



KOLACH

2 pkg. yeast
½ c. lukewarm water
½ tsp. sugar
1 qt. warm water
½ c. sugar

1 tbsp. salt
4 eggs
½ c. oil
Flour to make soft dough
(approx. 11 to 12 c.)

Dissolve sugar in warm water. Sprinkle with yeast and let stand for 10 minutes. Beat the eggs; add sugar, oil, water and the yeast mixture. Mix well and add 10 cups flour. Knead and, if necessary, add more flour to make medium soft dough. Knead until smooth and falls away from hand. Cover and let rise in a warm place until double in bulk (approx. 1 to 1 ½ hours). Punch down and let rise again. Turn dough out on a floured board and divide in 4 equal portions. Each portion will make one medium sized kolach that, generally, are baked in round pans.

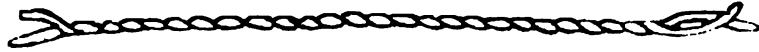
Take one portion of dough and make kolach in the following manner: Divide the dough into 6 equal pieces. Roll each piece to a length about 1 – 1 ½ times around the pan the kolach is to bake in; thus there will be 6 equal lengths of dough. Put 2 lengths side by side and working from one end, alternately carry each length over the other, thus forming a rope-like twist. Similarly make 2 more twists using the remaining 4 lengths of dough. Now, take 2 twists and working with the lengths, make a double twist. Form into a ring tucking the ends in neatly. Place the ring into a well-greased pan around a small empty space in the centre. Put a tube-like tight roll of cloth in this space to prevent the dough in rising from filling the hole (later a candle or a cross is set there). Lay the third twist around the double twist in the pan, tucking in the ends.

Let rise until double in bulk (approx. 1 hour). Brush with beaten egg diluted with 1-teaspoon warm water. Remove the cloth roll and bake at 300° F in a gas oven for ¾ to 1 hour.

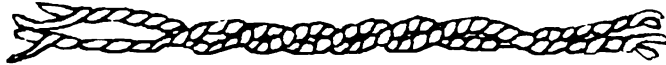


TO SHAPE KOLACH

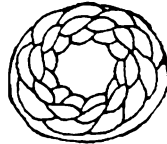
With palms of hands, roll each portion into a 26 inch strip. Entwine 2 strips, starting at centre. Repeat making three twisted strips.



Now entwine two twisted strips, starting at centre.



3. Join neatly in circle. Set in greased low pan at least 9 inches round. Leave 1 inch space.



4. Wrap remaining twisted strip around Kolach. Join ends. A small greased can helps keep centre open

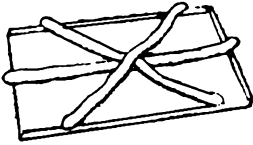
Methods of Shaping the Traditional Kolach

There are numerous ways of ornamenting the kolach, some more elaborate than others. Here are two procedures that are really quite simple.

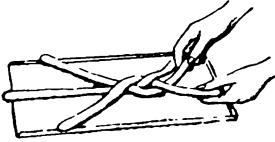
1. Make a three strand braid. Holding one end of the braid, wind the braid closely to form a coil (circle). Seal edges firmly. Place in a round pan of a suitable size.
2. Divide the portion of the dough into 6 equal parts. Roll each into a long roll. Take 2 of these rolls, starting at the centre, entwine them from left to right. Turn the roll around and entwine the other half in the same manner. Repeat this operation with the other 4 parts. There will be 3 entwined rolls. They should be the same length. Now braid the entwined rolls. Wind braid closely to make a circle.

To Make a Three-Strand Braid

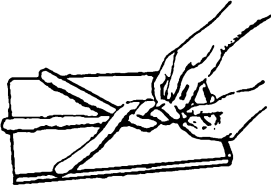
1. Arrange three ropes crisscross on a cookie sheet.



2. Braid from crossover to end.



3. Tuck ends under. Braid from other end.



Braiding

For a one strand braid, shape a rope 3 ½ times as long as you want the finished loaf to be. Using a little more than half the rope, make a bend and form a large loop. Pull the long end through the loop to make a simple knot. Turn over the open half of the loop, to form a figure-8, and carry the long end through the upper part from underneath. Ease the tension in any part of the rope that was unduly stretched.

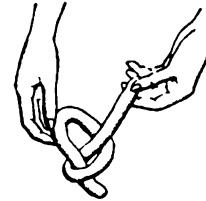
For a three-strand braid, shape three ropes, each 1 ½ times as long as you want to make the complete braid. Lay one of them lengthwise on a cookie sheet and place the other two across it at 60° angles. Braid from the crossover to the end, and tuck the ends of the ropes under the braid. Turn the pan, and repeat at the other end. If you wish to make a braided ring, bring the ends of the braid together and weave the ends, finishing each end underneath the braid

To Make a One-Strand Braid

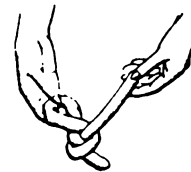
1. Using a little over half of long bread rope, make bend, and form large loop.



2. Pull long end through, making knot.



3. Twist open end of loop to form figure eight, pull long end through upper half of loop from underneath.



4. Tuck in loose ends to get braided loaf.



PAMPUSHKY

2 pkg. yeast
2 tsp. sugar
1/3 c. water

3/4 c. water
3/4 c. flour

Dissolve yeast according to directions on package. Add the rest of the ingredients and beat until smooth. Cover bowl and put in warm place. Allow to rise until light and bubbly.

Dough:

1/2 c. butter or oil
2 whole eggs
4 egg yolks
1 tsp. vanilla

5 c. flour
1/2 c. sugar
1 tsp. salt
Grated rind of 1 lemon

Cream shortening and sugar. Beat whole eggs, egg yolks and salt until light and fluffy. Combine first mixture and blend well. Stir in lemon rind, vanilla and sponge. Add half of the flour; beat to a smooth batter. Add balance of flour to make a soft dough. Knead thoroughly until smooth, then place in a clean, slightly greased mixing bowl and allow to rise until double in bulk. Punch down and let rise again. Roll out on floured board to 1/2 inch thickness. Cut with round cookie cutter. Place a teaspoonful of filling in each piece and seal edges. Allow to rise and then fry in oil.

SHYSHKA

This bread, in the form of a pinecone, is an ancient symbol of fertility. Usually the newlywed couple presents a shyshka to all their guests.

Use the basic bread recipe or wedding cake dough recipe for the decorations. Depending on the size of the bread, get a piece of dough large enough to cover the top of the bread. Roll the dough out. Make a circle and cut slits from the outer edge and all around.

Make 2 or 3 layers. The second layer should be smaller in size while the top layer is still smaller. Each layer has slits.

Place one layer on top of the other – large on bottom. Press the middle down so the bottom layer will stick to the top. Place these layers on top of the bread. Bake in oven. The sides will rise like a rosette.

BABKA

2 pkg. yeast
1 c. lukewarm water
2 tsp. sugar
1 c. boiled milk
½ c. butter
6 egg yolks
2 whole eggs
1 c. sugar

Rind of one lemon, minced
Rind of one orange, minced
½ c. orange juice
1 tsp. vanilla
1 tsp. salt
7½ c. flour (approx.)
1 lb. raisins (optional)

Dissolve 2 teaspoons sugar in lukewarm water; add yeast. Let stand for 10 minutes. Boil milk; add butter and let cool. Beat eggs until white; add sugar. Beat some more. To the well-beaten eggs, add yeast, milk and the rest of the ingredients EXCEPT RAISINS. Mix and, when adding flour, do not add as much as for bread (as the mixture should be thinner). When the dough no longer sticks to hands in mixing, add raisins.

Set in warm place for rising. Punch and let rise again. Line containers with brown or wax paper and butter well. Round containers like honey cans or coffee cans are suitable. Make up dough into balls to fill ½ of the containers in which the bread will bake. When dough doubles in size beat 1 egg slightly and paint tops of bread. Bake in moderate oven (300° F.) for 40 minutes, then reduce temperature to 275° F. and bake for 20 minutes more. This applies to a large loaf. If you are using 2-pound honey cans or 2 pound coffee tins, reduce baking time a little.



CHEESE PASKA (UNBAKED)

2 lb. dry cheese
1 pkg. 8 oz. Philadelphia cream cheese
6 egg yolks, cooked
½ c. unsalted butter
1 c. sugar

1 tsp. vanilla
1 c. whipping cream
1 14 oz. Can crushed pineapple, drained
Pinch salt

Press the cheese and hardboiled egg yolks through a sieve and mix well. Cream butter and sugar until smooth and add vanilla. Combine the two mixtures, whipped cream and pineapple. Mix thoroughly. Serve cold. May be filled in cheese cartons and frozen.

CHEESE PASKA (LVIV STYLE)

1 whole egg
4 egg yolks
2 c. sugar
1 c. whipped cream
1 c. raisins

2 lb. farmers or dry cottage cheese
½ lb. unsalted butter
1 tsp. vanilla
2 tbsp. grated orange rind
1 c. blanched almonds (chopped fine)

Beat whole egg and egg yolks with sugar until thick and creamy. Add half cream. Turn into a saucepan, heat almost to the boiling point, stirring constantly; do not boil. Remove from heat, add raisins. Cover. Combine the rest of the cream, cheese, butter and vanilla in large electric blender. Blend until smooth. Turn cheese mixture into bowl. Fold in the egg mixture. Add almonds and orange rind. Refrigerate 4 hours. Place in double thickness of cheesecloth, hang over a bowl in cold place; let drain 2-4 hours. Chill. Garnish with nuts and candied fruits if desired. Serve. Cold. Cut small slices. Yields 20 servings.



KOROVAI

The wedding feast is an important part in the ceremony of marriage. Korovai is a ritual wedding bread, braided, ring-shaped and decorated with ornaments made of dough such as birds or doves symbolizing love and faithfulness, pinecones – fertility, flowers – beauty and rings – eternity and general welfare. Korovai is decorated with green myrtle, herbs, and periwinkle. It makes a beautiful centrepiece for a wedding or anniversary head table

¼ c. lukewarm water
1 tsp. sugar
1 pkg. yeast
2 eggs
1 c. lukewarm water

1 c. milk, scalded
¼ c. sugar
¼ c. margarine or Crisco
5-6 c. flour
1 tsp. salt

Dissolve sugar in water, sprinkle yeast on top and let stand for 10 minutes. In a large bowl beat eggs until light in color. Add sugar, water, milk, Crisco and yeast mixture and continue beating until smooth. Combine flour and salt and add to first mixture stirring until smooth dough is formed. Knead well. Dough should be thicker than ordinary bread. Cover and let rise 1 hour or until double in bulk. Punch down and let rise till doubled.

Place ½ of dough into greased 10" springform pan to about 1" thickness. From remaining dough make: 1 large rosette and place in centre of the dough in the pan, 6 doves arranged around the rosette and an entwined rope around the edge of the pan. Cover and let rise in warm place for about 1 hour. Beat egg yolk with ¼ tsp. sugar and brush Korovai with this mixture. Bake at 350 for 20 minutes then reduce to 300 and continue baking for 1 hour or until crust is golden brown. Cool. Decorate with doves and greenery.



CHEESECAKE (Syrnyk)

Crumb Mixture:

1/3 c. melted butter

1 1/2 c. graham wafer crumbs

3 tbsp. Sugar

3/4 tsp. cinnamon

Combine all ingredients. Press 2/3 of crumb mixture into greased 9 inch springform pan (or other round pan with deep sides). Chill until set.

Cake Mixture:

2 c. dry cottage cheese

1/2 c. sugar

2 tsp. lemon juice

Rind of lemon, grated

1/4 tsp. salt

4 eggs, separated

3 tbsp. Flour

2/3 c. light cream

1/4 tsp. cream of tartar

Mix cottage cheese, 1/4 cup sugar, lemon juice and salt by hand or with mixture at medium speed for 10 minutes. Blend in 4 egg yolks. Mix in flour, cream and beat at medium speed for 3 minutes. In a separate bowl, beat egg whites until frothy; add cream of tartar and remaining 1/4 cup sugar. Beat until peaks form. Fold cheese mixture into egg white. Pour into crumb lined pan. Sprinkle remaining crumbs on top. Bake at 300° for 1 hour. Turn off heat and let cake stand in oven for 1 hour. Remove cake from oven and let stand for 5 minutes. YIELD: Serves twelve.

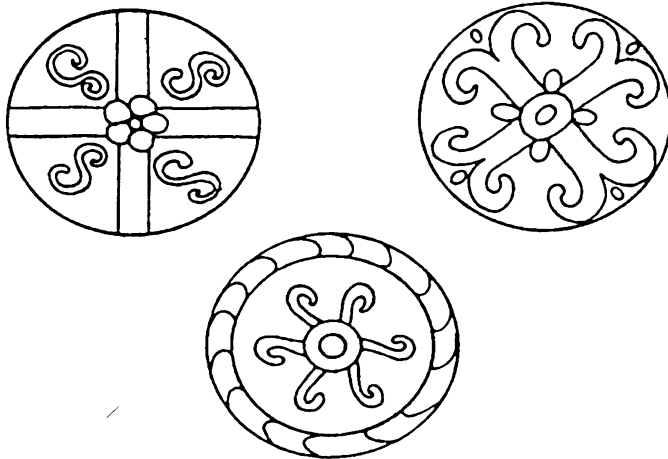
PASKA

1 c. lukewarm water
1 tsp. sugar
2 pkgs. Dry yeast
2 c. scalded milk, lukewarm
1 c. water, lukewarm
4 c. flour

6 eggs beaten
½ c. sugar
½ cup melted butter
1 tsp. salt
10 – 10 ½ c. sifted flour

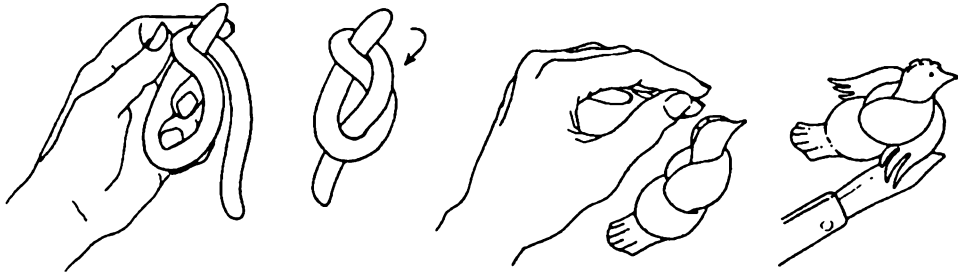
Dissolve yeast in 1 cup water and 1 tsp. sugar. Let stand for 10 minutes. Combine milk, water, yeast and the 4 cups of flour. Beat well until smooth. Cover and let rise in a warm place until light and bubbly, about 1 hour. Add beaten eggs, sugar, salt and melted butter. Knead adding a bit of flour, until dough no longer sticks to the hand. Turn the dough on a floured board and knead until smooth and satiny. Brush dough with melted butter, place in bowl, cover, and let rise until double in bulk. Punch down and let rise again.

Shape into round loaves. Decorate the loaves with same dough. The central ornament on paska is usually the cross. Make some rosettes by shaping strips of dough into a roll, then with sharp scissors make the petals. Some people decorate paska with braided rolls. Set the loaves in a warm place and let rise to double in bulk. Brush with melted butter or with beaten egg. Make in moderate oven (375° - 400°F) for about 15 minutes, reduce temperature to 350 and continue baking for 40 minutes longer or until done. If necessary, cover with paper to avoid browning the top deeply.



EASTER DOVES

In Ukraine, in early times, the return of the birds in the spring was celebrated with special spring songs. Birds made out of dough were also baked, representing larks that were migrating back to the north. Today these bread “doves” are made for Easter.



DOUGH FOR DOVES

5 c. flour
1 tsp. Salt
3 eggs
2 tbsp. Honey
1 tbsp. Oil

1 c. hot water
1 tsp. sugar
1 tbsp. Dry yeast
 $\frac{3}{4}$ c. lukewarm water

Mix water and sugar; sprinkle yeast on top and let stand for 10 minutes. Beat 3 eggs; add 1 level tablespoon salt, 1 tbsp oil, 2 tbsp. honey, 1 cup hot water (not boiling). Beat all these ingredients with eggs.

Put in mixing bowl 2 cups flour and pour the egg mixture into this flour. Mix well with a wooden spoon. Add another 3 cups flour and knead by hand. If more flour is needed, add a little at a time. The dough has to be a little thicker than ordinary bread. Cover this and put in warm place. Let rise and punch down, then let rise again. Take pieces of dough, the size of a walnut. Roll on table to a pencil shape but not as thin (only 4 inches long). Tie a knot and make out end pointed. Use black pepper, spices for eyes and the tail are cut into 6 little ribbons. Grease cookie sheet and let rise for 10 – 15 minutes. Brush with mixture before putting into oven (2 egg yolks and $\frac{1}{4}$ tsp. sugar)

If #2 Poppy Seed Filling is used, be certain to brush a stiffly beaten egg white on rectangular shaped dough not quite reaching the edges. This is to prevent the filling from separating from the dough. Roll like a jellyroll and seal edges.

POPPY SEED ROLL

1 pt. water	1 pkg. yeast
¼ lb. butter or oil	6 egg yolks
1 c. sugar	3 egg whites
1 tsp. salt	Grated rind of lemon

Dissolve yeast according to package. Add to lukewarm water and add enough flour to make a thick batter. Beat hard and let rise until light and bubbly. (approx. 1 – 1 ½ hours). Mix in sugar, salt, melted shortening, lemon rind and well-beaten eggs. Work in enough flour to make a medium stiff dough. Let rise until double in bulk. Divide dough into 2 parts. Roll each approx. ½ inch thick and spread with filling. Roll like a jellyroll and seal the edges. Place in a greased loaf pan; prick with a fine knitting needle. Cover and let rise in warm place until double in bulk. Bake at 375 degrees F.

PRUNES

1 lb. prunes	dash cinnamon
sugar, to taste	1 tsp. lemon rind
¼ c. crushed walnuts	

Boil prunes until soft. Drain. Pit and chop; add the rest of the ingredients and mash with a fork until smooth and well blended.

FILLING POPPY SEED

1c. poppy seed	1 tsp. lemon rind
¼ c. sugar	1 egg white
2 tbsp honey	½ c. chopped walnuts

Scald poppy seed with boiling water and drain. Let stand for 1 hour, then put through the finest blade of food chopper. Add sugar, honey and beaten egg white. Mix well.

MAKIVYNYK OR POPPY SEED LOAF

2 pkg. dry yeast	8 tbsp. sugar
½ c. lukewarm water	2 whole eggs plus 2 egg yolks
2 tsp. sugar	1 tsp. vanilla
1 c. lukewarm scalded milk	1 – 1½ tsp. grated lemon rind
1 c. flour	1 tsp. salt
½ c. butter	4 – 4½ c. flour

Dissolve sugar in lukewarm water; add the yeast. Let stand for 10 minutes in a warm place. In a large bowl, combine warm milk and 1-cup flour with yeast. Let the sponge rise until bubbles appear (approx. ½ - ¾ of an hour). In a separate bowl, beat the sugar and butter until light. Set aside. Beat the eggs together until light and foamy, adding salt. Combine the eggs and the butter/sugar mixture; fold into the yeast sponge. Add lemon rind and vanilla to the yeast sponge, mixing well. Add the flour and knead in the bowl for 10 minutes (until the dough feels soft and smooth). Cover and let it rise again. Divide the dough into 3 equal balls. Roll each ball into a rectangular shape approximately ½ inch thick. Spread poppy seed filling on the rectangular shaped dough. Roll like a jellyroll and seal the edges. Place in a greased pan, cover and let rise until double in bulk in a warm place. Bake in moderate oven at 350° F. for 15 minutes. Lower heat to 300° F and bake for 40 minutes more.

Brush immediately with 1-tablespoon brown sugar dissolved in 2 tablespoons hot water. Cool completely before cutting. You may wish to frost with butter icing.

POPPY SEED FILLING #1:

Grind 2 cups poppy seeds and add:

1½ c. sugar	1 tsp. lemon juice
1 c. hot water	1 tsp. vanilla

Enough flour to make a soft paste

ICING:

1 c. icing sugar	pinch salt
1½ tbsp. Soft butter	vanilla

Enough sweet cream to spread. Drizzle hot chocolate crosswise ½ inch apart. Pull fork across the opposite way (optional).

POPPY SEED FILLING #2

1 c. poppy seed	½ c. candied fruit
⅓ c. sugar	1 egg white
½ c. chopped nuts	1 tsp. grated lemon or orange rind.

Scald poppy seed and drain. Cover with warm water and soak for 30 min. Drain thoroughly through a fine strainer. Grind with a fine blade of food shopper. Mix sugar, grated lemon or orange rind, nut, candied fruit and stiffly beaten egg white. Mix gently with ground poppy seed.

Kolach Recipe

2 pkgs. dry granular
4 eggs well beaten
½ c. sugar
Rind and juice of 1 lemon
½ c. vegetable oil
1 tsp. Salt
2 c. scalded milk
½ c. flour
5 c. sifted flour

Prepare yeast as directed on package. Mix in a large bowl ½ cup of lukewarm milk, ½ cup flour, add yeast and beat well. Cover and put in a warm place. Let rise until light and bubbly. Beat the eggs, add salt, gradually sugar, oil and lemon. Add sifted flour cup by cup. Knead the dough for about 15 minutes. Let rise for about 2 hours. Punch and let rise until double in bulk. Divide dough in equal portions and braid. Place in round pans. Let rise. Glaze with beaten egg yolk. Bake at 350° F for 45 minutes.

This recipe is different, but it is worth preserving. The addition of sweet cream improves the quality and texture of this distinctive bread. The potato water makes the kolach light and helps to keep it fresh and soft for days.

Scald 1 c. rich sweet cream (whipping or country cream)

Stir in ½ - ¾ cup sugar
3 teaspoons salt
⅓ cup oil
⅓ cup shortening or lard, melted
1½ cups potato water &
1 small potato, mashed

Cool to lukewarm. Meantime measure into bowl 1½ cups lukewarm water. Stir in 3 teaspoons sugar. Sprinkle contents of 3 packages of dry granular yeast. Let stand in a warm place for 10 minutes. THEN stir well. Stir in lukewarm cream mixture. Stir in 4 whole eggs and 6 egg yolk, well beaten, 3 cups lukewarm water, 4-5 cups all purpose flour (room temp.)

Beat until smooth with a large wooden spoon or hand mixer, stir in additional flour gradually and continue kneading and adding flour until dough no longer sticks to fingers. Stir in enough flour to make dough that is neither too soft nor too stiff. Turn the dough onto floured board and knead until smooth and elastic. Place in greased bowl; brush top with melted shortening. Cover. Let rise in warm place until doubled in bulk – about 1-1½ hours. Punch down dough and let rise again. Divide the dough and shape it as directed below:

Place the shaped loaf in a greased round pan of a suitable size. Brush with a beaten egg diluted with 1 tablespoon of water. Cover and set the loaves in a warm place to rise until almost double in bulk. Bake in a mod. Hot oven (410° F) for about 10 minutes, then lower the temperature to 350° F and continue baking for about 40 minutes longer, and depending on the size of the loaves maybe longer. Remove from oven and brush with melted butter for a soft shiny crust.

CHRISTMAS KOLACH

Kolach is a Christmas bread that is braided ring-shaped or oblong. This bread is always made from wheat flour. Three round Kolachi, one on top of another, with a candle in the middle, were an essential component of the Christmas Eve Supper (Svjata Vechera). Kolach is a very old symbol of good luck, eternity, prosperity, bountiful life and general welfare. Being symbolic, the Kolach was used in various religious and family rituals.

Oblong Kolach is braided by intertwining 3, 4, 6 or 12 lengths of dough and it performs the same function as the round one. Kolach was also featured at memorial services for deceased members of families according to their beliefs.

Amongst Ukrainians the most beloved of all festivities is Christmas; covering a cycle of feast days that end with Epiphany. The festivities begin with Christmas Eve and its main feature – the evening meal Holy Supper (Svjata Vechera). Traditionally, all members of the family try to be home that night to celebrate the Birth of Christ. Holy supper features twelve Lenten dishes, symbolic of the twelve apostles who gathered at the Last Supper. These dishes are prepared with oil or vegetable shortening, because this day is a strict abstinence commemorating the hardships of Mother Mary en route to Bethlehem. The table is first strewn with a handful of fine hay, symbolizing the Christ Child in the manger and over it is spread the best tablecloth. Three loaves of bread are stacked and topped with a candle as a centerpiece. If a member of the family has passed away during the year, a place is set in memory. The first star in the eastern sky announces the beginning of the meal. The master of the house performs the ritual opening, entering with a sheaf of wheat (didukh), symbol of the gathering together of the family. Giving thanks to God for many blessings, he places it in a corner where it remains until the New Year. Modern times call for an arrangement of wheat in a vase.

The Supper begins with the Lord's Prayer and Grace. The first food taken is Kutya (wheat prepared with honey and poppy seeds). The head of the family raises the first spoonful with the greeting "Chrystos Rodyvsya" (Christ is Born!) to which the reply is "Slavim Yoho" (Let us Glorify Him!). Everyone must partake of the wheat, if only a taste, then follow appetizers or borsch, entrees of fish and other traditional dishes, ending with dessert of compote of dried fruit and Christmas pastries. After Supper, the family joins in singing Christmas Carols and general merriment, as Christmas Eve is strictly a family evening. At midnight or early morning, the family attends Christmas church services. During Christmas day and following, organized groups of carollers (in modern practice) visit homes, soliciting funds for worthy causes.

“Welcome Greeting”

Ukrainians have a very charming custom of greeting honored guests with bread and salt. The host or hostess, carrying a plate with a loaf of bread and a shaped mound of salt on top of it, meets the guest at the door with traditional salutations – an expression of sincere welcome and hospitality.

There is beauty and wisdom in greeting guests with bread and salt, the most precious possessions of mankind. Today, this custom is used only by organizations when greeting church dignitaries and individuals of great distinction. In the past, the newlyweds were installed in their new home with customary ritual of bread and salt.

