



SELECTED

**UKRAINIAN
RECIPES**

FOR

WINTER SEASON

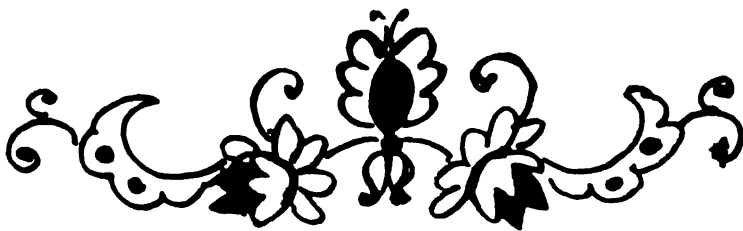
by
BRANCH 12
UKRAINIAN NATIONAL WOMEN'S LEAGUE
OF AMERICA

CLEVELAND, OHIO
1978

WE DEDICATE THIS BOOK TO
THE UKRAINIAN NATIONAL WOMEN'S LEAGUE OF AMERICA
AND ITS PROJECTS:
THE UKRAINIAN MUSEUM IN NEW YORK CITY
OUR LIFE MAGAZINE
EDUCATIONAL AND WELFARE PROGRAMS



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Foreword

The Ukrainian National Women's League of America (U.N.W.L.A.), Branch 12 is pleased to present this cook book, the second in a series: 1. Ukrainian recipes for festive occasions, c. 1971; 2. Selected Ukrainian recipes for winter season, c. 1978; 3. Selected Ukrainian recipes, spring-summer season, to appear in 1979.

This book is dedicated to the tradition of the winter cookery, culminating in the most beloved celebration of Christmas Eve, the "Svyata Vechera", meaning Holy Supper.

The U.N.W.L.A. has been organized in the 1920's for the purpose of preserving and perpetuating the cultural heritage which evolved during the course of Ukraine's history of nearly two milleniums. By sharing our culinary heritage we hope to contribute in some small measure toward our American pluralistic mosaic.

We wish to express our gratitude to the Home Economics Committee of the U.N.W.L.A. for its advice and contributions of recipes and for the permission to use recipes from the "foods" section of the U.N.W.L.A.'s monthly Our Life published in New York, N.Y.

We gratefully acknowledge the kind help and contributions of Ms. Iryna Kashubynska, whose knowledge of the Ukrainian ethnography and culinary art has instilled in her younger colleagues a lot of enthusiasm and a commitment to this tradition.

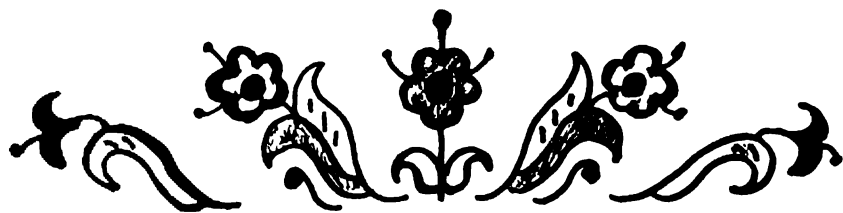
We must express our gratitude to our mothers, grandmothers and aunts whose loving hands and gentle hearts have taught us how to cook, embroider and make Ukrainian Easter eggs, and sing Ukrainian songs to our children so that the tapestry of the Ukrainian arts and crafts is indelibly interwoven into the homes of our families and in the environments wherever Ukrainians may be found.





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About Ukraine

It is difficult to believe that this land of magnificent scenery and climate, of historic and archeological treasures, of natural and human resources which rival most of the prominent European countries, continues to be, today, in an era of the greatest world literacy and mass communication, still "an enigma shrouded in mystery".

Ukraine, with its 230,000 sq. mi. area and 50 million inhabitants, is in its dimensions the second largest European country. It stretches from the Black Sea to the steppes of Russia and Asia and borders on Poland, Czechoslovakia, Hungary and Romania in the West. Within its borders lie large quantities of fuel and raw material resources making it virtually a self-sufficient country. Indeed, the coal, iron ore and oil deposits in the Donbas, Kryvyj Rih, and the Boryslav regions supply half of the industrial needs of the entire USSR. It contains some of the richest soil of Europe which promoted the French writer Honore de Balzac, who married and lived in Ukraine, to write the following: "One cannot imagine these spaces and the harvest on the land which is never fertilized, and yet which produces so much wheat every year... Come to Ukraine, this terrestrial paradise, where I marked 77 ways of preparing bread".

The Ukrainian nation is one of the oldest in Europe. The excavations of the ancient Trypillian ruins (3000 to 2000 B.C.) have uncovered a highly developed social, economical and creative culture. In the eleventh and twelfth centuries, Ukraine, with its capital, Kiev, achieved a degree of civilization that was one of the highest in Europe. Its great legacy is still highly visible today in the distinctive architecture of the Ukrainian churches, the richness of its literature, and in the artistic creativity which produced fabrics, embroidery, ceramics and splendid metal and wood artifacts.

Because of its strategic location and its commercial value Ukraine was made into a coveted prize for a long list of conquerors, who devastated its territory with **appalling** regularity. The plunder of the land and slaughter of its inhabitants was and continues to be a common occurrence. It is still not a very commonly known fact that to accomplish the total subjugation of the Ukrainian people the Communist government of Moscow masterminded in the early 1930's a forced famine in which 7 million Ukrainians perished.

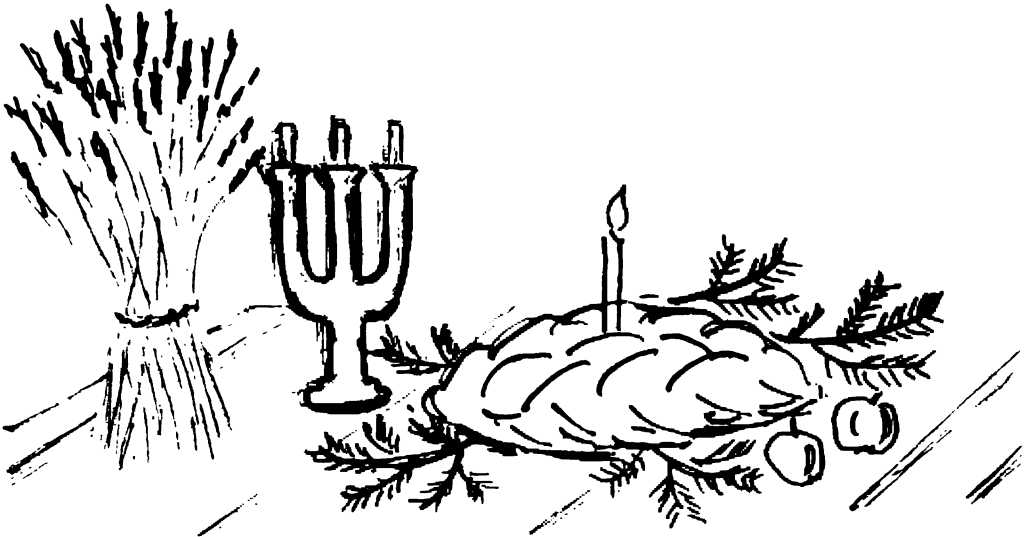
Many Ukrainians have left or often escaped to other lands. Large groups live in western Europe but the largest number, about two million, settled in the United States and Canada, continuing their way of life, thus enriching the newly adopted countries with the legacy and heritage of Ukraine.



Ukrainian Christmas

Christmas or "Rizdvo", is a glorious celebration based on customs and traditions which span vast periods of time and is in its intricacies as well planned as a Bach fugue. It is a celebration of the birth of Christ and comes on January 6th (according to the Julian calendar which the Ukrainian Church adheres to) at the end of the six week penitential period (advent), during which the faithful abstain from all forms of merrymaking and prepare spiritually through fasting, meditation, prayer, the reading of inspirational books and through good works, for the coming of Christ.

Christmas Eve is the main and most reverent event during the cycle of Christmas celebration. A mood of quiet diffused joy is evident at the festive Christmas Eve Supper (Svyata Vechera). The festive table is prepared by spreading a handful of hay under a richly-embroidered table cloth, symbolizing Christ's birth in the manger. In the center of the table a lit candle is placed on the traditional braided bread called "kolach". An extra place is always set for a recently deceased member of the family, in the belief that his soul visits the home on this Holy Night.



Two decorations are prominently displayed in the room: a Christmas tree whose ornaments are usually the products of skillfulness and ingenuity of the children, and a sheaf of wheat, "didukh", which is placed in the corner under the icons. This symbol has its roots in the pre-Christian era when our ancestors worshipped the Sun god, "Dazh-boh", and brought him sacrifices of grains and fruits from the bountiful harvest of the land.

The Christmas Eve menu consists of twelve course dinner - a reminder of the twelve Apostles who spread the food for the soul throughout the world. The twelve dishes are meatless, since Christmas Eve is the last day of Advent, and are prepared entirely from vegetables, grains and fish.

When the first evening star appears, the meal begins with the Lord's Prayer. The head of the household takes the first spoonful of the ritual food, "kutya" and greets the family with the traditional "Khrystos Rodyvsia" (Christ is born). This dish is said to date back five thousand years when wheat was first cultivated by our ancestors. While it may appear that the serving of twelve dishes constitutes more of the feast than a fast, none of the ingredients are exotic. The dishes are the ingenious combination and lengthy preparation of a few basic ingredients: wheat or barley, poppy seed, honey, dried peas, beans, mushrooms, sauerkraut, fish, potatoes, beets, onions, oil, dried fruit and nuts.

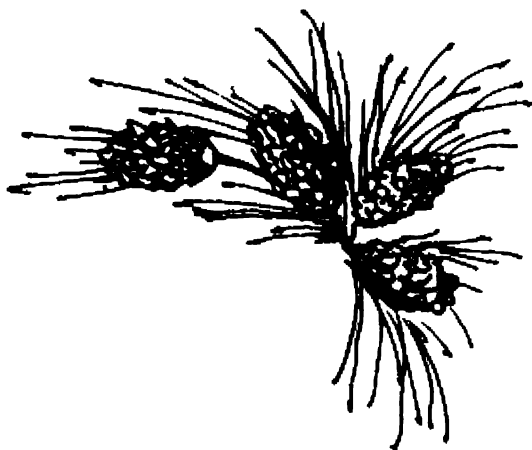
After partaking of the "kutya", the family is served other delectable dishes: borsch with "vushka" (dumplings), "varenyky", "holubtsi", various preparations of fish (baked, marinated or jellied), various vegetables, and finally a desert of stewed fruit. The supper ends with the whole family singing Christmas carols, one of the oldest being "Boh Predvichnyj" (Eternal God).

The time after the Holy Supper was especially exciting for the young people. It was customary for groups of young to go carolling to homes of friends and members of the parish. This practice is now denied in Ukraine by the Communist government. The singing of Christmas carols was elevated to an art form. Many "koliadky" (carols) have agricultural motifs; others are expressions of good will addressed to the head of the household and his wife wishing

them an abundant harvest, health and happiness in the New Year. The carollers also carried a large star of Bethlehem and a miniature manger scene called "vertep". Such groups performed short skits known also as "vertep". The first part of the skit depicted the Nativity scene and members of the cast were dressed as angels, shepherds or the three kings. The second part of the skit was meant to amuse the audience and dealt with contemporary events in the lives of the people. This art form became the precursor of the modern drama.

The tradition of carolling is still observed by Ukrainians in the United States, and the generous donations which are given at this time are designated for Church, charity and other worthy causes.

The Feast of Jordan, which comes on January 19th brings the Christmas cycle to a close. The evening prior to this holy day is observed in a similar manner as Christmas Eve, but with less solemnity. The main feature of the Feast of Jordan is an impressive church service and the blessing of water commemorating the baptism of Christ in the Jordan river. Again, carollers visit homes singing special New Year carols, "schedrivky", several of which have been translated into English, but the best known of them is "The Carol of the Bells". Pre-Christian in origin, these New Year carols are the oldest folk poetry and songs. Their subject matter offers rich material for ethnographers.





Christmas Eve Menu

The order of serving the twelve dishes is not necessarily the same in all regions of Ukraine. Some dishes may differ according to the agricultural character of the region. The ingredients for the preparation of the dishes are the harvested gifts of the fields, orchards, gardens, forests, rivers and lakes.

The ritual dish of the Christmas Eve Supper is "KUTYA" -- which unites us with our ancestors. The origin of this wheat dish goes back to pagan times.

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Appetizers



The serving of appetizers, "zakuska", (literal meaning: a little bite) is part of the European tradition whose function is to provide a leisurely and relaxed **atmosphere**, to whet the appetite for the meal to come, and to afford the hostess a chance to display her social status through the wealth of foods introduced by this custom. It was very often a meal in itself and among the wealthy classes resembled the Swedish smorgasbord. Dinner parties were often delayed while the guests partook of twenty-five or so varieties of "zakusky".

Cold meats such as ham, tongue, sausage, "drahli" (jellied meats), "pashtet" (pate), vegetables, including pickled mushrooms, stuffed peppers, assorted relishes, and finally canapes, elaborate open-face sandwiches, and "pyrishky" (filled puff pastries) provided the preliminary for formal dinners and banquets.

The Ukrainian-American hostess has departed from such formal lavishness and has limited her appetizers to one or two selections.

CHRISTMAS PYRIZHKY

Pyrizhky with sauerkraut.

Dough:

2 oz. yeast
3/4 c oil
1 1/2 c water
4 c flour
2 t salt
1 t sugar

1. Prove yeast with a little water and flour. Add the remaining ingredients and knead until the dough becomes elastic. Let rise until double.
2. Divide dough in 3 or 4 parts. Roll out each part to 1/4-inch thickness and cut with a 2-inch or 2 1/2-inch cookie cutter into rounds.
3. Fill rounds with 1 teaspoon of the filling, pinch together seam, then place seam side down on your palm, flatten slightly, tuck under ends and place on greased baking sheets, about 1 1/2-inch apart. Let rise again.
4. Preheat oven to 350 degrees. Baste pyrizhky with water or beaten egg and bake about 30 - 45 minutes. Makes about 60.

Filling:

4 lbs. sauerkraut (in plastic bags)
2 large Bermuda onions
1/2 c oil
1 t salt or to taste
pepper to taste

1. Rinse sauerkraut and cook in small amount of water until tender, about 1/2 hour. Drain and squeeze out all liquid.
2. Saute chopped onion until light golden, add sauerkraut and saute on medium light heat for about 1/2 hour, stirring occasionally to prevent burning. Season to taste.

VOLHYNIAN PYRIZHKY

Dough:

1 pkg. yeast	1/3 c oil
1/2 c warm water	1 t sugar
1 t sugar	1 t salt
1/2 c warm water	4 1/2 - 5 c flour
1 c scalded milk	.
2 eggs	

Filling:

1 medium head cabbage
1/2 c chopped onion
1 T butter or oil
3 eggs, hard-boiled and chopped
salt and pepper to taste

1. Mix sugar and water. Water should have a temperature of about 110 degrees. Sprinkle on yeast and let stand 10 minutes.
2. Cool the scalded milk slightly, add 1/2 c water, oil, eggs, sugar, the proved yeast and half of the flour, mixed with salt and sugar. Mix well, add the remaining flour and knead for a few minutes. Cover the dough and let rise in a warm place until double in bulk.
3. Work with part of the dough; keep the remaining dough covered. Roll dough to 1/3-inch thickness and cut into 2 1/2-inch rounds or squares. Fill with filling of your choice - cabbage, sauerkraut, cheese, fish, buckwheat kasha or leftovers of meat. Pinch edges together and place the pyrizhky seam down on greased baking sheets. Let rise again.
4. Preheat oven to 350 degrees. Brush the pyrizhky with beaten egg diluted with 2 T of water or milk, bake 25 minutes or until done.
5. For cabbage filling: chop cabbage very finely, scald with boiling water. After a few minutes drain and squeeze out the water. Combine with sauteed onions, hard-boiled eggs and season to taste.
6. Pyrizhky are at their best when served warm. They are the perfect accompaniment to clear bouillons, borsch and, of course, an elegant way to use those leftovers of kasha, fish, meat or cabbage.

EGGPLANT RELISH

2 medium young eggplants
2 medium onions
1 carrot
1 small parsley root
1/4 c finely chopped parsley
1 T chopped dill
1 t ground allspice
3/4 c salad oil
2 bay leaves
3 celery stalks (use only the light
tender part)
3 cloves garlic, minced
chili sauce, tomato sauce
barbecue sauce with onions
and mushrooms to make 1 cup

1. Bake eggplants until soft. Remove carefully the inside and chop finely.
2. Mince very finely onions, carrots, celery and parsley root. Saute in oil until soft, stirring constantly. Do not let the vegetables brown. Add the chopped eggplants to the sauteed vegetables and continue until almost smooth and thick.
3. Then add the cup of combined sauces, cook for two or three minutes and add the minced garlic and green parsley. Mix well, remove from heat and let cool a few minutes before storing in a glass container. When cooled completely, cover tightly and refrigerate. Keeps well for a week or even longer. Prepare ahead of serving. Delicious as side dish with meats.

This relish may be canned for longer storage.

EGGPLANT CAVIAR

1 medium size eggplant - (1 1/2 lb.)
1 medium size onion, chopped
3 T corn or sunflower oil
1 (8 oz.) can of tomato sauce
2 t sugar
salt and pepper to taste

EGGPLANT CAVIAR

(Continued)

1. Wash eggplant and cut off the green, narrow end. Put in shallow pan and bake approximately 1 1/4-hours at 350 - 375 degrees. When cooled grind or chop finely.

2. In a skillet saute onions in oil until golden brown. Add eggplant to onions, then add the tomato sauce, sugar, salt and pepper.

3. Braise on top of the stove, stirring with a spoon every few minutes for about half an hour.

Use cold as a spread on rye bread or crackers, or warm as a side dish. Makes about 1 1/2 c of spread.

ZUCCHINI SALAD

3 - 4 zucchini squash	1 parsley root
2 green peppers	chopped parsley and dill
2 celery stalks	1/2 c oil
2 large onions	chili sauce to taste
2 large carrots	tomato ketchup to taste

1. Dice onions. Chop rest of the vegetables not too fine, sprinkle with salt, pour oil over vegetables and simmer covered until soft. Add zucchini a little later. Uncover and let liquid evaporate. Take care not to overcook the vegetables, they should retain their shape. Add chili sauce and tomato ketchup, heat a few minutes, add parsley and dill, remove from heat to cool.

2. Keep refrigerated in a covered container. Keeps well for a week. Serve as side dish with meat or as appetizer: scoop out small tomatoes and fill with zucchini salad.

SAUERKRAUT APPETIZER - PYRIZHKY

2 c flour
1 c salted butter
8 oz. cream cheese
2 egg yolks

Filling:

1 1/2 lbs. sauerkraut
1/2 c chopped onion
2 T oil
salt and pepper to taste

1. Cut butter into flour. Combine with cheese and egg to a soft dough. Chill dough at least 2 hours or overnight.
2. Prepare filling- rinse and drain sauerkraut well; chop. Saute onion in oil until golden, add sauerkraut and cook together on medium heat about half an hour or until tender. Stir often to prevent burning. Season to taste with salt and pepper.
3. Roll dough about 1/4-inch thick and cut into 2-inch squares. Place a teaspoon of filling in the center of each square and roll up. Place seam down on a greased baking sheet.
4. Bake 20 minutes in a preheated oven at 375 degrees. Serve warm as an appetizer or as a soup accompaniment. Yields about 3 dozen.
Note: Pyrizky may be frozen.

PASTRY "MUSHROOMS"

2 pkgs. Crescent Dinner Rolls
3 oz. can deviled ham
2 t vegetable oil
1 T finely chopped onion
1 T bread crumbs
optional: 2 strips crisp fried bacon, crumbled or
1 hard boiled egg, chopped

PASTRY "MUSHROOMS"

(Continued)

1. Saute the onion in oil until golden. Combine with the ham and bread crumbs and the optional ingredients. This is the filling for the "mushrooms".
2. Unroll the crescent rolls dough on a bread board and divide into rectangles by allowing 2 triangles to each. Pinch together the dough on the perforated lines. Cut each rectangle in half. Then divide each piece into a square, and a 1-inch strip.
3. Place a teaspoon of filling at the center of the little square and form into a round "mushroom" cap. Place a little of filling on one end of the strip, roll up - this will be the "mushroom" stem. Put on greased sheets, seams down, and bake according to package directions. For round stems bake them in a pan for ladyfingers.
4. Assemble the "mushrooms" by securing the stems and caps with a toothpick. Serve on a bed of curly parsley. Makes 16 "mushrooms".

PICKLED MUSHROOMS

2 lbs. small mushroom caps
2 - 3 onions, sliced
1 c mild vinegar
1 1/2 c water
2 t salt
1 t sugar
1 bay leaf
6 peppercorns
1 T vegetable or olive oil

1. Clean the mushrooms, cover with salted boiling water and simmer for 10 - 15 minutes. Drain and cool - the liquid may be saved for sauces or soups.
2. Combine the vinegar, water and seasonings and simmer for a few minutes to develop a good flavor of the marinating liquid. Let it cool.

PICKLED MUSHROOMS

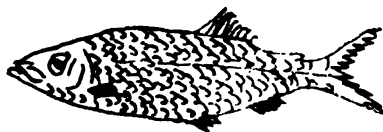
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3. Layer the mushrooms and onion slices in glass jars with lids. Pour the drained marinade over the mushrooms to cover and drizzle the tablespoon of oil on top.
4. Cover the jars and refrigerate 2 - 3 days before serving. Experiment with the proportions of vinegar and water - the more water, the milder the mushrooms will be.

HERRING APPETIZER SALAD

2 salt herring or herring pieces in wine
2 cups medium sliced onions
2/3 c oil
8 T ketchup
4 oz. can sliced mushroom caps
1/2 to 1 c sliced carrots, cooked
1 bay leaf
6 whole peppercorns

1. Clean the herring and soak in water for 5 to 6 hours. Drain and cut into small pieces.
2. Saute the sliced onions in oil until golden, do not let them brown. Add the ketchup and simmer for 5 to 10 minutes, then add the remaining ingredients. Heat shortly, then let cool. Taste for seasonings.
3. Layer the cold sauce with the herring pieces. Refrigerate before serving. Serve with dark bread. 6 Servings.
4. If herring in wine sauce is used, rinse in water and dry on paper towels before adding the sauce.



HERRING KIEV - STYLE

(Oseledec po Kyiwsky)

a delicious party spread for rye bread or crackers

salt herrings, about 8 oz.

$\frac{1}{2}$ c butter

$\frac{1}{2}$ lb. hard cheese, like Edam or Gouda - grated

2 hard rolls or a few slices French bread

1 c milk

$\frac{1}{8}$ - $\frac{1}{4}$ t pepper

1 $\frac{1}{2}$ T prepared mustard

1. Soak the salt herring in several changes of water to take out excessive saltiness. Remove the skin and bones and cut the herring into pieces.
2. Soak the roll or bread in milk, squeeze out and add to the herring. Pass the mixture through a meat grinder at least twice.
3. Cream butter until fluffy, add to the herring together with the cheese, pepper and mustard. Combin well and taste to correct seasoning.
4. Pile in a mound on a serving dish and decorate with curly parsley, and heads and tails from the herring. Keeps well when refrigerated.

HERRING WITH WINTER VEGETABLES

more a dish in itself than an appetizer!

salt herrings, about 8 oz.

2 hard rolls or a few slices of French bread

1 c milk

1 egg, hard-boiled

1 T vinegar

1 t prepared mustard

salt to taste

3T sour cream

1 T chopped chives or green onion tops

2 boiled potatoes

2 baked beets

HERRING WITH WINTER VEGETABLES

(Continued)

2 cucumber pickles
1 medium onion
marinated mushrooms

1. Prepare the herring as in step 1 and 2 of the preceeding recipe.
2. Place the herring mixture on an oblong serving dish and shape it with wet hands into a "herring", position the head and tail into place.
3. Cut the egg in half, remove the egg yolk, mash it and combine with vinegar, mustard, salt and sour cream; mix well. Pour this sauce over the herring. Chop the egg white and sprinkle it together with the chives on top of the sauce.
4. Slice the winter vegetables into 1/4-inch slices, drizzle a tablespoon or two of oil on the potatoes. Arrange the vegetables around the herring and serve with dark rye bread. Makes 4 - 6 servings.

FISH IN TOMATO SAUCE FOR AN APPETIZER

1 1/2 lbs. White fish fillets	
2 T salt	
2 T flour	6 whole allspice
2 medium size onions	1 c tomato paste
1/2 c oil	2 - 3 T chili sauce
2 bay leaves	2 - 3 T ketchup
	1 t sugar , 1/2 c water

1. Thaw the fish and soak for 20 - 30 minutes in salted water. Clean fish of fins and tail. Dry fish on paper towel. Cut into pieces and sprinkle with flour.
2. Heat half the oil in a skillet. Fry fish pieces on all sides for a short time. Set aside.
3. Use the same skillet and add remaining oil and

FISH IN TOMATO SAUCE FOR AN APPETIZER

(Continued)

cut into thick slices; saute until light golden color. Separately mix tomato paste and the rest of the ingredients. Add to onion mixture and continue to cook until oil becomes clear.

4. Place fish in another skillet and cover with the sauce. Reheat until it starts to simmer. Remove skillet and cool. Serve the fish appetizer with or without bread. Yields 6 to 8 servings.



CANAPES

Try this for your next card party!

Cards:

thin rye bread slices
white American cheese slices
cream cheese mixed with deviled
ham or anchovies
red pimiento
black olives

1. Cut bread and American cheese into rectangles. Spread bread with a favorite spread and cover with cheese slices.
2. From pimiento cut out diamonds and hearts, from olives cut out other card symbols and decorate the canapes. Arrange fan-like on a tray.

Boats:

tiny pickles (sweet or midgets)
anchovy cheese
whole anchovies
salami slices
yellow cheese slices

1. Trim the pickle - "boats" so that they stand and scoop out an oblong opening. Fill the opening with the anchovy cheese.
2. Roll up 1/2 an anchovy fillet and place it in the center of the boat.
3. Cut triangular sails from the salami or cheese slices, push a toothpick through the sails and put them into the rolled anchovies on the boats.

Torten Slices:

rectangular (or square) rye slices
3 different cheese spreads
beets with horseradish or:
eggplant caviar
butter

1. Spread rye slices with butter. Fill the cheese spreads into pastry bags with 1/2" star nozzle and pipe rows of spread on the bread leaving about 1/4" space between rows.

CANAPES

(Continued)

Torten Slices:

2. Fill the space with beets with horseradish or eggplant caviar. Cut into smaller slices - each should have three rows of spreads and two rows of beets or caviar.

ANCHOVY BUTTER

8T unsalted butter (or use 8 oz. cream cheese)
4 - 6 anchovy fillets
lemon juice and white pepper (both optional)

1. Beat the butter until it is creamy and fluffy. Add the minced anchovy fillets and the optional flavorings. It may be put through a sieve to achieve a smoother texture.

2. Store in refrigerator or freezer in a small covered crock and use as spread for canapes and sandwiches. Makes 1 cup of spread.

PINK BUTTER

8 T butter (or 8 oz. cream cheese)
3 - 4 slices of good ham

1. Cream butter until light and fluffy.

2. Grind the ham in a meat grinder and combine with the butter. Correct seasoning.

YELLOW BUTTER

8 T butter (or 8 oz. cream cheese)
3 egg yolks, cooked - salt and pepper to taste

1. Cream the butter. Mix in the sieved egg yolks and season to taste.

YELLOW BUTTER

(Continued)

2. Fill pastry bag with the butter, attach a star-nozzle and pipe rosettes on crackers. Decorate with tiny pickle slices or chopped olives.

PAPRIKA SPREAD

8 oz. cream cheese
1 small onion, grated or finely chopped
1 t paprika (mild)
salt to taste

1. Mash the cream cheese with a fork and add the remaining ingredients. Combine well and correct seasoning. The amount of paprika depends on personal taste.

2. Spread on crackers, also great as sandwich spread.

CHEESE SPREAD

8 T butter
4 oz. Swiss cheese, grated
1 1/2 t lemon juice
1 t caraway seeds

1. Cream the butter until fluffy. Add lemon juice drop by drop while whipping.

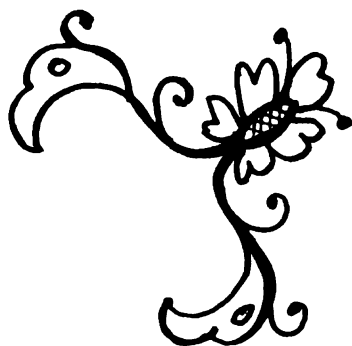
2. Mix in the cheese and caraway seeds. Taste to correct seasoning.

MUSTARD BUTTER

8 T butter
1/3 - 1/2 c prepared mustard

1. Combine the butter and mustard and whip until creamy.

Very good to serve with sardine or herring canapes.



Soups

Borsch

Winter Soups

Soup Accompaniments

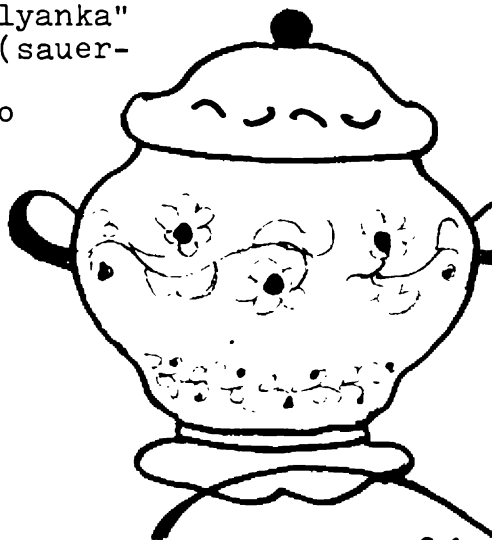
Soup is one of the most important and popular courses of the national menu. Almost everyone has it at least once a day, especially during the cold winter months.

For the agriculturally oriented Ukrainians the root vegetables such as potatoes, beets, turnips, carrots and onions became the traditional ingredients of a soup. Along with cabbage, these vegetables could be stored through the long winter months when the ground froze and snow covered the fields.

The variety of soups is almost endless and is the product of the availability of ingredients and the cook's imagination. Five or six soups appear on the menus of the Ukrainian restaurants.

"Borsch" has a prominent position among the soups of Ukraine and together with "varenyky" (filled dumplings) makes a favorite dinner. Other soups such as "kartoplyanka" (potato soup), "kapusnyak" (sauerkraut soup), and finally chicken broth rate second to "borsch" in popularity.

Included are but a few samples of the most popular soups.



BORSCH

Although the Russians also claim to have discovered it and the Romanians serve a fish borsch as their specialty, and the Polish "barsch" as well as the Jewish variety are available in all of the ethnic centers in the United States, nowhere else is this soup as highly elaborate as in Ukraine and most Ukrainians will claim that their borsch is the only genuine borsch in the world.

Contrary to the popular belief, it is not just a hot beet soup. There is a borsch for every occasion and season. During the Lent the borsch is meatless. The winter borsch, however, might have a good chunk of meat and a little smoked pork added to it to produce a subtle taste. In the spring, borsch is made of fresh garden vegetables, sorrel leaves, and sour cream added to it to give it its characteristic mild tartness and depth, which is the inherent feature of borsch. The tartness is achieved by adding any of the following ingredients: beet "kvas" (a liquid of fermented beets), lemon juice, vinegar, or sorrel leaves; more recently canned tomatoes have been substituted with good results. As for the other ingredients, the finishing touches are factors of local and personal preferences. In Central Ukraine cabbage is added, while in other regions they like to add cauliflower or pickled sour apples and the presence or absence of potatoes, beans, mushrooms, garlic, and dill add to the countless varieties of borsch.

The Ukrainians do not take their borsch for granted, and its ritual and mystique makes eating it as enjoyable as the pleasures of drinking wine.

To ensure a good flavor of the borsch it is essential not to overcook the vegetables and beets. Follow the instructions for "Ukrainian Borsch" in what order the ingredients should be added.



UKRAINIAN BORSCH

1 - 2 soup bones, split
1 1/2 lb. beef with bone
1/2 small cabbage, shredded
3 medium potatoes, cubed
2 - 3 medium - large beets
1/2 c tomato puree or more
1 large carrot
1 each parsley root and onion
2 T butter
1 T vinegar
1 T sugar
1 - 2 cloves of garlic
6 peppercorns and 2 allspice
1 bay leaf
1 oz. fresh salt pork fat (optional)
1 T. chopped parsley
sour cream

1. Place the rinsed bones and the beef in a large pan, cover with about 4 quarts of water, bring to a boil and skim the broth. Cover and barely simmer for 1 1/2 to 2 hours. Add salt during the last half hour. Remove the meat and keep it warm. Strain the broth.

2. Peel the beets; they should be of a deep ruby color with no white streaks. Shred the beets with a coarse grater, salt them lightly and place into a saucepan with some skimmed off fat from the broth. Add the vinegar, tomato puree and sugar. Add a few tablespoons of broth, mix well, cover the pan and saute the beets for 15 minutes. Stir often so that they don't scorch.

3. Melt butter in a wide saucepan or frying pan, add the shredded carrot, parsley and the chopped onion and saute until the onion is golden.

4. Add to the meat stock the cubed potatoes, bring to a simmer and add the shredded cabbage; let simmer 10 to 15 minutes.

5. Now add the sauteed beets, the other vegetables, the bay leaf, peppercorns and the allspice. Simmer for 5 minutes. More tomatoes might be needed.

UKRAINIAN BORSCH

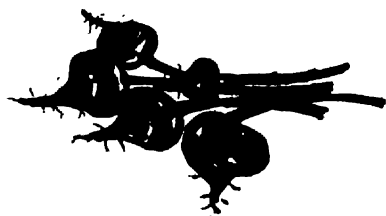
(Continued)

6. Chop the salt pork and the garlic very finely, mash together in a small bowl with parsley until the mixture becomes smooth. Add it to the borsch, stir well and let the borsch rest for 15 to 20 minutes. The borsch should be pleasantly tart but not sour.

7. Place into each serving bowl a portion of the boiled meat. Top the borsch with a tablespoon of sour cream and more chopped parsley.

At least 12 **generous** servings.

QUICK BORSCH



2 c water
1 strip bacon
1 cube vegetable bouillon
2 T ketchup
1 can (8 1/4 oz.) beets julienne style
garlic powder
chopped dill and parsley

1. Chop the bacon strip and add it to the water; add a dash of the garlic powder and bring to a boil. Add the **vegetable** cube and stir until dissolved.

2. Add the ketchup to taste, the beets with its juice and lastly the dill and parsley. Taste for correct seasoning and let stand to blend flavors before serving. Yields 2 to 3 servings. Increase ingredients as needed.

Here are some variations to this borsch that may be added:

a) 1 - 2 T sour cream: mix cream and a few tablespoons of the hot borsch in a cup, then pour into borsch.

b) add more garlic powder or a piece of smoked sausage.

QUICK BORSCH

(Continued)

c) Bay leaf and whole peppercorns.

d) 1 - 2 T imported dry mushroom soup dissolved in 3T cold water.

e) When liquid from boiling sausage or ham is available substitute it for water, bacon and bouillon cube.

f) For meatless days substitute the bacon with 1 t butter or oil; prepare a roux and add to borsch.

CHRISTMAS EVE BORSCH

9 c water
4 dried mushrooms
1 medium size onion, chopped
1 carrot, sliced
1 small stalk celery, diced
1 small parsley root
1 16. oz. can whole beets
1 8 oz. tomato sauce
salt, pepper to taste
1 garlic clove, crushed, or garlic powder
chopped green parsley or dill

1. Wash mushrooms in hot water and cook in 1 cup of water until tender. Strain, chop and return to the mushroom stock, add the remaining water.

2. Add vegetables: onion, carrot, celery and parsley, continue cooking.

3. Grate or slice thinly beets, add to the stock including liquid. Add tomato sauce. Bring to a boil.

4. Season with salt, pepper, garlic and parsley or dill. If desired, 1/2 small chopped onion can be fried in 1 T of oil for more flavor.

Serves 6 to 8.

BARLEY SOUP

1 1/2 lbs. beef neck bones
1/2 lb. barley
1 - 6 oz. package Manishewitz split pea
soup mix (with seasoning packet)

BARLEY SOUP

(Continued)

2 celery stalks diced
2 large diced carrots
2 medium size onions minced
2 cloves garlic minced
1/4 c frozen green peas
3 - 4 medium size cooking potatoes diced
6 quarts water
1 1/2 t salt
1/2 t pepper

1. Wash meat, cover with salted water, add onion and bring the water to boil. Simmer for 1 1/2 hours, skimming occasionally.
2. Separate meat from the bone and set aside.
3. Add: 1/2 lb. barley and the contents of the soup mix except the seasonings. Cook for 1/2 hour.
4. Add the remaining ingredients: carrots, celery, garlic, frozen peas and diced potatoes. Simmer for 1/2 hour.
5. During this cooking time add the soup mix seasoning, the remaining onion and the meat.

SAUERKRAUT SOUP WITH BEANS OR PEAS

In some regions of Ukraine this soup was prepared for the Christmas Eve Supper and then oil was used instead of butter and the milk was omitted.

1/2 lb. dry beans or peas
1 qt. water
1 can (1 lb. 11 oz.) sauerkraut
1 1/2 lbs. shredded cabbage
2 medium onions chopped
4 T butter or oil
1 T salt
1 T flour
1 c milk
3 qts, water

1. Soak the beans or peas in one quart of water overnight. Drain the beans, cover with 1 qt. of fresh water and simmer over low heat for about 2 hours or until they are soft.

SAUERKRAUT SOUP WITH BEANS OR PEAS

(Continued)

2. Drain sauerkraut in a colander and rinse with water. Put the sauerkraut into a 5 qt. pot together with the cabbage, one onion, 2 T butter and salt. Add 3 qts. of water. Bring to boil and simmer for 2 hours.
3. Mix one heaping tablespoon of flour with the one cup of milk till **smooth**. Pour slowly into the soup and bring to boil.
4. Drain the beans, mash them and add to the soup.
5. Saute the remaining onion in 2T butter until golden; add to the soup. Taste for seasoning. Stir the soup well and it is ready to serve. Yields 8 to 10 servings.

BEAN SOUP

1 lb. smoked pork ribs or ham bone
1 medium onion chopped
1 celery stalk, diced
1 large carrot, diced
1 c dried beans
1 T lard or butter
1 T parsley, chopped
1 T flour
1 clove of garlic, minced
1 - 2 T vinegar
salt and pepper

1. Soak the beans in one quart of cold water overnight. The following day simmer until cooked.
2. Cook the ribs or bone in 2 - 2 1/2 quarts of water until the meat comes off the bone.
3. Add vegetables and cook until tender.
4. Add beans to the meat stock.
5. In a small saucepan brown flour with butter, add 1/2 c cold water and pour into soup.
6. Season with minced garlic, salt, pepper, vinegar and parsley. Serves 6 - 8.

FRESH CHICKEN STOCK - (Rosil z Kuryatyny)

- 4 lbs. chicken parts (or stewing chicken)
- 2 medium onions, halved
- 1 large carrot, cut in chunks
- 1 parsley root
- 1 stalk of celery
- 1 leek, white part only (optional)
- 1 bay leaf
- 1 T salt or more
- 10 peppercorns
- 4 - 5 quarts of cold water

1. In a large pot put the chicken and add the water. Over high heat bring the water to a boil and with a skimmer thoroughly remove all the scum as it rises to the surface.

2. Add the remaining ingredients, reduce the heat so that the liquid barely moves and simmer, half covered, for about 2 hours.

3. Remove the chicken and use for an entree dish; strain the finished stock through a fine sieve. Correct seasoning. Makes about 3 quarts of stock.

Note: Serve plain, or with any of the soup accompaniments. With chicken or beef stock in the refrigerator you are on your way to become an accomplished cook of delicious soups and sauces.

FRESH BEEF STOCK - Rosil (Ro-seal)

- 2 -3 lbs. beef for cooking (fresh brisket)
- 3 lbs. beef bones, split
- 2 medium onions
- 2 large carrots, cut into chunks
- 1 parsley root
- 1 leek, white part only •
- A bouquet of sprigs of parsley, large bay leaf
- 3 celery tops, tied together
- 5 quarts of water
- salt to taste
- peppercorns

FRESH BEEF STOCK

(Continued)

1. Preheat oven to 475 degrees. Place the meat and bones in a large shallow pan and surround with the vegetables in one layer. DO NOT add leek or the bouquet. Roast, uncovered for about half an hour; turn from time to time until the meat and vegetables are well colored, but they must not burn. Transfer the contents of the pan to a large stock pot.
2. Deglaze the roasting pan with 2 quarts of water, scraping every particle of the brown sediment from the pan. Pour this over the meat and add the remaining water. Over high heat bring the liquid almost to a boil, skimming off all the scum.
3. Add the leeks, the tied bouquet, salt and peppercorns. Allow the stock to barely simmer, about 3 hours or until the meat is tender. Makes about 4 quarts of stock.
4. Proceed as in step 3 and Note of the preceeding recipe for Fresh Chicken Stock.

Note: Serve the boiled beef with horseradish or dill sauce and parsleyed potatoes.



S O U P A C C O M P A N I M E N T S

VUSHKA WITH MUSHROOMS

Little dumplings - a must with Christmas Eve Borsch.

Dough:

2 c flour	1 egg
1/2 c water	1/8 t salt

Prepare dough as for Varenyky.

Filling:

1 c chopped mushrooms	salt and pepper to taste
1/4 oz. dried mushrooms	1 egg, beaten (optional)
1/2 c chopped onion	2 - 3 T bread crumbs
2 T vegetable oil	

1. Soak the dried mushrooms, then cook in the same water until tender. Drain, chop the mushrooms very finely and use the liquid for soup or sauce.

2. Stir-fry the fresh mushrooms and onion, until onion is soft and golden. Add the cooked dried mushrooms. Season to taste.

3. If the mixture is too dry, add 1 beaten egg or stretch the quantity with the addition of bread crumbs.

4. Roll the dough very thin and cut into 1 1/2 to 2 inch squares. Place a teaspoon of filling in the center of each square and fold on the diagonal. To seal, pinch the edges together -- this will produce a triangle. Now bring the two corners of the base of the triangle together.

5. Cook Vushka in boiling salted water. They are done when they float. Remove with a slotted spoon, drain and serve 3 to 4 per serving of Borsch.

Makes about 3 dozen.

PUFF ROLLS WITH GARLIC

For Borsch or clear soups.

2 $\frac{3}{4}$ - 3 c flour
1 T sugar
1 pkg. dry yeast
2 T oil
pinch of salt
 $\frac{3}{4}$ - 1 c lukewarm water
1 head of garlic
1 t salt
1 - 2 T sunflower oil
1 c boiling water

1. Prepare a soft sponge from the lukewarm water, sugar, salt, yeast and $\frac{1}{4}$ of the flour. Let rise in a warm place.
2. Add the oil and the remaining flour, mix well and knead until smooth. Let the dough rise again.
3. Divide the dough and roll on a floured board into ropes. Cut into small pieces and roll into about 1-inch balls. Place on a cookie sheet, let rise for about 15 - 20 minutes and bake at 350 degrees for 15 - 20 minutes or until golden.
4. Peel the garlic cloves, chop finely and mash with salt. Add oil and boiling water; combine well with a whisk. Just before serving put the puff rolls into a dish pour the garlic water over the rolls and toss them well. Yields a generous serving for 8.

Note: This is an old recipe and a very good accompaniment to Borsch during the Christmas season. While researching this recipe, we came upon an interesting discovery - very similar little rolls, called Bobalki, are prepared by the Carpatho-Ruthenians and served with warm honey, water and poppy seeds for the Christmas Eve supper.

EGG BATTER DROPS

1 egg
1 T water
4 T flour
pinch of salt

1. Combine all ingredients in a cup with a spout and whisk together until smooth.
2. Pour very slowly, from a height of about 12 inches, into the boiling soup or stock; let simmer for 2 or 3 minutes, until the egg drops float. Makes enough for 6 servings.

FARINA SQUARES

2/3 c farina
pinch of salt
2 1/2 c water

1. Cook a thick cereal according to package directions.
2. Pour the farina on a wet platter and let cool. Cut into small squares and serve in clear soups.

FARINA DUMPLINGS

1 egg, separated	1 t chopped parsley
2 T butter	salt to taste
1/3 c farina	

1. Cream butter and egg yolk, add the farina. Gently fold in the beaten egg white, salt and parsley.
2. In a wide pan bring water to a boil. Drop the dumplings by teaspoonfuls into the water. Simmer until they float to the surface.

CREPE NOODLES

3/4 - 1 c flour
1 whole egg , large
1/2 c plus 2 - 3 T water
1/2 t salt
1 t chopped parsley (optional)
butter

1. Sift flour and salt into a small bowl, add the egg and water and whisk together into a medium-thin batter. Add the parsley.
2. Heat small amount of butter in a crepe skillet and bake thin crepes. Yields 6 - 8.
3. To serve roll up each crepe, cut into thin noodles and place in individual soup bowls.

LIVER DUMPLINGS

1 egg, separated
2 T butter
1/4 c flour
2 T chicken livers, finely chopped
1 t parsley, chopped
salt to taste

1. Cream butter, add egg yolk and liver. Beat egg white until stiff, fold gently into the liver mixture. Add parsley and salt.
2. Drop by 1/2 teaspoons into boiling bouillon.

SOUP DUMPLINGS

2 T butter
4 T water
2 T flour
dash of salt
1 egg, slightly beaten

1. In a small saucepan bring to a boil the water, butter and a dash of salt. Add the flour and stir vigorously until well blended. Remove from heat and cool slightly.
2. Add the egg to the batter and stir until well combined.
3. The dumplings may be cooked in salted water, chicken or beef broth: bring the liquid to a boil, with two wet teaspoons pinch off small amounts of the batter and push into the simmering broth or water. When the dumplings come to the surface they are ready to serve. These make a perfect addition to clear soups as well as to vegetable soups.

Makes 4 servings.





Meatless Entrées

The abundance of various grains and a special fondness of the Ukrainians for mushrooms provides for almost endless possibilities of meatless entrees.

Tradition and religion influenced the popularity of meatless dishes during lent, before Easter and Christmas.

Probably the most popular of the meatless entrees are "varenyky" -- soft dough dumplings with an array of fillings.

The Ukrainian kitchen has proved that a large variety of very nutritious and tasty meals can be prepared without meat.



BUCKWHEAT KASHA

1 c medium buckwheat kasha
1 egg slightly beaten
2 c boiling water
1/4 - 1/2 t salt

1. Heat a heavy saucepan on medium heat. Meanwhile combine the kasha with the egg.
2. Put the kasha into the hot saucepan and stir vigorously for a minute or two to separate the kernels.
3. Add the boiling water and salt, stir well, cover the saucepan and let the kasha simmer on lowest heat about 10 - 15 minutes. Makes 6 servings.

Note: VARIATIONS

1. Use chicken or beef stock instead of water. Add 1 medium chopped onion, previously fried in butter, stir into the kasha, cover the dish and bake in a 350 degree oven for 30 minutes.
2. Add 1 cup sauteed chopped mushrooms.
3. Add 1/2 cup of crumbled fried bacon.

Note: Buckwheat kasha prepared in this way may also be used as a breakfast cereal. Place desired amount of kasha into individual bowls, add hot or cold milk and stir to separate the kernels.

BUCKWHEAT KASHA WITH CHEESE

4 c cooked buckwheat kasha
1 large onion, chopped and fried
2 c dry cottage cheese, sieved
2 eggs, beaten
1/4 c light cream
salt to taste - sour cream for topping

1. Combine the fried onion with the buckwheat kasha.

BUCKWHEAT KASHA WITH CHEESE

(Continued)

2. Sieve the cottage cheese, mix with egg and cream, season lightly with salt.

3. Prepare a casserole by buttering it and sprinkling with bread crumbs. Arrange alternate layers of buckwheat and cheese with the top layer of buckwheat. Drizzle with butter, cover and bake at 350 degrees for 30 - 45 minutes. Serve hot with sour cream. Makes 6 servings.

Note: A good soup, the above recipe and a vegetable or salad make a very nutritious meal, indeed.

MAMALYGA - Cornmeal Mush

1 c yellow cornmeal
2/3 c cold water
1/2 t salt
2 c boiling water
1 large onion, chopped and fried (optional)
2 T butter
2/3 c farmer's cheese, sieved (optional)

1. Mix cornmeal with cold water, stir the paste into salted boiling water and cook over lowest heat for about 20 - 30 minutes, stirring constantly.

2. Add the fried onion, the butter and cheese and stir well. Serve with more fried onions and sour cream. Makes 5 - 6 servings.

MILLET - Pshono

This small seeded grain together with buckwheat and barley belongs to the staples of a Ukrainian pantry. These grains combined with beans, peas, lentils or

cheese provide healthy complete proteins. So, get acquainted with millet. It is available in health and specialty food stores (like oriental food stores).

MILLET FOR BREAKFAST

3/4 c millet grains
1 1/2 c water
1/2 t salt
1 t butter

1. Bring water, salt and butter to a boil. Stir in the millet, cover and simmer 15 - 20 minutes, or until soft. Millet thickens in cooking, more water might be necessary during the cooking time.

2. Serve as any hot cereal with milk, honey and/or fruit. Makes 4 - 5 servings

Note: Cubed cooked pumpkin or acorn squash may be added to the cooked millet.

MILLET PILAF WITH MUSHROOMS

* Chumak Kulesha

1 1/2 c millet grains
1 1/4 t salt
1/4 t pepper
4 1/2 c water, or: beef or chicken bouillon
1/2 c chopped salt pork
1 large onion, chopped
1 lb. mushrooms, sliced

1. Bring water, salt and pepper to a boil, add the millet, cover and simmer for about 10 minutes. The mixture should be still very moist.

2. Render the salt pork in a heavy bottomed pan until it is crisp. Add the onion and mushrooms, stir until onion is transparent.

MILLET PILAF WITH MUSHROOMS

(Continued)

3. Add to the millet. Combine well and continue cooking on lowest heat on the top of the stove or in a 350 degree oven for about 20 - 30 minutes. Serve by itself or instead of potatoes with meat dishes. Makes 6 - 8 servings.

* Chumak Kulesha - Porridge of the "Chumaky", the salt traders, who hauled salt from the Black Sea in oxen drawn wagons.

MILLET FRITTERS

2 c millet grains
3 1/2 c milk
1 c water
1 T butter
1 c dry cottage cheese, sieved
2 eggs, beaten
4 T flour
1 1/2 T sugar
pinch of salt
butter and vegetable oil
flour - sour cream



1. Bring to boil milk, water and 1 T of butter. Add the millet, stir well and simmer until tender. Cool slightly.

2. Add the cheese, eggs, flour, sugar and salt. Combine well. Form oval cakes, dip in flour.

3. Melt butter, add vegetable oil. Fry the fritters until golden brown on both sides. Serve with sour cream. Makes 6 servings.

MILLET KASHA WITH PRUNES

2 c millet grains
2 T butter
3 c water
1 1/2 c dried prunes
2 1/2 c water
1/4 - 1/2 c sugar
butter

1. Bring to a boil the 3 c of water and butter. Stir in the millet and cook until done.
2. Cover the prunes with ~~water~~ and cook until almost soft, drain and remove the pits, ~~save liquid~~. If pitted prunes are used, cook at least a few with pits for flavor. Save the liquid, too.
3. Combine the millet with the prunes, place into a well buttered casserole (sprinkle with bread crumbs) dot with butter and bake at 350 degrees for about 30 minutes.
4. Crush some of the pits, add them to the cooking liquid with sugar, simmer 10 minutes, then drain. Serve the kasha with this prune sauce. Makes 6 servings.

FILLING FOR CABBAGE CREPES

3 lbs. cabbage
1 large onion, chopped
3 T vegetable oil
salt and pepper to taste

1. Cut cabbage in quarters, cook in water until wilted. Drain, squeeze out all the liquid and chop the cabbage finely.
2. Brown onion in oil, add cabbage, season to taste and saute until well cooked, let the liquid evaporate.
3. Fill crepes as in MUSHROOM CREPES.

MUSHROOM CREPES

Batter:

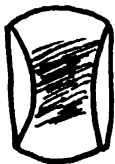
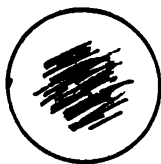
4 eggs
3 1/2 c milk
2 1/4 c flour
1/4 t salt



Filling:

1 1/2 lbs. mushrooms
2 large yellow onions
1 pint sour cream
salt and pepper to taste
1 whole egg
bread crumbs
vegetable shortening for an 8 inch crepe skillet

1. Blend the ingredients for the crepe batter in an electric blender (with half the ingredients at a time) or in a mixer. The batter should rest 1 to 2 hours in the refrigerator, but it has to be at room temperature before baking. Prepare thin crepes, bake on one side only.
2. Wash mushrooms, small ones leave whole, larger may be cut up. Steam the mushrooms in their own juice (it will seep out during cooking) until tender, about 7 minutes. Drain them and cut in pieces.
3. Dice the onions and saute in butter or oil until golden. Put mushrooms and onions through a meat grinder, add sour cream and season well to taste.
4. Spread 1 heaping tablespoon of the mushroom filling on the baked side of a crepe. Fold as shown:



5. Dip folded crepes in beaten egg, then in bread crumbs. Saute in butter or shortening until golden. Serve hot. Yields about 24 crepes, two or three per serving.

POTATO CASSEROLE

6 - 8 medium potatoes
6 eggs, hard boiled
1/2 c melted butter
1 c sour cream
salt and pepper to taste
butter and bread crumbs

1. Boil the unpeeled potatoes until almost done. When the potatoes are cool, peel and slice into circles. Slice the hard boiled eggs, too.
2. Grease well a round baking dish (pie plate) and sprinkle with bread crumbs.
3. Place alternate layers of potatoes and egg slices into the dish. Sprinkle each layer with salt and pepper, melted butter and spread with sour cream. The last layer should be potatoes, sprinkled with butter and sour cream. Cover the dish.
4. Bake in a 375 degree oven for about one hour. Yields 5 - 6 servings. Complete the meal with a tossed green salad and buttermilk.

Note: Sautéed onion in butter may be added, too.

POTATO CUTLETS KIEV-STYLE

8 potatoes (2 1/4 lbs.)
2 T butter and 2 T oil
1 c hot milk
2 1/2 T all-purpose flour
2 T potato starch
2 - 3 eggs
1 oz. dried mushrooms
1/2 c bread crumbs

Sauce: See Chapter 10, Sauces)

1. Soak the dried mushrooms in a cup of water,

POTATO CUTLETS KIEV-STYLE

(Continued)

simmer until tender. Drain and chop the mushrooms. Reserve the liquid for the mushroom sauce. If dry mushrooms are unavailable, substitute with 8 oz. of fresh mushrooms.

2. Cook the peeled potatoes in salted water until tender, drain and dry. Mash the potatoes and press through a sieve. Add to the potatoes 1 slightly beaten egg, the potato starch and salt to taste.

3. Sift the flour into a frying pan on medium heat, stir until the flour becomes light golden, then whisk in the hot milk and cook until the sauce thickens. Add the chopped mushrooms.

4. Dip hands in flour put about two heaping tablespoons of potato mixture into one palm and flatten it, place a tablespoon of the sauce with mushrooms in the center and enclose with the potato mixture; form into oblong cutlets. Arrange on towels or a board, well dusted with flour.

5. Roll the potato cutlets in flour, dip into beaten egg and roll in bread crumbs. Melt the butter and oil in a heavy bottomed frying pan and fry the cutlets until golden and crisp. Drain well and serve with a mushroom sauce. Makes 4 servings.

POTATO FRITTERS

6 large potatoes (about 2 1/2 lbs.)	
3 eggs, separated	
1 1/4 t salt	1 onion, chopped and
1/4 t pepper	fried
2 T flour	vegetable shortening or
	oil

1. Cook potatoes, peel, press through a ricer or mash. Beat in egg yolks, salt, pepper, flour and the fried onion.

2. Beat egg whites until stiff peaks form and fold

POTATO FRITTERS

(Continued)

into the potato mixture.

3. Heat at least 1/4 inch deep of oil in a skillet and drop mixture by tablespoonfuls into the hot oil. Fry until crisp and golden brown on both sides.

4. Serve with sour cream or a good mushroom sauce. Makes 8 servings.

Note: Leftover mashed potatoes can be used, and the fritters make a good accompaniment to pot roast.

POTATOES WITH MUSHROOM FILLING

6 large potatoes (white round are suitable)
1 lb. mushrooms, chopped
a few dry mushrooms if available
1 T butter
1 chopped onion
2 egg yolks
salt and pepper to taste
2 - 3 T dry bread crumbs
1/2 c butter for basting

1. If dry mushrooms are available, rinse and simmer in water until tender. Drain and chop fine; reserve the liquid.

2. Melt butter in a skillet, add the onion and saute until golden, then add the fresh mushrooms. Cook briskly and combine with the cooked dried mushrooms.

3. Finish the mushroom filling by adding the egg yolks, bread crumbs and salt and pepper to taste. If the filling is too dry, add some of the reserved liquid from step 1.

4. Peel the potatoes. Scoop out the inside to make a potato cup. Cut off a slice from the bottom so that the cup can stand straight. Bake them for 20

POTATOES WITH MUSHROOM FILLING

(Continued)

minutes in the oven at a temperature of 375 to 400 degrees.

5. Take the potatoes from the oven and fill each cup with the mushroom filling. Brush the outsides with melted butter and return to the oven. Baste with butter several times during the baking time. Depending on the kind of potatoes, the baking time will be between 30 and 45 minutes. Check **periodically** if the potato cups are soft.

RICE BABKA WITH APPLES

6 c cooked rice
3 T butter or margarine, melted
5 T sugar
2 eggs, separated
4 - 5 medium Jonathan apples
1/2 c raisins
1 t vanilla
1 T sugar and 1/2 t cinnamon
sour cream

1. In a large bowl mix the rice, melted butter, sugar, slightly beaten egg yolks, raisins and vanilla.

2. Peel the apples and grate them on a coarse grater or chop finely. Add the apples to the rice mixture.

3. Beat the egg whites until stiff and fold into the rice.

4. Grease generously a 3 qt. casserole or a pan with a wide bottom of that size, and sprinkle with bread crumbs. Put the rice into the pan, even out the top and sprinkle with a tablespoon of sugar mixed with cinnamon.

5. Bake uncovered for 1 hour at 350 degrees. Serve warm with sour cream. Makes 5 - 6 servings.

STUFFED CABBAGE WITH MUSHROOMS

(Holubtsi z Hrybamy)

2 c rice
3 T margarine
3 medium size onions
1 lb. mushrooms (fresh) chopped
1 t salt
dash pepper
1 head fresh cabbage (approximately 3 lbs.)
1 can 15 oz. tomato sauce
1 T margarine

1. Prepare stuffing as follows: Cook rice according to package directions, but undercook it slightly.
2. While the rice is cooking add seasonings to taste, chop finely the onion and mushrooms, saute in 3 tablespoons of margarine for 25 minutes. When cool mix with rice.
3. Core the head of cabbage, steam in boiling water and separate into leaves. Remove the thick veins. Make stuffed cabbage, using about a heaping tablespoon of filling. To make the rolls of uniform size, trim the larger leaves.
4. Line a small roaster pan or a large pot with trimmed cabbage veins and leaves not suitable for stuffing, arrange the rolls in layers. Sprinkle each layer with salt.
5. Combine tomato sauce and 1 tablespoon of margarine, warm until the margarine melts, pour over the stuffed cabbage. Cover the pot and bake in a preheated oven at 350 degrees for 2 hours or until both the cabbage and stuffing are cooked.

BUCKWHEAT FILLING FOR STUFFED CABBAGE - Holubtsi

Cook buckwheat groats, mix with generous quantity of fried onion and sauteed mushrooms. The filling should be moist, add some liquid from mushrooms.

VARENYKY - Pyrohy or Dumplings

Dough ingredients:

- 5 c flour
- 2 T (level) margarine or vegetable shortening
- 1 t salt
- 2 eggs
- 2 c lukewarm water (approximately)

1. Mix the flour with the salt on a board or in a wide bowl. Make a well in the middle and add margarine, eggs and water. Combine well and knead lightly to make a smooth dough.

2. Divide the dough into three parts, cover with towels and let the dough rest at least 10 minutes for easier handling.

3. To form varenyky, roll dough quite thin. Cut out rounds, then place round in palm, put a tablespoon of filling in the center and fold it in half. Press edges to seal. Place the formed varenyky on kitchen towels sprinkled with flour and cover to prevent drying out.

4. To cook: bring water to boil in a large pot. Drop a few varenyky at a time into the water, stir gently with a wooden spoon and let them boil for about 4 - 5 minutes. Lift the varenyky into a colander to drain. Toss them gently with melted butter.

This portion of dough yields approximately 70 varenyky.

Note: Any leftovers may be served in this delicious way: Saute the varenyky in butter or oil until golden and crisp.

Fillings: Potato filling:

- 6 large potatoes, cooked and mashed
- 2 large onions sauteed in vegetable oil
- salt and pepper to taste

Combine all the ingredients. The filling has to be soft, so keep at room temperature.

Sauerkraut Filling:

Rinse 2 lbs. sauerkraut, squeeze dry and chop fine, saute 1 - 2 large onions in oil; add the sauerkraut and saute 10 - 15 minutes. Season with salt and pepper. Cool before filling the varenyky.

Cheese Filling:

Proceed as in Potato filling, but use only 4 potatoes; add 2 c of dry sieved cottage cheese.

Fruit Filling:

Fill with stewed prunes.

VARENYKY - Pyrohy or Dumplings

Filling: Potato and Cheese

8 large Idaho potatoes
2 medium chopped and sauteed onions
2 T butter
1 c grated American cheese
1/2 c Philadelphia cream cheese
4 cups sieved dry curd cottage cheese
1 t salt
1 t pepper

1. Cook potatoes in skins. Cool, peel the potatoes and grate on a coarse grater.
2. Cook the onions in butter until tender but not brown.
3. Prepare the cheeses and combine them with the onions and seasonings.
4. Add potatoes and mix thoroughly but gently with a wooden spoon.

VARENYKY - Pyrohy or Dumplings (Continued)

Dough for Varenyky:

8 c unsifted flour
2 eggs
2 T oil
1 t salt
2 1/2 c lukewarm water

1. Mix flour with salt in a deep bowl, add the eggs and enough water to make a soft dough mixture.
2. Knead on a floured board until the dough no longer adheres to the hands, about 10 minutes.
3. Roll out the dough to 1/8 inch thickness and cut rounds with a large open-end of a glass (appx. 2 1/2 inch opening).
4. Fill rounds with 1 T of filling. Fold over to form a half circle and press edges together.
5. Bring 1 1/2 gallons of salted water to a rapid boil. Drop 10 to 15 varenyky at a time and gently stir with a wooden spoon. When the varenyky float to the top, continue boiling for an additional 3 to 4 minutes.
6. Remove the varenyky with a slotted spoon and toss gently with melted butter to avoid sticking.

They are served with more generous helpings of browned butter and sour cream, or bacon crisps.

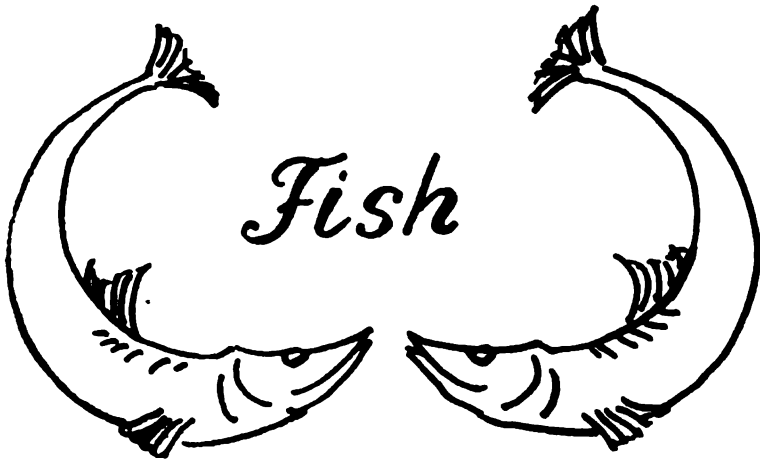
Yields about 120 varenyky.

LAZY DAYS VARENYKY

1 lb. dry cottage or farmer's cheese
4 eggs
3/4 - 1 c flour
salt to taste
butter and bread crumbs

1. Press the cheese through a sieve into a mixing bowl. Add salt and the eggs and cream well.
2. Add flour gradually until the dough can be easily handled. Dust a bread board with flour, place the dough on the board and roll it with floured hands into a 1 - 1 1/2 roll. Flatten slightly and cut it on the diagonal into 2 inch pieces. Cover the Lazy Days Varenyky if they have to wait.
3. In a wide pot bring 3 - 4 quarts of water to boil; salt the water. Put the varenyky into the water (do not crowd them), stir gently with a wooden spoon so that none cling to the bottom and cook them on medium heat for 5 minutes.
4. Remove with a slotted spoon, drain well and baste the varenyky with bread crumbs, previously browned in butter. Serve immediately. Makes 4 servings.





From their ancestors who enjoyed fishing the Ukrainians have inherited a definite fondness of fish. One chronicler of the 16th century records that "the rivers are filled with such quantity of fish, that a spear thrown into the river stands upright". For the Ukrainians of those days fish was a ready available convenience food.

Fish plays an important part in our lenten dishes and at least one fish dish is featured at the Christmas Eve supper.

Here are several of the most widely known species:

oseter	-	sturgeon
korop	-	carp
shchupak	-	pike
sudak	-	perch
okun	-	bass
pstruh	-	trout
oseledec	-	herring

FISH IN ASPIC

An elegant but simple dish for the Christmas Eve table.

3 - 4 lbs. fish (pike, carp, or perch)	
2 large onions	
2 large carrots	5 - 6 peppercorns
1 parsley root	1/2 T salt or more
2 - 3 celery stalks	2 qts. water
2 bay leaves	1 envelope plain gelatin
	lemon slices

1. Clean the fish; remove the heads and tails.
2. Clean the vegetables and cut into large chunks. Place into a large oval casserole or roaster, add the seasonings, the fish heads and tails and water. Bring to a boil and simmer on lowest heat for about 40 minutes.
3. Wrap the fish in cheesecloth, place it in the fish bouillon and simmer it covered for about 20 to 25 minutes. The fish is cooked when the meat separates easily from bones. Remove the fish with cheesecloth to a board and let cool. Divide the fish into 1 1/2 - 2 inch sections, remove bones as well as possible and arrange the fish in glass serving dish.
4. Strain the bouillon. Dissolve gelatin in 1/4 c of cold water, add to the bouillon, bring to a simmer and then let cool slightly.
5. Decorate the fish with cut-outs from cooked carrots, parsley root and lemon slices. Cover with the fish bouillon and chill until firm.
6. Serve with lemon juice or a mild vinegar.

Makes about 10 - 12 servings.

NOTE: Following the procedure of the preceeding recipe a WHOLE FISH IN ASPIC may be prepared. Ask the fish man for additional heads and tails for preparation of the fish bouillon and he, probably, will clean the fish for you, too.

GEFILTE FISH

Although Jewish in origin, this is a very popular and beloved way of preparing the Holiday Fish. Here are two versions.

Gefilte Fish I

3 lbs. fresh fish: 1 lb. each of carp, pike
and whitefish
2 large onions, sliced
6 c water
2 carrots, sliced
2 t salt
1/2 t white pepper
2 eggs, slightly beaten
6 T ice water
2 T (or more) matzo meal

1. Fillet the fish and reserve heads, skin and bones. Place heads, skin, bones and tails in a large wide saucepan. Add onions, carrots, salt, pepper and water, bring to a boil and simmer for about 40 minutes.

2. Grind fish fillets, add the eggs, ice water and matzo meal; correct seasoning. Combine the mixture well until it is smooth and well blended.

3. With wet hands shape fish mixture into oval cakes about the size of a small baking potato. Carefully place the fish cakes into the stock, cover, and simmer slowly for 1 1/2 hours. Remove cover during the last 30 minutes of cooking. Cool fish slightly.

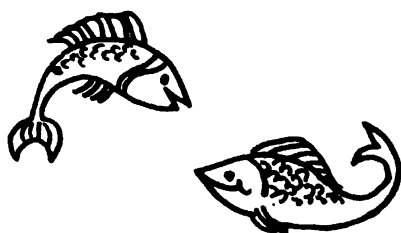
4. Arrange the fish cakes on a deep platter, surround with carrot slices and strain the stock over the fish. Chill. Gelatin may be added to the stock. Makes 8 appetizer servings.

Gefilte Fish II

2 whole carps (about 3 lbs.)
1 large onion
2 eggs, beaten
1/2 c matzo meal
salt and pepper to taste
3 large onions

2 carrots, 1 parsley root
peppercorns, bay leaves
fish heads, tails and bones
1 envelope plain gelatin

1. Clean the carps by opening them from the backbone side. Cut off the heads and tails. Cut the fish into 1 1/2 - 2 inch sections. Remove the bones as much as possible and cut the meat from skin being careful not to tear the skin. Save the skin.
2. Prepare a fish stock by simmering all the fish trimmings, the 3 onions, carrots, parsley, peppercorns, bay leaves and salt to taste.
3. Put the fish meat together with the cut onion through a meat grinder. Combine with the eggs, matzo meal, salt and pepper. Put the filling between the skins, smooth out with hands, the sections should be plump.
4. Gently put the fish sections into the simmering bouillon; there should be enough to cover the fish. Simmer 30 - 45 minutes.
5. Arrange the fish on oblong platters: utilize the heads and tails and assemble as a "whole fish" or just arrange the fish sections by themselves. Decorate with carrot and lemon slices.
6. Strain the cooked onion through a sieve, combine with the clear fish bouillon and gelatin, season to taste with salt and pepper, pour over the fish. Chill well. Makes about 10 appetizer servings.



POACHED FISH FORCEMEAT

4 - 5 lbs. fish (pike, white fish, carp)	1 - 2 T bread crumbs
6 - 7 onions	1 egg
1 carrot	2 T oil
2 parsley roots	2 t salt
3 celery ribs	1/2 - 1 t sugar
5 allspice	1 envelope plain gelatin
3 peppercorns	1/4 - 1/2 t lemon juice
1/2 t white pepper	1 onion bouillon cube
1 bay leaf	1 vegetable bouillon cube
1 hard roll	

1. Remove bones and skin from fish. Grind the fish with two onions and hard roll (trimmed of crust, and soaked in water and squeezed out).

2. Cook the heads and bones with the rest of the onions (coarsely cut), 1/2 t salt, peppercorns, allspice, bay leaf, carrot, parsley roots, celery in 1 1/2 quarts of water. Cook for 1 1/2 hours. The liquid should measure 3 cups.

3. To the ground fish add egg, oil, salt, white pepper, sugar and bread crumbs. Mix all ingredients and add a little water if necessary. Make two 12-inch rolls. Smaller rolls may be used, depending on the diameter of the pan. Shape the fish rolls on wet aluminum foil with wet hands. Tightly close the aluminum foil, leaving room for the fish mixture to expand. Prick a few holes in the foil.

4. Place the fish rolls in enough water to cover. To the water add the onion, bouillon cube, vegetable bouillon cube and salt generously. Poach for 30 minutes, and then turn the rolls over and poach for another 30 minutes.

5. Open both ends of the aluminum foil, and cool the fish rolls on a wire rack and slice.

6. Slice the fish rolls at a slant and form a fish. Decorate the platter with carrots, hard boiled eggs, lemon slices and green parsley.

7. Take the fish bouillon made in step 2, add salt to taste, plain gelatin and lemon juice. Pour cooled bouillon over fish and refrigerate to gel. Serve with lemon slices, vinegar or horseradish sauce.

PERCH IN SOUR CREAM

(Sudak w Smetani)

2 lbs. perch fillets, cut into uniform pieces
5 - 6 T butter, melted
3 c sour cream
6 potatoes
salt and pepper to taste
1 T chopped parsley

1. Boil the potatoes until almost done, drain and let them cool. Then slice the potatoes into thin slices.
2. Grease generously a casserole or saucepan with cover. Put a layer of fish in the bottom, then a layer of potatoes. The last layer should be potatoes. Salt and pepper each layer slightly.
3. Whisk the melted butter into the sour cream and pour over the potatoes. Cover and bake in a hot oven (450 degrees), allowing about 10 minutes per inch of thickness.
4. Serve from the casserole. Sprinkle with chopped parsley on top of the dish. Makes 6 - 8 servings.

CARP WITH BUCKWHEAT KASHA

AND MUSHROOMS (Korop z Kashoyu)

1 carp, weighing 2 - 2 1/2 lbs.
1/2 c buckwheat kasha
1 1/2 oz. dried mushrooms
5 T butter
2 medium onions, chopped
3 eggs
pepper and salt to taste
2 T all-purpose flour
1 1/2 c mushroom liquid
1/2 c butter

1. Ask your fish man to clean the fish by removing

CARP WITH BUCKWHEAT KASHA
AND MUSHROOMS (Korop z Kashoyu)

(Continued)

through its back the backbone and the inwards.

2. Soak the mushrooms in 2 c of water, simmer until tender, drain them (but reserve the liquid!) and chop finely.

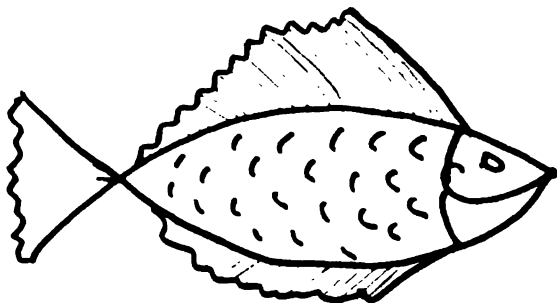
3. Saute the onions in 3 T melted butter until golden, add the mushrooms and let cook for a minute more.

4. Roast the buckwheat kasha lightly in a hot saucepan, add to it the hot mushroom liquid and simmer until done. Let cool slightly.

5. Mix into the kasha the onions with mushrooms, the slightly beaten eggs, pepper and salt to taste. With this stuffing fill the carp's cavity and secure the opening with toothpicks or sew it with a needle and coarse thread.

6. Salt the fish lightly, dust with flour and fry in the remaining melted butter until it is golden crisp on both sides. Finish cooking it in a 400 degree oven for 10 minutes.

7. Place the fish on a hot serving dish and coat with melted butter. Makes 4 - 6 servings.



STUFFED WHOLE FISH

3 - 4 lb. whole pike or other white fish
1 1/2 t salt

stuffing:

1/2 c finely diced onion
3/4 c finely diced celery
6 t butter
1 t salt
1 t thyme
4 c white bread cubes
2 T water

1. Ask your fish dealer to dress the fish for you. Sprinkle the inside of fish with salt.
2. Saute onions and celery in butter for 10 minutes. Combine with the remaining ingredients.
3. Stuff the fish and sew up the opening. Place in a greased pan and bake at 350 degrees 15 minutes per pound of fish. Baste with butter several times during baking.

Makes 6 - 8 servings as a first course.

Note: For Christmas Eve Supper and other fast days use oil instead of butter.

FISH PATTIES

1 1/2 lbs. fresh fish (perch, haddock)
1 hard roll
salt and pepper to taste
1 medium onion
1 egg
bread crumbs and oil for frying

1. Soak the hard roll in milk or water. Squeeze almost dry. Grind fish in meat grinder and mix in the hard roll , salt and pepper to taste.

FISH PATTIES

(Continued)

2. Grate the onion, beat the egg slightly and add both to the fish. Combine well.
3. Form oblong patties, roll in bread crumbs and saute in vegetable oil on medium heat until light golden. Serve immediately plain with a lemon wedge or with a favorite hot or cold sauce.

Yields 6 servings.

FISH ROLLS KIEV- STYLE

(Shchupak or Sudak po Kyivsky)

- 2 lbs. pike or perch fillets of uniform size
- 2 eggs
- 1 c bread crumbs
- 4 T each butter and cooking oil

Rice Filling:

- 1/2 c rice
- 1 c milk
- 3 hard boiled eggs
- 4 T butter , salt to taste

Onion Filling:

- 3 medium onions, finely chopped
- 2 T butter
- 1 small egg
- 1/2 c bread crumbs
- 1/2 c sour cream

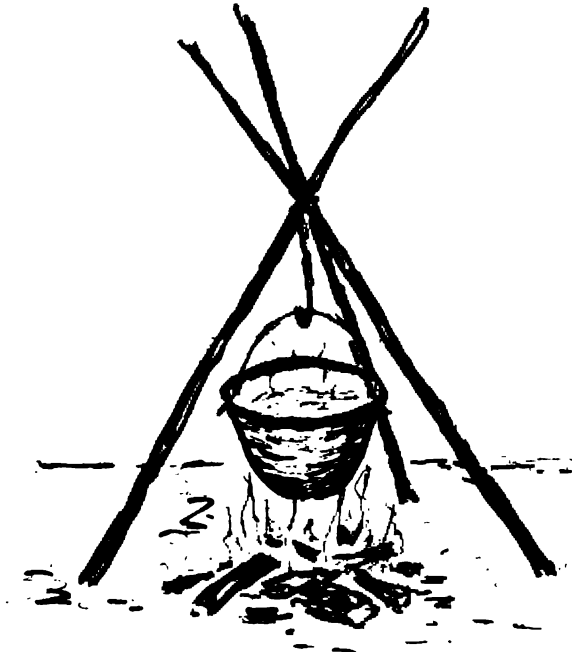
1. For rice filling: cook rice in milk, add the chopped eggs, butter and salt; mix well.
2. For onion filling: saute the onions in butter until soft and golden (do not let them brown), then add the remaining ingredients and combine well. Season to taste.
3. Divide one of the fillings between the fillets, make rolls and secure with a strong thread.

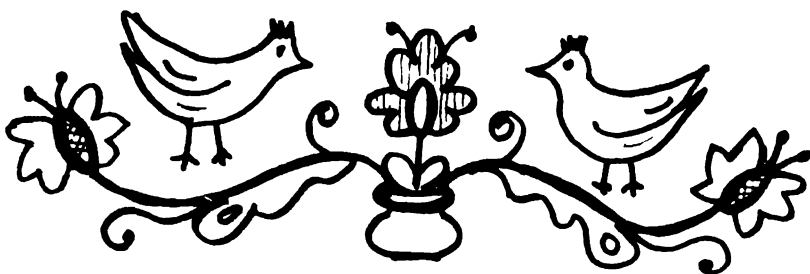
4. Dip the fish rolls into the beaten eggs and then into the breadcrumbs. Saute the fishrolls until golden brown in the butter-oil mixture. Put them into a 350 degree oven for 10 - 15 minutes to finish cooking. Serve as they are or with a favorite sauce. Makes 6 servings.

SWEET WATER FISH

Fishing in Ukraine was very popular. Quite often the fishermen prepared their meals from the fresh catch; cooked outdoor over a bond fire in a kettle with such staples as: parsley root, plenty of onions, potatoes, carrots and salt.

Such a simple dish after hours of fishing was a very delicious treat. Try it on your next fishing or camping trip.





Meat Entrées

Since refrigeration was always a great concern for the Ukrainian farmer, fresh meat was served when it was convenient to slaughter the animal and in the country, pork was the most popular and preferred meat. Slaughter day was an important time for the farmer. Relatives and neighbors assisted in the butchering, rendering lard, making sausages, and preparing ham and bacon for smoking. No edible parts of the animal were ever discarded. The nutritious variety meats such as liver, kidneys, hearts, brains, sweetbreads and fresh tongue were prepared in a number of appetizing ways, and are considered a great delicacy.

Veal and beef appeared more frequently on the upper-class menu and the methods of cooking were regarded as being a little more special. Although a great variety of meat served in Ukraine can be grilled or broiled, roasted or boiled, most is braised or pot-roasted. Braised meats are such great favorites because they enable the housewife to use less tender, less expensive cuts of meat, and they provide delicious gravies to go with the boiled potatoes.

ROAST BEEF VENISON STYLE

1 c water	3 lb. eye of round roast
2 medium onions, sliced	1 T butter
1 T salt	2 dried mushrooms
4 peppercorns	1 T flour
1 bay leaf	3 T sour cream
4 T vinegar	dash of garlic powder (optional)

1. In a saucepan combine first five ingredients, boil until onion is tender. Add vinegar. Cool.
2. Put roast in a bowl. Cover with marinade. Refrigerate for at least 24 hours. (Turn meat once).
3. Next day rinse off marinade; brown meat in butter, in roasting pan. Add small amount of water, ingredients from marinade (onion, bay leaf and peppercorns) and mushrooms. Cover, bake in oven at 350 degrees for about 2 - 2 1/2 hours. Baste often and add water as needed.
4. When meat is tender, remove from pan and slice.
5. Strain pan juices with onion through a sieve. Combine flour, sour cream and some cold water, add to liquid; cook one minute. Season to taste. Pour over sliced meat and serve. Serves 8 - 10.

BEEF ROAST IN MUSHROOM SAUCE

4 lbs. eye of round
1 can cream of mushroom soup
1 envelope onion soup
3 T water

1. On a large sheet of aluminum foil pour 1/2 can of cream of mushroom soup, place meat on top, spread the meat with remaining 1/2 can of soup and sprinkle with the onion soup. Add the water and wrap the meat tightly.
2. Bake the roast at 350 degrees for 3 1/2 to 4 hours. Remove the gravy to a saucepan, add 2 T sour cream and serve over sliced meat.

PORK CROWN ROAST WITH PRUNES

1 crown (about 7 lbs. rib section)
2 large onions, sliced (2 cups)
1/2 t sugar
4 t salt
1/4 t white pepper
1/8 t garlic powder
1 T caraway seeds
1/2 lb. dried prunes

1. Preheat oven to 350 degrees.

2. Have crown roast prepared by your butcher. Wash and dry the crown, rub with sugar, salt and pepper and garlic powder. Let stand for 1/2 hour.

3. Brown the bottom of the crown in hot oil, then place the meat on aluminum foil. Saute onions and spoon over the meat. Wrap foil tightly around the crown and place it on a rack in a roaster. Pour hot water under the rack (1 1/2 cups) to prevent drippings from burning. Cook for 3 hours.

4. Raise oven temperature to 400 degrees, uncover the crown, brown it for about 20 minutes; baste occasionally. Add steamed unpitted prunes and caraway seeds, close foil tightly again and continue cooking for another hour at 350 degrees, or until tender. When done, make gravy by removing onions, juice and prunes to a frying pan and simmering until thick. Taste if additional seasoning is needed.

5. When serving, decorate meat platter with prunes (around the meat and in the center). Pour gravy over crown. Yields about 8 servings.

Delicious with mashed potatoes, cole slaw from red cabbage or red cabbage served as a warm vegetable.

ROAST LOIN OF PORK WITH CARAWAY SEEDS

3 lbs. boneless pork loin roast
salt and pepper
1 T caraway seeds
2 onions
2 T lard or vegetable shortening
1 T flour

1. Rub meat with salt and pepper and let stand for one hour. Brown the roast in the 2 T lard in a heavy skillet.
2. Sprinkle the meat with the caraway seeds, add the quartered onions, a cup of water, cover and simmer for about 1 1/2 - 2 hours. Stir as necessary and turn the meat occasionally.
3. Thicken the gravy with flour, add a tablespoon or more of sour cream (optional) and correct the seasoning. Serve with potatoes and cabbage or sauerkraut. Makes 6 - 8 servings.

POT ROAST WITH MUSHROOM SAUCE

3 1/2 lbs. round rump beef or boneless chuck
(well tied)
diced salt pork
salt and pepper
2 large carrots
1 large onion
2 bay leaves
3 allspice
2 T vinegar or lemon juice
1 1/2 c bouillon
flour
1/2 lb. mushrooms, sliced
3 T sour cream

1. Salt and pepper the beef. Meanwhile render 3 - 4 T diced salt pork and brown the meat in it.

POT ROAST WITH MUSHROOM SAUCE

(Continued)

2. Place the meat in a roaster with cover, surround with the sliced vegetables, the bay leaves and all-spice. Sprinkle with the vinegar or lemon juice and add the bouillon. Cover and simmer for 2 - 2 1/2 hours in a moderate oven 325 degrees, or until the meat is tender.

3. Remove the meat to a platter and keep warm. Thicken the gravy with flour. then rub it through a sieve, pressing down on the vegetables.

4. Add the mushrooms, which were sauteed in butter and whisk in the sour cream. Correct the seasoning. Spoon this sauce over the sliced roast. Makes 8 servings.

PORK WITH PRUNES

2 lbs. pork tenderloin, or thick pork chops
1/4 t pepper
1/2 t salt
2 - 3 T all-purpose flour
2 T butter, margarine or oil
1 T sugar
1/2 lb. dried prunes
1 1/4 c water

1. Rinse the meat, pat dry and cut into pieces. Dip in seasoned flour and brown lightly in the melted butter or oil.

2. To the meat add now the water, the prunes and the sugar. Cover the pan and simmer for 1 - 1 1/2 hours on top of the stove or in the oven at 300 - 350 degrees. Stir from time to time and add water as needed.

3. Serve with pureed potatoes or rice. Makes 6 servings.

STUFFED VEAL BREAST

4 lbs. veal breast with pocket
2 T butter
4 eggs, separated
3 chicken livers, finely chopped
1/3 c bread crumbs
3 - 4 T light cream
1 T chopped parsley
salt and pepper to taste
2 large onions
butter and shortening

1. Prepare the stuffing: cream the butter, add the egg yolks, the chopped liver, the bread crumbs, soaked in the cream, and the parsley. Season to taste.
2. Whip the egg whites until stiff peaks form and fold gently into the stuffing mixture. Stuff the veal breast and secure the opening with skewers or sew it together.
3. Baste the veal breast with butter, melt a few tablespoons of shortening in an oblong casserole, place the breast into the hot fat, put quartered onions around it and bake, covered, at 350 degrees for about 2 hours. Baste every 20 minutes with pan juices. If there are not enough juices, add some water.
4. When the meat is cooked, place it on a serving platter and keep warm. Press the juices with onions through a sieve, correct the seasonings and pour over the meat. Makes 6 servings.

Note:

May be served cold, too!
Any leftover filling can be baked in a dish and served with the roast.

VEAL ROAST

3 - 4 lbs. boneless veal roast
1/2 t sugar
1/2 t garlic powder
2 1/2 t salt
1/8 t white pepper
2 T lemon juice
2 T butter
1/2 - 1 c warm water
1 t corn starch or potato starch

1. Rub meat with sugar.
2. Season meat with a mixture of garlic powder, salt, and white pepper. Sprinkle with lemon juice. Let stand for half an hour.
3. Spread softened butter **over** the meat and roast at 350 degrees for 1 1/2 - 1 3/4 hours. Turn roast twice while in the oven, and baste the meat with pan juices and water.
4. When the meat is done, mix corn starch with 2T of cold water and add to pan drippings and bring to a boil. Boil for a few minutes. Yields 6 to 8 servings.

Note: You can wrap the roast in aluminum foil or place in a roasting bag, then you do not have to baste meat and this shortens the roasting time slightly. If you wish you can use 2 to 3 cloves of minced garlic instead of the garlic powder.



VEAL STEAK ROLLS WITH MUSHROOMS

1 1/2 lb. veal steak	1 egg
salt and pepper	1 t chopped parsley
lemon juice	or dill
2 1/2 c chopped mushrooms	salt and pepper
2 T butter	3 T butter
1 medium chopped onion	1 T flour
1/2 c bread crumbs	2/3 c soup stock or
	water, salt and pepper

1. If necessary trim meat. Pound it with a mallet until flat and thin enough to roll. Cut the meat into approximately 3 x 4 inch rectangles. Sprinkle with salt, pepper and lemon juice. Set aside.
2. Cook chopped onion in the butter until tender. Add mushrooms and cook together for about 15 minutes. Cool slightly. Set half of mushrooms aside. To the other half add the bread crumbs, egg, parsley or dill and season with salt and pepper to taste.
3. Place a small amount of stuffing on each piece of meat, roll up and secure with a toothpick or string.
4. Brown in hot butter. Remove to a baking dish.
5. Mix flour with fat in pan, stir in remaining mushrooms, soup stock or water, salt and pepper, and bring to a boil.
6. Pour this sauce over the meat, cover and bake in the oven at 325 degrees for about 1 hour or until tender. Remove skewers or string before serving. Serves 6.

STUFFED CABBAGE WITH MEAT

1 lb. rice
2 lbs. ground round beef
1 large chopped onion, sauteed in oil
3 egg whites
salt and pepper to taste
1 head fresh cabbage
8 oz. tomato sauce
1 lb. 13 oz. tomato juice
2 large onions thinly sliced
1 jar sauerkraut

1. First prepare the stuffing. Cook rice according to package directions but undercook it slightly. When cool, combine with beef, sauteed onion, egg whites and seasonings to taste.
2. Core a nice looking head of cabbage, steam in boiling water and separate into leaves. Remove the thick veins. Make stuffed cabbage, using about a heaping tablespoon of filling. Try to make them of uniform size by trimming the larger leaves.
3. Put in the bottom of a heavy pot cabbage leaves and trimmings. On this put a layer of stuffed cabbage rolls, then thinly sliced onion rings and a light layer of rinsed sauerkraut. Continue layering but finish with cabbage rolls.
4. Combine tomato sauce with juice and pour over the stuffed cabbage. Bring to a boil on top of the stove, cover the pot and bake in a preheated oven at 375 degrees for about 1 1/2 hours. Remove the cover during the last 1/2 hour.



BEEF AND CABBAGE

2 lbs. beef stew
3 T flour
salt and pepper to taste
garlic powder
oil for frying pan
1 can tomato soup
1/2 c water
1 large onion, chopped
2 T vegetable oil
2 lbs. cabbage, coarsely chopped

1. Season the meat with salt, pepper and garlic powder; dust with flour by placing the flour in a paper bag and shaking a few meat pieces at a time. Brown the meat lightly in a skillet.
2. Saute the onion in oil until golden, but not brown.
3. Put into a casserole with cover half of the chopped cabbage, then follow with the meat and the rest of cabbage. Spread the sauteed onions on the cabbage together with any oil from the skillet. Mix the tomato soup with water and pour on the cabbage.
4. Preheat the oven to 350 degrees. Bake the covered casserole for 1 1/2 hours. Serve with mashed potatoes, bread or rice. Yields 6 servings.

BIGOS

An all-time favorite for everyday or party time.

3 lbs. mixed cooked meat like:
beef, pork, chicken, sausage, ham
3 lbs. sauerkraut
2 large onions, chopped
1/4 c flour
2 T lard
1/2 c dry white wine or Madeira

1. Drain the sauerkraut, chop, add 1/2c meat stock

BIGOS

(Continued)

or water and simmer 1 - 1/2 hours.

2. Melt the lard, add the chopped onion and saute until the onions become golden. Sprinkle with flour and stir until flour starts to brown. Add some meat stock or water, stir up and add to sauerkraut.

3. Cut the meat in 1 inch cubes and add to the sauerkraut, combine well and add the wine. Cook for a few minutes. Taste for seasoning. Serve with parsleyed potatoes or dark rye bread. Makes about 8 - 10 servings.

Note: Tastes even better when reheated the next day.

SICHENYKY

The Ukrainian answer to hamburgers.

- 1 lb. ground chuck
- 1 lb. meat loaf mix (beef-veal-pork)
- 2 eggs, slightly beaten
- 1 large onion, chopped
- 2 T oil
- 1 clove garlic (optional), chopped
- 3 thick slices of French bread
- 2 T chopped parsley (optional)
- salt and pepper to taste
- bread crumbs

1. Saute the onion and garlic in oil until golden and transparent, do not brown. Add the onion to the combined meat together with the eggs.

2. Soak the bread in water or milk. Squeeze out some of the liquid and add to the meat mixture. Salt and pepper to taste, add parsley (optional) and combine the mixture until it becomes well mixed and fluffy.

3. Divide the meat into 8 portions. Form fairly thick oblong patties, roll them in bread crumbs and saute the sichenyky on medium heat until golden brown on both sides. Pierce one with a sharp knife: if clear juices run, the meat is done. Serve hot with potatoes and any of the winter vegetables and/or salads.

Note: Any leftovers reheat or can be served cold on a sandwich.

MEAT LOAF

2 lbs. ground round
6 slices of toast
2 whole eggs
1 medium onion, grated
salt and pepper to taste
garlic (optional)
1 T parsley, chopped
4 hard boiled eggs (small)

1. Soak bread in water, squeeze out the liquid add to the meat together with the remaining ingredients except the boiled eggs. Combine well until the mixture is smooth.

2. Place 1/3 of the meat mixture into a greased large loaf pan. Arrange the hard boiled eggs in the center and cover with remaining meat.

3. Bake in a 350 degree oven for about 1 hour. Serve hot or cold. Makes about 8 servings.

ZRAZY

What a change from hamburgers!

1 1/2 lbs. ground meat (half beef, half pork)
1 - 2 eggs
1 large hard roll, soaked in water or milk
3 medium onions, chopped
4 T butter
2 - 3 T flour
1/2 bay leaf
6 whole peppercorns
2 1/8 c meat stock (or water)
salt and pepper
flour or bread crumbs

1. Melt butter in a frying pan, add two onions and cook until golden.

2. Mix the meat with the slightly beaten eggs, hard roll soaked and slightly squeezed out, the onions and salt and pepper to taste. Combine well.

3. Form the meat into 2 1/2 inch by 1 inch ovals, roll in flour or bread crumbs and fry them lightly in 1 T of oil. Remove the Zrazy to a platter and keep warm.

4. To the remaining fat in the frying pan, add 2 - 3 T of flour and stir up well. Add rest of the chopped onion and cook until the roux turns a deep golden color. Whisk in the meat stock and let simmer for a minute while stirring constantly. Salt and pepper to taste. The sauce should be of medium consistency.

5. Place the Zrazy into a wide saucepan, cover with the sauce, and simmer on low heat for half an hour. Makes about 6 - 8 servings.

Note: Zrazy taste best when accompanied by buckwheat kasha and carrots; potatoes and a fresh cabbage vegetable.

POTATO ROLL WITH FILLING

2 1/2 lbs. potatoes (about 8)
1 egg, slightly beaten
3 t potato starch
salt to taste
2 T each bread crumbs and sour cream
1 c sour cream or more (optional)

Meat Filling:

2 c ground cooked meat (leftover roast etc.)
1 medium onion)
1 T oil) saute
salt and pepper to taste
Combine all ingredients.

Mushroom Filling:

1 1/2 oz. dried mushrooms (soak in water to
cover and cook until soft)
2 medium onions)
2 T oil) saute
1/2 c bread crumbs
salt and pepper to taste
1 T chopped parsley
Combine all ingredients with the drained and
chopped mushrooms

1. Cook the pœled potatoes in boiling salted water until tender; drain and dry. Mash the potatoes and press through a sieve. Add the starch, egg and salt to taste. Combine until smoothly blended.

2. Rinse a dish-towel in cold water, squeeze out the water and place on a board. Put the potatoes on the dish-towel and spread into a rectangle of 1/2 inch thickness. Spread one of the fillings on the potatoes and roll up with the help of the damp towel. Smooth out the ends.

3. Place the roll, seam side down, on a well greased baking sheet, brush with sour cream and cover with the bread crumbs. Bake at 400 degrees for about 30 minutes. Serve with sour cream or a favorite sauce. Makes 4 main dish or 6 side dish servings.

CHICKEN CUTLETS KIEV

6 pairs of chicken breasts
1 1/2 sticks unsalted butter
1 t lemon juice
1/2 - 1 t garlic, finely minced
1/2 t salt
1 T parsley, finely chopped
1 1/2 t salt
4 egg yolks
2 T water or oil
1/2 c flour
1 - 1 1/2 c dry bread crumbs (fine)
1 1/2 quarts oil for deep frying

Every cook needs to have a butcher (fishman, too) for a friend; you might ask him to bone the chicken breasts for you. If possible, leave part of the wing bone with the breast meat.

1. Prepare first the butter: cream it by beating, then add to it the lemon juice, garlic, parsley and salt. Divide the butter into 12 portions, shape in 1/2 inch by 2 inch rolls and put them for half an hour in the freezer.
2. Skin the boned chicken breasts, put them between sheets of waxed paper and pound them with a wooden meat mallet to a thickness of about 1/8 inch, being careful not to tear the meat.
3. Sprinkle the breast with salt, then turn it so that the wide end is toward you. On this end place the chilled butter. Lift the meat over the butter and roll up the breast around the butter, tucking in the sides as you go. The cutlet should be cylindrical and the butter should be enclosed in the chicken. Refrigerate the cutlets for easier handling.
4. Dip cutlets in flour, shake free of excess flour, if necessary seal any tears with flour. Dip in eggs, beaten with water or oil, then roll in bread crumbs; make sure there are no exposed surfaces. Arrange the cutlets on a baking sheet, cover and refrigerate at least 1 or 2 hours.
5. Heat the frying fat to 370 degrees. Fry no more than 3 or 4 cutlets at the same time. Cook for

about 4 minutes, or until a deep golden brown. Place the cooked cutlets on a paper lined platter and keep in a 250 degree oven while the remaining cutlets are being fried. Serve immediately. Makes 6 servings.

Note: If the wingbone was left in the breast, put a paper frill on the bone before serving.

DUCK WITH APPLES

Kachka z Yablukamy.

1 duck (5 - 6 lbs.)	1/2 t marjoram,
salt and pepper	crushed (optional)
small tart apples	butter

1. Wipe the duck with a damp cloth, salt and pepper inside and outside. Sprinkle with crushed marjoram inside the cavity. Fill with small tart apples, truss the bird.

2. Roast in a 400 degree oven for 15 minutes. Reduce the temperature to 350 degrees and continue roasting until cooked, about 1 1/2 - 2 hours. Baste every 20 minutes with the pan juices.

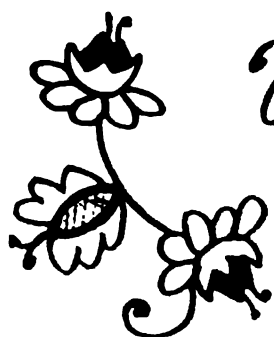
3. Remove the duck to a platter, and carefully cut into portions. Arrange the apples around the meat, pour some of the pan juices on the duck and the apples. Serves 4 - 5.

Note:

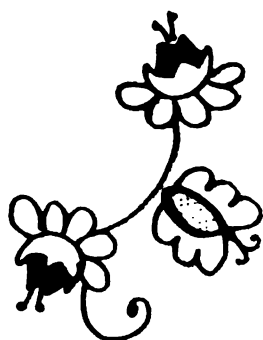
Allow 20 minutes roasting time per pound and 20 minutes extra.

Variation:

Fill the duck with: drained, chopped sauerkraut mixed with plenty of chopped raw onions, salt and pepper.



Vegetables Salads Sauces



From the warm and humid Black Sea coast to the Kievan heartland vegetation of almost every kind and color provides scenes of endless idyllic landscape beauty. While the plantations in the South yield great quantities of crops such as melons, tomatoes, pumpkins, and eggplants used for home consumption and export, the Ukrainians are particularly addicted to cucumbers, beets, cabbage and potatoes. They are usually cooked and served with a browned butter and crumbs garnish and spiced with the commonly used herbs and spices such as parsley, dill, onion or garlic. For tartness, in addition to vinegar or lemon juice, the Ukrainian cook uses sour cream.

Hardly any fish, meat or vegetable comes to the table without a sauce. Many sauces are, of course, the standard European classics such as the basic white and brown bechamel sauce, with variations such as dill, parsley, sorrel or mushrooms added to make them more suitable to the Ukrainian palate. The more typical Ukrainian sauces are the "smetana" sauce (sour cream) with green onions used for new potatoes and chicken and the hot or chilled horseradish sauce served with boiled meats.

DRIED BEANS- -- side dish

2 c dried beans, navy
1 T butter
1 T flour
1 medium onion, chopped
2 - 3 T sour cream
salt and vinegar to taste

1. Soak beans overnight. Then cook until tender. Salt to taste. There should be some liquid.
2. Melt butter in a small skillet, add the onion and saute until golden, sprinkle with flour, cook a few minutes and stir into the hot beans.
3. Add sour cream and vinegar, a teaspoon at a time, to taste. This is a nourishing side dish for boiled meat. Yields 6 - 8 servings.

BEETS WITH SOUR CREAM

2 1-lb. cans whole beets
1 T flour
1 T sugar
1/4 t salt
pepper
2 T butter
1/2 c liquid from beets
2 T sour cream
dash of garlic powder
lemon juice

1. Drain beets (reserve liquid). Grind or shred beets.
2. Mix flour, sugar, salt and pepper with liquid, into a smooth paste. Cook it until it becomes thick. Add beets and butter, simmer for a few minutes.
3. Add sour cream. Sprinkle with garlic powder and lemon juice if desired. Serves 6 to 8.

FRESH CABBAGE

2 1/2 lbs. fresh cabbage, shredded
2 large carrots, grated coarsely
1 large onion, chopped
1/3 c vegetable oil
salt and pepper to taste
2 tomatoes, peeled and chopped (optional)
1 sour apple, chopped (optional)

1. In a large saucepan saute onion in oil until transparent, add the cabbage and carrots, combine well and stir on medium - high heat until cabbage wilts, about 10 minutes.

2. Add the optional fruits, salt and pepper to taste, lower the heat, cover the saucepan and cook the cabbage 10 minutes longer. Makes about 6 - 8 servings. A good and healthy companion to a variety of meat dishes and sausages.

RED CABBAGE SALAD

1 head of red cabbage
1 qt. water (boiled)
1 T vinegar
1 med. onion
1 large apple
salt and pepper to taste
vinegar or lemon juice
vegetable oil

1. Divide the cabbage into fourths, remove the cores and slice or chop finely. There should be about 6 cups. Put the cabbage in a bowl or pot, pour over the boiling water with vinegar, cover, and let stand at least half hour. Drain well in a colander.

2. Chop onion and the apple and add to the cabbage. Sprinkle very lightly with salt and sugar, vinegar or lemon juice and a tablespoon or two of oil. The salad should have a pleasantly tart taste, so be careful not to oversalt. Chill before serving. Serve with a variety of meat dishes. Yields 6 - 8 servings.

CARROTS WITH SOUR CREAM

10 large carrots	1 T flour
2 T butter	2 T sour cream
2 t sugar	salt and pepper to taste

1. Shred scraped carrots, Cook covered in small quantity of boiling water ($1/2$ to $2/3$ c) until tender. Allow water to evaporate.
2. Add butter and sugar, mix. Sprinkle with flour. Season with salt and pepper.
3. Add sour cream mix and simmer for a few minutes. Serves 6.

ONION RELISH

A delicious meat accompaniment.

10 yellow onions (about 1 lb.)
2 carrots (medium - large)
1 sweet green pepper (medium)
8 oz. tomato sauce (or $1/2$ c ketchup)
 $1/2$ T flour
5 T vegetable oil
 $1/2$ t vinegar, salt to taste

1. Prepare the vegetables as follows: slice onions, then halve or quarter them, grate carrots on a coarse grater and dice the green pepper.
2. Saute all the vegetables separately. Sprinkle the onions with flour before sauteeing.
3. Combine the vegetables, add remaining ingredients, saute until tender, then let the relish cool. Correct seasoning.
4. Serve as accompaniment with cold cuts, cold roasts, chicken. Keeps well when refrigerated. Makes about 3 cups.

PEAS AND SAUERKRAUT

In some regions of Ukraine this dish is part of the Christmas Eve supper.

3 c sauerkraut
2/3 c water
1 medium onion
3 T vegetable oil
2 T flour
1 c dried peas (yellow or green)
1/2 c cooked mushrooms (optional)
1/2 clove of garlic, crushed
salt and pepper to taste

1. Cover the dried peas with water and cook until they are soft.
2. Drain the sauerkraut, rinse if it is too acid, add the 2/3c of water and simmer for an hour.
3. Cook the onion in oil until tender, sprinkle the flour over the onion and brown lightly. Pour the liquid from the sauerkraut into the onion and cook, stirring constantly, until thickened, then add this sauce to the sauerkraut.
4. Add the cooked peas and the remaining ingredients and let simmer for about 15 to 20 minutes. The dish should be quite thick. It may be served as a side dish with pork, too. Makes at least 8 servings.

GYPSY POTATOES

A delicious side dish.

1 large potato per serving
salt
whole wheat flour
1/2 c butter
salt and pepper
6 green onions, chopped

GYPSY POTATOES

(Continued)

1. Peel potatoes and rinse. Sprinkle with salt and roll in whole-wheat flour. Bake in an oven at 400 degrees for half an hour.
2. Let cool for easier handling. Cut each potato lengthwise and remove some of the insides leaving a generous border of the potato.
3. For 6 potatoes cream $1/2$ c of butter, add salt and pepper to taste, the chopped green onions and fill the **potatoes** with this mixture.
4. Return to oven for another half an hour and bake at 375 degrees.

SAUERKRAUT SALADS

WITH MUSHROOMS:

- 1 lb. sauerkraut
- 1 c marinated mushrooms
- 2 medium onions, thinly sliced or diced
- 2 T vegetable or sunflower oil
- 2 T sugar
- pepper to taste
- 1 T chopped parsley

1. Rinse sauerkraut, drain well and squeeze out as much liquid as possible.
2. Add the sauerkraut, the onions, the sliced marinated mushrooms and the remaining ingredients. Decorate with the chopped parsley. Makes 6 servings.

WITH CARROTS:

Omit the mushrooms and add 1 - 2 carrots, grated on a coarse grater.

WITH BEANS:

Omit the mushrooms and carrots, add $1\frac{1}{2}$ - 2 cups cooked navy beans.

WINTER SALAD (VINAIGRETTE)

A. QUICK AND EASY

1 lb. can of cooked, whole beets
1 lb. can of cooked, white beans
6 medium size pickled cucumbers
1 large onion (can be omitted)
2 T corn or sunflower oil
salt and pepper to taste

1. Cut pickles in small pieces.
2. Chop the onion .
3. Mix all the ingredients, add salt and pepper to taste. Refrigerate several hours or overnight for flavors to blend. Makes 6 servings.

B. VARIATION - requires more time in preparation

7 medium size beets, cooked in skin till tender
5 medium size potatoes cooked in skin
1/2 c dry white beans cooked (or 1-lb. can)
7 pickled cucumbers
2 - 3 T corn or sunflower oil
salt and pepper to taste

1. Peel cooked beets and potatoes. Dice or cut in very small pieces.
2. Proceed with steps 1, 2 and 3 as above.
Makes 9 to 10 servings.

WINTER SALAD

2 - 1 lb. cans sliced beets, chopped
3 cooked potatoes, diced
1 onion thinly sliced
1 c drained canned Lima or Kidney beans
1 lb. can sauerkraut, rinsed, drained and
chopped
2 dill pickles chopped
2 apples, McIntosh, cored, chopped, mixed
with little lemon juice
1/4 c oil
2 t sugar
1/4 t salt
1/8 t pepper.
1 salt herring, soaked overnight in water
to cover (optional)

1. Make layers of vegetables, sprinkling with oil, sugar and salt and pepper as you go. Toss.
2. If using herring, drain, remove bones and skin; chop and add to mixture.
3. Trim with a ring of onion slices centered with grated carrot. Makes 12 generous servings.



WHITE CREAM SAUCE

This is a basic cream sauce which may be varied with different seasonings or ingredients.

1/2 c butter
1/2 c all-purpose flour
2 c beef, veal or chicken stock
1/2 c thin cream or sour cream
dash of white pepper
salt (optional)

1. Melt butter in a heavy saucepan, stir in the flour and cook over low heat for about 3 minutes, but don't let the roux brown.
2. Gradually whisk in the meat stock and cream (if sour cream is used, it should be stirred in after the sauce is cooked) and simmer the sauce for a few minutes, stirring constantly.
3. Season the sauce to taste. This sauce may be kept for up to 3 days in a jar in the refrigerator. Pour a few tablespoons of melted butter or milk over the top of the sauce to seal it. Beat the butter or milk into the sauce while reheating it. Makes about 3 1/4 - 3 1/2 cups.

Note: Enriched White Cream Sauce:

For a richer White Cream Sauce, remove the saucepan from the stove and beat into it 2 slightly beaten egg yolks; do not return to the heat as the sauce may curdle.

DILL SAUCE

To 1 c of hot "White Cream Sauce" add 1 - 2 T of chopped fresh dill. If necessary, thin with a few tablespoons of meat stock.

ONION SAUCE

1 medium onion , chopped
2 - 3 T butter
2 - 3 T water
1 t vinegar
salt and pepper to taste
1 c "White Cream Sauce"

1. Cook the onions in melted butter until tender, but do not let them brown. Add the water and cook until the onions are tender. Press the onions through a sieve.
2. Combine the onion puree with the cream sauce and add the vinegar, salt and pepper to taste. Bring to a simmer and serve with meat - pork, boiled meat or meatloaf.

HORSERADISH SAUCE

1 1/4 c Enriched White Sauce
1/4 - 1/2 c freshly grated horseradish
1 - 2 t lemon juice
salt, sugar to taste
2 T sour cream

1. To the hot Enriched White Sauce add the horseradish - amount varies with personal taste. Add the lemon juice and season with salt and dash of sugar.
3. Whisk in the sour cream. Serve with meat dishes.

QUICK MUSHROOM SAUCE

If in a pinch try this quicky on potatoes or on meat patties.

4 oz. can sliced mushrooms
1 T butter
1 T thinly sliced green onions
1 T chopped parsley
3 T imported dry mushroom soup
3 T water
2 - 3 T sour cream
salt to taste



1. Empty mushrooms with liquid into a saucepan, add next three ingredients and bring to simmer, let simmer for 5 to 10 minutes.

2. Meanwhile mix dry mushroom soup with water, adding more water if necessary. Add to the mushrooms. Salt very lightly since the mushroom soup is salted, whisk in sour cream and serve.

Yields 2 servings. Increase ingredients according to servings needed.

MUSHROOM SAUCE

1 c chopped onions	2 1/2 - 3 T flour
3 T vegetable oil	1 c water
8 oz. sliced mushrooms	1 1/2 t salt
1/2 oz. dried mushrooms	pepper to taste
1 1/2 c water	

1. Simmer dry mushrooms in water for about 1 hour or until soft. Drain and chop mushrooms. Reserve liquid.

2. Saute onions in oil until golden, but not brown. Add fresh and chopped dried mushrooms and stir at medium heat for 10 minutes.

3. Sprinkle with flour and stir. After a few

MUSHROOM SAUCE

(Continued)

minutes add the reserved liquid from dried mushrooms and the remaining water.

4. Let cook gently for 5 minutes and season to taste with salt and pepper.

Makes about 2 1/2 cups of sauce - enough for 6 servings.

Note: The above ingredients are for the fast days. On other occasions butter may be used, and the sauce may be enriched with a few tablespoons of sour cream.

CUCUMBER PICKLE SAUCE

2 T butter
3 T flour
1 c water
1 cucumber pickle, medium size
3 T pickle liquid
chopped parsley and dill

1. Make a white roux from butter and flour. Whisk in the water, pickle liquid, parsley and dill.

2. Peel the cucumber pickle and chop fine. Add to the sauce and simmer a minute or two to develop the flavors.

3. Before serving whisk in the sour cream. Makes about 2 cups of sauce.



FRESH HORSERADISH SAUCE

(for meat or fish)

1/4 lb. grated horseradish
3 T butter
2 T flour
1 c meat broth
1 t salt
1 - 2 T lemon juice
dash of pepper
3 T sour cream
sugar to taste

1. Pour 3/4 c of boiling water over the horseradish, let stand a few minutes and drain.
2. Melt butter, stir in the flour and make a light roux, Whisk in the broth, add the seasonings and let the sauce barely simmer for 2 minutes.
3. Add the drained horseradish and the lemon juice and continue to simmer for about 5 to 10 minutes. Correct the seasoning.
4. Just before serving whisk in the sour cream. Makes about 2 1/2 c of sauce.



TARTAR SAUCE

1 raw egg yolk
1 t prepared mustard of good quality
pinch of salt
5 hard boiled eggs
1/2 c vegetable or olive oil
juice of 1 lemon
6 chopped marinated mushroom caps
1 T capers
1 T chopped olives

1. Mix the raw egg yolk, the mustard and salt. Add the sieved hard boiled eggs and combine well.
2. To the egg mixture start adding the oil, a teaspoon at a time, and whisk until the mixture thickens. Then gradually add the lemon juice.
3. Add the remaining ingredients. Taste for seasoning. The sauce should be thick and sharp. Makes about 1 1/2 cups.

S A L A D D R E S S I N G S

SOUR CREAM DRESSING

This is one of the most favorite!

1 c sour cream
juice of 1/2 lemon
1 t sugar
1/4 to 1/2 t salt

In a small mixing bowl whisk together all the ingredients. Do not oversalt. Chill before serving

SALAD DRESSINGS

(Continued)

EGG DRESSING

1 hard boiled egg
3 T vegetable oil
juice of 1 lemon
1/2 t sugar
1/2 t salt
2 T water

1. Cut the hard boiled egg in half. Remove the egg yolk and press through a sieve. Chop the egg white and save.
2. Add the oil to the egg yolk, mix well and slowly add the juice, sugar, salt and water. Mix well.
3. Last add the chopped egg white. Makes 1/2 cup.

MUSTARD DRESSING

1 1/2 T prepared mustard
3 T vegetable oil
1 hard boiled egg yolk
juice of 1 lemon
1 t chopped chives or shallots
dash of paprika
1/2 t sugar
1/2 t salt
3 T water

1. Sieve the egg yolk and mix with mustard. Combine with oil and add the paprika, salt and sugar.
2. Whisk in the lemon juice and water and lastly add the chives or shallots.

PIQUANT DRESSING



For cold ham, fish or meat

1 egg yolk, raw
1 T vegetable oil or olive oil
3 T freshly grated horseradish or prepared
horseradish (squeeze out the liquid)
2 T sour cream
juice of 1 lemon or tarragon vinegar
salt and white pepper to taste
2 - 3 T beef bouillon , cold
1/2 t sugar, optional

1. Cream the egg yolk and oil well. Beat in the horseradish, sour cream, lemon juice a little at a time, add the seasonings. Beat until creamy and fluffy.

2. Thin with beef bouillon, a tablespoon at a time. Serve immediately. Makes about 3/4 cup.

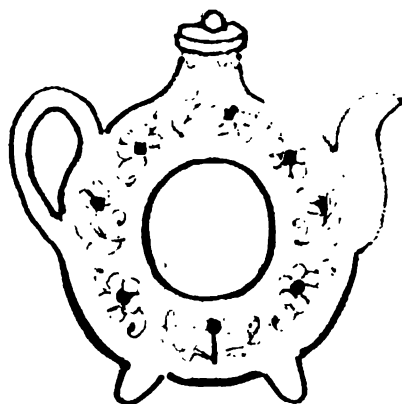




Desserts *and* *Liqueurs*

The Ukrainian desserts (solodke), are rich, luscious and irresistible.

This chapter has a good selection of sweets, and for the more courageous a selection of spirits.



KUTYA

Christmas Wheat - a ritual holiday dish.

1/2 lb. shelled wheat
2 quarts water
1/2 c hot water
1/2 c honey or more
1/2 c ground poppy seeds
chopped nuts and raisins

1. Simmer the wheat in plenty of water. Depending on the variety of wheat it may take from 1 to 3 hours. Stir a few times during the cooking. Taste for doneness.

2. Drain the cooked wheat if necessary and add to it the hot water, stirring gently. Sweeten to taste with honey, then stir in the ground poppy seeds. Add nuts and raisins.

3. The mixture should be medium thin, not thick. Store in refrigerator. This quantity will yield about 8 or more servings.

Note: In the Ukrainian region of Volhynia, the wheat is thinned with liquid from "uzvar" -- the dried fruit compote - instead the water.



UZVAR (oo-z-var)

Dried fruit compote.

2 lbs. mixed dried fruit: apples, pears,
prunes, apricots, raisins
1 1/2 c honey (or sugar)
4 quarts water (approximately)

1. Cover the dried fruit with water, add honey or sugar, cover and simmer until the fruit is soft: do not overcook. More water may be added if necessary.
2. Let the compote cool and then taste for sweetness. Prepare ahead to let the flavors blend.
3. This yields a generous quantity - but don't worry -- it will disappear sooner than you think!



APPLE DESERT

Dough:

- 1 1/2 c flour
- 1/4 lb. butter (room temperature)
- 3 T sugar
- 1 egg yolk
- 2 - 3 T sour cream
- 1 T vanilla
- 1 T baking powder

Filling:

- 3 large apples
- sugar to taste
- grated orange peel

Topping:

- 2/3 c confectioners' sugar
- maraschino cherries
- 3 egg whites**

1. Prepare apple filling, by cooking apples, sugar and orange peel to consistency that will spread easily. Cool.
2. Make a dough, using first seven ingredients. Roll and place in a bottom of a 10 inch spring form pan. Bake at 350 degrees until very light brown. Cool.
3. Beat egg whites, until foamy, add sugar and beat well.
4. Spread apple filling over baked dough, cover with egg whites (evenly) and decorate with cherries.
5. Return to oven and bake till egg whites are golden brown.

Serves 6. (Other preserves are suitable for filling).

APPLE DESERT

- 6 large tart apples
- 2 c confectioners' sugar
- 3 egg whites
- 1 c heavy cream, chilled
- 2 T plain gelatin (envelopes)
- 1/4 c water

1. Bake apples. When slightly cool, cut in half remove skins and mash apples.
2. Sprinkle gelatin in water, heat until gelatin dissolves completely. Let cool until it is of egg white consistency then combine with the apple puree.
3. Chill a small bowl and beaters, then whip the heavy cream. While whipping add the confectioners' sugar, one tablespoon at a time. Combine the stiff cream with the apples.
4. Prepare a mold by oiling it lightly. Put the apple-cream mixture into the mold and chill in the refrigerator for several hours.
5. To serve, invert the mold on a plate. Decorate the desert with some red preserves and/or whipped cream.

APPLE TORTE DESERT

This is a Ukrainian Apple Pie!

Crust:

- | | |
|------------|-----------------------------|
| 1 c flour | 1/4 c sugar |
| 7 T butter | grated peel of 1/2
lemon |

Filling:

- | | |
|------------------------------|-------------------------|
| 2 lbs. (plus) tart
apples | grated peel of 1 orange |
| 3/4 - 1 c sugar | 1/2 - 3/4 c water |
| almonds for decoration | |

1. Prepare a short pastry from the crust ingredients.

APPLE TORTE DESERT

(Continued)

Roll out to fit a 10 inch spring form, prick with a fork and bake at 375 - 400 degrees 12 to 15 minutes.

2. Peel and core the apples and dice finely or grate on a coarse grater (dicing is preferable). Place the apples in a heavy bottom saucepan with the other ingredients and cook slowly, while stirring, into a thick jam. Let cool for a few minutes.

3. Spread the apples on the baked bottom, even out the top. Chill, then remove the spring form rim. Decorate with almonds. Makes 12 servings

BAKED APPLES IN WINE

Jonathan or McIntosh Apples

1 t sugar per apple

1 T wine per apple

1. Core the apples, carefully without cutting through to the bottom.

2. Arrange the apples in a shallow baking dish.

3. Pour wine into center of each apple and over. Sprinkle with sugar.

4. Bake in a 325 - 350 degree oven for 1/2 hour.

Serve warm or cold, but tastes better when warm.

BISQUIT DESSERT

4 large eggs
8 T sugar
6 T (level) flour sifted
1 t vanilla extract
1/2 t baking soda
1 t butter
1 10 oz. package of frozen strawberries in syrup
1/2 pint of heavy cream
1 T sugar

1. Beat eggs and sugar in mixer bowl for 8 minutes at medium speed till mixture is light and creamy.
2. Sift flour and baking soda into the egg mixture, stir well, add vanilla.
3. Pour batter into a 7 x 11 buttered baking pan. Bake 25 - 30 minutes in 325 degree oven till light golden. Cool. Turn out on serving dish, prick with fork.
4. Partly thaw frozen strawberries, then mash in a blender for 15 - 20 seconds to uniform consistency. Pour slowly over the top of bisquit with a spoon.
5. Beat heavy cream to peaks, adding 1 T of sugar. Spread over strawberry mixture, using imagination for decoration. Makes 8 - 10 servings.

Optional: garnish with fresh whole strawberries.

Variations:

A. Substitute frozen strawberries with 1 cup apricot preserves mixed with 1 jigger of brandy.

B. Peel 6 - 7 medium size McIntosh type apples Pare and slice thin. Immerse into prepared batter (Step 3) and arrange in neat rows. Sprinkle lightly with sugar and bake at 325 degrees for 35 minutes.

CRANBERRY KYSIL

Kysil is one of the simplest desserts. Any tart fruit is suitable, a favorite in summer would be Red Currants Kysil, for winter we choose the abundant cranberry.

3 c cranberries
water to cover
1 c sugar (about)
cornstarch
sour cream or whipped cream

1. Put the fruit in a pan with just enough water to cover. Bring quickly to a boil, reduce the heat, and simmer for 10 minutes. Rub the stewed fruit through a sieve.
2. Add sugar according to the acidity of the fruit, about 1c to 3 c of cranberries, less for sweeter fruits.
3. For every 2 c of fruit puree, allow 1 level T of cornstarch. Moisten the cornstarch with water, mix it smooth and add to the hot fruit puree. Simmer for 3 minutes, stirring constantly.
4. Divide into 6 dessert bowls and chill thoroughly. Serve with sour cream or whipped heavy cream.

Note: To apples add cinnamon, to prunes a little lemon juice. Instead of cream, vanilla sauce or raspberry syrup may be used.

A very refreshing dessert!



POPPY SEED SOUFFLE

1 c poppy seeds
1/2 c sugar
4 eggs, separated
1/2 c bread crumbs
1/2 t each cinnamon and cloves
grated peel of 1 lemon
1/2 c chopped almonds
vanilla or chocolate sauce

1. Cover the poppy seeds with boiling water and let stand for 1 hour. Drain well in a sieve and grind twice in a meat grinder.
2. Beat egg yolks and sugar until light and fluffy, add the poppy seeds, the spices and grated peel, combine well.
3. Beat egg whites until stiff and fold them gently, alternating with the bread crumbs and almonds into the poppy seed mixture.
4. Butter an 8 inch straight-sided casserole and sprinkle with bread crumbs or confectioners' sugar. Bake the souffle in a 350 degree oven for about 30 - 40 minutes. Serve hot with a favorite sauce. Makes 6 servings.

SPONGE ROLLS WITH SOUR CREAM

A very elegant finale for a dinner party - tiny pancake like rolls with strawberry filling.

6 large eggs, separated
6 T sugar (heaping)
6 T flour (heaping) sifted
1 t vanilla
strawberry preserves
1 pint (2 c) sour cream
3/4 confectioners' sugar
butter

1. Cream egg yolks and sugar until very light and fluffy. Add the vanilla.

2. Beat egg whites until stiff peaks are formed. Place one third of the egg whites over the egg yolk mixture, sift on one third of the flour and fold in until partially combined. Proceed two more times like this. Don't attempt to blend the mixture too thoroughly or it will deflate; the proper consistency has to be light and puffy.

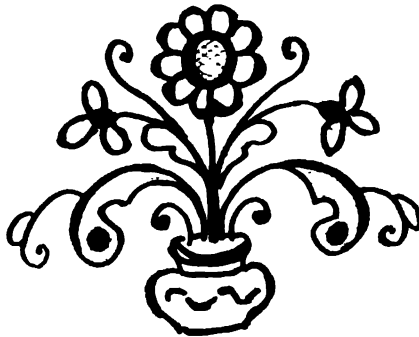
3. Place a heavy bottomed frying pan on medium-low heat and melt enough butter to give it a generous coating. From the batter bake round pancakes (use 1 generous tablespoon); they bake very fast, so turn as they become light golden. Bake only 2 or 3 at a time.

4. Remove the baked rounds quickly from the pan, and while still warm, spread a teaspoon of strawberry preserves and roll into a neat tiny jelly-roll; secure with a toothpick.

5. When all the cakes are baked and rolled, remove the toothpicks and arrange them in a shallow glass dish.

6. Whip sour cream and sugar until light and fluffy, pour over the rolled cakes and chill 2 - 3 hours before serving. Makes about 20 rolls, 2 - 3 per serving.

Note: For best results serve the same day!



D E S S E R T S A U C E S

CHOCOLATE SAUCE

1 1/4 c milk
3 oz. chocolate
1/4 c sugar or to taste
2 egg yolks
vanilla or rum (both optional)

1. Melt chocolate in milk, stir and bring almost to simmer.
2. Beat egg yolks and sugar until light and fluffy. Add a few T of the chocolate milk to the egg yolks, beat well and pour into milk; beat constantly.
3. Cook the sauce on low heat until it thickens but take care that the eggs don't curdle. Add flavoring. Serve hot or cold. Makes about 1 1/2 cups.

VANILLA SAUCE

2 c milk
1/2 vanilla bean
2 T sugar (heaping)
3 egg yolks

1. Simmer milk and vanilla bean until good flavor develops. Let the vanilla milk cool.
2. Beat the egg yolks with sugar until light and fluffy, slowly whisk in the milk.
3. Pour into the top of a double boiler or a heavy bottomed saucepan and heat slowly while beating constantly until the sauce thickens and foams. Serve hot or cold. Makes 2 c of sauce.

WHITE WINE SAUCE

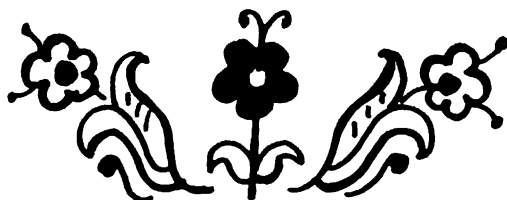
4 eggs
1 t flour
4 T sugar
1 c dry white wine

1. Beat eggs, flour and sugar until light. Add the wine.
2. Pour into the top of a double boiler and heat over hot water. Beat constantly until the sauce thickens and foams. Serve immediately over puddings or souffles. Makes about 2 c of sauce.

JAM SAUCE

2 T butter
2 T flour
1/4 c jam (apricots or other)
3/4 c cherry juice
1 jigger of rum

1. Melt butter, stir in flour and cook until light golden. Stir in the juice.
2. Add the jam and rum, stir well; add more water or juice if the sauce is too thick. May be served hot. Makes about 1 1/3 cups.



HOT PUNCH

A guaranteed remedy for a winter cold.

4 1/2 c red table wine
1/2 c rum or brandy (cognac)
1 1/2 c sugar
1 cinnamon stick, broken in 3 pieces
12 whole cloves

1. Combine all ingredients in an enameled pan and bring slowly to a simmer.
2. Strain and serve very hot. Makes about 6 servings.

CHERRY VODKA

4 1/2 c very strong vodka
2 oranges , peel only
10 whole cloves
1 1/4 c cherry syrup or more

1. Peel oranges thinly and add the peel and the cloves to the vodka. Keep at room temperature for about 2 weeks.
2. Add the cherry syrup, stir well, taste and filter through cheesecloth or cotton into bottles and keep for at least 6 months.

LEMON LIQUEUR

5 lemons
4 coriander seeds, crushed
5 whole cloves
3 c vodka (100 proof at least)
2 c sugar
2 c water

1. Place in a glass jar the cut up lemons (with peel), coriander seeds and cloves. Pour vodka over

LEMON LIQUEUR

(Continued)

it, cover and let stand at room temperature for a week.

2. Make a thick syrup from sugar and water. Remove from heat and cool slightly. Pour the vodka through a sieve into the syrup, stir well. When cool, taste and adjust its potency to your taste by adding more vodka or more syrup.

3. Filter the liqueur through several thicknesses of cheesecloth and cotton and transfer it into bottles. Let stand 2 - 3 weeks. Makes a generous quart.

CYTRYNIVKA - Lemon Liqueur

1 bottle of vodka (100 proof)
peel of 3 lemons
1 c sugar
1 1/4 c water

1. Place thin lemon peels in a glass, add 1 c of vodka, cover and let stand for two days.

2. Prepare a heavy syrup: dissolve sugar in water and boil very carefully to prevent crystallization and scorching. Cool the syrup.

3. Add vodka to the cooled syrup, then add the strained lemon vodka (step 1) and bring to a simmer. Let cool and keep in tightly closed bottles.

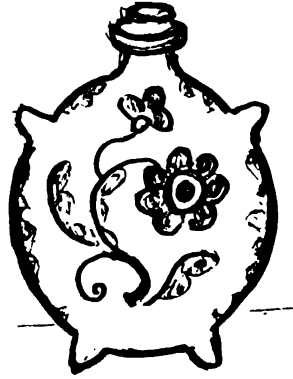
Variations:

1. Instead of lemons use peels of two oranges.

2. Instead of lemons, steep 2 - 3 T caraway seeds in some water and add the strained liquid to vodka.

ROYAL PUNCH

2 c sugar
1 c cold strong tea
juice from 2 lemons
juice from 2 oranges
1 c red table wine
1 c rum



1. Pour cold tea over sugar and stir until sugar is dissolved.
2. Add the fruit juices, wine and rum. Stir and chill well before serving. Yields 6 - 8 servings.

APPLE PUNCH FOR NEW YEAR

2 oranges or 2 lemons
1 c sugar
1 c 90p.vodka or other strong spirits
1 large can (1 quart) apple juice

1. Cut the oranges or lemons (or a combination of both) into thin slices, sprinkle with the sugar and refrigerate overnight.
2. In the morning add the vodka, and in the afternoon the apple juice. Stir and chill until serving time.
3. Serve chilled in pretty glasses with tiny cookies or khrusty. Yields 8 - 5 oz. servings.

KRUPNYK

A life saver on a cold winter night!

1 pint 90 proof vodka	1 cinnamon stick
1/3 c water	2 T honey
2-3 whole peppercorns	2 T sugar
peel of 1/2 lemon	1/2 c water

KRUPNYK

(Continued)

1. Bring to boil the water, peppercorns, lemon peel and cinnamon. Simmer 10 minutes, drain and reserve the liquid.
2. To the 1/2 cup of water add the honey and sugar, bring to boil, remove any foam and simmer a few minutes.
3. Combine the two liquids and add the vodka. Heat on low temperature. Serve hot in punch cups or demitasse. Yields 6 servings.

MEDIVKA (Honey - Liqueur)

1 c dark honey with good flavor
1 1/4 c water
2 1/2 - 3 c vodka (100 proof)
peels of 1/2 orange and 1/2 lemon
3 whole cloves
1 whole allspice
1/8 of a whole nutmeg

1. Place in a small saucepan the water, the peels and all the spices, cover and simmer 10 - 15 minutes.
2. Add the strained water to honey, bring to a simmer and skim the foam if any.
3. Warm slightly 2 1/2 c of vodka, add the honey syrup to vodka, and combine well. Filter through cotton. Taste, and add more vodka - this depends on personal preference. Keep in a tightly closed bottle for at least a week.





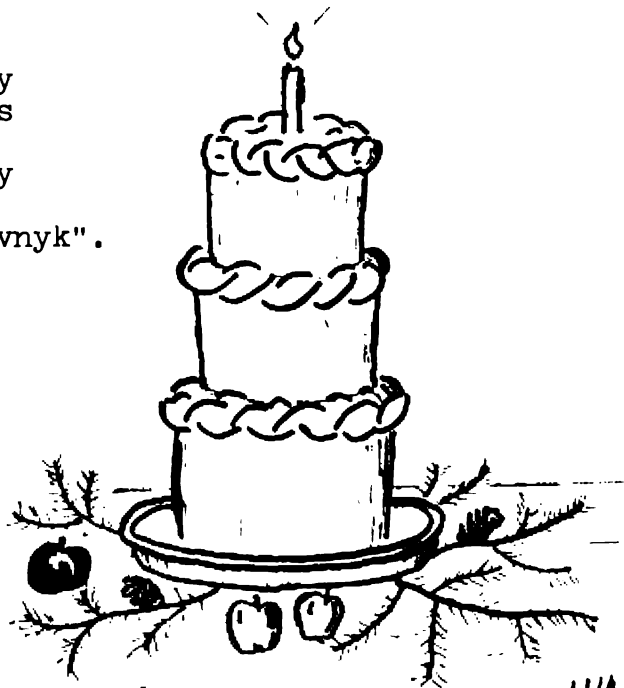
Holiday Breads

For thousands of years the rich Ukrainian soil produces generously wheat and rye. In pagan times as well as since the coming of Christianity B R E A D had special symbolic meaning and became an integral part of numerous rituals.

"Kolach" a ring-shaped braided loaf graces our Christmas table, symbolizing eternity.

"Knysh" - - is dedicated to the souls of the dead and is placed on the Christmas Eve table in their memory.

Traditional holiday breads for the Christmas season are : the honey cake - (medivnyk), poppy seed roll - (makivnyk), and nut roll - "horikhivnyk".



KOLACH

Round braided Christmas Bread.

1 envelope yeast
1 t sugar
1/3 c water (about 110 degrees)
2 eggs and 1 egg yolk
1 t salt
2 T sugar
2 T vegetable oil
1/2 c lukewarm water
4 c flour, sifted

1. Sprinkle yeast over warm water; set aside. In a large bowl combine eggs, salt, sugar, oil and lukewarm water. Stir until well blended and add the yeast. Mix in the flour and knead until smooth, about 10 minutes. Place in a warm greased bowl, turning to coat the dough, cover loosely with plastic or a towel and let rise till double in bulk (about 1 - 1 1/2 hours). Turn out the dough on a floured surface, flatten lightly, cover and rest for 15 minutes.

2. To shape the "Kolach", divide the dough in 5 equal pieces. Roll each piece into a 25 - 30 inch strip, then entwine two strips, braid the other 3 strips, starting in the center and working out to each end. Place braid in a greased round pan (9-10-inches) and join into a circle. Wrap the remaining entwined strip around. Place a small greased can in the center. Cover and let rise again.

3. Brush with egg diluted with 2 T water and bake in a 325 to 350 degree oven for 45 to 50 minutes. Cool on a wire rack.

Note: The above quantity produces 1 "Kolach". For a centerpiece of three loaves, triple the recipe, but double the yeast only, or: you may want to bake one "Kolach" to serve with the Christmas Eve Supper, and bake the centerpiece from frozen bread dough (1-lb. of dough per one "Kolach").



KNYSH (Ritual bread for Christmas)

2 oz. cake compressed yeast
1/2 c oil, preferable sunflower
1 c water
3 c flour
1 1/2 t salt
1 t sugar

1. Dissolve the yeast in a little water and flour. When spongy, add remaining ingredients and knead until the dough is elastic. Let rise until almost double.

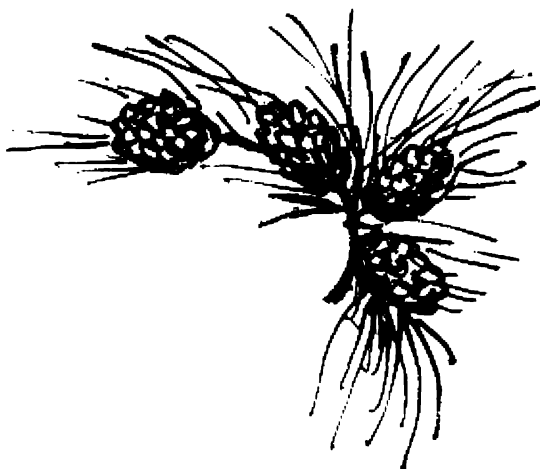
2. Roll out to about 1/4 inch thickness, spread with filling, roll up and place in a greased round pan, let rise again.

3. Preheat oven to 350 degrees. Brush the knysh with water or beaten egg and bake approximately 1 hour and 15 minutes.

Filling:

2 large bermuda onions
1/2 c oil
1 t salt or more to taste

Cut the onions in slices. Quarter slices and separate. Saute the onions in oil until soft and transparent, about 20 minutes. Salt to taste. Drain slightly before spreading on dough.



NADIA'S HONEY CAKE

1/4 c butter	1 t baking soda
1 1/4 c sugar	1/2 t ground cloves
4 eggs	1/2 t cinnamon
1/4 c strong tea, cooled	1 c chopped nuts
2 - 3 T sour cream	1 c raisins
1/2 c oil	optional: diced
1 1/4 c honey with good flavor	candied orange peel
3 1/2 - 4 c flour	

1. Cream butter and sugar; add eggs, one at a time, while mixing well.
2. Add tea and sour cream; cream until fluffy, add honey and oil; combine thoroughly.
3. Sift flour with baking soda and spices. Fold lightly into the honey mixture. Then add the rest of the ingredients.
4. Prepare two loaf pans (10 1/4 x 3 5/8 x 2 5/8; 10 x 5 1/2 x 2 1/2); with butter grease bottoms and sides and dust with flour or bread crumbs. Divide dough between pans; it should fill the pans less than half.
5. Preheat oven to 450 degrees bake the honey cakes for 10 minutes. Then lower temperature to 375 degrees and bake 30 minutes, again lower the oven to 300 degrees and continue baking until done. The whole baking time is approximately 1 hour and 15 minutes.
6. After removing the loaves from pans, cool them on racks. To serve slice in thin slices. This is an excellent freezer item.

MEDIVNYK I (HONEY CAKE I)

5 eggs, separated	1 c honey
1 c sugar butter	3 - 3 1/2 c flour
1/2 c sweet cream	2 t baking soda
1 c sour cream	grated rind of 1 lemon
	chopped nuts, raisins

1. Cream butter and sugar till very light, add egg yolks one at a time beating well after each addition. Add honey and sour cream alternately and mix well.

2. Beat the egg whites until stiff. Sift the flour with the baking soda twice and fold alternately with egg whites. Add remaining ingredients, mix. Pour into well greased and floured pans.

3. Preheat the oven to 300 degrees and bake approximately 45 minutes or until done when tested. Remove from the pans and place on a cake rack to cool. Excellent for freezing.

MEDIVNYK II (HONEY CAKE II)

4 eggs	1/2 c raisins
3/4 c sugar	1/2 c chopped nuts
1 c honey	1 t (level) baking
1/2 c oil	soda
1/2 c milk	2 t (level) baking
3 1/4 c flour	powder
1/2 pkg. dry yeast	1/2 t cinnamon
	1/2 t cloves

1. Sift the flour with baking soda, baking powder twice.

2. Beat eggs, sugar and honey until very light.

3. Dissolve the yeast in warm milk, add the honey.

4. Add flour in small amounts while mixing constantly.

MEDIVNYK II (HONEY CAKE II)

(Continued)

5. Add the spices and stir in the raisins and nuts.
6. Preheat the oven to 300 degrees. Generously grease 2 small loaf pans. Bake approximately 1 hour. Test by pressing with finger, when springs back it is done.
7. Take the honey cakes out of the pans immediately and cool on a wire rack.

MEDIVNYK III (HONEY CAKE III)

1 1/2 sticks unsalted butter (6 oz.)	2 t (level) baking soda
6 eggs, separated	12 - 14 T (level) flour
1 c sugar	1 c chopped nuts
1 c dark honey	1/2 t cinnamon
1 c light cream	1/2 t cloves

1. Melt butter and cool.
2. Beat egg yolks with sugar until light, add the honey and mix well.
3. Slowly add butter.
4. Mix baking soda with cream and add to the egg mixture, add spices, flour and mix lightly.
5. Beat 4 egg whites and lightly fold into the batter, add nuts.
6. Prepare 2 pans greasing generously, dust bottom and sides with flour or bread crumbs, and pour batter.
7. Bake in a preheated oven at 300 degrees for approximately one hour. Let cool in pans on wire racks. Remove from pans when cool.

NUT ROLLS

2 cakes compressed yeast	1 t salt
1 c light cream	1 c butter or margarine
3 T sugar	1 c sugar
4 eggs, separated	2 t lemon juice
grated peel of 1 lemon	2 c finely chopped
1 t vanilla	walnuts or other nuts
4 c flour	

1. Mix yeast, cream and sugar well and set aside.
2. Combine flour with salt and cut butter into flour until crumbly, add flavorings.
3. Combine egg yolks with yeast and add to dry ingredients. Knead 10 minutes and form a flattened loaf. Wrap in plastic and refrigerate overnight.
4. When ready to bake, beat egg whites until frothy, add gradually sugar and lemon juice and beat until stiff.
5. Divide dough into 4 to 5 equal parts. Roll out each part to $\frac{1}{8}$ inch thickness, spread to within one inch from edges with the egg whites and sprinkle with chopped nuts. Roll up, tuck in ends and place seam down on a large greased baking sheet. Allow to rise for $\frac{1}{2}$ hour in a draft free place.
6. Preheat oven to 350 degrees. Bake for 25 minutes. Cool on wire racks. Glaze or dust with confectioners' sugar. Very suitable for freezing.



POPPY SEED ROLL

5 c flour
1 c margarine -- unsalted
1/2 c unsalted butter
5 T sugar
2 cakes of yeast
5 eggs, separated
1 c sour cream

Filling:

5 egg whites (left from preparation of the dough)
1/2 c sugar
2 c poppy seeds
grated peel of 1 lemon

1. Crumble yeast into a bowl, sprinkle with sugar and let stand until bubbly.
2. Cut margarine and butter into flour until it resembles coarse meal.
3. Beat egg yolks slightly and add them to the proved yeast together with the sour cream. Mix well and add to the flour mixture.
4. Combine the dough well and knead a few minutes. Divide dough into three parts. Cover and chill overnight.
5. Prepare filling:
Pour boiling water over the poppy seeds and let stand for one hour. Pour off the water and grind the poppy seeds. Beat the egg whites until foamy, slowly add the sugar and beat until stiff. Add the poppy seeds and lemon peel.
6. Roll dough into rectangles. Spread with filling and roll from the wider side into a roll. Place on greased sheets seam side down and tuck the ends under.
7. Let the rolls rise, then brush with beaten egg and bake at 325 - 350 degrees for 45 to 50 minutes, being careful not to burn them.

POUND CAKE WITH CANDIED FRUIT

9 medium size eggs
1 lb. vegetable shortening
1 lb. flour
1 lb. sugar
2 T lemon juice
1 t vanilla
grated peel of 1 lemon
grated peel of 1 orange
2 c chopped candied fruits and walnuts

1. Preheat oven to 375 degrees. Have all ingredients at room temperature.
2. In a mixer bowl at medium speed beat shortening until fluffy. Slowly add sugar and eggs, one at a time, beating well after each addition. Add juices and add slowly the sifted flour.
3. Grease and flour two oblong pans, 12 x 4 x 2 1/2 inches. Spread some of the batter on bottoms of pans, then to the rest of the batter in the bowl add candied fruit and nuts; combine well. Spoon into the pans evenly.
4. Lower the preheated oven to 350 degrees and bake 1/2 hour, then at 325 degrees for 1/2 hour. Test for doneness. Cool on rack, if needed cut around rim and turn out carefully. Dust with confectioners' sugar. To serve cut in slices.

Keeps well when tightly wrapped.

ROYAL ZWIEBACK

2/3 c slivered almonds (70 g)
1 T sugar
5 eggs, separated
1 c granulated sugar (140 g)
1 c and 2 T flour (120 g)
grated peel of 1 lemon

1. Combine almonds and one tablespoon of sugar and

ROYAL ZWIEBACK

(Continued)

roast lightly in a frying pan. Stir constantly in order not to burn the almonds.

2. Cream egg yolks and sugar until light and fluffy. Add the lemon peel and almonds.

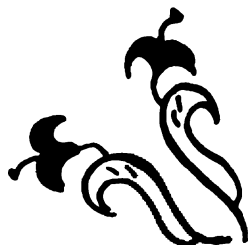
3. Beat 4 egg whites until stiff. Put the egg whites on the yolks, sift flour on top and combine gently. Do not use a mixer.

4. Prepare a long loaf pan by buttering it generously and covering with bread crumbs.

5. Fill the pan with the batter and bake in a preheated 350 degree oven for about 1 hour. Test with a toothpick if done. Remove from pan immediately after baking.

ZWIEBACK "STARUCHA"

1/2 c butter
1 c sugar
4 eggs, separated
3/4 c slivered almonds
2/3 c chopped walnuts
1/3 c light raisins
1/3 c dark raisins
3 1/2 - 4 c flour
grated peel of 1 lemon



1. Cream butter and sugar. Add egg yolks, one at a time, beating well after each addition. Then add the lemon peel, almonds, walnuts and raisins.

2. Beat egg whites until stiff peaks form. Place the egg snow on the butter cream, sift flour on top and combine very slowly and carefully with a large fork or spoon. Don't overstir the batter.

3. Prepare 2 loaf pans by buttering them well and coating with fine bread crumbs. Fill the pans with batter about 1/2 - 2/3 full. Bake at 350 degrees

for an hour. Test for doneness.

4. When baked cut around edges with a sharp knife and remove immediately from pans. Cool on wire racks and cut when cold. Serve in thin slices with tea or coffee.





Pastries are famous among Ukrainians who have definitely a taste for such delicacies. The cultivation of wheat and the abundance of honey, later the development of the sugar beet contributed to its importance in the culinary art.

The aroma of fine Ukrainian pastries is mostly achieved by the use of natural flavorings such as vanilla bean, grated peel of lemons and oranges, roasted almonds.

On the following pages you will find a variety of tortes, cookies, sheet cakes and the more traditional pampushky and verhuny.

BASIC EGG SPONGE TORTE

(Bishkoptovy Tort)

10 eggs
1 c sugar
grated peel of 1 lemon or orange
juice of 1/2 large lemon
1 c sifted flour or:
 use one half sifted potato flour and one
 half sifted all-purpose flour
1 t baking powder

1. Whip whole eggs with sugar until the mixture is pale lemon colored and thick. Add the lemon peel; the juice (by drops), in order not to curdle the eggs.

2. Sift flour with baking powder over the egg mixture and fold in as gently as possible.

3. Divide the batter between two 10-inch spring forms (grease and powder with flour ahead of mixing the torte) and bake at 350 degrees for about 30 minutes. The torte should be slightly shrunk from the sides of the pan when ready. Touch the surface lightly - if the impression of your fingertip remains, the torte needs a few more minutes of baking time.

4. When baked, let stand in pans for 2 - 3 minutes, loosen the sides of the torte from the pans with a knife and turn out onto wire cooling racks. When completely cooled, cut each layer horizontally in two.

Note: Use a spotlessly clean mixing bowl and beaters. Use fine granulated sugar for a fine - textured torte. Sift flour two or three times. Open the oven door carefully, just enough to test the torte quickly.

The Filling or Frosting of the torte depends on personal preference - the traditional method would be to use a tart jelly filling alone, or in combination with cocoa or coffee fillings. The torte may be covered with a basic lemon icing or thinned cocoa or coffee fillings.

BASIC EGG SPONGE TORTE

(Continued)

Currant Filling

- 1 1/2 c unsalted butter
- 1 egg yolk
- 10 oz. jar of currant jelly

1. Cream butter until light and fluffy. Add the egg yolk and combine well.
2. Mix in the currant jelly by adding it to the butter by tablespoonfuls and blending thoroughly.
3. Spread this filling between the torte layers.

Note: If other fillings are used in combination with the currant filling, prepare the latter only from 1/3 of the given quantities.

Cocoa Frosting

- 4 egg yolks
- 1/2 - 3/4 c confectioners' sugar (to taste)
- 3/4 c unsalted butter
- 1 t rum extract
- 2 T lemon juice
- 3 T cocoa

1. Cream butter and sugar until light and fluffy. Add the egg yolks, one at a time, and beat well.
2. Mix in the flavorings, sift cocoa over the butter cream and blend thoroughly. Makes about 1 1/2 cups.

Coffee Frosting

- 1 1/2 c unsalted butter
- 2 egg yolks
- 1 c confectioners' sugar (heaping)
- 2 t instant coffee dissolved in 1/2 c of boiling water

1. Cream butter and sugar until light and fluffy. Add the egg yolks, one at a time, and beat well.

BASIC EGG SPONGE TORTE

(Continued)

2. By tablespoonfuls add the cooled coffee to the butter cream and combine well. If needed, add more sugar for a good consistency. Makes enough to fill a whole torte. If combined with another filling, the remainder of the coffee frosting may be thinned to cover top and sides of the torte.

Lemon Icing (to cover a 10-inch torte)

2 c confectioners' sugar (plus)

1/2 c boiling water

a few drops of lemon extract

or: omit water and use fresh, strained
lemon juice

1. Sift confectioners' sugar into a small bowl, add liquid by tablespoonfuls and mix to a smooth paste. Continue adding the liquid until the correct consistency is reached.

2. Pour the icing in the center of the torte, rotate the torte and let the icing slowly drip over the sides. With a knife dipped in hot water smooth the sides with upward strokes.

To Decorate the Torte: Mix some Icing with a pat of butter and cocoa; pipe a holiday theme on top of the torte. For Christmas, you might use the musical notes of a favorite carol, a cluster of wheat and a Christmas greeting.



COCONUT COFFEE TORTE

12 egg whites
1 1/2 lbs. confectioners' sugar
1/2 lb. walnut meal (or hazelnut)
1/2 lb. almond meal
1/2 lb. fine coconut meal

1. Beat 4 egg whites, slowly add 1/2 lb. of sugar and beat until stiff. Fold walnut meal into the egg whites.
2. Grease bottom of a 10-inch spring form, line with waxed paper, and grease again. Pour the batter into the spring form and bake for 30 minutes at 350 degrees.
3. Using a sharp knife cut around torte and open spring. Cool torte on a wire rack. Carefully remove wax paper.
4. Follow Steps 1, 2, and 3 using almond meal for the almond layer, and coconut meal for the coconut layer. Bake coconut layer for 5 minutes longer.

Filling:

12 egg yolks
1/2 lb. confectioners' sugar
vanilla bean
1 t instant coffee or 2 to 3 T strong coffee
1/2 lb. and 2 T unsalted butter
coconut to spread on torte

1. Beat egg yolks and sugar. Place mixture in a double boiler, add vanilla bean and beat until it thickens. Remove from heat continue beating and add coffee. Cool mixture.
2. Cream butter and slowly add to the mixture as in Step 1, beating continuously while adding the creamed butter.
3. Using this filling spread between each torte layer and cover also the top and sides. Sprinkle coconut over the entire torte. Prepare a day ahead and keep refrigerated.

FEDORA'S TORTE

(Quick and easy)

1 wafer (8 1/2 inch round)
4 T Nesquik (heaping) or 12 oz. semi-sweet
chocolate chips, melted and cooled
1 1/2 c butter
2 3/4 - 3 c confectioners' sugar
3 c ground almonds (reserve 2T)
3 - 4 drops rum flavoring or 1/2 t vanilla
3 - 4 drops almond extract
3 T milk
confectioners' sugar to taste

1. Cream butter and sugar add the chocolate and rum or vanilla and cream until fluffy.
2. Combine the almonds with the milk, almond extract and confectioners' sugar to taste.
3. Spread one half of the chocolate mixture on the wafer. Round the edges neatly. Then spread on the almond mixture and follow with the chocolate mixture on top. With a wet knife smooth out the top edges. Sprinkle the reserved ground almonds on top of torte.
4. Refrigerate overnight and serve sliced in very thin slices. This torte has to be refrigerated.

DARIA'S TORTE

1 lb. unsalted butter
4 1/2 c flour
1 1/2 c confectioners' sugar
6 cooked egg yolks

1. Place a sieve with six egg yolks into a pan of boiling water. Cook for 15 minutes at low heat. Cool egg yolks and press through the sieve, using only a small area of the sieve.

DARIA'S TORTE

(Continued)

2. Combine flour and butter. Add egg yolks and sugar to the flour mixture and knead until the dough is smooth. Divide the dough into five parts.

3. Spread each dough on a 10-inch round pan. Bake for 10 minutes at 350 degrees or until golden in color. Cool. Spread filling between each layer.

Filling

- 1 pt. whipping cream
- 1/2 c confectioners' sugar to taste
- 1 T unflavored gelatine (one small envelope)
- 12 oz. red raspberry preserves

1. Whip cream in cold bowl.
2. Mix gelatine with 3 to 4 tablespoons of water.
3. Add slowly sugar and gelatine mixture to whipped cream, while still continuing mixing.
4. Gently fold preserves to the whipped cream mixture. (Instead of the raspberry preserves one could use fresh raspberries or fresh strawberries).
5. Spread the filling between each torte layer. Cover torte with icing.

Icing

- 1 3/4 c confectioners' sugar
- 2 T lemon juice
- 1 T butter or vegetable shortening

1. Mix all ingredients in a mixer and spread the top and sides of torte.



PRINCELY CHOCOLATE TORTE

1/2 lb. unsalted butter
8 eggs, separated
1 1/4 c sugar
2 c flour (scant)
2 1/2 c ground almonds (use whole not blanched)
4 oz. semi-sweet chocolate, melted
3 T dark rum
3 T cognac or brandy

Filling

1 1/2 c whipping cream
3 oz. chocolate, melted
2 t vanilla
3/4 c confectioners' sugar or to taste
slivered almonds

1. Cream butter until light and fluffy. Add sugar by tablespoons, then the egg yolks, one by one, beating well after each addition. Add the cooled chocolate.
 2. Add the flour, almonds, rum and cognac and mix well. Beat the egg whites until stiff and carefully fold into the mixture, by first adding a few tablespoons to loosen up the texture and then adding the remaining stiff whites.
 3. Grease and sprinkle with bread crumbs two 10 - 11 inch spring forms. Divide the batter between the pans, smooth out the tops evenly and bake at 350 degrees for about 20 - 25 minutes. Test for doneness but don't overbake, the torte should be somewhat moist.
 4. Remove from the spring forms immediately and cool on cooling racks. Shortly before serving spread half of the filling between the layers. Frost top and sides with remaining filling. Decorate the torte with slivered almonds.
 5. Filling: Beat the chilled cream until almost stiff, add gradually the sugar, vanilla and the cooled chocolate; complete the whipping.
- Note: The layers may be split in half for a 4 layer torte. Increase the filling ingredients by half.

WAFER TORTE

9 wafers, square or round

First Filling:

1/2 c unsalted butter	4 oz. chocolate
3/4 c confectioners' sugar	(semi-sweet)
1 - 2 egg yolks	1 1/2 t. vanilla

1. Melt chocolate and let cool.
2. Meanwhile cream butter and sugar, add egg yolks and beat until fluffy. Then mix in chocolate and vanilla. To obtain a good spreading consistency, chill a few minutes.

Second Filling:

1/2 c and 3 T unsalted butter
1 c confectioners' sugar
2 egg yolks
juice of 1/2 lemon
1 3/4 c walnut meal

1. Cream butter and sugar, add egg yolks and beat until fluffy. While beating add lemon juice, a little at a time. Add walnut meal (or hazelnut meal) and mix well.
2. Divide each filling into four equal parts; spread on wafers alternating fillings. Press down after covering each filling with a wafer. Wrap torte in aluminum foil and chill several hours.

Optional: torte may be covered with chocolate frosting. Keeps well in refrigerator for a week or longer. Freezes well too. Yields at least 24 servings.

POPPY SEED TORTE WITH CHOCOLATE

8 eggs
1 c sugar
1 c ground almonds
grated peel of 1 lemon, 1 t vanilla
1 c poppy seeds
2 oz. semisweet chocolate, melted

Glaze:

3 T sugar
1 T boiling water
2 T rum
chocolate icing

1. Cover the poppy seeds with boiling water and let stand for 1 hour. Drain well in a sieve and when they are dry, grind them twice in a meat grinder.
2. Cream together 4 egg yolks, 4 whole eggs and sugar until light and fluffy. Add the almonds, the flavorings and the poppy seeds.
3. Add the melted cooled chocolate, fold in 4 egg whites, beaten stiff, and combine well.
4. Butter and sprinkle with bread crumbs an 11-inch spring form. Place the mixture in the pan and bake at 350 degrees about 45 minutes. Test for doneness.
5. Remove the hot torte from the pan and cover immediately with the glaze: Mix the sugar with the boiling water, add the rum and drizzle over the torte.
6. Cover the sides and top of the torte with a rum flavored chocolate icing.

CHOCOLATE TORTE WITH RUM

1/2 c butter
1 1/8 c sugar
7 eggs, separated
1 whole egg
4 oz. unsweetened chocolate, melted
1/2 lb. ground walnuts
2 T dry bread crumbs

1. Prepare two 10-inch spring forms with removable bottoms; grease bottoms of pans and sprinkle with bread crumbs.
2. Cream butter, add egg yolks, one by one, the whole egg and sugar and beat until light and fluffy.
3. Add the cooled chocolate and nuts. Fold in the whipped egg whites alternately with the bread crumbs. Fold gently.
4. Spoon the batter into the two pans and bake at 350 degrees for 40 - 45 minutes. Test for doneness. Carefully remove from pans and cool the layers on wire racks.

Filling:

4 T cocoa
4 T heavy cream
1 1/2 cups butter
3/4 c sugar
1 jigger rum
10 crushed ladyfingers
2 egg yolks

1. In a double boiler over hot water combine cocoa and cream until dissolved. Remove from hot water and mix until cool.
2. Cream butter and sugar, add egg yolks and mix until fluffy. Gradually add cocoa and rum; mix well. Combine with crushed ladyfingers. Spread between cooled torte layers and place for one hour in refrigerator.

CHOCOLATE TORTE WITH RUM

(Continued)

Chocolate Icing:

3/4 lb. confectioners' sugar
4 oz. semi-sweet chocolate
1/4 to 1/2 c water

1. In a double boiler melt chocolate and water.
2. Sift confectioners' sugar into a bowl, make a well and add the chocolate with water (start with less water). Beat the icing until it becomes glossy.
3. Cover the torte immediately with the icing; pour in the center of the torte, guide it with a knife to the edge and let it drip down. Smooth out the sides.

TORTE "NAPOLEON"

4 c flour
2 c unsalted butter
3 T sour cream (heaping)

1. Cut butter into flour, add sour cream and combine quickly into a ball. Divide the dough into 10 equal parts, form into balls (they will be small) and chill for 2 hours or overnight.
2. For baking use ungreased bottoms of 10-inch spring form pans. Roll each ball of dough, place on pan all the way to the edge, pressing firmly around edges. Bake in preheated 400 degree oven for 6 - 8 minutes or until light golden.
3. The baked layers are very delicate and brittle, therefore it is advisable to prepare several cardboard rounds. Cover each cardboard round with waxed paper, place it on a baked layer and turn up side down; gently remove the pan.

TORTE "NAPOLEON"

(Continued)

Prepare Custard Filling:

- 2 cans condensed sweetened milk (14 oz. each)
- 2 T sugar
- 6 egg yolks
- 2 t vanilla
- 1 c unsalted butter, at room temperature
- 1 T lemon juice

1. In top of a double boiler, over hot water, place the condensed milk and sugar; stir often and heat it for about 45 minutes, keep it just below simmering.
2. Beat egg yolks until light and fluffy, mix some milk mixture into the yolks and stir into the milk; let cook for 10 minutes. Add vanilla and lemon juice, drop by drop, and combine well. Let cool.
3. Cream butter until light and slowly mix in the milk-egg mixture; add only tablespoonfuls at a time.
4. Assemble the torte: slide one layer on the plate on which you will serve the torte. Cover with a few tablespoons of custard, and proceed in this way with 9 layers. Press down very gently when the last layer is put in place.
5. Cover top and sides with remaining custard. Crumble the remaining layer and sprinkle the crumbs on top and sides of the torte. Chill. Serve in very thin slices.

Variation:

Spread layers alternately with custard filling and apricot marmalade.

ALMOND OR WALNUT TORTE

10 eggs, separated
1c and 2 T sugar
2 T lemon juice
grated peel of one lemon
2/3 lb. almond or walnut meal
1 T farina
2 T bread crumbs or cracker meal

1. Preheat oven to 350 degrees. Grease and dust with flour two 10-inch spring forms.
2. Mix nuts with farina and bread crumbs. Beat egg whites until foamy, add 2 T sugar and beat until stiff. Slowly add rest of the sugar and continue beating.
3. Add juice, lemon peel and all egg yolks. On lower speed mix a minute until egg yolks blend in. Add nuts and mix gently with a spoon.
4. Pour 2/3 of batter into one pan and 1/3 into the other. Bake pan with 2/3 of batter 45 minutes and the pan with 1/3 of batter 35 minutes. After 25 minutes of baking the temperature may be lowered to 325 degrees.
5. Remove from oven to rack, wrap sides of spring form with wet kitchen towels for 3 - 5 minutes, then with a sharp knife cut around layers to loosen, invert layers from pans on waxed paper, then turn back to rack (covered with paper towels) to cool.
6. Next day cut higher torte layer in half. Spread with fillings and icing. For example use one fruit filling, one walnut or almond filling and one coffee cream filling.

PAMPUSHKY - (Doughnuts)

3 envelopes dry yeast
2 t sugar
1/2 c warm water
10 egg yolks
2 eggs
1 c sugar
2 1/4 c scalded milk
7 c flour
1 t vanilla
1 c clarified butter
3 T vegetable oil
2 T rum or whiskey
2 - 3 lbs. fat for deep frying
Preserves

1. Sprinkle yeast on warm water (not over 110 deg.) add the sugar and let rise until spongy.

2. In a large bowl beat the egg yolks, the whole eggs and the sugar until very light and fluffy. Mix in the scalded milk and about 2 cups of the flour. When the mixture becomes lukewarm, add the yeast and combine well.

3. Put the soft batter into a larger bowl, cover it and let it rest for about 15 minutes. Then add the remaining flour, the clarified butter, flavorings and knead for about 20 to 30 minutes. The dough should be soft and satiny. Squeeze a little bit of dough between the thumb and index finger; when the little ball of dough keeps its shape while moving the hand, the dough is of the right consistency. Put the bowl into a large plastic bag and let it rest for 10 to 15 minutes.

4. For the shaping of pampushky work with oiled hands. With an oiled tablespoon scoop up the dough, flatten it on the palm of one hand, put some preserves in the center, enclose it and shape into a round. Place, seam side down, on floured cloth. Try to make them uniform. Cover the pampushky and let rise until they look puffed.

5. Add to the melting shortening the whiskey or rum

and heat to 350 - 365 degrees. Fry one for trial. Lift the pampushky carefully, dust off the flour and place, with the puffed top down, into the fat. Cover the pot and fry for 2 - 3 minutes, then turn them and fry uncovered for 1 1/2 minutes. This method will produce the desirable light ring around the middle of the pampushky. Fry only 3 - 4, at the most, at a time.

6. Lift out with a slotted spoon and drain on paper towels. When cooled, dust with confectioners' sugar. Stack them only when completely cold. Yields about 72.

Note: These pampushky freeze successfully. Do not dust with sugar before freezing. They may be reheated in a 375 degree oven for 10 minutes.

KIEV COOKIES

4 c flour
3/4 c butter
4 egg yolks
1 c sugar
1 3/4 - 2 c ground almonds
1 egg, beaten
3 - 4 T coarsely ground almonds

1. Melt butter, cool slightly and stir into the sifted flour.

2. Beat egg yolks and sugar until light and fluffy, stir in the almonds and combine with the flour mixture. Knead into a smooth dough.

3. Roll dough on a floured board to a 1/4-inch thickness and cut out small cookies of various shapes.

4. Place cookies on greased cookie sheets, brush lightly with beaten egg, sprinkle with almonds and bake in a hot oven (375 degrees) for about 12 to 15 minutes. Makes about 5 dozen cookies.

UKRAINIAN ROSES

A very fancy creation!

3 eggs	2 c flour
2 egg yolks	2 lbs. fat for deep
1 T rum	frying
1/8 t baking powder	confectioners' sugar
	red preserves

1. Sift flour and baking powder onto a breadboard. Make a well in the middle and add the eggs and the rum.

2. Combine by hand into a soft dough and knead until it becomes glossy and elastic. Cover the dough and let it rest at least 30 minutes. The dough may be kept in refrigerator overnight.

3. While the fat for deep frying is being heated add to it 2 T water and 2 T whiskey.

4. Meanwhile make the roses. work only with a small part of the dough. Roll the dough on a lightly floured board as thin as possible (1/8 inch or less) and cut out circles in three different sizes (for example: 3-inch, 2-inch and 1 1/2-inch or whatever size cutters are available).

5. Layer three circles, starting with the largest. With a very narrow utensil (very suitable for this procedure is the end of a knitting needle) press down in the middle of the smallest circle in order to press all three layers together. With a sharp knife make five cuts through all three layers ending in the middle of the smallest circle.

6. Check the temperature in the deep fryer, it should read 350 degrees. Deep fry the roses, two or three at a time, depending on the size of the pot. Put the roses into the hot fat first with the smallest circle down. The cut section will immediately curl into "rose petals". When pale golden color, turn them and let them fry with the large circle down.

7. Drain the roses on paper towels and let them cool. Dust with confectioners' sugar fill centers with cherry preserves, rose petal preserves or other red preserves of your choice.

VERHUNY (Khrusty)

1. Follow steps 1 through 3 from preceeding recipe.
2. Roll the dough very thin (about 1/4" or less). With a sharp knife cut it into 1 1/2-inch to 2-inch strips. Cut these strips into 4-inch to 5-inch sections with slanted edges. In the middle of each section make a 2-inch long slash. Pull one end through this slash in order to produce a twist.
3. Fry immediately, a few at a time, until pale golden and puffed. Drain on paper towel, then dust with sifted confectioners' sugar.

Note: The "Roses" and Khrysty are very popular pastries during the winter holidays. They are at their best when served the same day. A platter filled high with puffy Khrusty and decorated with a few "Roses" will surely be a big success with the guests and for the hostess.

Alternate dough:

2 eggs
3 egg yolks
2 T sour cream
1 T rum
1/8 t baking powder
2 c flour

CHOCOLATE PUFFS

1 egg white
1 c and 2 T confectioners' sugar
2 oz. grated chocolate

1. Put the sugar in a bowl, make a well in the sugar and place the chocolate in it. Add egg white and mix to a doughy consistency.
2. Roll out the mixture to 1/2 centimeter thickness (1/5 of an inch) and cut out cookies one inch in diameter.
3. Place cookies on a greased cookie sheet, and let stand for 30 minutes before baking. Bake for 15 minutes at 300 degrees.

BLACK AND WHITE CUT-OUTS

1 1/2 c flour
1 t baking powder
1/2 c butter
2/3 c sugar

1 egg
2 t vanilla
2 T cocoa
1/2 t cinnamon

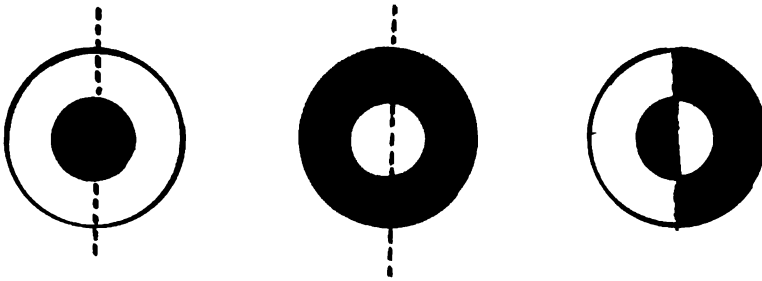
1. Sift flour and baking powder. Cream butter and sugar, add the egg, vanilla, cream well. Add the flour and combine by hand; knead only lightly.

2. Divide the dough into two equal parts. To one part add the cocoa and cinnamon. Chill at least half an hour.

3. Roll half of each piece quite thin. Use a 2 inch round cookie cutter that has a hole in the middle. Cut out the same number of dark and light circles.

4. Very carefully take out the small rounds from inside the cookie circles, and place the dark rounds into the light rings, and the light rounds into the dark rings.

5. Cut each cookie in half. Place on ungreased cookie sheets by putting together a light and a dark half.



6. Preheat oven to 375 degrees. Bake on medium oven shelf about 6 to 8 minutes. Watch cookies closely. Yields about three dozen.

CENTENNIAL COOKIES

- 1 $\frac{3}{4}$ c butter
- 1 c. sifted confectioners' sugar
- 2 egg yolks
- $\frac{1}{2}$ t vanilla extract or:
grated peel of 1 lemon
- 4 c flour, sifted

1. Cream the butter and sugar together till light and fluffy. Beat in the egg yolks, one by one, add the vanilla or lemon peel.
2. Add half the sifted flour, mix in well with a wooden spoon, then add the remaining flour and mix until thoroughly combined.
3. Lightly grease and flour baking sheets. From the dough form walnut size cookies or place part of the dough in a pastry bag fitted with a $\frac{1}{2}$ -inch star nozzle and pipe out in desired shapes like rosettes, fingers, rings.
4. Bake in preheated hot oven (375 degrees) for about 10 to 12 minutes. Do not let them brown. The cookies may be partly dipped in melted chocolate and sprinkled with lightly toasted slivered almonds.

DATE-WALNUT COOKIES

- | | |
|-----------------------------------|-----------------------------|
| $\frac{1}{2}$ c unsalted butter | $\frac{1}{4}$ t baking soda |
| $\frac{1}{2}$ c light-brown sugar | pinch of salt |
| $\frac{3}{4}$ c sugar | $\frac{1}{3}$ c water |
| $\frac{1}{2}$ t vanilla | 1 c chopped walnuts |
| 1 egg | $\frac{1}{2}$ lb. dates |
| 2 c flour | |

1. Cream butter and brown sugar, add $\frac{1}{2}$ c of granulated sugar, the egg and vanilla; cream until light colored.
2. Sift together flour, baking soda and salt. Combine the dry ingredients with the butter and chill the dough in the refrigerator.

DATE-WALNUT COOKIES

(Continued)

3. Chop dates and combine in a saucepan with the remaining $\frac{1}{4}$ cup of sugar and the water. Let gently boil for 5 minutes, add the walnuts, mix and let cool.

4. Divide dough into two equal parts. On a floured board roll each part into a rectangle about 9 x 12 inches. Spread each rectangle with the filling and roll tightly from the longer side. Wrap rolls in waxed paper and refrigerate overnight.

5. Preheat oven to 375 degrees. Lightly grease baking sheets. Unwrap the rolls and cut them with a sharp knife into $\frac{1}{2}$ -inch slices. Bake the cookies for about 10 minutes. Yields approximately 4 dozen.

HONEY BALLS

A must for Christmas! .

4 c flour
1 c sugar
1 c honey, heated to boiling
1 c sour cream
4 eggs
 $\frac{1}{2}$ c margarine
2 t baking soda, heaping
2 t baking powder
cinnamon
cloves
grated orange peel
walnut halves or hazelnuts

1. Cut margarine into flour, add the honey and the rest of the ingredients. Knead into a smooth dough. Add more flour if the dough is very sticky.

2. Roll parts of the dough into 1-inch rolls and slice into $\frac{3}{4}$ -inch pieces. Roll the pieces into balls and place the balls, well spaced, on greased cookie sheets. Press a walnut half or hazelnut in the center of each cookie.

HONEY BALLS

(Continued)

3. Preheat oven to 350 degrees. Bake the cookies for 15 to 20 minutes. Test for doneness. They need to mellow, so bake well ahead. Yields about 4 to 5 dozen.

HONEY COOKIES

Cut - out cookies for the Christmas Tree.

3 c flour	peel of 1 lemon
3/4 c honey (scant)	2 t cinnamon
7 T butter	1 t baking soda
3/4 c sugar	1/4 t ginger
2 eggs, beaten	

1. Melt butter in warm honey. Add sugar and spices. Combine well and add the beaten eggs.

2. Sift flour with baking soda, add the grated lemon peel and gradually add to the honey mixture. Add more flour if necessary; the dough should be soft not sticky. Chill at least 30 minutes.

3. Roll parts of dough to a 1/4-inch (or more) thickness and cut out cookies of desired shape (stars, hearts, rings, angel heads). Arrange cookies on greased sheets and bake at 375 degrees for 12 to 15 minutes. Take care not to burn them. Makes about 4 dozen.

4. Cookies may be left plain or glazed, see White Icing for Mushroom Cookies, recipe follows.

To hang cookies on the Christmas Tree, pierce through cookie with needle and thread and tie a loop. They keep well and mellow with age.

MUSHROOM COOKIES (Honey Cookies)

By now you must be aware of the Ukrainians' fondness for mushrooms - but this time we have only the mushroom shapes in mind.

6 T butter	2 t baking soda
3/4 c sugar	1 1/2 t cinnamon
3 large eggs	3/4 t ginger
1/3 - 1/2 c sour cream	1/2 t allspice
1 c honey	1/2 t nutmeg
6 c flour	1 1/2 t grated lemon peel

Icing:

4 c confectioners' sugar
1/2 c water (plus)
2 - 3 T lemon juice
2 1/2 T cocoa

1. Cream butter and sugar. Add eggs, one at a time, mixing well. Stir in sour cream and honey.

2. Sift together flour and the spices; add lemon peel. Add dry ingredients in small amounts to the honey mixture, mixing thoroughly to form a soft dough. Chill until easy to handle, about 1 hour.

3. Pinch off walnut-size pieces of dough and form balls for the mushroom "caps". Dip finger in flour and press an indentation in the caps. With indentation side down, place on ungreased cookie sheets.

4. Roll out mushroom "stems", pointing one end slightly and squaring the other. Make an equal number of caps and stems, varying size of stems from 1 - 1/2-inch in length and 3/8 to 1/2-inch in diameter; curve some stems for variety and a more natural look.

5. Bake in a preheated oven at 375 degrees 10 - 12 minutes, or until firm to the touch. Use handle of a wooden spoon to reopen indentations in the caps. Remove to rack and cool before assembling.

6. Prepare the Icing: Combine sugar with water and lemon juice to make a thin icing. Coat stems by

MUSHROOM COOKIES

(Continued)

dipping into icing. Carefully insert pointed end into indentation in mushroom caps. Place upside down and allow to dry.

7. Meanwhile add cocoa to remaining icing; mix well, if necessary thin with hot water or lemon juice, adding a teaspoon at a time. When stems are dry, carefully coat caps with the cocoa icing, using a small spatula.

8. When completely dry, arrange the mushrooms in a basket by themselves or place in clusters between other Christmas cookies or pastries. They taste great and double as a successful decoration as well.

HORN COOKIES

5 oz. butter (1 stick plus 1 T)
1 1/4 c flour
2 eggs, separated
1 small cake compressed yeast
3/4 c milk (approximately) at room temperature
dash of salt
jam for filling (rose petal preserves or other)

1. Cut the cold butter into the flour until it resembles coarse meal. Crumble yeast over the milk.

2. Then add to the flour the sugar, dash of salt, two egg yolks and the yeast. Assemble into a ball of dough. Roll the dough three times as for flaky pastry: fold the rolled out dough into an envelope, and roll out again; repeat two more times. Fold again, wrap or cover the dough and chill for one hour.

3. Roll parts of the dough 1/8-inch thick, cut into 1 1/2 - 2 inch squares, place about 1/2 t jam in the center and roll on the diagonal into small horns. Pull points into horn shapes.

HORN COOKIES

(Continued)

4. Beat the two egg whites until frothy. Baste the horns with the egg white, sprinkle with coarse sugar and bake at 375 - 400 degrees for 12 to 15 minutes or until done.

JAM DAINTIES

2 c flour
2/3 c sugar
1 c butter
2 1/2 c ground almonds or hazelnuts
2 eggs, beaten
2/3 c jam or preserves

1. Sift the flour into a mixing bowl, add the sugar and cut in the butter until the mixture becomes crumbly.

2. Stir in the almonds and mix to a firm dough with the eggs. Knead lightly then roll out thinly.

3. Cut into rounds with a 1 1/2 - 2 inch cutter. Remove the centers from half the rounds with a smaller cutter or a thimble (dip in flour before cutting out).

4. Place the cookies on greased baking sheets, allowing a little room to spread. Bake in a 350 degree oven for 12 to 15 minutes until golden. Cool on wire racks.

5. When cool spread the rounds with jam and place a ring cookie on top. When cherry preserves are used place a whole cherry in the center. A little extra almonds or nuts may be sprinkled in the center of each cookie. Makes about 40 double cookies.

WALNUT COOKIES OR HORNS

dough:

2 1/2 c flour
1 c (2 sticks) butter -unsalted
3/4 cube yeast, crumbled
3 egg yolks
1/2 c sour cream
lemon peel

filling:

1 lb. walnuts, finely ground
1 1/4 c confectioner's sugar
1/4 - 1/2 c milk
almond extract to taste

1. Cut the cold butter into the flour until it resembles a coarse meal.
2. Mix the egg yolks with the sour cream and yeast; add to the flour. Combine into a smooth dough by kneading lightly. Refrigerate at least 2 hours.
3. Prepare the filling by putting all filling ingredients into a bowl and combining them with a spoon. Do not add all the milk at once.
4. Roll parts of the cold dough thin. Form cookies or horns: for cookies cut strips of dough about 2 inches wide, place filling along the center and fold the edges to the middle. Cut in desired length, about 1 1/2 to 2 inches. For horns cut triangles or circles of dough fill with a teaspoon of the filling.
5. Brush the cookies with a beaten egg and sprinkle with sugar.
6. Preheat oven to 375 degrees. Then lower temperature to 350 degrees and bake for about 20 minutes. Makes 2 dozen cookies.

"PYRIZHKY" WITH ALMOND FILLING

5 oz. butter (1 stick plus 1T)
1 1/4 c flour
6 egg yolks, hard boiled
6 eggs, separated
1/2 c sugar
1 c ground almonds (a generous cup)
1/2 t almond extract
3 - 4 T flour
1 beaten egg, sugar

1. Cut butter into flour until it resembles a coarse meal. Sieve the hard boiled egg yolks over the flour mixture and combine quickly into a ball of dough. Divide the dough into 40 equal parts and form those into small balls. Chill well or overnight.

2. Prepare the filling: Beat egg yolks and sugar until light and fluffy, add the almonds, the flavoring and the flour. Combine well. Fold in the stiffly beaten egg whites.

3. Prepare cookie sheets: butter, cover with wax or parchment paper and butter again. Roll the dough balls into thin circles, place a teaspoon or more of filling in center, fold the cookie into a half circle and pinch the cookie together around the curved side with fingers or fork prongs.

4. Baste with beaten egg and sprinkle with sugar. Bake at 375 degrees for about 15 - 20 minutes. Taste for doneness. Makes 40 delicious little pastries.

APPLE-APRICOT SHEET CAKE

1 1/2 c butter	1 t vanilla
1/2 c sugar	3 lbs. fruits (2 1/2 lbs.
4 c flour	apples & 1/2 lb. dried
2 T sour cream	apricots)
1 t baking powder	granulated sugar
	bread crumbs

APPLE-APRICOT SHEET CAKE

(Continued)

1. Cream butter and sugar. Add next four ingredients and combine into a soft dough. Divide the dough into two equal parts. Chill slightly for easier handling.
2. Preparation of fruit: Peel, core and slice the apples. Rinse apricots with boiling water, drain, and let stand in the colander until cooled. Apricots may be cut into strips or used as they are.
3. Grease and sprinkle with bread crumbs a 9 x 13 inch baking pan. Roll out one part of dough and fit into pan. Sprinkle lightly with bread crumbs and cover with apples and apricots. Cover with the other half of the dough.
4. Bake 40 to 45 minutes at 350 degrees.

LAYERED SHEET CAKE

First layer

1/2 lb. butter or margarine
4 T sugar
4 egg yolks
2 T sour cream
3 T vinegar
3 t baking powder
lemon peel from 1 lemon
2 1/2 c flour
32 oz. jar apricot preserves

1. Cream butter and sugar. Add the remaining ingredients, EXCEPT the preserves and combine quickly.
2. Roll out and press on a 17 x 14 pan. Spread the apricot preserves on top of the dough.

Second layer

4 egg yolks
4 T confectioners' sugar
1 c walnut meal

LAYERED SHEET CAKE

(Continued)

Second layer

2 T bread crumbs
4 egg whites
2 T confectioners' sugar

1. Beat the egg yolks and 4 T confectioners' sugar until light and fluffy.
2. Add the walnut meal and the bread crumbs to the eggs.
3. In a separate bowl beat egg whites with 2 T of confectioners' sugar until stiff. Gently fold egg whites into the egg yolk mixture.
4. Spread on the apricot preserves and bake 30 minutes at 350 degrees. Cool.

Icing

2 c confectioners' sugar
1/4 c milk
1/2 c butter
1/2 fluid ounce rum extract

1. In a saucepan bring sugar and milk to a boil and set aside. Add butter and rum extract and combine well.
2. Spread icing on top of the cake. Cut into very small squares.

APRICOT NUT BARS

2/3 c milk
1 small cake of yeast
1 T sugar
3 c flour
1/2 lb. butter or margarine
6 egg yolks, beaten
2 1-lb. jars apricot preserves
1/2 to 3/4 lb. ground walnuts, mixed with 3/4 c sugar

APRICOT NUT BARS

(Continued)

Glaze

- 1 1/2 c sugar
- 1/4 c cocoa
- 3/4 stick sweet butter
- 3 T milk
- 1/2 t vanilla

1. Dissolve yeast and sugar in lukewarm milk, and set aside.
2. Mix flour and margarine, as for pie dough. Add the yeast mixture, egg yolks, mix well and shape into three balls.
3. Roll out ball #1 on floured board to fit an 11 by 18 inch ungreased cookie sheet. Spread one jar of apricot preserves. Sprinkle 1/2 of the nut mixture over the preserves.
4. Roll out ball #2 and place over the first layer. Spread the second layer with apricot preserves and sprinkle remaining nuts over the preserves.
5. Roll out ball #3 and place over the preserves. let rise in a warm place for about one hour.
6. Bake at 350 degrees for 35 to 45 minutes or until golden brown. Cool thoroughly.

Glaze:

1. Sift sugar with cocoa. Cream butter until fluffy and add to it the sugar-cocoa mixture alternating with milk; beat well. Stir in vanilla.
2. Put the frosting into a saucepan and place over very low heat, stirring constantly until frosting is dark and glossy. About 3 to 5 minutes.
3. Spread the frosting on the sheet cake immediately; if too thick, add a little milk.
4. To serve, cut the sheet cake into bars.

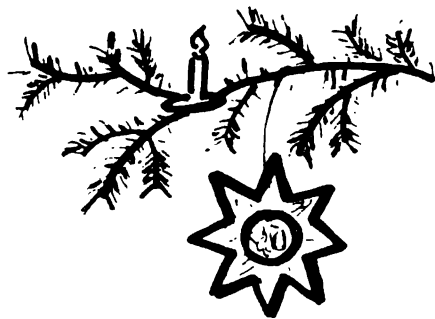
APPLE PIE

5 c flour
1 c butter or margarine
3/4 c confectioners' sugar
grated peel of 1 lemon
4 cooked egg yolks
1 raw egg
2 lbs. tart apples
cinnamon
vanilla
grated orange peel
3 T confectioners' sugar

1. Press the cooked egg yolks through a sieve and cream with butter.
2. Sift flour onto a board and make a well in the middle. Add the butter, the whole egg, the sifted confectioners' sugar, grated lemon peel and cut with a long knife until mixture forms into a dough. A little milk may be added to achieve a smooth dough. Cover and refrigerate 15 minutes.
3. Preheat oven to 350 degrees. Divide dough into two equal parts. Roll out one part and fit into a prepared 9 x 13 inch pan, prick with a fork, bake 10 minutes and let cool completely.
4. Divide the peeled apples into eighths or smaller pieces if apples are large. Put apples into the baked shell, sprinkle with confectioners' sugar and flavorings, cover with the other half of the rolled out dough. Seal the edges, prick again with a fork to let the steam escape and bake for about 1/2 an hour or longer. When cool, sprinkle top of the pie with sifted confectioners' sugar.



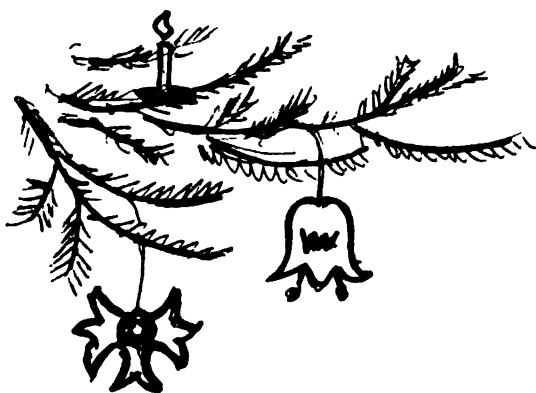
Christmas Tree Ornaments



The Christmas tree is one of the most beautiful and expressive Christmas symbols. The decoration of a tree, reflecting almost always national and regional traditions, is a delight for all members of the family.

Hand made Christmas tree ornaments are an important part of a traditional Ukrainian Christmas. From simple materials, carefully gathered through months, and ingenuity of all the family members, beautiful and unique ornaments can be made. It is also a pleasant pastime for both adults and children and the old saying "practice makes perfect" surely will be understood anew.

We hope that this small chapter will give you and your family enjoyment and will help revive a very special Christmas tradition.

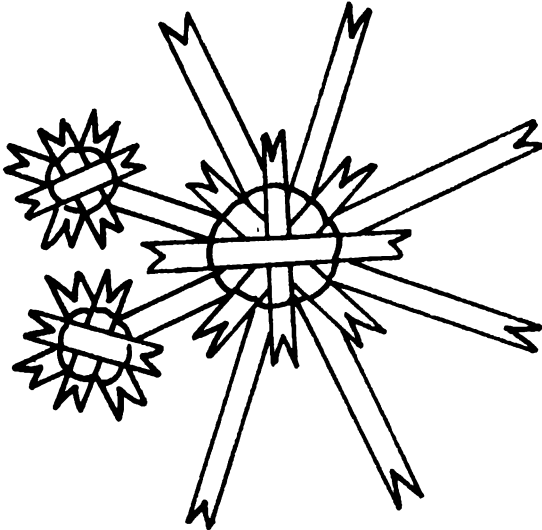


STRAW STAR

The straw for this ornament has to be flattened. If natural straw is unavailable it may be substituted with paper drinking straws in white, yellow or yellow-gold. For each star are needed:

- 4 straw pieces - 5 1/2 inch long
- 4 straw pieces - 2 1/2 inch long
- 24 straw pieces - 1 1/2 inch long
- embroidery thread

1. Arrange the four 5 1/2-inch straws in a double cross and do the same with the four 2 1/2-inch pieces. Hold together with a straight pin for easier handling. Position the shorter star atop the longer one so that the short arms lie between the long ones.
2. With a contrasting color of thread weave twice around the center; tie ends securely and trim closely.
3. Form star with three of the 1 1/2-inch pieces, position it about 2 1/8-inches from center on a long arm, and weave again together.
4. Complete in this way the remaining seven arms.
5. With very sharp scissors cut out pointed wedges from all the star ends. Attach a thread loop for hanging.



Note:

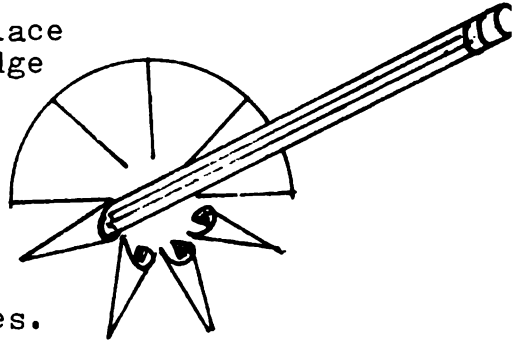
This star, in a larger version, may be used for the top of the tree. Use then the following lengths of straw pieces: 8-inch, 3-inch and 1 3/4-inch or adapt the size proportionately to your tree.

PORCUPINES

Tissue paper, white or colored, e.g. yellow
glue
needle and thread
sharpened pencil

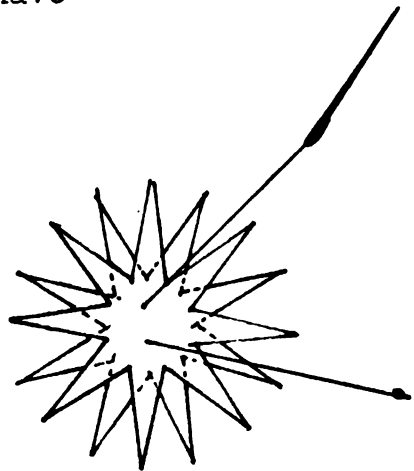
1. Cut 14 circles of tissue paper of one color, 3 1/2 or 4-inch in diameter. Cut each circle evenly into eight segments to within about 1/2-inch to the center.

2. Using a sharpened pencil place it pointing toward the outer edge of a circle segment and roll the paper around the pencil into a sharp and neat looking point. With a toothpick apply a minute amount of glue to the edge of the flap and carefully remove the pencil. Proceed to form the remaining cones.



The rolling and glueing of cones requires some practice, but after trying a few circles you will get the feeling of how tightly to roll around the pencil: the cone has to be pointy and elongated, but you should still be able to remove the pencil with ease. Therefore use the glue sparingly.

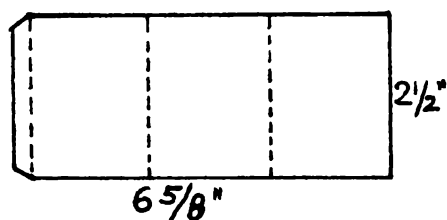
3. After all the 14 circles are completed in the above manner, you are ready to put them together: make two stacks of circles by placing them in such a way that the cones do not lie on top of each other but between the cones of the circle beneath. Place the stacks back to back together. Have a long needle and strong thread ready: push the needle through the whole thickness of circles slightly off center, leaving a long end of the thread loose, and back again. Remove the needle and very carefully tie the thread ends into a tight double knot and the loose ends into a loop for hanging. Now you have an attractive, multi-pointed ball or porcupine.



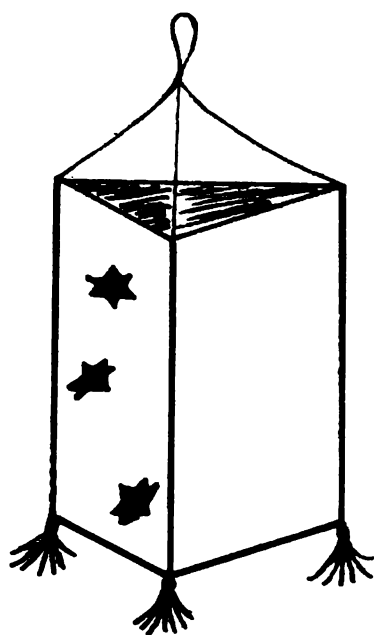
LANTERN

Heavy foil covered paper
silver or gold thread
or embroidery floss
glue
little stars and Christmas scenes' cut-outs

1. From foil paper (or construction paper) cut out a rectangle as shown in the diagram: make sharp creases on dotted lines.



2. Decorate the three sides of the "lantern" with little stars, angel heads, Nativity scenes (look through old Christmas cards for ideas and supply of small suitable decorations). Glue the decorations to the sides and let dry.
3. Bring the small sides of the rectangle together, put some glue on the flap and form into a three cornered cylinder. Let dry and meanwhile make the tassels.
4. From silver or gold thread or embroidery floss make 3 tassels; attach them with a thread and needle to the bottom corners of the lantern. Start with $1\frac{1}{2}$ -inch long tassels and trim to desired length.
5. Cut three 4-inch long threads, sew or glue them to the upper corners of the lantern and tie in a bow for hanging.

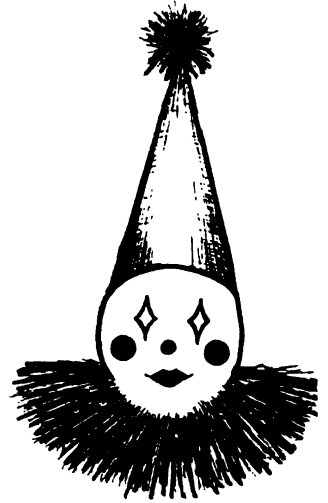


EGGSHELL CLOWNS

Children's favorite.

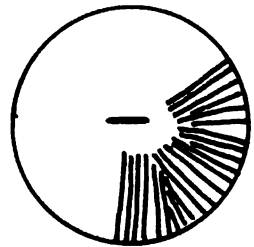
Large white eggshells
white and colored tissue paper
glue
staples and thread

1. Use large white eggs. Punch a hole in both ends with a pin. Blow the egg into a cup (and use for cooking or baking). Wash out the shells and allow to dry thoroughly. Start collecting these eggshells well ahead of the season (think of Christmas decorations while making scrambled eggs). These eggshells will be the clowns' heads.



2. Start with the clown's hat: from a double thickness of colored tissue paper cut a 6-inch circle; cut the circle in half and form a cone-shaped hat to fit around the smaller end of the egg. Glue the seam and then glue the hat to the eggshell.

3. For the clown's collar: cut 3 3/4-inch circles from white and colored tissue paper, the same you used for the hat. Cut 7 circles of each. Stack the circles by alternating the colors. Staple in the middle. With sharp scissors cut a 1 1/2-inch fringe all around the circle, shake out to make the fringe look fluffy. The collar looks most attractive when the fringe is cut as closely as possible. Now put some glue in the middle of the collar and fasten it to the bottom of the eggshell. Let dry and meanwhile prepare the tassel.



4. Cut several white and colored strips of tissue paper, 4-inches long and 1/2-inch wide. Stack together and fold in half across. Make a fringe by cutting to within a 1/2-inch. From the long side roll up the uncut end tightly. Snip off the tip of the hat and insert into the opening the rolled up end of tassel. Secure with a thread and tie a long loop for hanging.

EGGSHELL PITCHER I

Empty egg shells, use elongated eggs construction paper or other pliable paper, felt pens or magic markers.

1. Empty eggs by following Step 1 for the Eggshell Clown.
2. Shells can be dyed, decorated with a design suitable for pottery or left plain white.
3. Depending on Step 2, choose a coordinating color in paper. For each pitcher cut out one rectangle 4 by 2 $\frac{3}{4}$ -inches. Cut out from the longer side a small rectangle, 1 $\frac{1}{2}$ by 1-inch. Then cut a $\frac{1}{8}$ inch fringe.
4. Make a design on the uncut part of the rectangle. Glue the opposite ends of the rectangle together to make a spout, then glue fringe down on the eggshell.



5. Cut a strip of paper 5 by $\frac{1}{4}$ -inch for the spout handle. Glue it to the top of the spout and to the eggshell. Cut a very narrow strip of paper, about 2 x 2 $\frac{1}{2}$ -inches by $\frac{1}{8}$ -inch, glue it into a circle and attach with glue to the bottom of the eggshell to form a base.

EGGSHELL PITCHER II

1. Step 1 as in the preceeding instructions. Use more rounded eggs.
2. From green or brown construction paper cut three strips: for the base of the pitcher (a long strip about $\frac{1}{4}$ -inch wide), for the handle, and a $\frac{1}{2}$ -inch strip for the spout. The length of the strips depends on the size of the eggshell.

EGGSHELL PITCHER II

(Continued)

3. With small scissors cut floral design from red, yellow and green construction paper. Glue to the eggshell. Attach a narrow base. Cut a 1/2-inch strip for the spout by rounding the edges to make a curved spout. Glue handle on the inside of the spout and on the eggshell. Attach a thread to the handle for hanging.

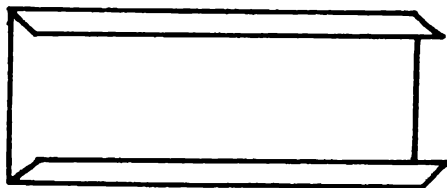


PAPER PITCHER

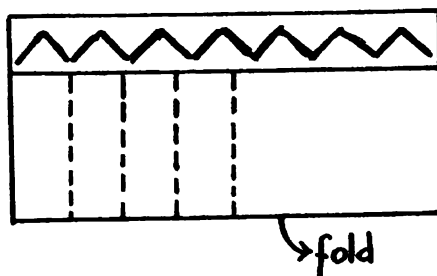
Construction paper
or foil covered art paper
glue
colored felt pens or pencils

1. From desired paper cut a rectangle, 4 x 3/4-inch for the pitcher and a strip 4 1/2 x 3/8-inch for the handle.

2. Make a 1/2-inch crease towards the middle on each long side of the rectangle. Decorate the inside of the fold with a design suitable for pottery. If foil covered paper is used, cut strips and other designs from different colored paper and glue to the border.

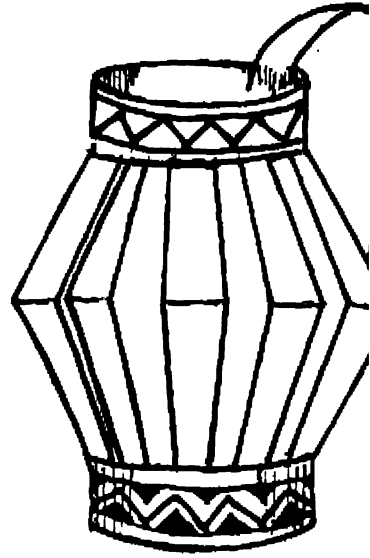


3. Fold the rectangle lengthwise in half, with the decorated borders on the outside and make a center crease. From the center crease towards the decorated border cut strips 5/16-inch wide.



PAPER PITCHER (Cont.)

4. Open the rectangle and bring the small ends together to form the pitcher; glue the opposite border ends together. Attach the handle strip.



STAR

This version of the popular star ornament is easy to assemble and is good looking even when made from paper drinking straws.

Paper drinking straws (white, gold-yellow or orange)

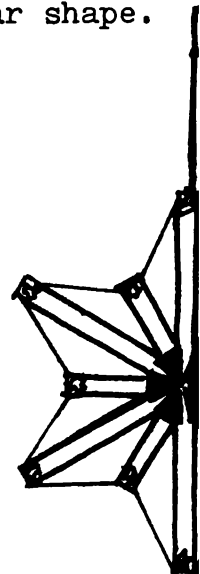
silver or gold thread

tiny star sequins

1-inch paper stars or other shiny paper decorations

1. For each star: cut six 2 1/2-inch straw pieces and six 1 1/4-inch straw pieces. With a needle thread or very thin wire assemble the straw pieces into a star by threading 1/8-inch from the end and short straw pieces alternately. Tie into a knot and spread the straws into a star shape.

2. To outline the star shape, thread a needle with a 22-inch long silver or gold thread, tie a knot at one end of the thread and guide the needle through the outer ends of the straw pieces, approximately 1/8-inch from the points, connecting with the thread the long and short points. Make a loop for hanging from the remaining thread.



STAR

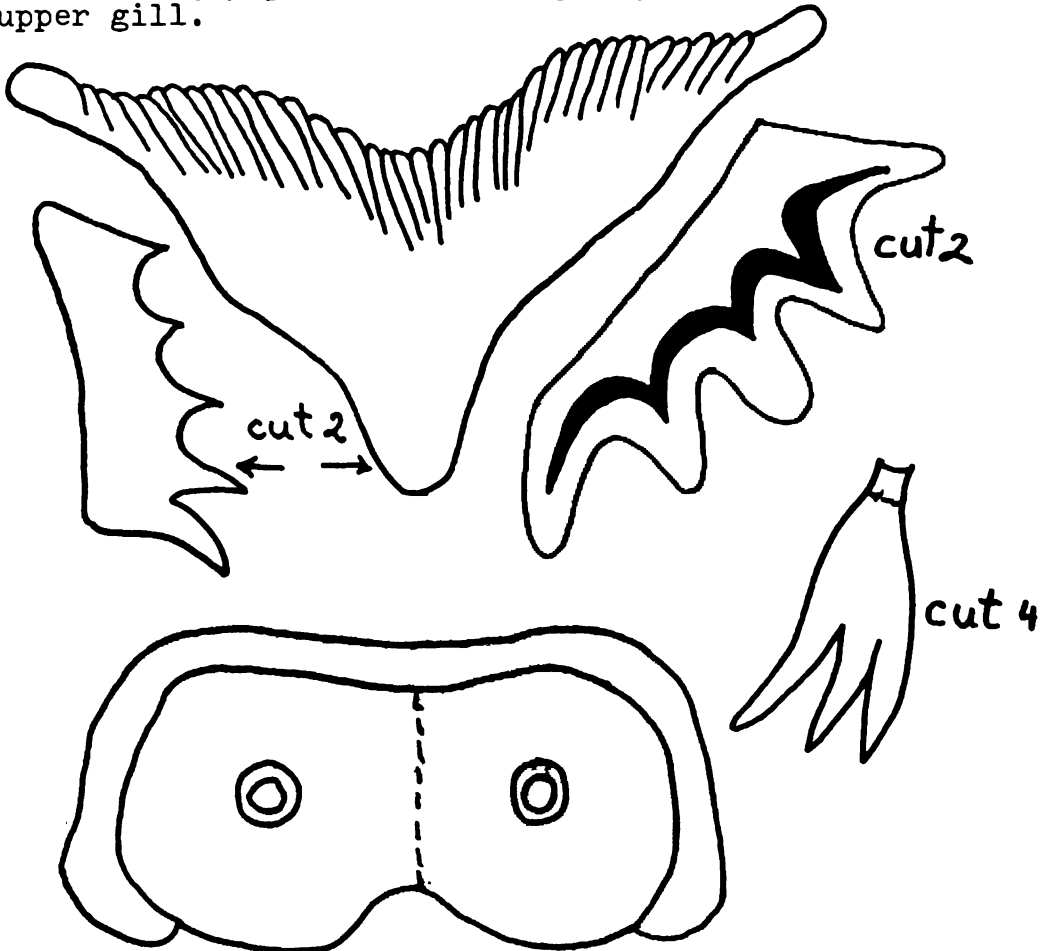
(Continued)

3. Now decorate the star points with tiny sequin stars; attach the sequins on both sides - you will need 24 of those. Attach in the center, on both sides, a larger paper or sequin star or other suitable paper ornament.

FISH (the symbol of Christ)

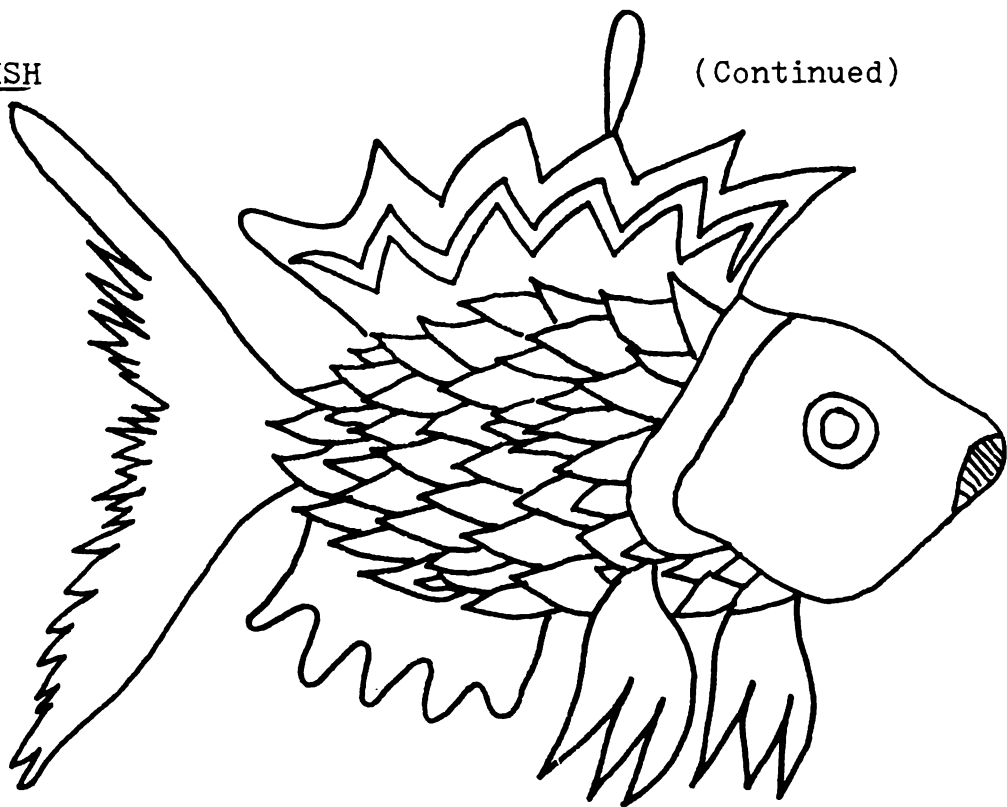
Oblong pine cones, about 3 1/2-inches long
foil covered gift wrap paper in bright color
glue

1. Following the patterns below cut from the paper the fish tail and gills. Cut the head. Fold the head pattern on dotted line and glue on eyes from contrasting paper. Make a zig-zag design on the upper gill.



FISH

(Continued)



3. Position the various parts on the pine cone and glue in place. Let dry thoroughly.

PAPER STAR

Tissue paper, white or colored
glue
thread

1. Cut eight 3-inch squares of tissue paper. Fold the squares in half on the diagonal to form triangles.

2. Starting at the folded edge of the triangle make a neat $\frac{1}{8}$ -inch fold, turn the triangle over and fold again, continue until the whole triangle is folded accordion fashion but do not unfold the tightly pleated triangle. Proceed in the same manner with the remaining seven.

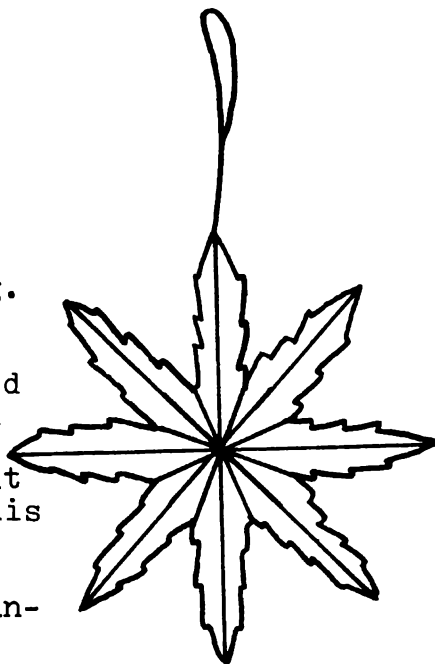
3. Fold the pleated triangles in half, the long smooth part inside and glue together. The pleats will

PAPER STAR

(Continued)

fan out. Into one of the segments (before they are glued together) insert a looped thread for hanging.

4. Assemble the fans into a star by applying some glue to the folded section nearest to the center fold and attach a second fan section. Proceed in a circle until all eight fan sections are put together. This is an easy project but requires exact measuring, neat folding and precise assembling of the eight fan-like sections.



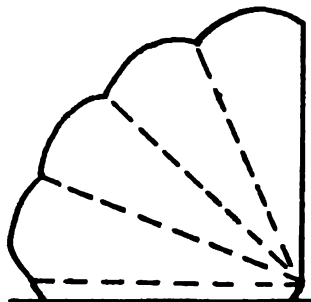
5. A small silver or gold star, or a little angel head may be glued in the center where all the fans meet.

SURPRISE CONES

Heavy foil paper or gift wrap paper
tissue paper
candy or chocolates
heavy thread for hanging
glue and staples

1. Draw on foil a circle with a 4-inch radius. Use $\frac{1}{4}$ of the circle for each cone. Crease on dotted lines and cut scallops as shown.

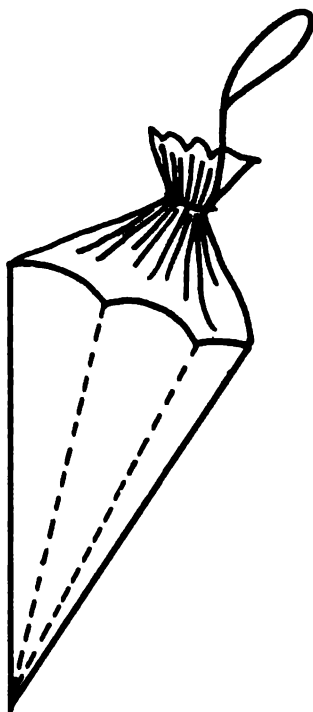
2. From tissue paper cut a wide strip and long enough to fit around the scalloped edge of the cone. Glue the tissue paper to the back side of scalloped edge. Trim as needed. Glue the flap to the side of the cone and fasten the tissue paper.



SURPRISE CONES

(Continued)

3. Fill the cone with favorite candies, preferably home made, and tie an attractive string around the tissue collar, about 1/2-inch from top. Tie the string into a loop for hanging.



CHAINS

Chains are a fun family project and they really give a tree that finished look. Here are two attractive examples.

Tissue paper in desired colors or white
straw
beads - optional
construction paper in assorted colors
glue
thread and needle

Flower chain:

1. From tissue paper in desired color, (or all white which looks great with natural straw) cut a big supply of 1 1/4-inch circles. Cut each circle into 4 sections and with a scissors' cutting edge curl the section into petals: place each small circle between thumb and fingers and then move the scissors' edge from inside out over each edge of the petal - this will cause the cut segments to curl. Use the "family assembly line" for this project.

2. Use natural straw, which is empty inside. Cut straw into 1 1/2 to 2-inch lengths - again you will need a generous supply.

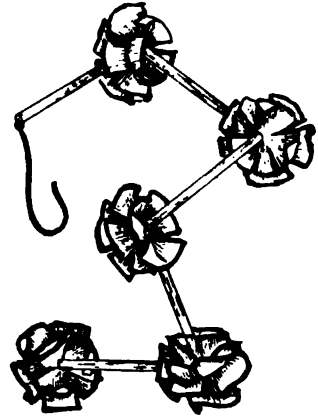
3. Thread a needle with a strong and long thread;

CHAINS

(Continued)

assemble the chain as follows: start stringing with a straw piece, then a "flower" (which is two petal circles back to back with one plain but sectioned circle in the middle), and again a straw piece....until you have the desired length for your tree. Do not attempt to make a "mile" long chain - it works better to make several chain lengths.

4. If you like glitter on your tree, you can glamorize this chain by stringing it as follows: straw piece... small silver or gold glass bead...tissue flower...silver or gold bead...straw piece...etc.



Construction paper chain:

This definitely is a project for the smaller members of the family, although some help with the cutting may be required.

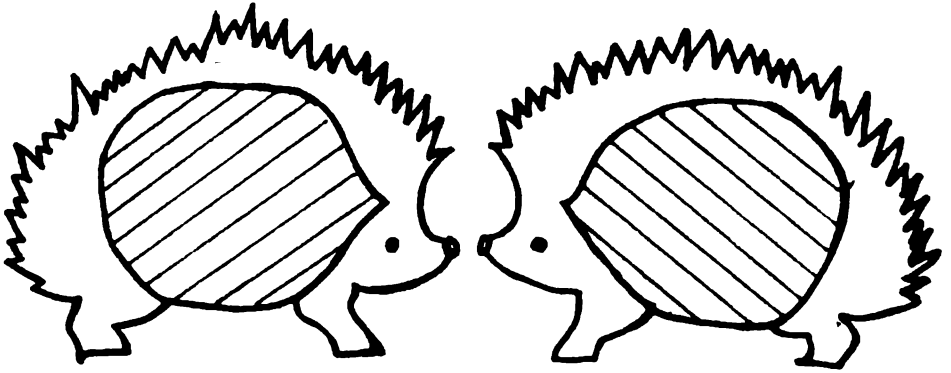
1. Cut a large supply of strips from multicolored construction paper, about 4 1/2 to 5-inches long and 1/2-inch wide.

2. Glue one strip into a loop, insert a second strip into the loop and glue ends by overlapping them; continue until enough chain is made. Mix color strips. This is a very simple, universal chain but still very attractive.

WALNUT PORCUPINE

Walnut shells
heavy foil covered paper
glue
thread for hanging

1. Collect well shaped walnut shell halves.
2. From heavy paper cut for each porcupine two shapes as shown in diagram:



3. With glue attach the walnut halves as shown above. Let dry well. Make four tiny black circles for eyes and nose.
4. Cut a 6-inch long thread for hanging the porcupine. Fold it in half and fasten with glue to the back side of one of the porcupine halves.
5. Assemble the porcupine by glueing the two halves together.

Note:

Depending on the color of paper used, the walnut shells may be sprayed gold, silver or left natural.

TISSUE WRAPPED CANDY

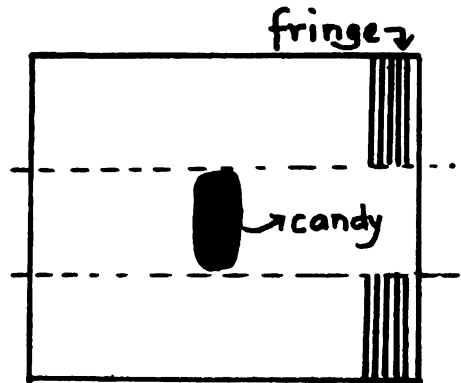
There are some ornaments for nibbling:

Oblong hard candy
tissue paper (white or other color)
silver, gold or other foil

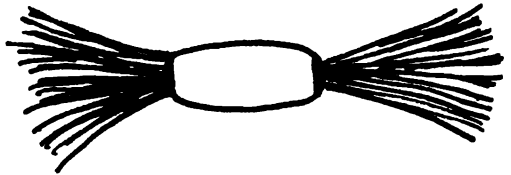
1. From three to four thicknesses of tissue paper (one color or white, layered with yellow, orange, etc.) cut a 6-inch square.

2. Place the candy in the middle of the paper; mark with a pencil across the paper the two position lines. Cut a fine fringe on both ends, almost to the pencil line.

3. Place the candy at one edge and roll up tightly. Twist the paper around the ends of the candy. If necessary tie with a thread and at one end tie the thread into a loop for hanging. Fluff the fringe.



4. Wrap a small rectangle of foil around the candy and twist it at the ends.



GILDED WALNUTS

Walnuts
gold spray
toothpicks
thread

1. Gild walnuts or leave plain.

2. Insert into the seam at the broader end of the walnut half a toothpick. Tie around it a thread for hanging.

APPLES

Choose small to medium size red apples with stems. Otherwise improvise stems with toothpicks as with the walnuts. Tie a thread around the stem for hanging.

COOKIES

See chapter on Cookies on p.146 "Honey cookies for the tree"



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