3}$ cup sugar, $\frac{1}{4}$ cup flour, $\frac{1}{4}$ tsp. salt. Add $\frac{3}{4}$ cup milk and cook. Cool. Beat in $\frac{1}{2}$ pound creamed unsalted butter. Add 1 tsp. vanilla or rum extract.

** this is a lovely butter cream to which chocolate or lemon juice with rind may also be added for different flavours*

These squares are actually better after they sit for a day, well wrapped in refrigerator and keep very well in fridge for at least 1 week.

Apple walnut raisin squares (Brown sugar frosting)

1 $\frac{1}{3}$ cups brown sugar, packed	$\frac{1}{2}$ tsp. baking powder
$\frac{1}{2}$ cup melted margarine	1 tsp. cinnamon
2 eggs	$\frac{1}{2}$ cup milk
1 tsp. vanilla extract	2 cups finely chopped pared apples
2 cups unsifted flour	1 cup chopped walnuts
$\frac{1}{4}$ tsp. baking soda	1 cup raisins

Preheat oven to 350 F. Grease and flour 13"x9"x2" pan. In large bowl, combine sugar and margarine. Using wooden spoon beat in eggs and vanilla. Sift flour with soda, baking powder and cinnamon. Stir into egg mixture, alternately with milk. Stir in apples, chopped nuts and raisins. Batter is quite thick. Pour into prepared pan. BAKE 40 to 45 minutes, until surface springs back when gently pressed with fingertip. Let cool in pan. Frost if desired. Cut into 20 squares. Top each with walnut. *Makes 20 servings.*

Brown sugar frosting

$\frac{3}{4}$ cups brown sugar	$\frac{1}{8}$ tsp. cream of tartar
1 egg white	$\frac{1}{8}$ tsp. salt
$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ tsp. vanilla
1 tsp. light corn syrup	

Place all ingredients except vanilla in top of double boiler. Beat 1 minute with electric mixer. Set over boiling water and beat constantly with mixer until mixture forms peaks, approximately four minutes. Remove from heat and add vanilla. Beat until mixture is of spreading consistency.

This recipe may be doubled and cooked for 7 minutes for larger cakes. Also, white sugar may be used for white frosting.

Ukrainian finger pastry (Kchrusty)

2 cups flour	2 tbsp. sugar
6 egg yolks	1 tbsp. lemon juice
2 whole eggs	1 level tsp. salt
1 tbsp. butter (room temp)	

Beat eggs well, until light and fluffy. Add butter, sugar, lemon juice and mix well.

Next, add flour and salt. Mix and let sit for a while.

Roll very thin; working with a little dough at a time. Keep remainder covered. Cut dough into strips about 3"x1". Make a slit in the centre of the strip about half inch long.

Take one end and fold and twist through the slit. Fry each piece in Crisco just until very lightly brown. Let cool on paper towel. Sprinkle with icing sugar.

Ukrainian honey cookies

3 tbsp. butter	½ cup milk
½ cup white sugar	4 cups flour
1 cup honey	3 tsp. baking soda
2 eggs	

Cream butter, sugar, and honey. Add eggs and beat well. Add milk, sifted flour, and baking soda. Mix. Refrigerate for 1 hour. Drop by tsp. full on greased cookie sheet and bake in 350 F oven for 15-20 minutes.

Makivnyk (Poppy seed roll)

½ pint sweet cream	2 egg whites, stiffly beaten
1 cup milk	¼ pound melted butter
½ to ¾ cup sugar	½ tsp. salt
1 yeast cake	1 tsp. vanilla
2 egg yolks	4-5 cups flour

Boil together the cream and milk and allow to cool. Add yeast cake, crumbled and 3 tbsp. sugar to cooled cream mixture. Mix well. Add egg yolks, stiffly beaten whites, melted butter, remaining sugar, salt and vanilla. Add flour until dough is formed. Mix thoroughly by hand. Sprinkle surface with flour and allow to rise in warm place. When risen, roll out dough and

spread with poppy seed filling. Roll up as jelly roll and place in well greased deep pans. Sprinkle with poppy seeds and allow to rise. BAKE about 40 minutes at 350 F.

Poppy Seed Filling

Add: ½ cup poppy seeds (ground) to ¼ cup warm milk.

Stir in:

½ cup ground nuts	1 egg white, beaten
lemon rind	2 tbsp. butter
½ tsp. vanilla	1 tbsp. jam
¾ cup brown sugar	

Mix well.

Chocolate rum roll

see variations at end of rum cream

6 eggs, separated	4-6 tbsp. flour
6 tbsp. granulated sugar	

Grease and flour jelly roll pan (about 10"x16") Cream the egg yolks and sugar together. Add flour. Beat egg whites until stiff and fold into above mixture. Pour into pan and bake at 350 F for 15 minutes. Remove cake from oven and let sit for just a few minutes, making sure cake is not sticking anywhere. Turn cake onto dampened tea towel, the same size as cake and roll with cloth. Let sit, rolled in cloth till cool and finish with the following butter cream.

Chocolate Rum Cream

½ pound unsalted butter	4 tbsp. icing sugar (sifted) capful of rum
4 heaping tbsp. cocoa	

Unroll cake and spread with ½ of the cream. Roll again and ice outside with remaining cream. Refrigerate. This cake may also be made and filled with a custard (masa), thin peach slices and frosted with whipping cream, beaten with a little sugar just before serving. Also makes up a lovely cake using whipping cream and strawberries for the filling, iced with whipped cream.

Chocolate walnut cake squares

Heat for about 4 minutes in an 8" square pan - oven at 350 F.

½ cup vegetable oil	1 egg
2 squares (2 oz) unsweetened chocolate	1¼ cups all purpose flour
Add: ¾ cup water	½ tsp. salt
1 cup sugar	½ tsp. baking soda
	1 tsp. vanilla

Beat with a fork until smooth, about two minutes. Spread evenly in pan. Sprinkle with: 1 package (6 oz) semi-sweet chocolate chips; ½ cup chopped walnuts. Bake at 350 F for 40 minutes or until toothpick inserted in the centre comes out clean.

Muffins

Boiled raisin Muffins

1 ½ cup raisins, washed	1 tsp. soda
¾ cup brown sugar	¾ cup sour cream
½ cup Crisco shortening	1 ½ cup flour
1 large egg, beaten	1 tsp. salt
1 tsp. vanilla	baking powder
1 tsp. lemon peel, grated	chopped walnuts

Simmer raisins in barely enough water to cover, about 10 minutes. Some water should remain.

Beat sugar and shortening till creamy. Add the beaten egg, vanilla and peel. Put the soda into the sour cream. Sift flour and salt with the baking powder. Add the flour and sour cream alternately to the egg mixture. Add raisins and chopped nuts. Mix together.

Fill 24 lined muffin cups. Bake at 350 F for 25 minutes.



Banana Muffins

½ cup butter or margarine
1 cup sugar
1 egg
2 tbsp. milk

1 tbsp. baking soda
1 cup banana mashed
1½ cup flour baking powder
Vanilla 1 tsp.

Cream butter and sugar. Add egg and milk. Add soda to banana, add to egg and sugar mixture and beat again. Add sifted flour, baking powder, and vanilla. Use paper cupcake liners in muffin tins. Fill 2/3 full with muffin mixture. Bake for 20 minutes at 350 F.

Makes 24 medium muffins.

Favourite moist bran Muffins

3 cups buttermilk
3 cups 100% bran cereal

Mix the above and let stand.

1 cup oil
1 cup brown sugar
1 cup white sugar
3 eggs
1 tsp. vanilla

3 tsp. baking soda
2 tsp. salt
3 cups flour
3 tsp. baking powder
1 cup raisins, washed

Mix oil, brown sugar, white sugar, and eggs. Add vanilla, soda, and salt and beat. Stir in buttermilk and bran mixture. Sift flour and baking powder and add to the above along with the raisins. Mix well, quickly – just until well blended.

Bake in greased and floured muffin tins for 20 minutes at 350 F.

These freeze very well.



Bran Muffins

2 eggs	1 tsp. baking soda
1 cup sugar	1 tsp. salt
$\frac{3}{4}$ oil	2 tsp. baking powder
2 cups milk	2 cups flour
1 cup bran	1 $\frac{1}{2}$ raisins or blueberries or grated
1 tsp. vanilla	apple with cinnamon

Cream eggs and sugar, add oil and beat. Add milk, bran, and vanilla, mix well. Add dry ingredients and fruit, mix lightly. Let rest 5 minutes. Fill muffin tins $\frac{2}{3}$ full. Bake at 350 F for 20-25 minutes.

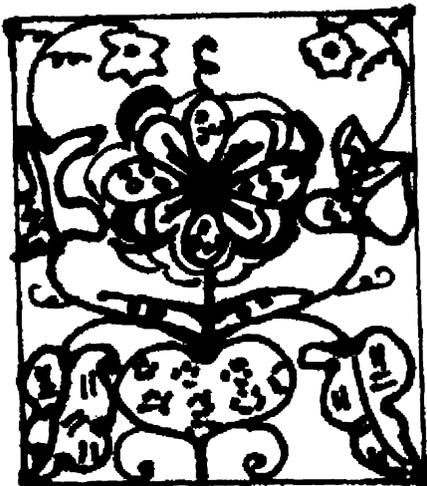
Makes 24 muffins.

Apple cheese Muffins

$\frac{1}{2}$ cup margarine	$\frac{3}{4}$ rolled oats
$\frac{1}{2}$ cup sugar	1 cup apple pie filling
2 eggs	$\frac{2}{3}$ cup sharp cheese, grated
1 tsp. baking soda	$\frac{1}{2}$ cup nuts
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup milk
1 $\frac{1}{2}$ cup flour	

Cream margarine and sugar, add eggs. Combine dry ingredients, add to sugar mixture with pie filling, (apple pieces may be cut up if too large) cheese, and nuts. Stir in milk last. Fill muffin pans $\frac{1}{2}$ full. Bake at 400 F, 20 to 25 min.

Makes 24 medium.



Pumpkin Muffins

4 eggs	1 tbsp. cinnamon
2 cup sugar	2 tsp. baking soda
1 ½ cooking oil	2 tsp. baking powder
1 large tin can pumpkin	1 tsp. salt
3 cups flour	2 cups chocolate chips

Beat eggs slightly. Add sugar, oil, and pumpkin. Beat thoroughly. Sift dry ingredients over creamed mixture. Blend well. Stir in chocolate chips. Fill muffin tins with mixture. Bake 25 minutes at 350 F.

Makes 3 dozen.

Zucchini loaf

1 cup finely chopped walnuts	1½ tsp. salt
4 eggs	1 tsp. cinnamon
2 cups sugar	¾ tsp. baking powder
1 cup vegetable oil	2 cups grated zucchini
3½ cups whole wheat flour	1 cup raisins
1½ tsp. baking soda	1 tsp. vanilla

Beat eggs gradually. Beat in sugar; then beat in oil. Combine dry ingredients and add to wet mixture a little at a time. Add zucchini, nuts, vanilla and raisins. Turn into 2 greased 9" x 5" loaf pans. BAKE on lowest rack in 350 F oven for about 1 hour or until done.

Cinnamon rolls or Buns basic sweet dough

2 tsp. sugar	½ cup water, lukewarm
3 tsp yeast	

Combine until yeast and sugar are dissolved.

5 eggs, well-beaten	2 tbsp. baking powder
1 cup sugar	10-10½ cups flour to make a soft dough
1 cup vegetable oil	½ cup margarine or butter softened
3 cups lukewarm water	¾ cup brown sugar
1 tsp. salt	1½ tsp. cinnamon

Beat the eggs well, add sugar in small amounts, then add the oil. Beat well. Add water and some flour with the yeast, beat till smooth. Add more flour, gradually to make a soft dough. Let rise twice, punching down when the dough is double in size. Roll out ½" thick in a rectangular shape. Spread the rolled dough with soft margarine or butter. Sprinkle brown sugar and dust with cinnamon. Roll like a jelly roll, cut slices across 1" wide and place slices in greased pans 1" apart. Let rise to double in size, brush with melted margarine and bake at 375 F for 20 to 30 min.

**chopped nuts or raisins may also be sprinkled with cinnamon and sugar over dough*

Pie Crust (no fail)

Mix together:

5 cups flour
1 tsp. salt

1 tablespoon baking powder

Cut in with pastry blender 1 pound Crisco (at room temp), until mixture resembles coarse meal. In a 1 cup measuring cup, beat: 1 egg, add 2 tbsp. vinegar. And milk right to the top of the 1 cup measure. Add liquid to flour/shortening mixture and toss to mix. The mixture will be quite sticky.

Flour the rolling surface and if needed, sprinkle dough with a little flour before rolling out. This dough may be re-rolled again without losing flakiness.

Rhubarb Pie Filling

1½ cups brown sugar
3 tbsp. flour

2 eggs
3 cups rhubarb, cut in 1 inch pieces

Mix the brown sugar and flour together. Add the eggs and stir. Add the rhubarb. BAKE at 350 F for 1 hour or more. ** Makes enough for one double crusted pie.*

Brown sugar apple filling

In a large bowl, mix:

1 cup brown sugar
2 tbsp. flour
1 tsp. cinnamon

½ tsp. nutmeg
¼ tsp. salt

Add: 6 cups thinly sliced apples

Toss ingredients to mix. Fill pastry-lined pie plate. Sprinkle with 1 tbsp lemon juice and dot with butter. Cover with pastry. Poke holes in the top or slits with a sharp knife.
BAKE at 425 F for 40-50 minutes.

Makes enough for one large double crusted pie

Butterscotch pecan filling

3 eggs, slightly beaten
1 cup light corn syrup
1/8 tsp. salt
1 tsp. vanilla

1 cup light brown sugar
2 tbsp. melted butter
1 cup pecans

Add corn syrup, salt, vanilla, brown sugar and butter to the eggs. Mix well and stir in the pecans. Pour into shell. BAKE for 15 minutes at 400 F. Reduce heat to 350 F and bake for 30-35 minutes more, or until outer edge of filling seems set. Let pie cool completely. Decorate edge with whipping cream.

Single crusted pie.

Honey cream peach pie

Pastry for single crust (9)

1/2 cup sugar
3 tbsp. flour
1/4 cup honey
1/4 cup heavy cream

5-6 large ripe peaches, peeled and sliced
1/2 tsp. powdered ginger
1/4 tsp. powdered nutmeg
1 tbsp. butter

Sprinkle bottom of prepared pie crust with 1 tablespoon each, sugar and flour. Preheat oven to 425 F.

Combine remaining sugar and flour. Stir in honey and cream, mixing until smooth. Pour over peaches. Mix gently to coat peaches, being careful not to break the fruit. Spoon into pie shell, sprinkle with ginger and nutmeg. Dot with butter.

BAKE 45 minutes or until pastry is browned and peaches are tender.



Medivnyk (Honey cake)

1 cup honey (buckwheat is best)	4 eggs, separated
½ tsp. baking powder	1 cup sour cream
½ cup butter	3 cups sifted flour
1 tsp. cinnamon	1 cup chopped walnuts (optional)
1 cup brown sugar	2 tsp. baking soda
¼ tsp. salt	

Bring the honey to a boil, and cool. Cream the butter and sugar. Add egg yolks, one at a time. Beat until light and fluffy. Beat in honey. Sift flour with dry ingredients; add alternately with sour cream. Stir in nuts. Beat egg whites until stiff, and fold into batter. BAKE in tube (or Bundt) pan at 325 F until done – about 50-55 minutes. Lower heat to 300 F in final stages of baking to prevent honey from burning.

Poppy seed cake

1 cup buttermilk	1 tsp. vanilla
¼ cup poppy seeds	2 ½ cups flour
½ cup margarine	2 tsp. baking powder
½ cup shortening	1 tsp. baking soda
1 ½ white sugar	4 egg whites, stiffly beaten
4 egg yolks	

Soak poppy seeds in buttermilk for 1 hour. Cream together margarine, shortening, sugar, egg yolks, and vanilla. Combine dry ingredients, blend into creamed mixture alternately with milk. Gently fold egg whites into batter.

Filling:

½ cup granulated sugar	2 tsp. cocoa
1 tsp. cinnamon	

Spoon about ½ of batter into a greased bundt pan. Sprinkle over ½ of the sugar-cocoa mixture. Spoon in another ½ of the batter, top with remaining sugar-cocoa mixture, then add remaining batter. Cut through with a knife to marble layers.

Bake at 350 F for 1 hour, until wooden pick inserted in centre comes out clean.

Poppy seed Cake

1 cup of whole poppy seeds	1 cup sugar
250 gr. (about 1 ¼ cup) butter	1 kg of apples
14 gr. (1 pck. /3 tsp.) of baking powder	8 tsp. of cream of wheat
6 eggs, separated	

Grind the whole poppy seeds in a grinder (eg coffee grinder) and cover with water. In a blender, combine the sugar and butter and continue to blend while adding egg yolks, one at a time. Peel apples and shred using a hand held shredder.

Place egg whites into a bowl and using hand held blender, blend whites till stiff. To the sugar/egg mixture, add ground poppy seeds, shredded apples, baking powder, cream of wheat, stiffened egg whites and blend at a low speed.

Bake for 1 hour, at 375 F in greased pan, 10"x12".

Cake may be glazed with melted chocolate, sweet or semi sweet or iced with a light butter cream.

Fruit crumb cake

Cake crumb topping

250 gr. (about 1 ¼ cup) butter	1 cup of flour
1 cup of sugar	1 pkg (14 g. / 3 tsp.) vanilla sugar

Combine all ingredients in a large bowl, using your hands till blended and crumbly.

Cake

250 g. (about 1 ¼ cup) butter	small amount of bread crumbs
4 eggs	1 cup of sugar
1 package vanilla pudding	2 cups flour
1 package (14g) baking powder	2 tbsp. potato flour
approx 1 kg of seasonal fruit (eg: strawberries, apples, peaches, etc)	½ cup sour cream

Combine the sugar and butter in a blender bowl and blend. Add whole eggs, one at a time while continuing to blend.

In a separate bowl mix the flour, vanilla pudding, and baking powder. Slowly add this mixture to the blender while continuing to blend, alternating with the addition of the sour cream. Lightly butter the baking pan and cover with a thin layer of bread crumbs. Spread mixture into baking pan, 12"x14". Slice the fruits and place on top of mixture. Cover with the cake crumbs and bake for 1 hour at 350 F.

TORTES

Tortes are very rich, layered cakes with various layer fillings from creams to preserves. The actual cake layers are usually made with different types of nuts and may be of the light and fluffy type or a short pastry type base.

Following are recipes and suggestions for tortes. From the various recipes for layers, fillings and icings, you may wish to experiment yourself and create your own torte.

Name it after yourself!

Torte tips

1. For easy removal of layers grease pans lightly with shortening, line with waxed paper and sprinkle with bread crumbs.
2. Most tortes should be prepared several hours in advance to allow flavours to mingle and allow short pastry bases to absorb moisture from fillings to facilitate cutting.
3. Occasionally layers of pastry break or crack, do not despair. Patch with fillings.
4. When a recipe calls for baking 1 layer and cutting it horizontally into 2 or 3 layers, it is easier to cut cake if it is frozen.
5. When serving tortes, small pieces are usually cut as tortes are very rich. Make an imprint in centre of cake with a glass or cup. Take a sharp knife and gently cut around the circle through to the bottom. Then cut torte wedges to the circle. You will be left with a small round cake, which may be cut again.

Basic butter cream icing

½ pound unsalted butter
1 or 2 egg yolks

1 cup sifted icing sugar
1 to 3 tbsp. cream

Cream butter until light and fluffy. Beat in egg yolks. Add sugar and continue to cream. A little at a time, add cream until icing is a good consistency for spreading.

** liquers, rum, amaretto, triple sec may be added to butter creams as well for flavour*

If too much liquid should be added, sift in more icing sugar.

This amount will be sufficient to spread a one layer cake in the centre, top and sides.

Variations of basic butter cream icing

Lemon butter cream

Prepare basic butter cream icing and replace the cream by using freshly squeezed lemon juice. Grate the rind from the lemon and beat in also.

Chocolate butter cream icing

Prepare as basic butter cream icing. Sift, along with the icing sugar, anywhere between ¼ to ½ cup of cocoa powder, depending on your taste.

You might wish to turn the chocolate butter cream icing into chocolate rum icing simply by adding real rum (liquor) instead of cream.

Coffee butter cream icing

Prepare basic butter cream icing, substituting strong perked coffee (cooled) for the cream.

Mocha butter cream icing

Prepare basic butter cream. Sift, along with the icing sugar, ¼ cup of cocoa powder. Substitute strong cooled coffee for the cream.

You may wish to try substituting the coffee with Tia Maria.

Basic Cream Filling (Kremova Masa)

1 cup cream or milk	4 egg yolks
¼ cup sugar	3 tbsp. butter
1 tbsp. cornstarch few grains salt	1 tsp. vanilla

Scald the cream or milk in the top of a double boiler. Mix the sugar, cornstarch and salt in a bowl. Stir in the scalded cream. Return the mixture to the top of double boiler.

Cook over boiling water, stirring constantly, until thickened. Cook for a few minutes longer. Beat egg yolks slightly. Spoon some hot mixture into yolks, stir and return to the rest of the contents of the double boiler. Cook, stirring constantly for 1 minute. Remove from stove. Beat in butter and vanilla. Cool thoroughly.

NOTE: The egg yolks may be reduced from 4 to 2 and the butter may be reduced from 3 tbsp. to 1 tbsp.

Lemon filling

½ cup sugar	½ cup water
2 tbsp. cornstarch	½ cup orange juice
few grains salt	2 tbsp. butter
½ tsp. grated lemon rind	2 to 3 egg yolks
½ cup lemon juice	

Mix the sugar with the cornstarch and salt in the top of a double boiler. Add the remaining ingredients except the egg yolks. Cook over boiling water, stirring continuously, until thick. Cover and cook for 5 minutes. Stir a little hot mix into slightly beaten egg yolks and then add back to the rest of the mixture. Cook for 1 min. Cool.

Almond coffee filling

3 tbsp. butter	1 tsp. instant coffee dissolved in hot water
½ cup sifted icing sugar	1 tbsp. hot water
½ cup ground blanched almonds	

Cream

Cream the butter with sugar until light and fluffy. Add almonds, coffee and mix. Add cream a little at a time until consistency is nice for spreading.

Rich chocolate-nut filling

½ pound walnuts, ground	½ cup milk
2 oz chocolate	¼ cup butter
½ to ¾ cup sugar	

In double boiler, melt the chocolate. Stir in nuts and sugar. Add milk and continue cooking over boiling water until mixture is thick and smooth. Remove from stove and add butter. Cool mixture and beat until light and fluffy.

Walnut filling

1 cup finely ground walnuts	¾ cup sugar
½ cup cream or milk	1 tsp. vanilla
¼ cup butter	

Cook the milk and nuts in double boiler until thick. Cool. Cream the butter with the sugar and vanilla. Stir in the nut mixture. Beat until smooth.

Ground filbert nuts may be substituted for walnuts.

Almond cream filling

Follow recipe for basic cream filling with the following changes: Reduce the vanilla to ¼ tsp. and add ½ tsp. almond extract. Add ½ cup of almonds either blanched, toasted and ground or finely chopped. * *amaretto liqueur, about 2 tbsp may also be added*

Chocolate cream filling

Follow the recipe for Basic Cream filling with the following changes:

Add 1 to 1-½ oz. of grated unsweetened chocolate to the cold milk and heat in double boiler. Continue preparing as directed in basic filling. Beat the hot mixture with a rotary beater until smooth. You may wish to increase the sugar to ½ cup.

Coffee cream filling

Follow basic cream filling with the following changes:

Add 1 tsp. instant coffee to the hot milk. The vanilla may or may not be omitted.

Walnut torte (European)

Cream well:

300 grams flour, 2 cups
300 grams sugar, 1¼ cups
300 gr butter (unsalted) 1 ¼ cups

300 gr. ground walnuts or 10 oz.
2 eggs

Batter is of heavy consistency. Divide it into three portions. Spread each portion in springform pan that has been very lightly greased and sprinkled with bread crumbs.

BAKE at 325 – 350 F for approximately 20 minutes (toothpick inserted comes out clean). Cool. Remove side of pan and slip baked layer out onto a cookie sheet. Set aside. Bake next layer (cooled layers are brittle - handle carefully).

Filling:

1. Whip ½ pint whipping cream. Stir in 2 handfuls of ground walnuts and sugar to taste (approximately ¼ cup).
2. In a separate bowl, whip up ½ pound unsalted butter.
3. Continue whipping butter, gradually adding all of cream mixture.

** Mixture goes through a stage of looking watery and curdled. Don't despair. Beat long and hard (high speed of mixer) until thick and smooth. Add 1 tsp. of vanilla at end.*

Slip first layer of torte on serving platter. Spread with 3 to 4 heaping tbsp. full of butter filling. Slip next layer of torte over filling. Spread second layer with red currant jelly (or any other tart jelly). Slip on third layer. Spread remaining filling on sides and top of torte. Sprinkle top with ground walnuts. Torte should stand several hours at room temperature to allow fillings to penetrate torte. Store in fridge.



Walnut Torte

6 eggs, separated
6 heaping tbsp. sugar
peel of ½ lemon (grated)
pinch of salt

2½ cups walnuts, ground or
7 oz ground walnuts
3 heaping tbsp. bread crumbs

With mixer, beat egg yolks, sugar, lemon peel and salt until stiff and creamy. Beat egg whites until stiff and forming peaks. Spoon beaten egg whites on top of yolk mixture. Do not mix. Sprinkle ground walnuts over egg whites. Do not mix yet. Sprinkle bread crumbs over walnuts. Very gently, fold mixtures through - do not stir hard. Grease one 9 size spring form pan. Line bottom with wax paper and sprinkle with bread crumbs or flour. Spoon mixture into pan. Pan will be about ¾ full and will not rise during baking. BAKE at 275 F to 300 F for 1-¼ to 1-½ hours (until light touch leaves no print). When cake cools, cut it lengthwise into two sections.

Optional: before icing, you may sprinkle layers with a little rum or brandy.

Spread each section with a very thin layer of either apricot or plum preserves.

Icing:

Cream: ½ pound unsalted butter

Add: 1 or 2 egg yolks; 1 cup sifted icing sugar

Beat well and add drop by drop, cooled perked (fairly strong) coffee until consistency is nice for spreading. Spread between layers and all over cake and sides. Let sit for several hours or overnight in fridge before serving.

Walnut almond torte

A light torte made of two different batter mixtures

Walnut Layers

8 eggs, separated
1½ cups icing sugar

1 cup ground walnuts
4 tbsp. fine bread crumbs

Beat egg yolks until light. Add sugar gradually and beat until thick and fluffy. Stir in the nuts and bread crumbs. Beat egg whites until stiff and fold gently into mixture. Butter two deep 10 layer pans and sprinkle with fine bread crumbs. Spoon batter into pans. BAKE at 350 F for 30 to 35 minutes. Remove from pans and cool on cake rack.

Almond Layer

3 to 4 eggs, separated
2/3 cup icing sugar
1 tsp. grated lemon rind

1 tbsp. lemon juice
2/3 cup ground blanched almonds
2 tbsp. fine bread crumbs

Beat egg yolks until light. Add sugar gradually and continue beating until thick and fluffy. Beat in rind and lemon juice. Stir in almonds and bread crumbs. Beat whites until stiff and gently fold into yolk mixture. Spoon into deep buttered 10 layer pan sprinkled with bread crumbs. BAKE at 350 F for 30 to 35 minutes. Remove from pan and cool on cake rack.

Filling

1/3 cup butter
1/2 cup icing sugar
2/3 cup ground blanched almonds

1 tsp. instant coffee, dissolved in 1 tsp. hot water
thick cream

Cream together sugar and butter. Stir in nuts. Stir in cooled coffee. Add enough cream to give good consistency for spreading. A little lemon juice may be added for tartness. Mix until smooth. Spread between layers, placing almond layer in centre. Ice as desired. Decorate with lightly toasted slivered almonds.

To toast almonds, spread slivered almonds all over cookie sheet and bake at 250 for 10 to 15 minutes.

Mocha filbert nut torte

Using blender, whip:

4 eggs
3/4 cup white sugar

Add, continue blending: 2 tbsp. sifted flour, 2 1/2 tsp. baking powder

Add to mixture: 1 cup ground filberts

Grease and flour two 8 inch cake pans. Divide mixture into 2 pans and BAKE at 350 F for 20 minutes or until toothpick comes clean. Cool in pan about 5 minutes.

NOTE: If a larger cake is desired, grease and flour two 12 inch pans and make batter twice rather than doubling it; using one lot of mixture for each pan.

Mocha Whip Cream Frosting

1 pint of whipping cream
½ cup sugar
⅓ cup cocoa

1 tbsp. instant coffee
¼ tsp. salt
2 tsp. vanilla

Whip all together until thick and stiff. This may be done in a blender or with an electric mixer. Spread frosting between layers and over cake. Doubles well, using mixer.

Poppy Seed Walnut Torte

1¼ cups poppy seed
1 cup walnuts
10 eggs, separated

1 cup granulated sugar
1 tsp. vanilla

Grind poppy seed and walnuts. Beat egg yolks until creamy, gradually add sugar and beat until thick. Mix in ground poppy seeds and walnuts, add vanilla, fold in stiffly beaten egg whites. Pour into round 9" cake pans, greased and floured. Bake at 350 F for 30 minutes. Leave cakes in pans and cover with cloths for 1 day.

Filling:

5 tbsp. milk
1 cup sugar
½ lb. ground walnuts

¾ lb. butter
1 cup whipping cream, whipped

Heat milk and sugar over low heat until sugar is dissolved. Remove from heat, add walnuts. Cool, add butter. Whip until light and fluffy. Spread filling between torte layers. Top with whipped cream.



MEMORIES... REMEMBER WHEN

Bukovinian Nachinka/ Mamalyga Nachinka

6 slices bacon	¼ tsp. pepper
1 small onion, finely chopped	1 tsp. sugar
3 tbsp. butter or bacon drippings	3½ cups milk, scalded
1 cup cornmeal	3 eggs, well-beaten
1 tsp. salt	½ cup light cream

Fry bacon until crisp. Add onion and sauté. Remove bacon and onion. Bacon drippings can be used instead of butter. On low heat, gently stir in the cornmeal and stir so it is coated. Add salt, pepper, and sugar.

Scald milk and add it gradually, stirring constantly, until bubbly and all the milk is gone. Simmer until thickened.

Remove from heat and add eggs, cream, bacon pieces, and onion. Fold gently. Pour into 2 quart casserole and bake uncovered in oven for 1 hour at 350 F.

Studenetz (head cheese)

4 pork hocks	1 small onion
2 pigs feet	bay leaf
6 cloves garlic, crushed, salt, pepper	chicken pieces (optional)

Wash meat well. Place in fairly large and deep pot and cover hocks with cold water. Bring to a boil and remove scum with metal spoon. Add 4 cloves garlic, onion, salt, pepper and bay leaf. Cover and simmer, about 4 hours until meat falls away from bones easily. Strain the stock. Remove meat from bones and cut into pieces. Place meat in a glass casserole, corning ware dish or a heavy bowl. Crush the last two garlic cloves and add to meat. Skim off the grease settling on the stock and pour over meat. Stir and leave uncovered until cool. Cover and refrigerate until set. There may be a little fat settled on top. Scrape fat off before serving. Serve with horseradish or mustard.



Cottage Cheese Buns (pyrizsky)

2 tbsp yeast	6 tbsp. oil
2 tbsp sugar	½ cup sugar
1 cup lukewarm water	1 tsp. salt
3 eggs	6-7 cups flour, approx.
1 cup water	

Dissolve yeast and sugar in 1 cup of lukewarm water. Let rise 10 minutes.

Beat eggs, add water, oil, and sugar and salt. Add yeast mixture. Add enough flour to make a soft dough. Cover, let rise, knead dough and let rise again. Pinch off small pieces of dough. Flatten with fingers. Place tsp. of filling on dough. Pinch together and shape into crescents on greased cookie sheets. Let rise for about 20 min. Bake at 325 F for 15 minutes. Brush with butter.

Filling:

1 lb. cottage cheese	green onions, as desired
1 egg	½ cup dill, chopped salt and pepper

To serve, pour dill sauce over buns.

Dill Sauce:

1 small onion, chopped	2 tbsp. butter
¼ cup dill, chopped	2 cups whipping cream

Sauté onions and dill in butter. Add whipping cream, simmer for 15 minutes. Warm 3 dozen buns and pour sauce over buns.

** These can be filled with sauerkraut (kapusta) instead of cheese and baked the same.*

Khrustyky (Sweet Nothings)

6 egg yolks	1 tsp. vinegar
1 cup flour	1 tsp. sugar pinch of salt

Beat the egg yolks well, add sugar, vinegar, and flour. Mix well, then knead dough until smooth, on a lightly floured board. Cover, let stand 10 to 15 minutes (warm place). Roll the dough out paper thin and cut in 1" wide strips, cut the strips about 2" long. Slit each in the centre and pass both ends through, like tying a bow. Fry in deep fat as you would donuts. Drain and sprinkle with icing sugar.

Kvasheni ohirky (dill pickles)

Water base

Fresh cucumbers from the garden ... pack into large jar or stone crock (kaminchyk). Add bay leaf, pickling spice to taste; Add lots of fresh garlic, and fresh dill sprigs; Cover with boiled brine (proportions below).

After 2 or 3 days, they may be eaten or left to sour further. There is a unique taste of still fresh cucumber and the beginning of fermentation after only a few days. Placing them into the refrigerator will mostly stop the fermentation for storage.

Rule of thumb: 1 heaping tablespoon of coarse salt to 5 cups water, boiled.

Some cooks add 1 tbsp. white vinegar.

Kasha

2 cups medium buckwheat groats

1 egg

4 to 5 tbsp. fat (bacon or butter)

2 tsp. salt

stock

4 cups boiling water or soup

Pick over groats and place in shallow pan. Mix in egg thoroughly. Dry mixtures in oven (350 F) stirring often till kernels are separated and very dry. Put mixture into a pot; add the fat, salt, boiling water or stock. Bring to a brisk boil and cook till surface water is absorbed. Season to taste. Cover and bake kasha for about 30 minutes at 375 F.

Also one or more of the following may be added to the kasha before baking:

Chopped onion, sautéed in butter, oil or bacon drippings

Seasoned and browned ground beef or pork

Sautéed mushrooms button or dried.



Hutsullian Kulesha (Corn Meal Mush)

The Carpathian Mountain strip of Ukraine is the home of the Ukrainian Hutsula tribe known for its proud and independent bearing. These Ukrainian highlanders engage mainly in sheep raising and wool cutting. Corn is their native cereal and a staple part of their diet. It is used in the form of corn meal and coarsely ground hominy. The following is the Hutsul way of preparing their traditional corn meal dish called Kulesha.

1 cup corn meal
2 cups boiling water

½ tsp. salt

Add the corn meal all at once into the rapidly boiling salted water. Stir in one direction with a wooden spoon. (Hutsuls have a special spoon for this purpose called kulishyr). Keep stirring constantly until the corn meal leaves the sides of the pan and forms a ball. Place on a platter and serve at once with sour cream and cottage cheese. The peasant families cut kulesha into servings in their own particular way, using a string-bow cutter similar to the modern cheese cutter. The leftover kulesha may be sliced and fried in butter the next day.

Baked Lokshyna With Cottage Cheese (Noodle and cheese casserole)

1½ cups uncooked noodles (broad)
1 cup cottage cheese
4 slices bacon, chopped
salt

1 egg, slightly beaten
¼ cup buttered bread crumbs
2 tbsp. thick cream

Cook the noodles as directed on the box. Fry the chopped bacon until crisp, and add it along with the bacon fat to the noodles. Combine the egg with the cream and cottage cheese. Season to taste with salt. Arrange alternate layers of the noodles and cheese mixture in a buttered baking dish. Top with the buttered bread crumbs. Bake in a moderate oven 350 F for about 40 min. Serve as a main dish with a vegetable salad. A nutritious dish and very simple to make.



Choose mature, firm heads of cabbage. Use 1 pound of coarse salt for 40 pounds of cabbage, or 2 tsp. of salt for 1 pound of cabbage. Remove the outside leaves of the cabbage head, quarter it, and cut out the core. Shred the cabbage finely on a large shredder. Sprinkle with the salt and mix thoroughly. Pack firmly into a crock. If whole cabbage heads are desired for holubtsi, select small and firm ones. Cut out the core and arrange the heads in alternate layers with the shredded cabbage. Cover with a clean cloth, place a round wooden board or plate over it, and weight down with a suitable weight. A 10 to 12 pound weight will be needed for a 4 gallon crock. The weight should be heavy enough to make the brine come up over the cloth. Cover and let it stand at a temperature of 60 F. Or a few degrees lower. At a higher temperature the kraut will ferment sooner, but its quality will be inferior. During the process of fermentation, a scum will form on the cloth and the board. It should be removed by washing both as often as necessary. The cabbage will require from 2 to 4 weeks for fermentation, depending on the temperature of the room.

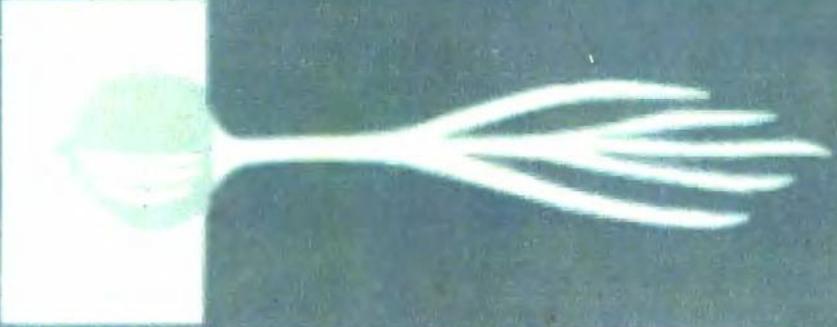
When fermentation has ceased, store the kraut by one of the following methods:

(1) Pack the kraut into clean sealers and cover with the kraut brine, leaving a ½ inch space at the top. Should the kraut brine be insufficient to fill all the sealers, make a weak solution of salt and water, using 2 tbsp. of coarse salt to 1 quart of water. Seal tightly and store in a cold place. Store the leaves of the fermented whole head of cabbage in the same manner, but separate the leaves first and then pack them into sealers.

(2) Use either fully matured kraut or one that is about 2 weeks old which is still crisp and not too sour. Test the sealers for leakage. This is important. Pack the kraut into the sealers, cover with the kraut brine to within ½ inch of the top, and seal. Process the kraut in a boiling water bath for 10 to 15 minutes for quart sealers. This brief period of processing checks fermentation without overcooking the kraut. Process the separated leaves of the fermented whole head of cabbage in the same manner. This method is considered the best as the kraut keeps well, retaining its flavor, crispness, and mild acidity.

(3) Kraut stores well by freezing. Pack the kraut in containers for freezing, seal and freeze. When a home freezer or a community locker is not available, use the old-fashioned method of keeping the crock with the kraut in a shed or in an unheated garage during the winter months. Variations: The cabbage may be mixed with a small quantity of mixed whole spices or a few peppercorns and some caraway seed. One or more of the following shredded or chopped vegetables may be added to the cabbage: onions, carrots, green or red peppers (sweet), celery. A small addition of cranberries imparts a delicate flavor to kraut and colors it lightly. Another interesting variation may be obtained by placing a few whole apples with the cabbage. This is one of the most popular additions. Apples fermented in cabbage make a delicious meat accompaniment.





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