

Baba the Cook



Natalka
Evanishen

Metric Conversion Chart

Oven Temperature

°F	°C
200	93
225	107
250	120
275	135
300	149
325	163
350	177
375	191
400	204
425	218
450	232
475	246
500	260

Imperial to Metric Measurements

- 1 ounce = 28.35 grams
- 1 pound = 454 grams
- 1 teaspoon = 5 milliliters
- 1 tablespoon = 15 milliliters
- 1 cup = 284 milliliters
- 1 fluid ounce = 28.4 milliliters
- 1 quart = 1136 milliliters
- 1 inch = 2.54 centimeters

Other books available from Ethnic Enterprises:

Ukrainian Folk Tales Retold in English
by Danny Evanishen:

Volume 1. The Raspberry Hut

Volume 2. Zhabka

Volume 3. How April Went to Visit March

Volume 4. Boris Threeson

Volume 5. The Worry Imps

Funny stories about the pioneer days
by Danny Evanishen:

Vuiko Yurko The First Generation

Vuiko Yurko Second-Hand Stories

Plus:

I Can't Find the Words to Tell You
by Anne Everatt

Kharkiv
by Zvychaina/Zurowsky/Evanishen

Baba the Cook

by Nataalka Evanishen
assisted by Danny Evanishen

Published by
Ethnic Enterprises
Publishing Division
Summerland, BC



Copyright © 1998
Ethnic Enterprises

All rights reserved. The use of any part of this publication reproduced, transmitted in any form by any means, electronic, mechanical, photocopying, recording, or otherwise, or stored in any retrieval system, without the prior written consent of the publisher is an infringement of the copyright law.

Canadian Cataloguing in Publication Data

Evanishen, Nataalka, 1912-1997.
Baba the Cook

ISBN 0-9697748-9-3

1. Cookery. 2. Evanishen, Nataalka, 1912-1997. 3.
Evanishen, Danny,
1945- I. Title.

TX715.6.E92 1998 641.5 C97-911041-6

Ethnic Enterprises
Publishing Division
Box 234
Summerland, BC
VOH 1Z0

Printed and Bound in Canada
by New Horizon Printers
Summerland, BC

1 2 3 4 5 6 7 8 9 10•07 06 05 04 03 02 01 2000 99 98

Foreword

This book makes no attempt to be a complete cook book. It contains a lot of my favorite recipes and some information about where and when I got the recipes. The pictures are of the people mentioned, taken at roughly the time I got the recipes from them.

By now, some of the recipes may no longer be familiar to the people who gave them to me. Recipes are only meant to be a guide, and they are forever evolving in the hands of the cook. They grow, just as we do.

The measurements and temperatures are all in the system I grew up with and always used. There are metric conversion charts on the inside covers, but I never used one.

I would like to thank my son Danny for helping me put this book together, and I would like to thank my daughter Johanne for the drawings on the section divider pages.

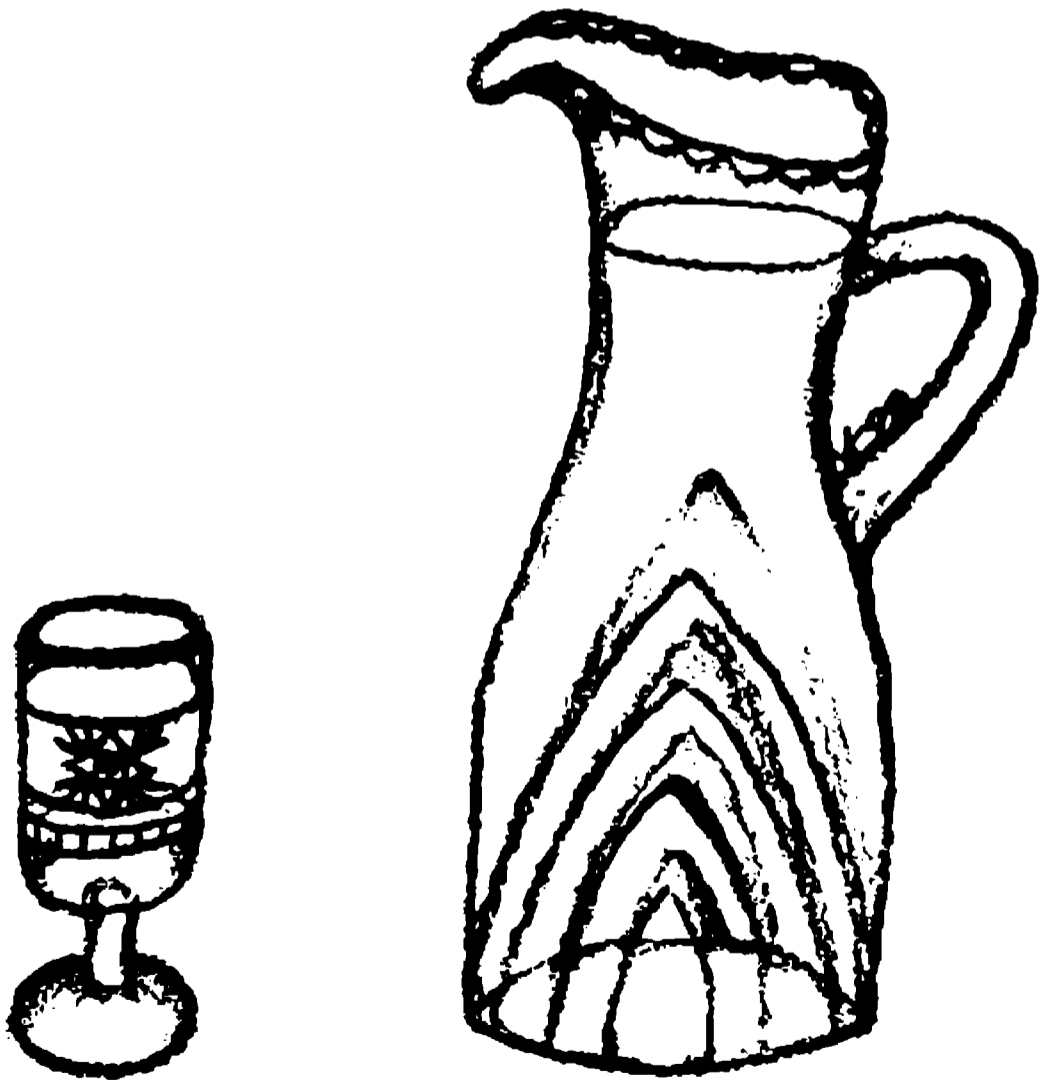
Natalie E. vanishesen

Dedicated to my family and friends, who supplied me with lots of recipes, lots of good food and lots of good times. Thank you all.

Table of Contents

Beverages	9
Bread, Buns	23
Muffins.....	37
Tarts, Scones, Cakes	45
Desserts	83
Fish.....	97
Meat, Chicken	111
Salads	125
Vegetables	139
Miscellaneous.....	147
Index.....	165

Beverages



I got this recipe from Hazel Juchli of Edmonton, Alberta in 1973, during a Masonic Convention when my husband John was being installed as a member of the order. Since I had not brought a long gown for the formal event, I borrowed one from a friend of Hazel's. Next day when I went to return the gown, Hazel served this Russian Hot Tea for breakfast.



Nat



Hazel

Russian Hot Tea

Mix well

14 ounces Tang Orange Crystals
3¹/₄ ounces Tang Grapefruit Crystals
3¹/₂ ounces Tang Lemon Crystals
1/2 cup Nestea Instant Tea
1 cup white sugar (or less, to taste)
2 teaspoons cinnamon
1 teaspoon cloves.

To

1 cup hot water add
2 teaspoons mixture.

Stir well.

Can be served hot or cold.

Good thirst-quencher.

Sometimes called Friendship Tea.

One morning in 1965, I left the Music and Book Store, which I operated in Meadow Lake, Saskatchewan, and went to visit my friend Jean Gorst, who was the town librarian. Instead of tea or coffee, Jean served this Molasses Drink, and I loved the taste.

We lived in Meadow Lake from 1945 to 1966. My husband John was first a teacher, then Secretary-Treasurer of the School Unit.



Jean



Nat

Molasses Drink

Stir well

1 cup whole milk, hot or cold

or

**1 cup water, hot or cold, with
powdered skim milk added to make
1 cup milk**

1 tablespoon molasses.

Good tonic for the stomach.

Can act as a laxative.

Any time Olga Skwara came to visit us, she always brought something — bread, buns, jam — she never arrived empty-handed. In 1986, in Kelowna, BC, she came to visit, and she brought this Rhubarb Drink.

John and I moved to the Kelowna area in 1973, and we still live here.



Olga



Nat

Rhubarb Drink

Cover with **boiling water**

5 pounds cut fresh rhubarb

2 cups sugar

2 lemons, sliced.

Let stand for 2 hours, stirring quite often to dissolve the sugar.

Strain and chill.

Dilute with water, if desired.

Has a very strong flavor.

Very good thirst-quencher.

This simple recipe for Uncooked Grape Juice came from daughter-in-law Elizabeth Evanishen of Kelowna, BC in 1979. Elizabeth used to try to tease the children into believing that they were drinking wine instead of juice.

Elizabeth and I played in a mandolin orchestra organized by my husband John. We had a lot of fun making music.



Elizabeth and Nat

Uncooked Grape Juice

1/2 quart sealer washed grapes

1/2 cup sugar or honey

Fill sealer with

Boiling water.

Seal.

Do not process.

Set aside for 3 months.

Strain through sieve.

Serve juice.

Anne Yaremchuk of Vernon, BC gave me this recipe in 1979. Anne has been a friend since Meadow Lake days. My husband John and I went to visit Anne and her husband Al in Vernon, and she served this juice. I was surprised to be drinking hot apple juice, but I just loved it.



Nat



Anne

Spiced Apple Juice

1 gallon apple juice

1/2 cup brown sugar

3 cinnamon sticks

3/4 tablespoon whole cloves

3/4 tablespoon whole allspice

Simmer 10 minutes only.

Serve hot.

This recipe came from Helena Nowosad, Kelowna, BC in 1987. It is supposedly good for high blood pressure. It can also be used as a glaze for roasts.

I have tried the recipe and I like it, but I am not completely convinced that it is effective as a Flu Tonic.



Nat and Helena

Flu Tonic

Blend

**2 lemons complete with rind,
quartered and seeds removed
1 cup liquid honey.**

Add

2 large cleaned heads garlic.

Blend thoroughly.

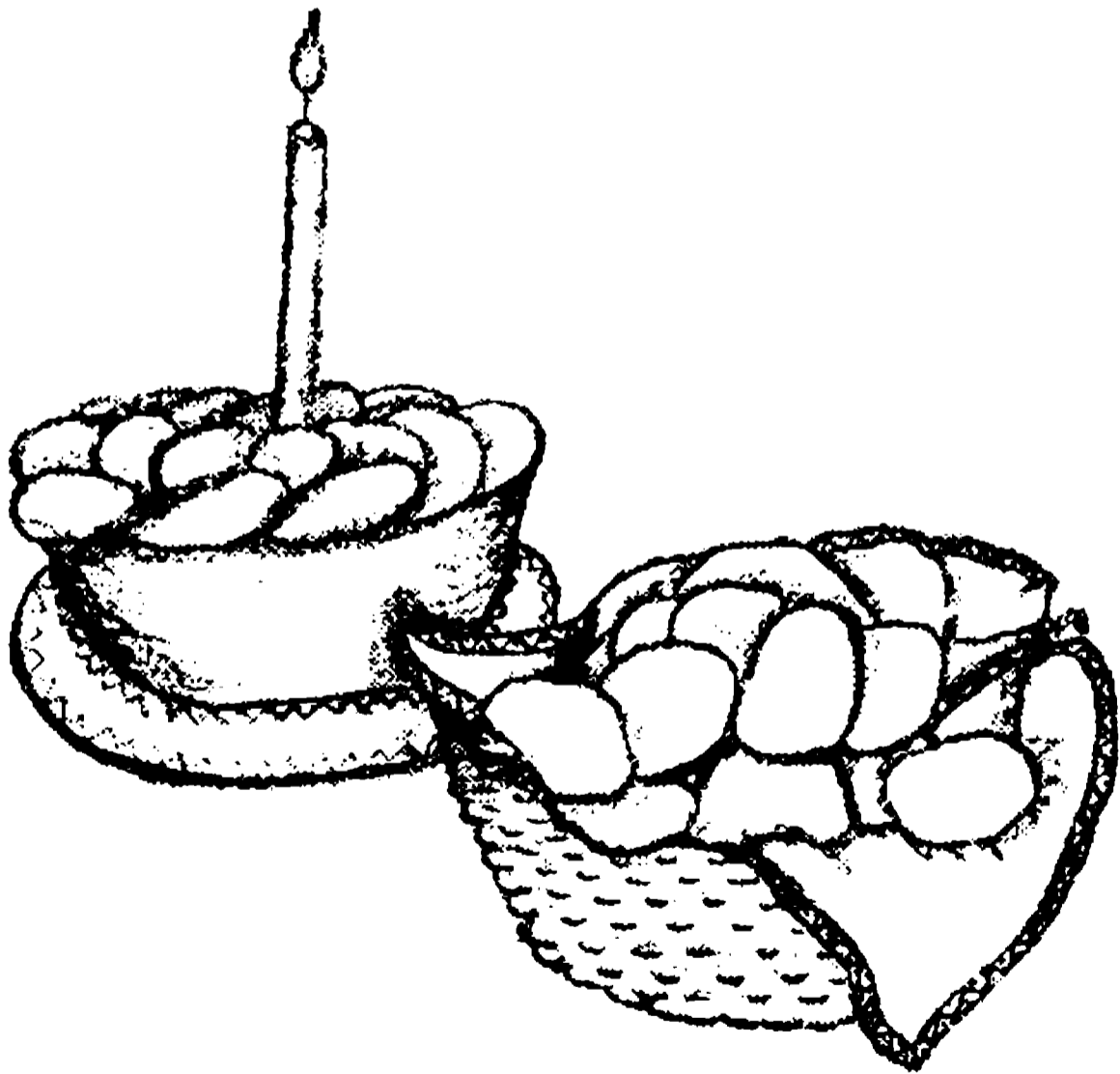
Put in sealer.

Keep in refrigerator.

Take 2 tablespoons 3 times per day, or more, stirring mixture each time.

This tonic has a strong garlic flavor — avoid going visiting after drinking.

Bread, Buns



This recipe came from Mrs M Disbery of Saskatoon, Saskatchewan in 1970. It was her contribution to an IODE (International Order of the Daughters of the Empire) supper. It simply disappeared from the table! The supper was a money-making event, and it featured a variety of international dishes. I brought cabbage rolls as my Ukrainian contribution.

We lived in Saskatoon from 1966 to 1970, while John was teaching in the area.



Nat



Mrs Disbery

Prairie Corn Bread

Mix well

3/4 cup flour

2 tablespoons sugar

4 teaspoons baking powder

1/2 teaspoon salt

3/4 cup cornmeal.

Add

1 beaten egg

1 cup milk

1 tablespoon melted butter.

Mix well.

Bake in greased 8 X 8-inch pan at 350°F
for 30 minutes.

Serve with

Creamed Shrimp

1 can shrimp, drained

1 can cream of mushroom soup

1/2 cup milk

**1/2 cup grated sharp cheese
(optional)**

Blend and heat thoroughly.

In 1943 my husband John was teaching at Nauka School near Hafford, Saskatchewan. Dmytro Symchych of Hafford was doing some work around the school at the time, and this was what he often brought for his lunch. Our children had never seen French Toast, and they called it "Symchych Khib," or "Symchych Bread," because they thought he invented it.

John and I were both born near Hafford, and we lived there until 1936. We were married on November 22, 1931. We again lived in Hafford from 1939 to 1945.



Nat



Dmytro

Symchych Khib

Mix together

2 eggs

1/2 cup milk.

Dip in mixture

Slices of bread.

Fry on both sides till light brown.

Serve with

Jam, syrup, butter, whatever.

Much the same as French Toast.

This yummy recipe came from my sister Olive (Hawrysh) Kindrachuk of Vancouver Bay, BC, 1981. She and her husband Nick were caretaking the BC Forest Products Lodge up the Sunshine Coast, and John and I went to visit them there.

We liked the place so much that we also became occasional caretakers from 1979 to 1982. Sometimes we stayed a month, and sometimes all winter. It is a beautiful place.



Nat



Olive

Break Apart Bread

Using **any good bread dough**
Break off 1 1/2-inch balls and roll in
Melted butter, then in
Sugar and
Cinnamon mixture.

Place in greased angel food cake pan and
scatter any kind of

Chopped nuts on top.

Add alternating layers of balls and nuts
until pan is 2/3 full.

Let rise.

Bake at 350°F for 35 to 40 minutes.

After baking, drizzle on top (optional)

Vanilla Frosting

In double boiler stir until thick

1/4 cup sugar

1 tablespoon cornstarch

1 cup water.

Remove from heat.

Stir in

2 tablespoons butter

1/8 teaspoon salt, or to taste

2 teaspoons vanilla or rum.

From a good friend, Helen Shevchuk of Wynyard, Saskatchewan, 1972. Her son Nestor operated the drug store in Wynyard. Helen and I were both members of the local branch of the Ukrainian Women's Association, and we often swapped recipes.

We lived in Wynyard from 1970 to 1973, while John was teaching there.



Nat



Helen

Mazola Buns

Mix and let stand 10 minutes

1 package yeast
1/2 cup warm water
1/2 teaspoon sugar.

Beat together

2 eggs
1/2 cup sugar
1/2 teaspoon vanilla
1/4 cup Mazola Oil
1/2 teaspoon salt
1 cup warm water.

Add yeast mixture.

Add

9 to 10 cups flour.

Knead well.

Let rise twice.

Make into buns.

Bake at 350°F for about 20 to 25 minutes
until golden brown.

Using oil instead of margarine or butter
makes the buns lighter.

This recipe is from Linda Friesen, Meadow Lake, Saskatchewan, 1957. Linda's husband Menno was a teacher and school principal in Meadow Lake. We lived across the street from each other for a few years, and often compared recipes. I also remember Menno making what he called "Pill Dickles," which pickled peas in the pod instead of cucumbers.



Linda



Nat

Buns

Mix together

2 cups warm water

2 packages yeast

1/2 cup sugar

1 teaspoon salt

4 tablespoons soft margarine

2 eggs.

Put

8 cups flour in a bowl, add the above mixed ingredients and knead well.

Let rise until double in bulk.

Make into buns and let rise once more.

Bake at 350°F for 20 to 25 minutes.

Coffee Cake

Before baking sprinkle on buns a mixture of

Sugar and

Cinnamon.

In Meadow Lake, Saskatchewan, in the old days, downtown stores were closed on Thursdays, our Music and Book Store being no exception. Anne Cheliak was our "Thursday Fishing Friend," and she always brought the cake. We cleaned up the whole cake every time. Nothing left but the pan.

Perfect Corn Bread and Dixie Coffee Bread were two of Anne's personal favorites. She finally sent me the recipes in 1971.



Anne



Nat

Perfect Corn Bread

Mix together

3/4 cup flour

1/4 cup sugar

4 teaspoons baking powder.

Stir in

3/4 cup cornmeal.

Add

2 eggs

1/4 cup shortening.

Beat with eggbeater until just smooth.

Do not over-beat.

Pour into greased 9 X 9 X 2-inch pan.

Bake at 425°F for 20-25 minutes.

Peanut Butter Topping

Blend

1/2 cup brown sugar with

1/2 cup peanut butter.

Add

1/3 cup milk and beat until fluffy.

Spread on warm cake, sprinkle with

Crushed peanuts.

Bake 5 minutes longer.

Dixie Coffee Bread

Sift together or mix well

1 1/2 cups flour

4 teaspoons baking powder

1/4 cup sugar

3/4 cup cornmeal.

Add

3/4 cup milk

2 beaten eggs

1/2 cup oil.

Stir until just blended.

Pour into greased 9 X 9 X 2-inch pan.

Bake at 400°F for 15 minutes.

Peanut Butter Topping

Blend

1/2 cup brown sugar with

1/2 cup peanut butter.

Add

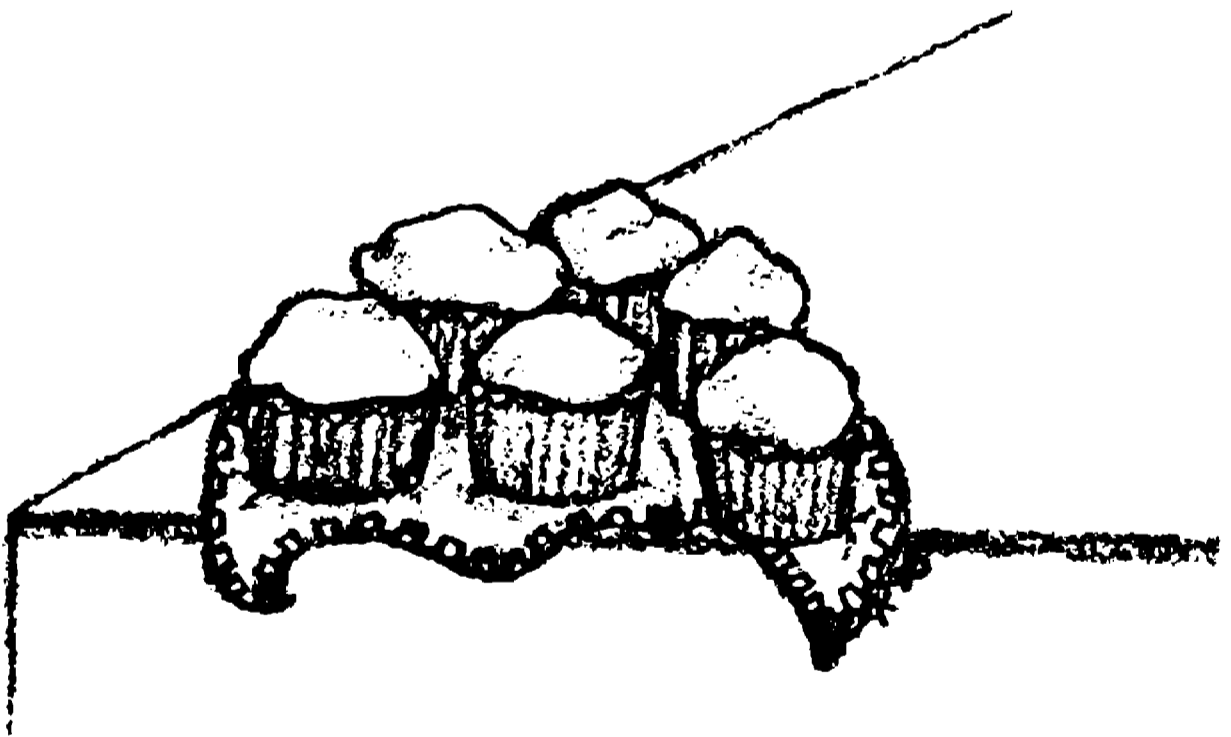
1/3 cup milk and beat until fluffy.

Spread on warm cake, sprinkle with

Crushed peanuts

Bake 5 minutes longer.

Muffins



In 1992 I got this recipe from Natalie (Twerdochlib) Evanishen, the wife of my husband's brother Peter. It's interesting that both brothers married Natalies. They lived in Denholm and North Battleford, Saskatchewan and now live in Edmonton, Alberta.



Natalie



Nat

Bran Muffins

Pour

**1 cup boiling water over
1 cup Nabisco 100% Bran.**

Cool.

Cream

**1/2 cup margarine
1 1/2 cups sugar.**

Add

**2 beaten eggs
2 tablespoons molasses (optional)
2 cups buttermilk
Bran, cooled.**

Mix well.

Add

**2 1/2 cups flour
2 1/2 teaspoons soda
1 cup Kellogg's All-Bran
Raisins or dates, as desired.**

Bake at 375°F for 20 minutes.

The batter will keep for 3 to 6 weeks in the fridge. Do not stir the batter, but spoon it out carefully as needed.

This recipe makes a large batch, which should last a long time.

Steve Kinash was a brother to my mother, Efymia (Kinash) Hawrysh. Whenever my husband John and I went to visit Anne and Steve in Summerland, BC, she always served these muffins. They keep for ages in the freezer.

I got the recipe from Anne in 1976 while we were living in Westbank, near Kelowna.



Nat



Anne

Carrot and Pineapple Muffins

Mix

1 cup sugar

1/2 cup oil

2 eggs

1 cup grated carrots

1/2 cup crushed pineapple

1 1/2 cups flour

1 teaspoon baking powder

1 teaspoon soda

1 teaspoon cinnamon.

Bake at 350°F for 25 minutes.

These exceptionally delicious muffins freeze very well.

I adapted this recipe from one given to me by my sister Mary (Hawrysh) Woytiuk of Hafford, Saskatchewan. She found the recipe in a newspaper and gave it to me in Kelowna, BC in 1981, when she and Stan came for our 50th wedding anniversary.



Nat and Mary

Carrot Spice Muffins

Combine

1 1/4 cups whole wheat flour

1 cup sugar

1/4 cup natural bran

2 teaspoons cinnamon

1/2 teaspoon nutmeg

1 teaspoon baking soda

1 teaspoon baking powder.

Add

2 beaten eggs

1/2 cup oil.

Mix just until moistened.

Stir in

3 cups grated carrots.

Do not beat.

Stir in

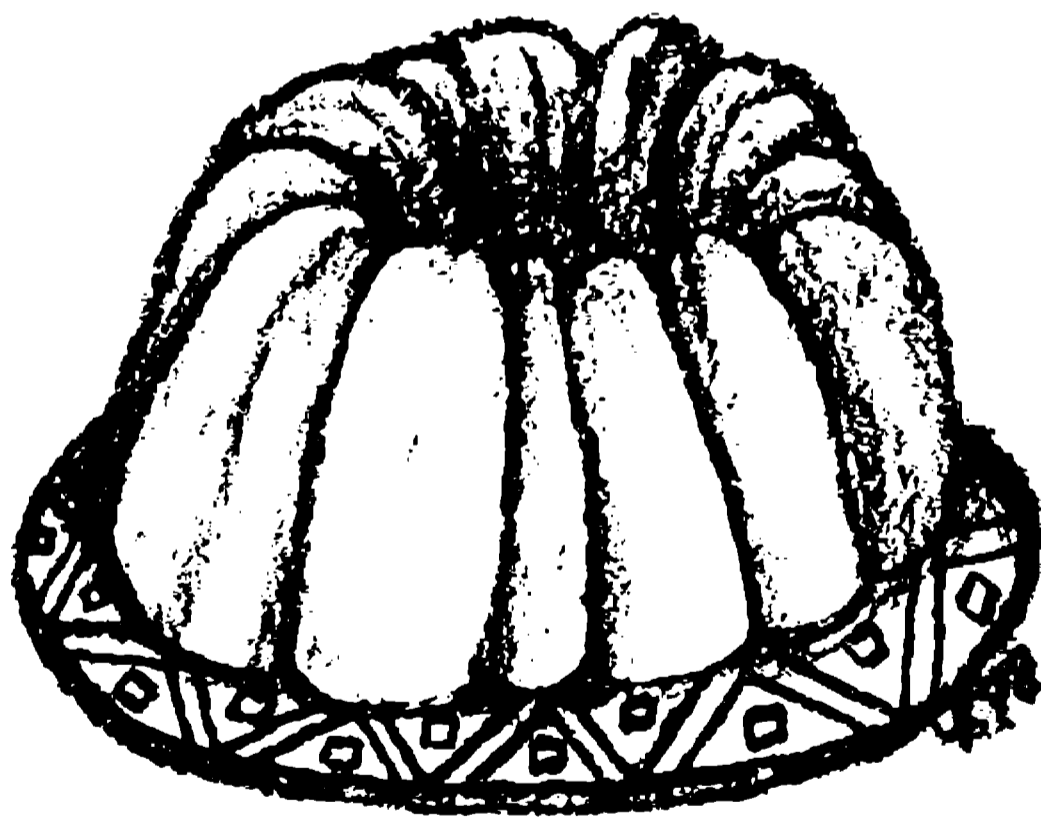
1/2 cup nuts

1/2 cup raisins.

Bake at 375°F for 25 to 30 minutes.

Makes 12 large, very moist muffins.

Tarts, Scones, Cakes



I got this recipe from my friend Janet Swenarchuk of Kelowna, BC in 1988. Janet and her husband Michael moved here from Saskatchewan, where we first met them.

This is a fairly easy recipe for pie crust, and it's healthier because there's no lard.



Nat



Janet

Pie Crust, Quick

Measure into bowl

1 $\frac{3}{4}$ cups flour

2 teaspoons sugar

$\frac{1}{2}$ teaspoon salt

2 tablespoons cream.

Mix in

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

Press into pie plate.

Bake as you would any pie crust.

In 1981 John and I celebrated our 50th wedding anniversary in Kelowna, BC, and a lot of relatives and friends came to help us have a party. I managed to get a few recipes out of some of the people who came, like this one from Anne (Yakiwchuk) Hawrysh, who is married to my brother David. They live on the farm near Hafford, Saskatchewan that our father started many years ago, and next year their son Andrew and his family will take over the farm.



Nat



Anne

Butter Tarts

1 cup brown sugar

1/2 cup corn syrup

2 eggs

1 tablespoon butter

1 cup raisins

1/2 teaspoon cinnamon, or to taste

1/2 teaspoon vanilla, or to taste

Mix and pour into

Tart shells.

Bake at 350°F until firm, 12 to 15 minutes.

Miss LM Stephens, a well-known Meadow Lake, Saskatchewan school teacher, gave me this recipe in 1955. We served the scones at an IODE fundraising high tea, and had dozens of requests for the recipe. I was a member of not only the IODE (International Order of the Daughters of the Empire), but also the Eastern Star, Royal Purple, the Ukrainian Women's Association, the Legion, Hospital Auxiliary and other local groups. I was pretty busy.



Miss Stephens and Nat

Raisin Scones

Mix

1 1/3 cups flour

2 1/2 teaspoons baking powder.

Add

1/4 cup brown sugar

1/4 cup raisins.

Cut in

4 tablespoons shortening.

Make a well in the middle of the flour mixture and add a mixture of

1 beaten egg

1/4 cup milk

A few drops almond extract.

Mix lightly with a fork, adding enough milk to make a soft dough.

Knead and pat into prepared cake pan.

Mark into pieces with a floured knife.

Bake at 425°F for about 18 minutes.

Serve hot with butter.

I got this recipe from Pauline Kindrachuk of Vernon, BC in 1962. Pauline and her husband Peter were good friends of my mother and father when they lived in Vernon. Although Peter and I had gone to school together in Hafford, Saskatchewan, I didn't meet Pauline until one time when John and I went to visit my parents in Vernon in the 1950s. Since then we have been the best of friends.



Nat



Pauline

Scones

Mix together

2 cups sifted flour

4 teaspoons baking powder

1/4 cup sugar

1/4 teaspoon salt.

Cut in

1/2 cup margarine.

Mix in lightly

1 cup cold water

1/4 cup currants.

Pat into oblong pan and mark into squares with floured knife.

Sprinkle

Sugar on top.

Bake at 400°F for 15 to 20 minutes.

Gerry Moshurchak, who also lived in Wynyard, Saskatchewan, gave me this recipe in 1971. Gerry's husband was in an orchestra with my husband John. Gerry and I used to go for walks quite often, and one day we walked for about eleven miles. We then rested for several days before our next walk.



Nat



Gerry

Brown Sugar Brownies

Beat together

1 egg

1 cup brown sugar

1 teaspoon vanilla, or to taste.

Add

1/2 cup flour

1/4 teaspoon baking powder.

Mix well.

Add

1 cup chopped nuts.

Spread in 8 X 8-inch greased pan.

Bake at 350°F for 20 to 25 minutes.

This recipe came from Bertha Stack, Meadow Lake, Saskatchewan in 1947. The Stacks lived just up the street from us then. When Mrs Stack was baking, she always used to do an extra cake for us. Our oldest boy Jerry always claimed that the cake was for him, and we had pitched battles about it because the cake was so good.



Bertha and Tom



Nat

Boiled Raisin Cake

Boil until tender

2 cups water

1½ cups raisins.

Set aside to cool.

Separately, cream

¼ cup butter

¾ cup sugar.

Add

1 egg

½ cup raisin water

1 teaspoon soda dissolved in

2 tablespoons hot water.

Add

1½ cups flour

1 teaspoon cloves

1 teaspoon cinnamon

1 teaspoon nutmeg.

Add boiled raisins dredged in

¼ cup flour.

Bake at 350°F for about 45 minutes.

In 1980 I got this recipe from daughter Johanne Kasha of Eckville, Alberta. The cake was so good that we always ate it as soon as it came out of the oven and then Johanne had to make another one. The second one was never as good as the first. Johanne's daughter Melesia also makes an excellent carrot cake.



Johanne



Nat

Carrot Cake

Beat until fluffy

2 eggs

1 cup white sugar

3/4 cup corn oil.

Stir in

1 cup flour

1 teaspoon soda

1 teaspoon cinnamon

1/4 teaspoon salt

1 1/2 cups grated carrots

1/2 cup chopped nuts.

Bake at 300°F for 40 to 50 minutes.

Carrot Cake Topping

Mix together

1 cup icing sugar

1/2 cup soft margarine

4 ounces cream cheese

1 teaspoon vanilla.

If necessary, thin with

Milk.

This Medivnyk is loosely based on a recipe I got from Savella Stechishin of Saskatoon, Saskatchewan in 1945.

Savella's book, *Traditional Ukrainian Cookery*, is the best ever. Savella is a valued friend as well as an excellent cook.



Savella



Nat

Medivnyk (Honey Cake)

Break in bowl

6 eggs.

Beating constantly, add

1 cup brown sugar

1 cup oil

1 cup liquid honey.

Fold in

2½ cups flour

2 teaspoons soda

1 teaspoon cinnamon

¼ teaspoon salt

1 cup finely chopped nuts.

Bake at 350°F for 45 to 60 minutes.

Makes a large cake. Use half the recipe for a 9 X 9-inch pan.

This recipe came from daughter-in-law Elizabeth Evanishen of Kelowna, BC in 1976.

Elizabeth used to bake this and bring it to us while it was still warm. Her children were usually along, and they just loved the cake. There was often very little left for us.



Nat



Elizabeth

Brownies

Cream

1/2 cup butter.

Mix in

1 cup sugar

2 eggs

1/4 teaspoon salt

1 teaspoon vanilla, or to taste

1/2 cup flour

1/2 cup chopped nuts

1/2 cup cocoa

or

2 squares melted chocolate.

Spread in 8 X 8-inch pan.

Bake at 350°F for 25 to 30 minutes.

My dear friend Anne Yaremchuk of Vernon, BC gave me this recipe in 1983. When we were visiting, she would serve the cake warm, and it was always delicious.



Anne



Nat

Rhubarb Cake

Mix and pour into pan

1 1/2 cups brown sugar

1/2 cup margarine

2 eggs

1 cup sour cream

1 teaspoon baking soda

2 cups flour

1 1/2 cups finely chopped rhubarb.

Mix

1/2 cup brown sugar

1/2 teaspoon cinnamon and

Sprinkle on cake.

Bake at 350°F for 40 to 45 minutes.

This is another recipe I got from Anne Yaremchuk, Vernon, BC, 1978. Anne has always been a very good cook.

Her husband Al is a pilot. He even builds airplanes and flies them. He once built a plane in the basement of the house, and then had to make the door bigger to get it out. I asked him why he didn't just fly it out.



Anne



Nat

Fresh Apple Cake

Mix together

4 cups peeled, diced raw apples
1/2 cup sugar
1/2 cup salad oil
2 eggs, beaten
2 teaspoons vanilla.

Sift together and add to apple mixture

2 cups flour
2 teaspoons cinnamon
2 teaspoons soda.

Pour into greased 9 X 13-inch pan.
Bake at 350°F for 45 to 60 minutes.

Ice with

Cream Cheese Icing

Fluff together

3 ounces cream cheese
1 1/2 tablespoons milk.

Slowly beat in

3/4 cup sifted confectioners' sugar.

Add

1 teaspoon vanilla
1/2 teaspoon cinnamon.

From Nell Putnik, Kelowna, BC, 1982. Nell and I were both members of the Ukrainian Women's Association. She once brought this Honey Cake to a reception the association held, and I was so impressed with it that I asked her for the recipe. Nell did not give her recipes to just anyone, so I felt honored that she shared it with me.



Nell



Nat

Honey Cake

Cream

1 cup brown sugar
1 cup liquid honey.

Add

4 large egg yolks.

Beat well.

Mix together and add to honey mixture

1 cup strong coffee
1 cup Mazola Oil
1 teaspoon soda
1 teaspoon vanilla.

Add, while mixing,

3 cups flour
1/2 teaspoon salt
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon cloves
1 cup chopped nuts.

Fold into the batter

4 stiffly-beaten egg whites.

Pour into a greased 9 X 13-inch pan and sprinkle more nuts on top.

Bake at 325°F for about 60 minutes.

From my good friend Jean Gorst, Meadow Lake, Saskatchewan, 1961. This was a recipe that she shared with me after I told her how much I enjoyed the cake when she served it for coffee break one time.



Jean



Nat

Refrigerator Cake

Boil for 1 to 2 minutes, stirring constantly

1 cup brown sugar

1/2 cup butter

1 beaten egg

1/3 cup milk.

Add and mix well

1 cup crushed Graham Wafers

1 cup coconut

1 cup raisins

1/2 cup cut nuts.

Cover bottom of 9 X 12-inch pan with

Graham Wafers, side by side.

Pour mixture onto wafers.

If desired, ice while warm with

Chocolate Icing

Melt in double boiler

3 or 4 squares semi-sweet chocolate.

Add

1 teaspoon vanilla, or to taste.

Beat in

**Cream or milk, just enough to make
the icing smooth and spreadable.**

Cool mixture until icing becomes the proper consistency to spread easily.

This recipe came from Mary Husulak, who worked for Doctors Bigelow, Moffat and Doyle in Meadow Lake, Saskatchewan in 1953. Mary often used to come to our house for pyrohy suppers, and we have always been friends. She is now married to Wes Hofmann, and they live in Saskatoon, Saskatchewan.



Mary



Nat

Odd Cake

Add

**1/2 package Jello powder to
Commercial cake mix.**

Bake cake as per package instructions.

Add the other

**1/2 package Jello powder to
Icing, frosting or what have you.**

Not only odd, but good!

A popular never-fail recipe from Jean Gorst, Meadow Lake, Saskatchewan. Jean brought the bars to an IODE tea in 1956, and was good enough to share the recipe with me. Many people like Nanaimo Bars, and there are lots of recipes. This one is my favorite.



Jean



Nat

Nanaimo Bars

Stir until smooth over low heat

1/2 cup butter

3 tablespoons cocoa

1/4 cup sugar

1 beaten egg.

Do not cook.

Add

1 teaspoon vanilla, or to taste.

Mix until crumbly

24 Graham Wafers

1 cup coconut

1/2 cup nuts.

Add to above mixture.

Press into a pan and allow to set for about
20 minutes.

Heat

2 tablespoons hot water

1/4 cup butter

2 tablespoons Bird's Custard Powder

2 cups icing sugar.

Spread over mixture, allow to set for another
20 minutes.

Cover with chocolate icing.

Any custard filling can be used.

This recipe came from Doreen (Worsnop) Hawrysh of Saskatoon, Saskatchewan in 1981. My brother Nestor was overseas during World War II, and he brought Doreen home from England. She fit right into the family, which says something about all of us!



Doreen



Nat and John

Dollar Fruit Cake

3/4 cup butter
1 cup white sugar
3 beaten eggs
2 pounds raisins
1/2 cup almonds
1 cup walnuts
2 cups peel
1/2 pound cherries
2 1/2 cups flour
1 teaspoon baking powder
1/4 teaspoon salt
**1/4 cup flavoring (I mix vanilla,
banana and orange extracts.)**

Cream the butter. Add sugar gradually and continue creaming until light and fluffy. Add the beaten eggs.

Sift half the flour over the mixed fruit and nuts and mix well.

Add the rest of the flour and the baking powder to the butter mixture and blend.

Add flavor and fruit mix and stir well.

Bake at 300°F for about 2 hours.

Relatives are always swapping recipes. This one is from Anne Kinash, Summerland, BC, 1976. Anne was a very good cook. Her husband Steve was my uncle.



Anne



Nat

Walnut Rolly

Mix well

1 cup sugar

4 eggs.

Add and mix well

1 cup oil

1/2 teaspoon vanilla.

Mix in

4 cups flour

2 teaspoons baking powder

1/3 teaspoon salt.

Make into a dough soft enough to roll.

Divide into 6 parts.

Roll each one flat, not too thinly.

Spread with

Jam and

Sprinkle with

Chopped nuts.

Roll like a jelly roll, turning in ends first.

Bake on greased sheet at 375°F about
30 minutes.

Cut into 1/2-inch slices to serve.

Any spread could be used instead of jam.
Will keep 2 to 3 weeks.

In 1997 I got this recipe from Audrey Sinclair, who lives in our retirement center in Kelowna, BC. I don't do much cooking here at Lakeshore Place, but I still like to find new recipes and dream about the old days when I used to cook a lot. The food here is excellent.

Ukrainians love to cook with poppy seeds, so this recipe ought to be a real favorite.



Nat



Audrey

Poppy Seed Lemon Loaf

2 eggs

3/4 cup cooking oil

3/4 cup light cream

1/2 teaspoon vanilla

1/4 cup poppy seeds

1 1/2 cups flour

1 1/8 cups sugar

1/2 teaspoon salt

3/4 teaspoon soda

1 teaspoon baking powder

Rind and juice of 1 lemon

Beat eggs until frothy and combine with oil, cream, vanilla and poppy seeds.

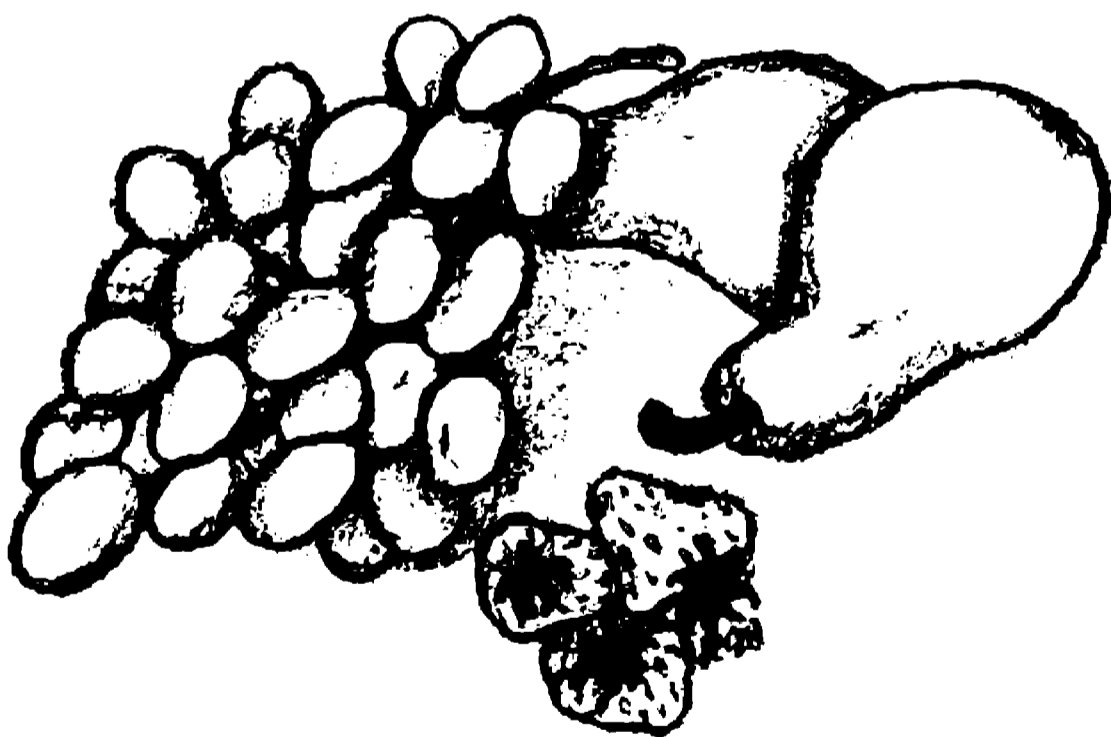
Sift and mix flour, 1 cup sugar, salt, soda and baking powder.

Blend mixture into egg mixture.

Pour into greased loaf pan and bake at 325°F for 70 minutes.

Mix lemon juice and rind with remaining sugar and pour over loaf while still hot in pan. Remove from pan when cool.

Desserts



This recipe is from Jessie Summerfeld of Meadow Lake, Saskatchewan, 1948. We were members of the Anglican Ladies' Association, who catered for a wedding. Jessie brought the recipe and we all made it. When we served it at the wedding, everybody wanted more.



Nat



Jessie

Bridge Delight

Mix

1 package jelly powder
1½ cups water.

Allow to set in refrigerator until half-jelled,
then beat.

Whip

1 cup cream
1 teaspoon lemon juice
½ cup honey.

Add to beaten jelly.
Stir well.

Crumb

2 cups Graham Wafers.

Add

2 tablespoons sugar
2 tablespoons butter.

Put half the crumbs in a pan and pour the
jelly mixture on top.

Cover with the rest of the crumbs and put in
a cool spot until the jelly is fully set.

While living in Kelowna, BC, one of my best friends was Anne Lazarowich, who I knew from way back in Hafford, Saskatchewan. We are related by marriage to her husband Nick.

My father was Ivan Hawrysh, and his cousin Annie married Wasyl Lazarowich, whose uncle was Harry, whose son was Nick. Simple.

This recipe came to me in 1945 just before we moved from Hafford to Meadow Lake, Saskatchewan, where John got a teaching job.



Nat



Anne

Zucchini Apple Crisp

Peel and slice

3 cups zucchini (or apples).

Cook 10 to 15 minutes with

3/4 cup lemon juice.

Add

1/2 cup sugar

2 teaspoons cinnamon

1 teaspoon nutmeg.

Cook until sugar dissolves.

Put in pan.

Sprinkle on top a mixture of

1 1/2 cups brown sugar

1 cup flour

1 cup rolled oats

2/3 cup margarine.

Bake at 375°F for 40 to 50 minutes, or until golden brown.

I got this recipe from my oldest sister Anne (Hawrysh) Horbay in 1940. Anne and her family lived in Hafford, Saskatchewan, where she operated the telephone exchange for many years, and we used to go and visit often. She served this for us, and I just had to have the recipe. It takes a while to prepare, but is it ever worth the effort!



*Anne, Nat
Edward, Jerry*

Carrot Pudding, Steamed

1 cup flour
1 teaspoon soda
1 teaspoon cinnamon
1/2 teaspoon cloves
1/2 teaspoon nutmeg
1 cup finely chopped suet
1/2 cup sugar
1 cup rolled oats
1 cup raisins
1/2 cup mixed peel
1 medium apple
1/4 cup fruit juice
1 1/2 cups grated carrots
1 cup soft bread crumbs
3 beaten eggs
1 cup corn syrup
1/4 cup molasses

Sift flour, soda and spices. Add suet, sugar, rolled oats, fruit and juice and mix well. Separately mix carrots, crumbs, beaten eggs, syrup and molasses. Pour into dry mixture and blend well.

Turn into greased moulds, $\frac{2}{3}$ full, and cover with greased lids.

Place rack with moulds in bottom of canner. Steam 3 hours with lid on canner.

In 1956 John and I had our 25th wedding anniversary in Meadow Lake, Saskatchewan. We had guests from everywhere. My brother Art Hawrysh and his wife Stella (Swystun) came from Hafford, Saskatchewan to help us celebrate, and Stella brought the recipe.

Living on the Prairies, I can remember getting a box of apples only once or twice a year. At that rate, we never got tired of them.



Nat



Stella

Apple Pudding

Slice

Apples, enough to cover a pan.

Sprinkle over the apples

1/2 cup sugar.

Mix and pour over top

1 beaten egg

1/3 cup butter

1/2 teaspoon vanilla

1/2 teaspoon salt

3/4 cup milk

1 cup flour

2 teaspoons baking powder.

Bake 30 minutes or until brown at 350°F.

Serve with

Brown Sugar Sauce

Mix well

1 cup brown sugar

1 tablespoon flour

1 pinch salt.

Add

1/2 cup boiling water.

Boil till thick.

Add

1 teaspoon vanilla, or to taste.

I got this recipe from good neighbor Dorothy Einarson, Powell River, BC, 1939. She and I were forever in each other's kitchens, and we always exchanged recipes.

Dorothy used to serve this hot out of the oven with jam and coffee. Yum yum!



Nat



Dorothy

Butterscotch Dreams

Mix well

2 cups flour

1 tablespoon white sugar

2 tablespoons shortening

2 teaspoons baking powder

1 cup sour milk

1/2 teaspoon soda.

Roll dough flat, 1/4 to 1/2 inch thick.

Mix

1 cup brown sugar

1/2 cup butter.

Spread half this mixture on rolled dough and roll up.

Cut like cinnamon buns.

Spread the rest of the sugar and butter mix on the bottom of the pan and put the buns on the mixture.

Bake at 350°F for about 30 minutes.

This recipe is from Janet Swenarchuk of Kelowna, BC. She served it one day when we went to her place for coffee in 1991. That year she and her husband Michael helped us celebrate our 60th wedding anniversary, which we held at our church hall in Kelowna.



Nat and Janet

Rainbow Squares

Base:

Mix

2 cups flour

1 cup margarine

1/4 cup sugar.

Spread in 9 X 9-inch pan and bake at 350°F for about 30 minutes.

Filling:

Cook gently a mixture of

1 cup pineapple, with juice

3/4 cup sugar

1 teaspoon almond extract

2 tablespoons cornstarch.

Spread on base.

Sprinkle any kind of

Cherries on top.

Topping:

Beat

4 egg whites with

4 tablespoons sugar.

Spread on filling.

Sprinkle on top

Coconut.

Brown in oven at 350°F.

Fish



I got this recipe from Irene Abbey of Meadow Lake, Saskatchewan in 1955. Irene and her husband Jack used to run a fishing lodge up in the North. Irene loved catching and eating fish. This recipe is delicious.

Irene and I were members of the Royal Purple. I belonged to lots of such groups, not only in Meadow Lake, but everywhere I lived.



Nat and Irene

Baked White Fish

Rub

1 whole cleaned white fish with
Salt and pepper.

Bake in pan in oven at 350°F till brown.
Depending on the size of the fish, this will
take about 30 minutes.
Remove fish from pan and keep warm.

Add

1 cup milk to pan, bring to a boil.

Add

1 tablespoon flour to thicken.

Cook, stirring constantly.

Add

Chopped parsley.

Serve fish with milk and parsley mixture.

When John and I were caretaking the BC Forest Products Lodge at Vancouver Bay, BC, we used to pick just oodles of fresh oysters. We shucked them, and sometimes there were even pearls inside the oysters!

My sister Olive (Hawrysh) Kindrachuk and her husband Nick were also caretakers at the lodge. In 1981 she gave me this recipe when we went to visit them.



Nat



Olive

Oysters in Bacon

Pour hot water over
12 fresh oysters.

Drain.

Marinate 2 to 3 hours in a mixture of
1 head grated garlic
1/2 cup ketchup
1 teaspoon Worcestershire Sauce.

Dip oysters in
3/4 cup bread crumbs.

Wrap each oyster in
Bacon strip and fix with a toothpick.
Place on grill and broil at 500°F until tops
are nice and crisp.
Turn and crisp other side.

Serve hot as hors d'oeuvres.

In 1971 my sister Sophie (Hawrysh) Matiation of Burnaby, BC gave this recipe to my daughter Johanne Kasha in Eckville, Alberta. Johanne and her daughter Melesia tested the recipe for a few years and then passed it on to me in 1979. We all love it.



Sophie



Melesia, Johanne



Johanne



Nat

Seafood Cocktail Sauce

Mix

1/2 cup ketchup

or

1/2 cup chili sauce

or

1/4 cup of each, mixed together

1 or 2 drops tabasco sauce (optional)

1/2 teaspoon Worcestershire Sauce

1/2 teaspoon horseradish

1 teaspoon lemon juice.

Keep in fridge until ready to use.

In 1940 my sister Helen (Hawrysh) Belyk of Powell River, BC gave this recipe to another sister, Olive (Hawrysh) Kindrachuk of Kelowna, BC, who passed it on to me in 1975. Sisters do things like that.



Helen



Olive, Sonia, 1940



Olive, 1975



Nat

Canning Fish

Cut

Fish to fit into a quart sealer.
Scald sealer and fill with fish pieces.

Add

1 teaspoon salt (or less)
1 teaspoon vinegar.

Seal.

Boil for 4 hours

or

Process the jars in a pressure cooker for
110 minutes.

In Meadow Lake, Saskatchewan, we used to catch a lot of Northern Pike, or jackfish. This recipe came from my sister Anne (Hawrysh) Horbay, of Hafford, Saskatchewan in 1948. Anne loved fishing, and every time she came to visit, she wanted to go catch some fish.

If you add beet juice to the jackfish in the jars, you can tell people it is salmon!



*Nat, Anne
Danny, Anthony*

Jackfish in Jars

Clean

Jackfish.

Salt overnight.

Cut into jar-size pieces.

Mix and boil for 15 minutes

1 quart vinegar

1 quart water

Salt to taste

Pepper to taste

2 tablespoons pickling spices in bag.

Add fish and simmer 15 minutes.

Crush

2 cloves garlic and add to fish.

Mix well.

Remove from stove.

Add

1 Spanish onion, sliced.

Pack into jars and seal. Fish is safest done in a pressure cooker for 110 minutes or boiled in a water bath for 4 hours.

Pauline Kindrachuk of Vernon, BC and I swapped lots of recipes. I got this one from her in 1958, not long after we met. She is from Alberta, but her husband Peter is from Whitkow, Saskatchewan, which is not far from where I grew up, in Hafford. Pauline is a good cook and a good friend. She and Peter used to have the motel in Vernon, not far from where my mother and father lived.



Pauline



Nat

Shrimp Aspic

- 1 tablespoon gelatine**
- 2 tablespoons water**
- 3/4 cup Miracle Whip**
- 1/2 cup crushed pineapple**
- 4 tablespoons sliced olives (optional)**
- 1 small can drained, rinsed shrimp**

Soak gelatine in water and then dissolve in double boiler.

Add other ingredients and turn the mixture into moulds.

Allow to set.

Cover with cool

Tomato Aspic

Soak

- 2 tablespoons gelatin in**
- 1/2 cup cold tomato juice.**

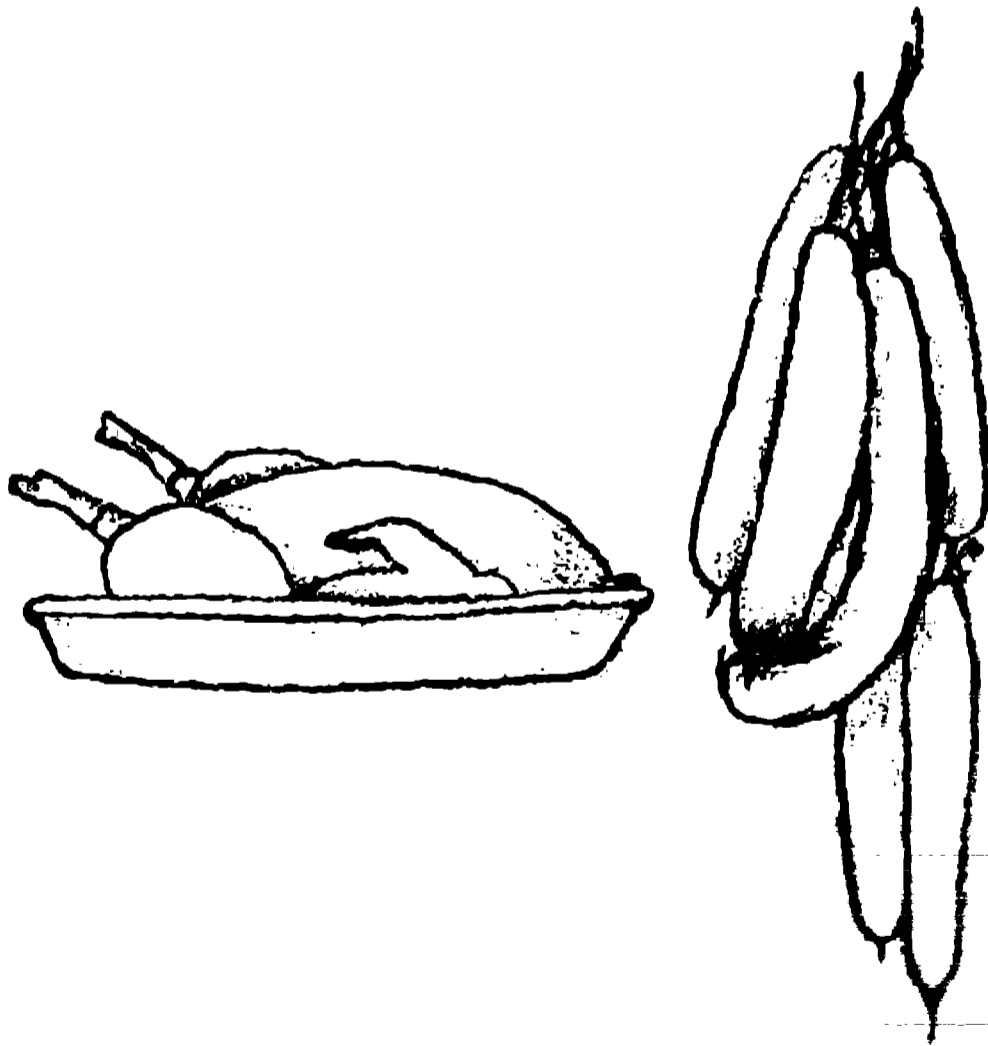
Dissolve this in

- 3 1/2 cups hot tomato juice.**

Season to taste with

- 1 teaspoon lemon juice or**
- A pinch of dried herbs.**

Meat, Chicken



I developed this recipe from several other recipes I ran across in various newspapers and magazines. The original idea came from my auntie Serafina Cherneski of Midnight Lake, Saskatchewan about the year 1950.

Midnight Lake is on the way from Meadow Lake to North Battleford, and we used to stop and visit often. Serafina used to make beautiful dolls' clothes from the feathers of the guinea fowl and other birds on the farm.



Serafina



Nat

Beef Salami (Kishka)

2 pounds lean ground meat
1/2 teaspoon crushed peppercorns
1 teaspoon grated garlic
1/4 teaspoon mustard seed
1 cup water
1 1/2 tablespoons Tenderquick salt

Mix together and form into 2 rolls.
Wrap in foil and twist the ends well.
Let stand in fridge for 24 hours.
Place in a pot of water and boil for 1 hour
with a weight on top of the rolls to keep
them under the water.
Drain.
Chill overnight.
Rewrap in fresh foil or plastic.

Freezes well.

Back in the late 1930s, John and I moved to Powell River, BC, as John's doctor had recommended a change of climate to improve his health. It must have worked; as of 1997, John is 89 years old.

This recipe came from my sister Helen (Hawrysh) Belyk, who also lived in Powell River in 1937. The children would not eat liver at all, except in this dish, and we decided that it was because there was enough bacon in the recipe to disguise the liver.



*Helen, Nat
Bernie, Jerry*

Liver Loaf

1 1/2 cups liver (pork or beef)
3/4 cup onion
8 slices bacon
1/2 cup milk
1/4 cup ketchup
1 teaspoon sage
6 to 8 soda crackers
3 eggs, well beaten
1 package onion soup mix
Salt and pepper to taste

Put ingredients through food grinder.
Pack into a greased loaf pan, or line the pan
with foil, for easier cleanup.
Bake at 350°F for 30 to 60 minutes.

I got this recipe in Kelowna, BC in 1981 from Minnie (Symchych) Hawrysh, my sister-in-law, who now lives in Newfoundland. We made this dish when some friends of our son Danny came to visit from California. Danny and his friends liked it so much they had second and even third helpings. There wasn't much left!



Minnie and Nat

Chicken in a Hurry

1 frying chicken, cut into pieces

1/2 cup ketchup

1/4 cup water

1/4 cup brown sugar

1 package onion soup mix

Arrange chicken pieces in a 9 X 13-inch baking dish.

Combine other ingredients, mix well and spoon over chicken.

Bake uncovered at 350°F for 60 minutes or until done.

This recipe came from my sister Sophie Hawrysh in 1942. We always liked Chinese food, and this was one of our favorite dishes.

Sophie gave me the recipe, and I adapted it and sent it back to her. She improved it further, and we swapped it back and forth until it reached perfection in its present form, which she finally sent to me in 1971. Sophie married Steve Matiation and lives in Burnaby, BC.



Sophie and Nat



Nat, Melesia



Sophie

Sweet and Sour Spare Ribs

Marinate

2 pounds spare ribs for 1 hour in
4 tablespoons sugar
1 tablespoon salt
4 tablespoons honey
2 tablespoons soy sauce
3 tablespoons consommé.

Drain spare ribs, retaining liquid.

Heat

3 tablespoons salad oil in pan.

Brown ribs quickly over medium heat.

Add

3 tablespoons marinade sauce
2 tablespoons sherry
2 slices green pepper
1 tablespoon soy sauce
1 sliced tomato.

Stir, cover and simmer for 25 minutes.

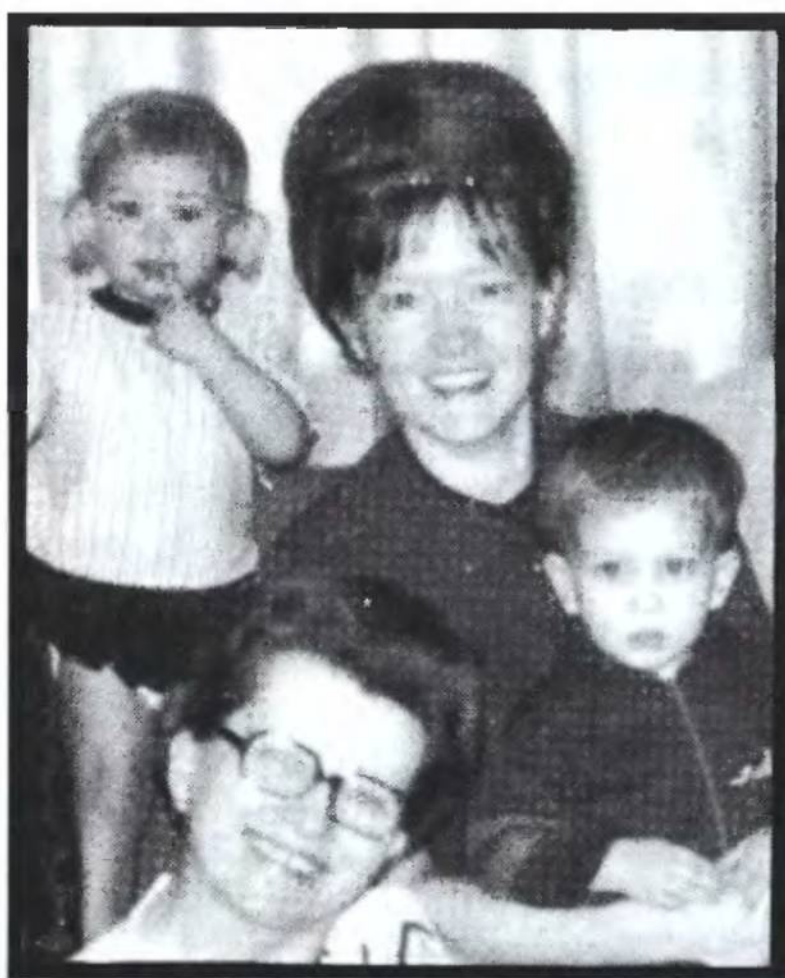
When ribs are cooked, mix

1 tablespoon cornstarch in
1/4 cup water.

Add this mixture to ribs in pan over heat, and stir until sauce is transparent. Remove ribs to make stirring easier, then replace.

Serve with rice.

This recipe came from daughter-in-law Elizabeth Evanishen, Saskatoon, Saskatchewan in 1972. She brought the recipe with her when she and our son Jerry came to visit us in Wynyard, Saskatchewan for Xmas that year. It is a very easy dish to make, but is it ever good!



*Melesia, Elizabeth
Nat, Mark*

Shipwreck

Place in layers

2 large onions, sliced

2 large potatoes, sliced

1 pound hamburger

1 cup chopped celery

1 can tomatoes

Salt and pepper to taste.

Bake at 350°F for 2 hours.

These two sausage recipes came from daughter Johanne Kasha of Eckville, Alberta in 1972. Johanne is always finding new recipes and trying them out. Most of them are pretty good, and some become favorites, like these two. We visited a lot, and always had lots of good food to eat.



Johanne, Nat, Melesia

Sausage Corn Bread

1 pound sausage meat
1 cup cornmeal
1 cup flour
4 teaspoons baking powder
1 teaspoon salt
¼ cup drippings
1 egg
1 cup milk

Bake sausage meat at 400°F for 10 minutes.

Mix dry ingredients.

Add egg and milk and pour over meat.

Bake at 400°F for 30 minutes.

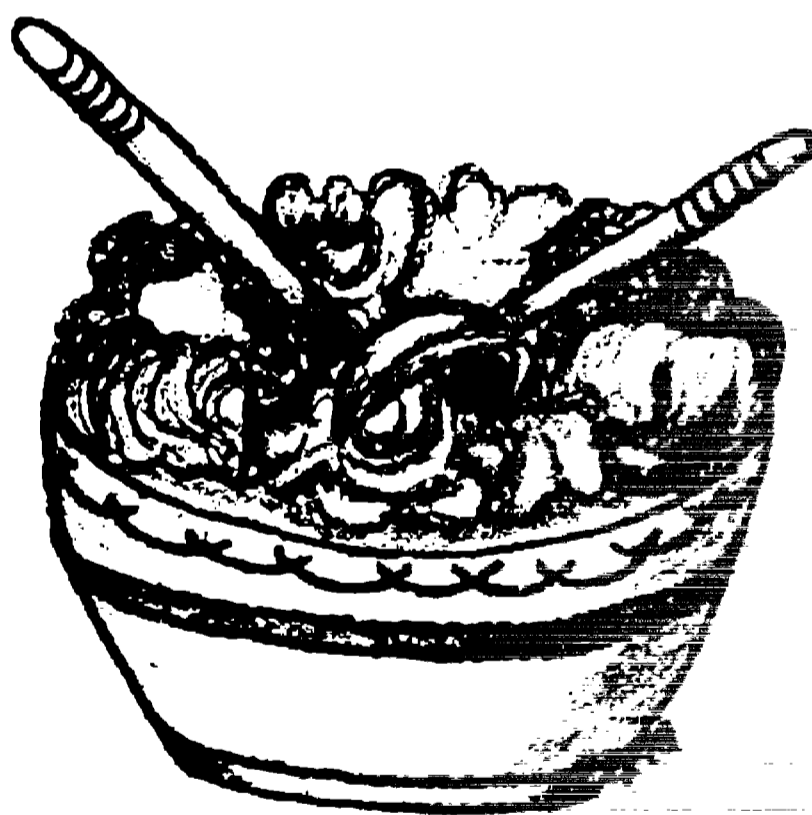
Sausage Loaf

2 cups sausage meat
2 cups cracker crumbs
1 tablespoon minced onion
1 teaspoon salt
4 teaspoons prepared horseradish
1½ tablespoons ketchup
½ teaspoon prepared mustard
1 egg
½ cup milk
2 cups canned tomatoes

Combine in loaf pan.

Bake at 350°F for 1 to 1½ hours.

Salads



This recipe came from my sister Olive (Hawrysh) Kindrachuk, Vancouver Bay, BC, 1979. I used to make it often for my ladies' groups' fundraising events, since it was easy to prepare and very popular with everybody.



Nat



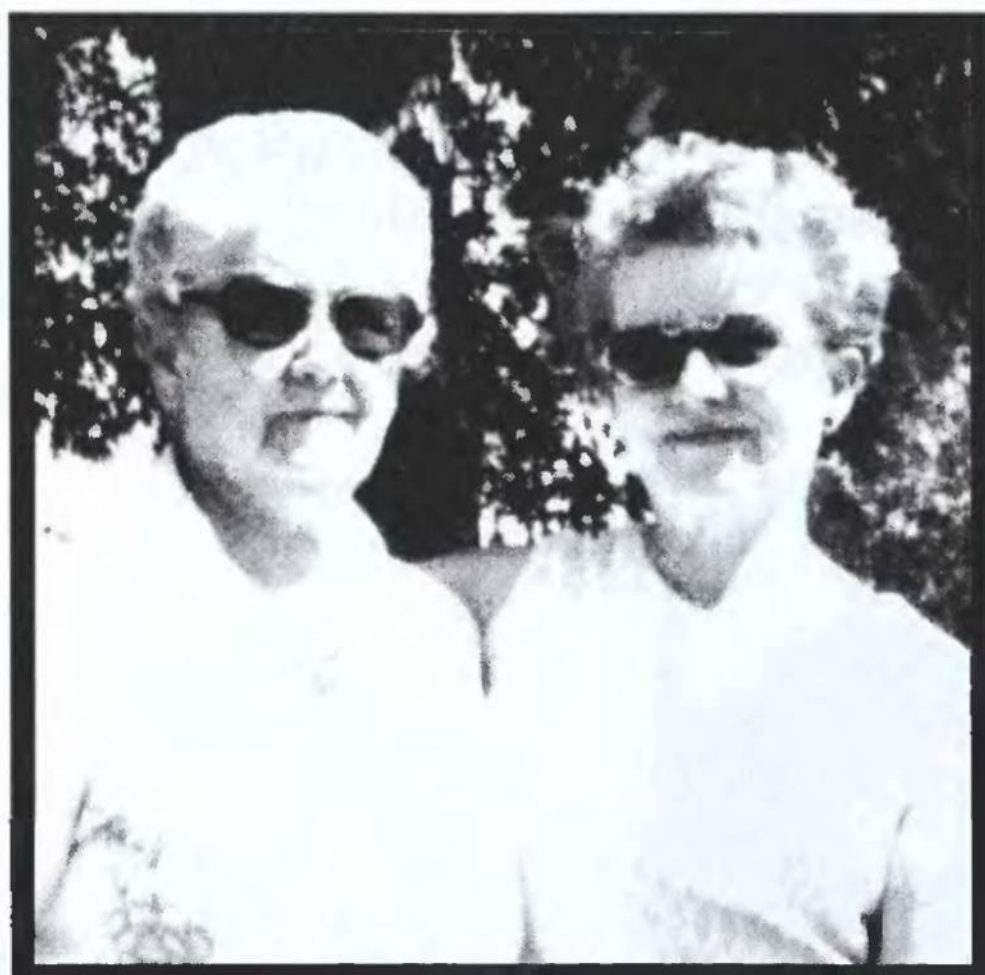
Olive

Rice Pineapple Ambrosia

3 cups cooked, cooled rice
1 can (19 ounces) pineapple,
complete with juice
1 cup unsweetened fine coconut
1/2 pint sour cream or yogurt

Mix together and refrigerate.

My husband's auntie Mary Evanshen of Sudbury, Ontario gave me this recipe in 1979. She served the salad when we visited on a trip to Eastern Canada. Mary is the grandmother of Canadian football player Terry Evanshen, which means we are related to him, too, even though our names are spelled differently.



Mary and Nat

Ambrosia Salad

1 pint sour cream
1 cup drained crushed pineapple
1 cup miniature marshmallows
1 cup drained mandarin oranges
1 cup coconut
Maraschino cherries to taste

Mix all ingredients.

Refrigerate several hours.

Variations:

Add

Cranberries

Walnuts

Sour cherries

Apricots.

This recipe is from Ethel Larden, Loon Lake, Saskatchewan, 1966. She once brought the dish to an Eastern Star meeting in Meadow Lake, and we all enjoyed it. Her husband was teaching school in Loon Lake, and when he retired, they moved back to Alberta.



Ethel



Nat

Macaroni Salad

2 cups cooked macaroni
2 hard-boiled eggs, cut in pieces
2 to 3 tomatoes, chopped
1 tablespoon minced onion
1/4 cup chopped sweet pickles
1 can broken shrimp, drained
Salt and pepper to taste

Mix ingredients and serve with your favorite salad dressing.

Variations:

Add

Celery

Olives

Green pepper.

This recipe came to me from Mona Baird, who also lived in Meadow Lake, Saskatchewan in the 1960s. She served us this dish back then, but I didn't get the recipe until 1993, after we had all moved to Kelowna, BC.



Mona



Nat

Sour Cream Fruit Salad

8 ounces commercial sour cream

Stir in

3/4 cup cut marshmallows.

Add, drained

30 ounces canned pineapple chunks

20 ounces canned mandarin oranges

20 ounces canned fruit cocktail

A few maraschino cherries.

Stir well and place in bowl.

Let stand in refrigerator at least 10 hours.

This recipe keeps very well.

Variations:

Use **whipping cream** instead of sour, and omit the marshmallows, but add

1 chopped apple for tartness.

Fruit of any kind may be added.

Coconut may also be added.

Our son Danny found this recipe in a newspaper and mailed it to me in 1969, while my husband John and I were still living in Saskatoon, Saskatchewan. At that time Danny was teaching school in Australia. I adapted the recipe to suit my own needs. It is a good recipe. We Ukrainians like a lot of sauerkraut.



Nat



Danny, Melesia

Sauerkraut Salad

**1 can (1 pound and 11 ounces) or
less drained sauerkraut**
1 cup chopped celery
1 1/2 cups chopped onion
1/2 cup chopped red or green pepper

Combine in a bowl and mix well.

Sprinkle over mixture

1 cup sugar.

Mix well.

Cover and refrigerate 24 hours.

Mix well before serving.

This recipe is from Olga Skwara of Kelowna, BC. She is a sort of shirt-tail relative, as her husband's brother married my husband's cousin. That's close enough to be related, but we can still be friends.

Olga gave me the recipe in 1976, not too long after John and I moved to Kelowna. We had known Olga and her husband Mike in Saskatchewan, and were pleased to get re-acquainted with them here.



Olga



Nat

Creamed Jello Salad

Mix

1 package lime Jello powder
1 package lemon Jello powder
2 cups boiling water.

Stir in

1/2 can canned milk.

Let stand until partially set.

Mix again.

Separately, mix

1/2 can canned milk
1 cup salad dressing.

Add

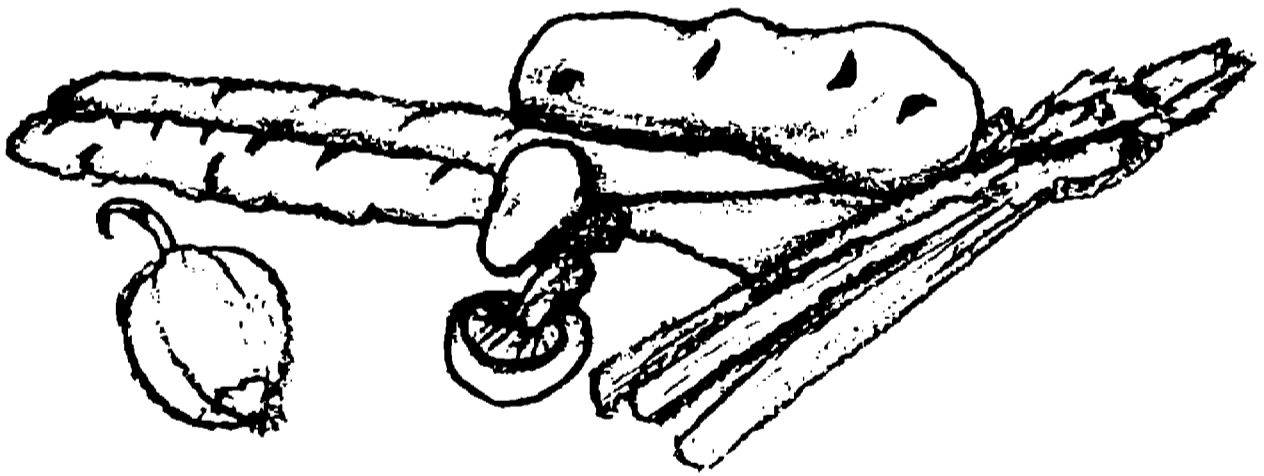
1 cup crushed pineapple
1 cup shredded carrot
1 cup shredded cabbage
1/2 cup celery cut fine (optional).

Combine the two mixtures.

Pour into mould and allow to set.

This salad improves in flavor when left overnight in the fridge.

Vegetables



This recipe originally came from Mrs J Lipton of Dallas, Texas in 1972. I don't know her, but I found the recipe in a newspaper or magazine, and it had her name on it. It is a good recipe, and I would like to thank her for it.

At the time, we were living in Wynyard, Saskatchewan, where John was teaching.



Mrs Lipton



Nat

Hungarian Cabbage and Noodles

3 slices bacon, chopped

1 teaspoon sugar

½ teaspoon salt

3 cups chopped cabbage

2 cups cooked noodles

½ cup sour cream

Paprika

Cook chopped bacon until crisp.

Stir in sugar, salt, cabbage and noodles.

Put into covered baking dish and bake in slow oven at 325°F for 45 minutes.

Spoon sour cream over top, sprinkle with paprika and return uncovered to oven for 5 minutes more.

Serve hot.

I got this recipe from Sally Harach of Hafford, Saskatchewan in 1994. This is about the easiest way there is to put up beans.

Sally is my husband John's cousin. Her husband Pat and John played all kinds of music together.



Nat, John and Sally

Beans, Canned

Mix

5 cups cut beans
2 tablespoons salt
2 tablespoons vinegar.

Cover with

Water and boil 7 minutes.

Put beans and liquid into hot sealers.

Seal.

To serve: drain, rinse and cook the beans in fresh unsalted water for about 10 minutes.

They taste like fresh beans.

They keep well.

This recipe is from my sister Sophie (Hawrysh) Matiation of Burnaby, BC. She gave it to me in 1995 when she and her husband Steve came to visit us in Kelowna.



Sophie



Nat

Peas or Beans, Frozen

Soak

Dried peas or
Dried beans overnight in
Fresh water.

Drain and wipe dry.

Spread out in a single layer on a greased tray and freeze quickly.

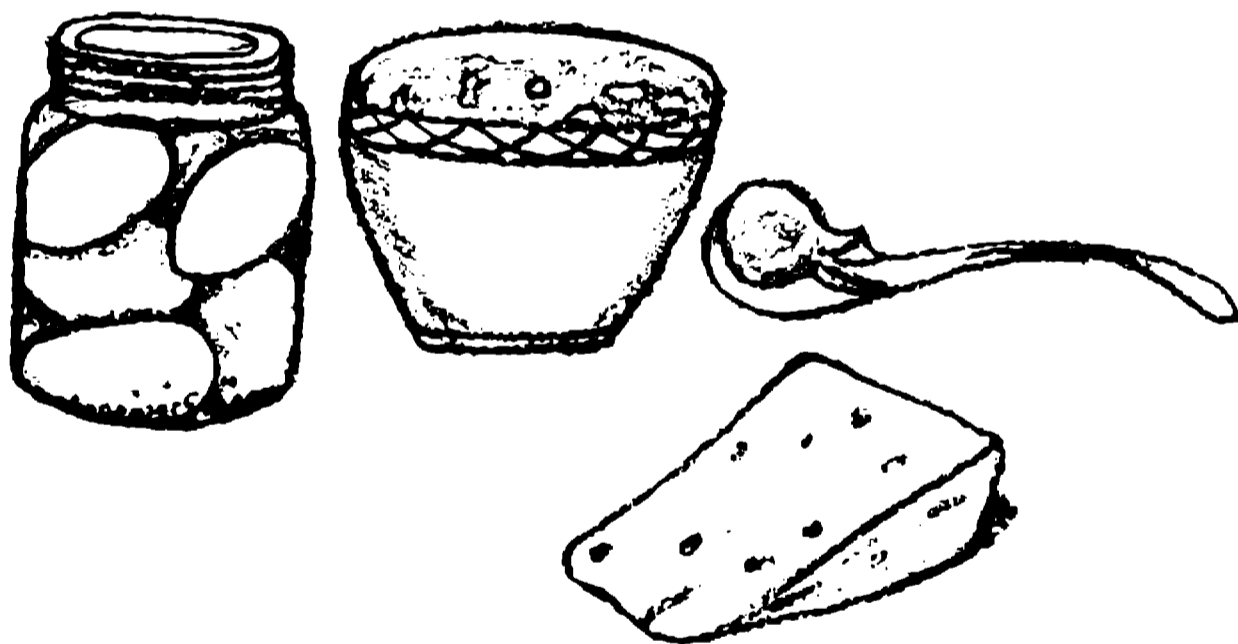
Break up clumps and put in freezer bags.

To serve, take out and cook only as much as you need.

Keep the rest frozen for future use.

Freezing breaks up the fibre and cuts cooking time in half.

Miscellaneous



This recipe came from my sister Helen (Hawrysh, Belyk) Kuchar, Langley, BC, 1982. I used to visit her at her home there, and we would always go for a walk, since she was a walking fanatic. She played me out every time.

As a matter of fact, all we ever did was walk, talk, eat and do dishes. Helen loved her coffee very much, and always drank it from a bone china cup and saucer.



Nat



Helen

Wheat Thins

**1³/₄ cups flour, whole wheat and
white mixed half and half
1/2 cup cornmeal
1/2 cup butter or margarine
1/2 cup water
2 tablespoons vinegar
1/2 teaspoon baking powder**

Mix dry ingredients.

Blend in butter.

Stir in water and vinegar.

Knead by hand until well blended.

Roll out on flour, paper thin.

Brush with

Egg white.

Sprinkle with

Sesame seeds.

Put on baking sheets and cut into squares
or strips.

Bake at 350°F for 10 to 15 minutes.

Do not over-bake.

Can be used like any crackers, in soup, with
cheese, with jam, or whatever.

This is a traditional Ukrainian recipe. It was passed down through the generations, and I finally wrote it down in 1967 while living in Saskatoon, Saskatchewan. I learned it from my mother, Efymia Hawrysh, on the farm near Hafford, Saskatchewan, about 1929.



Nat 1929



Efymia



Nat 1967

Nalysnyky

Mix

2 cups milk

1 egg

1/2 tablespoon oil

1/2 teaspoon salt

1/2 teaspoon sugar.

Add

1 cup flour (or enough to make a soft, runny batter).

Preheat an oiled frying pan.

Pour batter onto frypan, spreading evenly over the whole bottom.

Fry lightly on both sides.

Spread with mixture of

Cottage cheese

1 egg

Dill to taste

Salt to taste.

Roll as for jelly roll.

Place in well-buttered casserole dish and dot with

Butter.

Bake at 200°F for 20 minutes.

Similar to Jewish Blintzes.

This is a recipe modified from one my son Jerry brought me from where he worked at CFQC-TV in Saskatoon, Saskatchewan in 1956. We were living in Meadow Lake, Saskatchewan at the time. We used to eat up all the cheese before it even had a chance to set properly.



Jerry



Nat

Solid Cheddar Cheese

Knead and punch as for bread

4 cups dry cottage cheese

1/2 cup butter

2 teaspoons baking soda.

Let stand for 2 hours.

Mix well and add to cheese mixture

1 cup sour cream

1/2 teaspoon salt.

Put in double boiler to prevent scorching and boil hard for 1 1/2 hours, stirring often. Make sure the lower pot does not run dry.

Add

**4 ounces old cheddar cheese or
butter coloring, if desired.**

The mixture will be the consistency of a thick cream sauce.

Pour into buttered pan.

Put in fridge to harden. This will take about 2 weeks (wait for it — be strong!).

The cheese has a mild flavor.

This is another traditional Ukrainian dish. I first got the recipe from my husband's mother Docia Evanishen in 1931, and again from Leda Tkachuk in 1942. I got the recipe both times while living in Hafford, Saskatchewan.

Leda, who used to babysit our children, married Walter Lanski, who was also from Hafford. Leda used to make a terrific borsch, which I still remember.



Docia



Nat 1931



Nat 1942



Leda

Drop Tisto (Dough) Soup

Prepare

4 cups or so boiling chicken broth.

Cut

1 egg into

1 cup flour until you have a crumbly mixture like pie dough.

Drop bits of dough into boiling broth and cook 2 to 3 minutes until done.

“Tisto” is Ukrainian for “dough,” but lots of people pronounce it “Kisto.”

I got this recipe from Minnie Symchych of Hafford, Saskatchewan in 1956, when she and her husband Bill came to help us celebrate our 25th wedding anniversary in Meadow Lake, Saskatchewan. It's a good party dish.

Minnie was my best friend in school — we were always together. She was my druzhka, or bridesmaid, in 1931.



Nat and Minnie

Pickled Eggs

Peel

12 hard-boiled eggs and put into jars.

Combine in a pot

1 cup vinegar

1/2 cup sugar

1 teaspoon pickling spice

Garlic cloves to taste (optional).

Boil and cool.

When cool, pour mixture over eggs.

Seal.

Allow to stand 2 days to a week, to allow the flavor to penetrate the eggs.

The yolks will become a bit hard.

Serve as is, use instead of pickles, or chop into a green salad.

Nachynka is a traditional Ukrainian food. This “old-fashioned” recipe came from Hafia Piniuk of Vernon, BC in 1962. Hafia was very fussy about her nachynka. It always had to be done “just so.” She was a friend of my mother and father Ivan and Efymia Hawrysh when they lived in Vernon.

It could be that in the old days people had only raw milk, and that is why the recipe calls for unpasteurized milk.



Hafia



Nat

Nachynka, Old Fashioned

Sauté

**1 chopped onion in
1 cup butter.**

Bring to a boil

1 quart raw (not pasteurized) milk.

Add

**1 1/2 cups corn meal
2 teaspoons baking powder
1/2 teaspoon salt
2 teaspoons sugar
1/2 cup white flour
Pepper to taste.**

Stir well.

Add

2 well-beaten eggs.

Stir over low heat till thick.

Bake in a greased pan at 300°F for 1 hour.

This traditional Ukrainian recipe came to me from my sister Olive (Hawrysh) Kindrachuk, Kelowna, BC, 1982. Olive got the recipe from her Women's Auxiliary group. My mother never cooked this dish, but I like it anyway.

The recipe has altered considerably over the years. For example, many people once used lard instead of butter.

Years ago, some people cooked this dish completely on the top of the stove. After the eggs were added, it was cooked for another 5 to 8 minutes. It was not cooked longer than that, because if it were, it would tend to get hard. In later years it was finished in the oven, and I prefer that method.



Nat



Olive

Nachynka, Soufflé

Sauté

**1 chopped onion in
1/2 cup margarine.**

Add

1 cup corn meal.

Stir for 5 to 10 minutes over low heat.
Set aside.

Boil in a separate pot

1 quart milk.

Add

**1 teaspoon sugar
1/2 teaspoon salt
Pepper to taste.**

Add corn meal mixture.

Cook until thick.

Remove from stove and cool a bit.

Add

3 beaten eggs.

Mix well.

Bake in a greased, covered pan at 325°F for
about 45 minutes.

Uncover and bake 5 minutes more, to give a
top crust.

Serve at once.

This recipe came from Justine Fedeyko, in Kelowna, BC, 1986. This is another variation of a traditional Ukrainian recipe. This is much the simplest method, and it is very good.

Here's how Justine and I are related:

Justine's husband is Bill, whose mother had a brother Tony Horbay, who was married to my sister Anne (Hawrysh). Justine and I are also good friends.



Justine



Nat

Nachynka, Simple

Fry

**1 chopped onion in
1/3 cup butter.**

Add

4 cups milk and heat well.

Sprinkle in, while stirring,

1 cup corn meal.

Mix until thick.

Remove from stove.

Add

2 beaten eggs

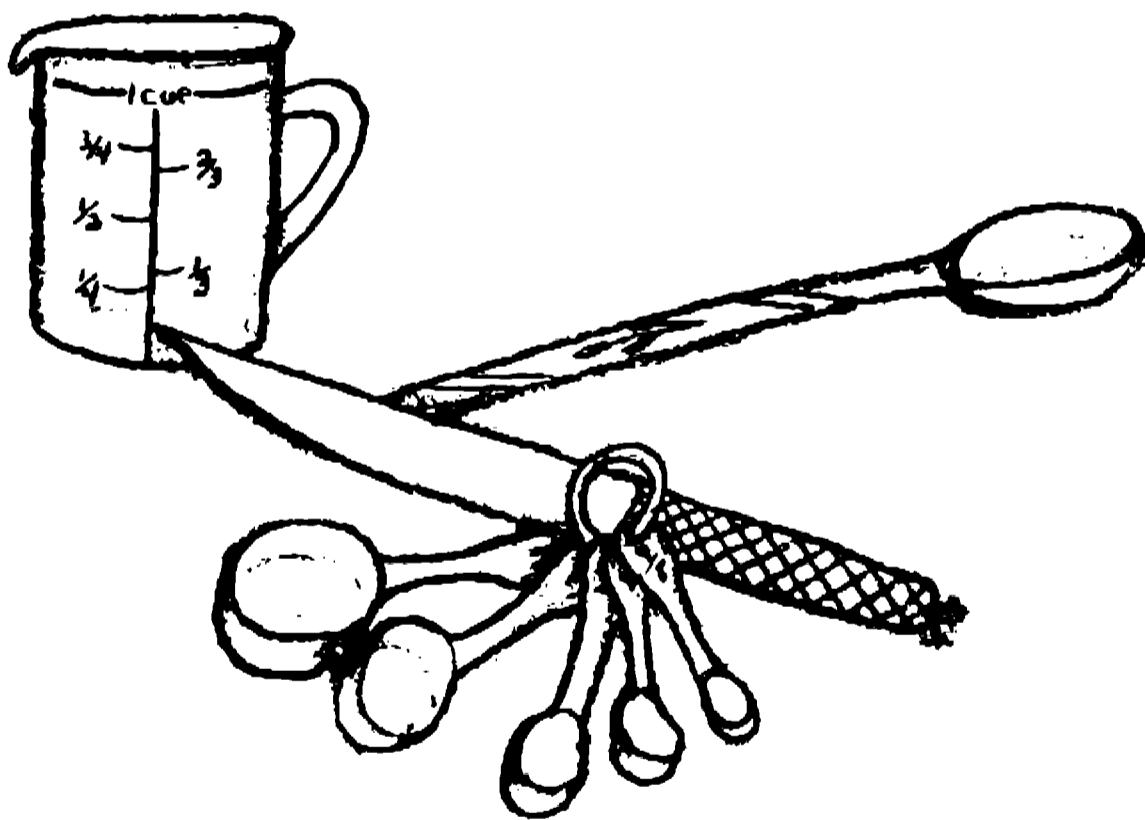
Salt to taste

Pepper to taste.

Mix well.

Bake in a greased pan at 300°F for 1 hour.

Index



Ambrosia Salad, 129
Apple Pudding, 91
Baked White Fish, 99
Beans, Canned, 143
Beef Salami (Kishka), 113
Blintzes, 151
Boiled Raisin Cake, 57
Bran Muffins, 39
Break Apart Bread, 29
Bridge Delight, 85
Brown Sugar Brownies, 55
Brown Sugar Sauce, 91
Brownies, 63
Buns, 33
Butter Tarts, 49
Butterscotch Dreams, 93
Canning Fish, 105
Carrot and Pineapple Muffins, 41
Carrot Cake, 59
Carrot Cake Topping, 59
Carrot Pudding, Steamed, 89
Carrot Spice Muffins, 43
Chicken in a Hurry, 117
Chocolate Icing, 71
Coffee Cake, 33
Cream Cheese Icing, 67
Creamed Jello Salad, 137
Creamed Shrimp, 25
Dixie Coffee Bread, 36
Dollar Fruit Cake, 77

Drop Tisto (Dough) Soup, 155
Flu Tonic, 21
French Toast, 27
Fresh Apple Cake, 67
Friendship Tea, 11
Honey Cake (Medivnyk), 61
Honey Cake, 69
Hungarian Cabbage and Noodles, 141
Jackfish in Jars, 107
Kishka, 113
Liver Loaf, 115
Macaroni Salad, 131
Mazola Buns, 31
Medivnyk (Honey Cake), 61
Molasses Drink, 13
Nachynka, Old Fashioned, 159
Nachynka, Simple, 163
Nachynka, Soufflé, 161
Nalysnyky, 151
Nanaimo Bars, 75
Odd Cake, 73
Oysters in Bacon, 101
Peanut Butter Topping, 35, 36
Peas or Beans, Frozen, 145
Perfect Corn Bread, 35
Pickled Eggs, 157
Pie Crust, Quick, 47
Pill Dickles, 32
Poppy Seed Lemon Loaf, 81
Prairie Corn Bread, 25

Rainbow Squares, 95
Raisin Scones, 51
Refrigerator Cake, 71
Rhubarb Cake, 65
Rhubarb Drink, 15
Rice Pineapple Ambrosia, 127
Russian Hot Tea, 11
Sauerkraut Salad, 135
Sausage Corn Bread, 123
Sausage Loaf, 124
Scones, 53
Seafood Cocktail Sauce, 103
Shipwreck, 121
Shrimp Aspic, 109
Solid Cheddar Cheese, 153
Sour Cream Fruit Salad, 133
Spiced Apple Juice, 19
Sweet and Sour Spare Ribs, 119
Symchych Khib, 27
Table of Contents, 7
Tomato Aspic, 109
Uncooked Grape Juice, 17
Vanilla Frosting, 29
Walnut Rolly, 79
Wheat Thins, 149
Zucchini Apple Crisp, 87

Metric Conversion Chart

Oven Temperature

°F	°C
200	93
225	107
250	120
275	135
300	149
325	163
350	177
375	191
400	204
425	218
450	232
475	246
500	260

Imperial to Metric Measurements

- 1 ounce = 28.35 grams
- 1 pound = 454 grams
- 1 teaspoon = 5 milliliters
- 1 tablespoon = 15 milliliters
- 1 cup = 284 milliliters
- 1 fluid ounce = 28.4 milliliters
- 1 quart = 1136 milliliters
- 1 inch = 2.54 centimeters

Baba the Cook

More than just an assortment of recipes,
this book is a tribute
to the life of a truly beautiful person,
Nataalka Evanishen.

Variously known as Natalie, Nataalka
or just plain Nat,
she was a wonderful friend to everyone.

This book is a collection of her
favorite recipes, along with little stories
of where, when, and from whom
she got the recipes.

The book also contains photographs
of Nataalka through her life
as well as pictures of the
people from whom she got the recipes.

Published by
Ethnic Enterprises
Box 234
Summerland, BC
VOH 1Z0

ISBN
0-9697748-9-3