

TRADITIONAL UKRAINIAN COOKERY



by Savella Stechishin.

*Traditional
Ukrainian Cookery*

by

SAVELLA STECHISHIN

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DEDICATION

To the Ukrainian Canadian women
on the sixty-fifth anniversary of the
Ukrainian settlement in Canada — the
women who treasured and practised the
rich traditions of their homeland and
thereby preserved them for posterity in
this fair and free land of their choice.



Savella Stechishin

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S. S.

INTRODUCTION

During the many centuries of their existence, the Ukrainians have developed their own distinctive cookery. A thousand years ago Ukraine was one of the leading commercial and cultural centres of Europe, rivalling even Constantinople. This period of glorious prosperity exerted its influence on cookery in different ways, one of which was the introduction of exotic food products from the eastern and southern countries. A close contact with western Europe through royal marriages, diplomatic relations, and foreign travels led to a mutual exchange of culinary arts. Some of the Ukrainian culinary specialties trickled into various countries, often under changed names; conversely, foreign dishes found a ready adaptation in Ukraine. But like their age-old songs, dances, and rich folk art, Ukrainian cookery has retained its originality and a distinctive character of its own.

In Ukraine, cooking is considered an art. Great emphasis is always placed on the palatability of food. A good Ukrainian cook knows how to retain the natural flavor of food and how to bring out its dominant character in various combinations. Ukrainian dishes are neither highly spiced nor bland — they are subtle and pleasing, having their own indefinable qualities. This culinary skill is passed from mother to daughter as an essential part of her preparation for marriage.

Ukrainian Canadians have brought with them from their native land a wealth of their culture with truly priceless treasures of a tangible character as well as intangible spiritual values. Their music, choral performances, poetry, folk art, dances, and rituals are cherished by them. In a similar manner their enthusiasm for their own native dishes never wanes. With the rapid process of assimilation and

integration of recent years, it has become necessary to make a compilation of these treasured native recipes in the English language and to make them readily accessible to those who have lost their mother tongue.

This book, the first of its kind in Canada, is an attempt to preserve for posterity the Ukrainian way of cooking. It is based largely on a number of selected recipes from various Ukrainian cookbooks published in Western Ukraine before the Second World War. Several recipes have been kindly contributed by a representative group of Ukrainian Canadian homemakers. Many of the old country recipes were not adaptable to Canadian use in their original form. Modernizing these recipes involved the laborious task of changing the European weights and measurements to the standard measuring equipment used in Canada. These modified recipes had to be tested and retested. Many friends and members of the Ukrainian Women's Association of Canada willingly coöperated in the performance of this task.

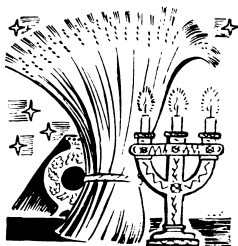
The style of this book departs somewhat from the standard way of writing a cookbook. Along with the old-world recipes brought up-to-date, there is a brief portrayal of a way of life of the Ukrainian people, giving a chronicle of customs, traditions and ceremonies. It has been compiled for the benefit of the Canadian-born Ukrainians who often ask for information about the background of their ancestors.

In this book there is a variety of tempting and fascinating dishes that will suggest new adventures in cookery to many Canadian homemakers.

S. S.

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GENERAL INFORMATION

(1) All recipes in this book are based on standard measurements. A cup refers not to a tea cup but to a standard measuring cup, the equivalent of 16 standard tablespoons. All measurements are level.

(2) The following measuring equipment is desirable:

- (a) A set of graduated measuring spoons, ranging in size from $\frac{1}{4}$ teaspoon to 1 tablespoon.
- (b) A graduated standard measuring cup. This will simplify measuring fractions of a cup.
- (c) A pint measure.

(3) When a recipe calls for flour, use all-purpose flour unless specified otherwise.

(4) When a recipe calls for sugar, use granulated sugar unless specified otherwise.

(5) Correct oven temperatures are important to assure success. See temperature chart on page 325.

(6) Equivalent measurements:

- 3 teaspoons = 1 tablespoon
- 4 tablespoons = $\frac{1}{4}$ cup
- 16 tablespoons = 1 cup
- 2 cups = 1 pint
- 2 pints = 1 quart
- 4 quarts = 1 gallon
- 16 ounces = 1 pound.

(7) Common food equivalents (page 479).



WHO ARE THE UKRAINIANS?

Ukrainians are a nation of about 45,000,000 people, living in a country called Ukraine which lies in a strategic position along the north shore of the Black Sea between the Carpathian Mountains and the Caucasus, reaching the Pripet Marshes on the north. They inhabit the same territory which their ancestors have held since they first settled the area. Ukraine is one of the largest and wealthiest countries of Europe. This wealth has been both a blessing to the Ukrainian people and, at the same time, a curse. Through the centuries it has attracted the covetous gaze of their predatory neighbors.

Ukrainians are of the Indo-European origin, belonging ethnologically to the Southern Slavs. They have their own separate and distinct language and literature, their own culture, and their own history that covers a period of more than a thousand years. Misinformed persons often identify the Ukrainians with the Russians. These two nations differ racially, culturally, and historically.

In the 9th century a strong Ukrainian State was formed, called Kievan-Rus with Kiev as its capital. Under its capable monarchs Kievan-Rus flourished in prosperity and culture, becoming one of the leading states in Europe.

After centuries of freedom and self-rule, Ukraine, weakened by Tatar invasions, fell an easy prey to Poland. In 1654 Ukraine entered into treaty relations with Russia. By this agreement, Ukraine expected to receive aid from Russia in the struggle against Poland. Russia, however, violated the treaty. Its strength sapped by constant warfare, Ukraine was subjugated by Russia. In 1918 Ukraine was proclaimed an independent republic, but, having no allies, it was again overrun by its enemies in 1920. The major part of it fell into the hands of Russia, while the remaining western portion was partitioned among Poland, Rumania, and Czechoslovakia. After the Second World War, Russia occupied the entire Ukrainian territory. Today, Ukraine is

the largest single European country behind the Iron Curtain.

There are about 500,000 Ukrainians in Canada. They found freedom and friendliness in the new land of their choice of which they are justly proud. It is **their new homeland** and **their future** is bound inextricably with the future of Canada.



CHRISTMAS, NEW YEAR, AND JORDAN HOLIDAYS

Among the Ukrainians, wherever they may be, the most beloved of all festivities is Christmas which covers a cycle of important feast days, ending with the Jordan (Epiphany) holidays on January 20. Christmas Eve, centering around family and agricultural modes of life, is very colorful, being the most important part of Christmas. Its main feature is the evening meal called "Holy Supper" (Svyata Vechera) in literal translation. According to custom, all members of the family should be home that night for a family reunion.

The supper on Holy Night differs from other evening meals, having twelve Lenten dishes, symbolic of the twelve Apostles who gathered at the Last Supper. The dishes are prepared with a vegetable shortening or cooking oil, omitting all animal fat, milk, and milk products because Christmas is preceded by a period of fast which ends on Christmas Day after midnight or morning church service. The day of the Christmas Eve is a strict fast in commemoration of the hardships endured by Mother Mary enroute to Bethlehem.

The table, set according to time-honored custom, is first strewn with a small handful of fine hay in memory of the Christ Child in a manger, and over it is spread the very best tablecloth adorned with native embroidery. Bread (kalach), symbolizing prosperity, constitutes the central table decoration. Three round, braided loaves are placed one on top of the other with a candle inserted into the top loaf, and the bottom loaf encircled with tiny twigs of evergreen. Candles on both sides of the loaves complete the table decoration. If a member of the family has died during the year, a place is set for him in the belief that the spirit of the deceased unites with the family on that magic Holy Night. A lighted candle is always placed in the window as an invitation



to any homeless stranger, or perchance a lost soul, to join the family in celebrating the birth of Christ.

Prior to the evening meal a spoonful of each dish is mixed into the feed of the domestic animals, because animals were the first creatures to behold the new-born Christ.

The first star in the eastern sky announces the time for the commencement of the meal. It is the children's duty to watch for the star. Each member of the family, dressed in holiday attire, awaits the customary ritual opening. This is done by the master of the household who brings a sheaf of wheat called "did" or "didukh" (grandfather), a symbol of the gathering together of the clan, and greets his family with traditional salutations, expressing joy that God has favored them with good health and general well-being. The sheaf is placed in the corner of the dining room, and remains there until New Year when it is taken out and burned. In the cities this tradition has been modified, and the sheaf is replaced with a few stalks of wheat which are placed in a vase, or they may be used as a table decoration.

Members of the family and servants gather around the table. The meal begins with the Lord's prayer and then a thanksgiving grace appropriate to the occasion. The first and indispensable dish is kutya, a preparation of cooked wheat dressed with honey, ground poppy seed, and sometimes chopped nuts. This ritual dish, of a very ancient origin, has survived hundreds of generations without losing its importance in the Christmas festivity. It starts the meal in

a ceremonial manner. The head of the family raises the first spoonful of the kutya, invoking God's grace, and greets the family with the traditional Christmas greeting: "Khrystos Rodyvsya!" (Christ is born), to which they all reply in unison: "Slavim Yoho!" (Let us glorify Him). Following this ritual everyone must partake of the kutya, if only but a spoonful. The exact meaning of kutya has been lost. However, scholars of folklore generally believe that originally it symbolized a spiritual clan unity of all living and deceased members. Agricultural prosperity may have been a secondary symbol.

Kutya may be followed with an appetizer of pickled herrings or pickled mushrooms, or with a serving of borsch, after which comes one or more preparations of fish and various other traditional dishes, ending with a dessert of stewed dried fruit, or fruit varenyky, and the Christmas pastries and nuts. Everyone must have at least a small serving of each dish.

After the solemn meal, the family joins in singing Christmas carols and general merry-making. There is no visiting on Christmas Eve with the exception of bringing Yuletide greetings and some of the supper dishes and pastries to the grandparents. It is strictly a family evening. There are many beliefs and superstitions connected with the Christmas Eve celebration which are no longer observed.

Soon after midnight, or at early dawn, the family attends a special Christmas service enriched with beautiful choral music. In the afternoon of the Christmas Day, continuing late into the night and through the following days, organized groups of carollers visit homes, singing ancient and modern carols, bringing traditional Yuletide greetings, and soliciting funds for worthy causes. This is the general modern practice wherever the Ukrainians may be. In the old

country carollers carry a large star of Bethlehem, or a miniature manger (wertep) with hand-carved wooden figures on it, or they may present short skits with members of the group dressed in appropriate costumes for their parts. There may be a heralding angel, the three kings, the shepherds, and perhaps a comical character for a touch of humor. This custom is not practised in Canada.

A comparatively recent adaptation in Canada is the Christmas tree and gift giving. In the Ukrainian tradition, St. Nicholas's Day on December 19 is the occasion for a richly adorned "yalynka" (Christmas tree) and gifts. This custom is still observed in the old country.

New Year is another feast rich in traditions which are gradually passing away in Canada. About the only custom that still remains is visiting homes by young children who bring New Year's greetings, recite verses, and then scatter a few grains of wheat or other seed over the floor as a symbol of good luck and general prosperity for the coming year.

The Feast of Jordan, which comes on January 19 and 20, brings the Christmas cycle to a close. The evening prior to this holy day is observed in the same 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 by St. John the Baptist. In Ukraine, this ceremony is held on a nearby river or a creek where a large cross of ice blocks is set up. Women carollers visit homes during these holidays, singing New Year carols (schedrivky), several of which have been translated into English, but the best known of them all 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 to ethnographers.



Suggested Dishes for Christmas Eve Supper

Where the recipes listed below call for animal fat or milk products, replace these ingredients with a vegetable shortening, or cooking oil.

Ritual Dish

Kutya (page 233)

Appetizers

Pickled Herrings in Milt Sauce (page 33)

Pickled Mushrooms (page 41, 476)

Entrées

Baked Stuffed Fish (page 148)

Jellied Stuffed Pike (page 149)

Fish in Aspic (page 150)

Fish Balls (page 151)

Herrings and Mushrooms in Sauce (page 157)

Holubtsi with Rice or Buckwheat

Varenyky with Potatoes or Sauerkraut

Beans with Prunes

Sauerkraut with Peas (page 261)

Baked Beets (page 244)

Piquant Beets (page 243)

Mushrooms in Sauce

Dessert

Varenyky with Prunes

Varenyky with Poppy Seed

Compote of Dried Fruit

Pastries

Pampushky, Medivnyk, Makivnyk, Chrusty, and other Christmas Pastries

(Sections: *Breads and Bread Pastries*, and *Cakes, Tortes, and Pastries*)



E A S T E R

In the life of the Ukrainians, the entire year constitutes one great cycle of holidays, enriched with charming customs, symbolisms, and ceremonies, many of which have come down from pre-Christian times. Prior to the introduction of Christianity into Ukraine, religious ceremonies of the Ukrainian ancestors were closely connected with calendar and seasonal activities. Each season had its own festivities accompanied by colorful rituals, singing, dancing, feasting, and general merry-making. The early Christianized Ukrainians, refusing to discard their ancient beliefs and traditions, fitted them aptly into the new Christian ideology, producing a rich blend of pagan and Christian elements. This is particularly true of the Easter customs.

Spring comes early in Ukraine. The jubilant release from the confines of winter inspired Ukrainian ancestors in the far distant past to celebrate the glorious occasion with spring rituals, songs, and dances called "hayilky" or "vesnyanky." Fragments of these spring observances with their accompanying games, pantomime, and play-acting have been preserved, but their full meaning is largely lost to posterity. Some of them call forth the reproductive forces of nature with wishes for a prosperous year; others deal with romance and prophecies of marriage. The majority of the songs and dances is performed by girls, while the young men have their own song games, reminiscent of old heroic battles. Christianity was unable to stem these age-old spring rituals, and they blended with the Easter festivity.

Along with spring songs there are a number of other

customs deeply ingrained in the life of the people. One of these is a thorough cleaning and white-washing of the exterior and interior of the houses to drive away all possible remnants of winter and let in the glorious sun. Every article is scrubbed clean and all garments are thoroughly aired. This custom is still observed every spring but with different motives. It is considered quite improper to celebrate the great event of the Resurrection of Christ without giving the house a thorough cleaning. The soul, too, requires purification before Easter through confession and Holy Communion.

One of the most beautiful of all Ukrainian Easter traditions is decorating eggs with artistic designs of a symbolic nature. In Ukrainian the decorated eggs are called "pysanky" from the word "pysaty" which means to write. The design is actually written on the egg with a fine-pointed stylus dipped in wax, after which follows a series of dye baths. Pysanky are not eaten. The origin of this art is both ancient and obscure. Archeological excavations in Ukraine show that it was practised several thousand years before the Christian era. Originally pysanky symbolized the release of the earth from the shackles of winter and the coming of spring with its promise of new hope, new life, health, and prosperity. They were associated with mythical beliefs and talismanic powers. Folklore has it that a decorated egg can avert any evil, bring good crops, and help a young maiden to win the man of her desire. After the advent of Christianity, the decorated eggs took the new symbols of the Resurrection with its promise of a better world.

The art of painting Easter eggs is still practised in Ukraine and in Canada. Time has not reduced the design to a simpler form. Each new generation strives for greater perfection, beauty, and intricacy. Ukrainians have become unrivalled experts in this interesting folk art. A painted egg may well be called a miniature mosaic.

Various observances mark the Holy Week, beginning with Palm Sunday. The triumphal entrance of Jesus into

Jerusalem on Palm Sunday is observed with a special church service at which small twigs of pussy willows are blessed and distributed among the congregation. In Ukraine, because palms were difficult to obtain, pussy willows, from which comes the name "Willow Sunday," were used instead. Passion service on Holy Thursday, the Burial Service and the procession with the Holy Shroud on Good Friday, and then the Adoration at the Holy Grave on Saturday prepare the people spiritually for the Resurrection. Fasting, remorse, and confessions take place that week.

With the break of dawn on Easter Sunday a special Resurrection Service is held with a procession around the church. The most beautiful aspect of the service is the joyful heralding of a risen Christ in the singing of the traditional Ukrainian hymn "Christ is Risen" (Khrystos Voskres). The whole congregation sings in unison with a heightened feeling. At the conclusion of the service, rows and rows of food-laden baskets with a lighted candle in each are blessed by the priest. In favorable weather this impressive ceremony is performed outside on the green church lawn. Food baskets covered with richly embroidered napkins contain Easter bread called "paska" and a selection of various Easter foods along with the multi-colored pysanky. This custom is treasured in Canada. People greet one another with the traditional Easter greeting "Khrystos Voskres!" (Christ is risen!), to which the reply is "Voistyno Voskres!" (He is risen indeed!). It is the custom to exchange or give Easter eggs with this Easter greeting.

Immediately after the service, people return home to break the long fast with an Easter breakfast of consecrated and other food. The breakfast menu consists of cooked eggs, a variety of hot and cold meats, roast suckling pig, cheese, salads, horseradish and beet relish, and a number of delectable Easter breads and pastries. The meal begins with Easter grace and then a ceremonious serving of the blessed egg, which the head of the family divides into several portions, one for each person, greeting the family with the customary Easter greeting of "Khrystos Voskres!", and

extending to everyone the very best wishes. This particular ritual symbolizes family unity and expresses hope for a happy and prosperous year until next Easter.

In Ukraine, the day is spent in singing and play-acting the age-old spring songs. This custom has lost its popularity in Canada. However, some of the songs have been successfully adapted for stage performances.

Easter Monday is marked with a quaint custom, the origin of which is obscure, of dousing young maidens with water by the village swains. Usually the most popular girl gets the greatest share of dousing. The girl is obliged to pay for her freedom with the very best Easter egg. Because this ancient form of amusement did not fit into the Canadian way of life, it vanished rapidly.

Easter holidays last for three days. On the following Sunday a memorial service is held at the cemetery for all deceased members of the community. In Canada, it is not always possible to observe this tradition, but in its place a community dinner called "Svyachene" (Blessed Easter Dinner) is sponsored to which members and non-members are invited. This event brings the Easter festivity to a close.



Suggested Dishes for Easter Breakfast

Ritual Foods

Cooked Egg, blessed in church

Paska or Babka, blessed in church

Entrées

Ham, hot or cold (page 102)

Sausage, hot or cold (page 104)

Roast Suckling Pig (page 96)

Saltseson (page 120)

Drahli (page 106)

Easter Syrnyk (pages 185)

Cooked Eggs

Potato Salad (page 286)

Mixed Vegetable Salad

Relishes

Freshly Grated Horseradish

Beet and Horseradish Relish (page 471)

Mayonnaise Relish (page 292)

Dill Pickles

Dessert

Syrnyk (pages 395—400).

Pastries

Babka, Perekladanets, Tortes, Horikhivnyk, etc.

(Sections: *Breads and Bread Pastries*, and *Cakes, Tortes, and Pastries*)



APPETIZERS

The custom of serving appetizers before the first course of a meal was introduced into the New World from Europe, where it has been observed for centuries in a very elaborate manner. Europeans enjoy taking their meals leisurely in a relaxed atmosphere and good mood. A sip of wine and a bite of food whet the appetite for the meal to come, as well as soothe the fagged spirits.

This attitude of ease at mealtime is also shared by Ukrainians. They are very friendly people and generous in their hospitality. The most casual visitor is always asked to stay for dinner and share the meal. Not to do so is a very serious breach of good manners and lack of hospitality. When an occasion arises for entertaining, Ukrainians are wonderful hosts. The hostess takes her duties most earnestly, considering it very proper to urge and cajole the guests to take more than a modest serving. This is done in a gracious manner with the customary pleasantries and regularly repeated words — "Proshu, berit sche i yizhte na zdorovya," meaning "Please have some more and be in good health." The guests respond with witty remarks, praising the food.

It is a custom in Ukraine to offer the guests a drink, usually the traditional Ukrainian mead, a well-aged honey-cordial of rare excellence, and then a serving of appetizers known as "zakuska." Translated into English, zakuska means "the little bite," but very often it is a meal in itself. In the average peasant family the zakuska plays a very minor role, being limited to a very simple serving of one or two items of food. But among the aristocracy and wealthy classes it is an elaborate affair similar to a Swedish smorgasbord.

The zakuska is served with considerable pomp at formal dinners, banquets, and buffet meals. Abiding by the

Ukrainian custom, the hostess sets an array of tempting and attractive zakuska dishes on a side table with plates, forks, and napkins. The guests come up and make their own choice from the enticing selections. The informality of moving around and helping themselves to various foods puts the guests at ease and stimulates conversation. This gay period before dinner gives the guests an opportunity to get acquainted with one another and enjoy the occasion. The hostess, too, has a chance to chat with the guests without any rush over the last minute details of the dinner. No one hurries, as the zakuska hour is one of enjoyment and relaxation.

At informal entertaining, the zakuska is very simple. The guests are seated, and the zakuska is served at the table. This custom is traditionally observed by all peasant families.

Ukrainians are lavish entertainers, sparing no effort to prepare plenty of delectable food. Unless the family is in poor circumstances, the zakuska usually consists of a variety of cold meats, jellied or pickled fish, salads, relishes, canapés, pyrizhky, dark and white bread, or rolls. A hot dish may also be served. The greater the variety of food served, the better the reputation of the hosts. Ukrainian Canadians, however, are departing from this lavishness and expense. They limit their zakuska to one or two dishes, or an assortment of canapés, pickles, or crisp raw vegetables. The zakuska is arranged on platters or individual plates and passed around in the living room.

This book features only a few traditional zakuska recipes that are commonly used by Ukrainians.

Suggestions for Appetizers

Cold Meat: Ham, tongue, salted, sausage, drahli (jellied meat), pashtet (loaf) of liver or chicken.

Cold Fish: Pickled herrings, herring salad, pickled or jellied fish, sardines, anchovies, caviar.

Cheese: Any type of aged cheese.

Eggs: Stuffed eggs, egg salad.

Vegetables: Dill pickles, pickled mushrooms, chilled stuffed peppers, eggplant spread or relish, potato salad, sauerkraut salad, freshly grated horseradish.

Canapés: Open-faced sandwiches, consisting of either a plain or toasted bread foundation cut in fancy shapes and spread with a highly seasoned paste or savory butter, and decorated with brightly colored garnishes. Thin crackers of various shapes may replace the bread.

Pyrizhky: Ukrainian pastries made of a short or puff pastry, or yeast-raised dough, and filled with any desired savory filling.





Pickled Herrings in Milt Sauce

(Маринований оселедець)

Pickled herrings in several variations occupy a place of importance in the Ukrainian zakuska (appetizer) custom. When only one appetizer is served, herring is the usual choice.

4 salt herrings	$\frac{1}{2}$ cup water
Milt (soft white roe)	6 peppercorns
1 tablespoon sour cream	1 bay leaf
1 tablespoon cooking oil	1 large onion, sliced
$\frac{1}{2}$ cup vinegar	

Wash the herrings thoroughly and soak in cold water for 2 or 3 hours, changing the water twice. Remove the head, tail, and entrails. Save the milt. Remove the skin and bones. Rinse the fillets well and drain. Cut each fillet into 3 or 4 pieces. Put the milt through a sieve; combine with the cream and oil. Bring the vinegar, water, peppercorns, and bay leaf to a boil and cool. Blend with the milt mixture. Arrange the herrings and sliced onion in alternate layers in a sealer; cover with the milt sauce. Cover tightly and let stand for one day before using. Arrange attractively in a serving dish and garnish with any one of the following: chopped parsley, fresh dill, scallions, or chives.

Rolled Herring Fillets

(Завиваний оселедець)

4 salt herrings	1 bay leaf
Milt (soft white roe)	$\frac{1}{4}$ cup cooking oil
Milk	Juice of $\frac{1}{2}$ lemon
$\frac{1}{3}$ cup vinegar	Prepared mustard
$\frac{1}{4}$ cup water	1 medium onion, chopped
5 peppercorns	

Wash the herrings thoroughly and soak in cold water for 2 or 3 hours, changing the water twice. Remove the head, tail, and entrails. Save the milt. Remove the skin and bones. Rinse the fillets well and drain. Soak the fillets and milt in milk to cover for 1 hour. Bring the vinegar, water, peppercorns, and bay leaf to a boil; cool, and then strain. Press the milt through a sieve. Stir in the oil, lemon juice, and cooled vinegar liquid. Spread the fillets on the inside with a little prepared mustard and chopped onion. Roll into a roll, starting from the head. Skewer with a wooden pick. Arrange the rolls in a sealer or a suitable container and cover with the milt sauce. Cover tightly and let them stand for 24 hours.

Herring Salad

(Салата с оселедця)

2 prepared herring fillets	Pepper
1 cup cooked diced potatoes	1/2 cup sour cream
1 cup cooked diced beets	2 tablespoons vinegar
1 tart apple, chopped	1 hard cooked egg, sliced
1 dill pickle, chopped	Parsley or scallions
1 tablespoon chopped onion	

Prepare the herring as given in the recipe for Pickled Herring in Milt Sauce (page 33). Chop the fillets coarsely. Combine with the potatoes, beets, apple, pickle, and onion. Season with pepper. Mix the sour cream with the vinegar. Toss the salad ingredients lightly, and gradually add the cream dressing. Garnish with the egg slices and chopped parsley or scallions.

Chilled Fish in Savory Sauce

(Заготовлена риба)

Easy to make and delightful to eat! Serve it cold for a zakuska and hot for a family meal.

3 pounds fresh fish	1/2 teaspoon sugar
Seasoned flour	1 teaspoon salt
4 tablespoons cooking oil	Pepper
1 small onion, chopped	1 tablespoon vinegar
1/2 cup chopped celery	1 clove garlic, crushed, if
1 green pepper, chopped	desired
2 cups tomatoes	1/2 bay leaf

Prepare the fish for cooking by scaling it, cleaning, washing, and filleting. Cut the fillets into serving portions. Dip them in the seasoned flour and fry in the hot oil. Remove to a baking dish. Simmer the onion, celery, and pepper in the oil used for frying the fish until they are tender. Add the remaining ingredients and cook slowly for about 10 minutes. Press these ingredients through a sieve. Pour the sieved mixture over the fish. Cover and cook in a moderate oven (350°F.) for about 15 to 20 minutes, just enough to blend the flavors. Chill slightly before serving. Do not serve too cold as the fish will lose its flavor.

Drahli

(*Jellied Pig's Feet*)

(*Apaxai*)

A well-liked old-time dish and very popular as an appetizer. It may be prepared in advance and refrigerated until needed. The troublesome task of broiling the meat may be omitted, but the dish will lack that subtle smoked flavor which gives it a distinguishing touch.

2 pig's feet	1 medium carrot
1 pork shank	5 peppercorns
1 tablespoon salt	1/2 bay leaf
1 small onion	2 cloves garlic
1 stalk celery with leaves	Salt
1 sprig parsley	1 tablespoon vinegar

Wash and scrape the feet and shanks very thoroughly. Wipe dry and broil on all sides until they are a delicate golden color. Do not scorch. Should any part become scorched, scrape it and wash well. If a broiler is not available, place

the meat on a bed of brightly glowing embers of wood or coal, turning the meat over to brown evenly on all sides. Then wash thoroughly and scrape the scorched parts. Cut the feet in half lengthwise. Place the meat in a large kettle, add the salt, cover with cold water, bring to a boil and skim. Cover and simmer very slowly for about 3 hours. The success of this dish depends on slow simmering. Rapid boiling makes the liquid milky in color. Cut the onion in half, and brown it in an ungreased pan. This enhances the flavor and color of the broth. Add the onion and the remaining ingredients, except the vinegar, to the meat, and continue simmering until the meat comes off the bones easily. Total cooking time is about 5 hours or longer. When done, strain, remove the bones, spices, and vegetables except the carrot. Arrange the meat and chopped carrot in a suitable dish. Add the vinegar to the broth and season to taste with salt. If a firm jelly is desired, soften 1 tablespoon of gelatine in $\frac{1}{4}$ cup of cold water. Blend it with a small quantity of the hot broth and stir into the broth. Some cooks prefer to add a clove of crushed garlic to the broth at this stage rather than to cook it along with the other ingredients. If this is followed, strain the broth again to remove all the particles of garlic. Pour over the meat and chill until firm. Before serving, scrape off all the fat from the top. Serve in slices and garnish with sprigs of parsley and hard cooked eggs.

(Mrs. M. Nowosad, Edmonton, Alberta.)

Pashtet of Liver

(Loaf)

(Паштет з печінки)

Good served cold as an appetizer, or for a hot luncheon dish with a tartar sauce. The mixture for pashtet should be ground more than once to give a smooth texture to the finished product.

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| 1 medium onion, chopped | 2 slices bacon or fresh salt |
| 2 stalks celery, chopped | pork |
| 1 medium carrot, diced | 1 teaspoon grated onion |
| 1 bay leaf | 2 eggs, beaten |
| 3 cups water | $\frac{2}{3}$ cup dry bread crumbs |
| 1 pound veal liver | $\frac{2}{3}$ cup milk |
| $\frac{1}{2}$ pound pork liver | $\frac{1}{4}$ cup liver stock |
| | Salt and pepper |

Cook the vegetables with the bay leaf in the water for 30 minutes. Remove the skin and membrane from the liver. Cut the liver into thick slices and simmer with the vegetables 3 to 5 minutes. Drain and reserve $\frac{1}{4}$ cup of the liver stock. Discard the bay leaf. Put the liver, vegetables, and bacon or salt pork through a food chopper, using a fine blade. Grind the mixture twice. Add the onion and eggs. Soften the bread crumbs in the milk mixed with the reserved liver stock. Combine with the mixture. Season to taste with salt and pepper. Beat thoroughly. Spoon into a greased loaf pan and sprinkle the top with some melted fat. Cook in a moderate oven (350°F.) for about 45 minutes. Chill. Serve in slices.

Sauerkraut Salad

(Салата з квашеной капуста)

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

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|-----------------------------|------------------|
| 1 pound sauerkraut | 1 teaspoon sugar |
| 1 small mild onion, chopped | Pepper |
| 3 tablespoons salad oil | |

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

Chilled Stuffed Peppers

(Начинювані перці)

A very tasty and nutritious vegetable dish popularly served as an appetizer with cold meat. In Ukraine, stuffed peppers are canned commercially. Select either sweet red or green peppers of a small size. Do not overlook the red peppers as they make an especially attractive dish. The original recipe calls for a piquant tomato sauce which has been replaced with tomato ketchup with excellent results.

4 sweet peppers, green or red	$\frac{1}{2}$ cup chopped celery
1 medium onion, chopped	$\frac{1}{3}$ cup tomato ketchup
4 tablespoons cooking oil	Salt and pepper
2 medium carrots	$\frac{3}{4}$ cup tomato ketchup
1 parsley root	$\frac{1}{4}$ cup water
1 small parsnip	

Cut the stem end of each pepper. Remove the seeds and the white fibre, leaving the shells undamaged. Cook the pepper shells in boiling salted water for about 10 minutes or until they are nearly tender. Drain well. Cook the onion in the oil until tender but not brown. Grate the root vegetables on a coarse grater. Add these vegetables and celery to the cooked onion with a little water to prevent burning, and cook until tender. Add the tomato ketchup; season to taste with salt and pepper and cook for a while longer to blend the flavors. Fill the peppers with this mixture and place them in a baking pan. Dilute the tomato ketchup with the water, and pour over the peppers. Cover and bake in a moderate oven (350°F.) for about 40 minutes. Chill before serving.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Savory Herring Spread

(Маса з оселедця)

Use this spread on small slices of rye bread and garnish attractively. Some cooks add a finely grated apple to the mixture for a milder flavor.

1 fat salt herring
2 hard cooked eggs
1 small onion, grated
2 tablespoons soft butter

Pepper
1 teaspoon prepared mustard
1 tablespoon vinegar

Wash and clean the herring, discard the head, and soak in cold water 1 to 2 hours. The herring should retain some saltiness. Remove the skin and bones. Rinse the fillets and pat dry. Grind the fillets or chop them very finely. Press the eggs through a sieve, reserving 1 egg yolk for a garnish. Combine the chopped herring with the sieved eggs and the remaining ingredients. Mash to a smooth paste. If the mixture is very soft, chill it before spreading. Garnish with the sieved egg yolk and finely chopped parsley or scallions.

Sardine Spread

(Сардинкова маса)

A tasty canapé spread popularly used in the old country. Rich and well flavored.

1 can sardines	2 green onions, finely
2 tablespoons olive oil	chopped, or equivalent in
$\frac{1}{4}$ pound soft butter	mature onion
$\frac{1}{2}$ pound cream cheese, nippy	Juice of $\frac{1}{2}$ lemon
2 hard cooked eggs, sieved	Salt, pepper, and paprika

Mash the sardines to a smooth paste. Add the remaining ingredients in the order given, creaming well after each addition. Season to taste. The mixture should be well blended and smooth. Set in a cool place to chill. Spread on rye bread and garnish with a contrasting color.

(Mrs. A. Jarema, Edmonton, Alberta.)

Eggplant Spread

(Ікра з баклажана)

Eggplant grows luxuriantly in the southern regions of Ukraine. This spread, called "ikra" (mock caviar) in

Ukrainian, is a popular appetizer when eggplant is in season. Good with cold meat.

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| 1 large eggplant | 1 teaspoon finely chopped |
| 2 small onions, chopped fine | parsley |
| 3 tablespoons cooking oil | 2 teaspoons salt |
| 4 to 5 tomatoes | Pepper |
| 2 tablespoons lemon juice or vinegar | |

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

(Mrs. E. Rudewska, Saskatoon, Sask.)

Savory Cottage Cheese Spread

(Сирна маса)

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|--------------------------------|--|
| 2 cups cottage cheese | 1 teaspoon chopped fresh dill |
| 2 tablespoons thick sour cream | 1 teaspoon chopped green onion or chives |
| 1 hard cooked egg, sieved | Salt |
| ½ teaspoon caraway seed | |

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

Goose or Chicken Liver Spread

(Маса з гусячої або курячої печинки)

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|---------------------------------|---------------------------|
| ½ pound goose or chicken livers | 1 tablespoon grated onion |
| 1 hard cooked egg, sieved | 1 tablespoon butter |
| | Salt and pepper |

Simmer the livers in lightly salted water until barely done. Drain and chop the livers very finely. Add the sieved egg and blend well. Fry the grated onion in the butter without browning it, and combine with the liver paste. Season to taste with salt and pepper. If the paste is too thick to spread, moisten it with some cream sauce, gravy, or milk.

Quick Pickled Mushrooms

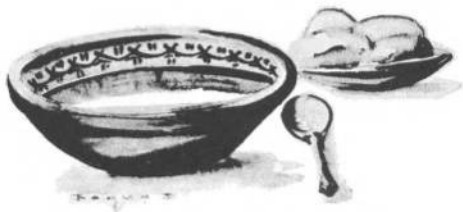
(Мариновані гриби)

Ukrainians have a special fondness for mushrooms. Numerous varieties of edible mushrooms of excellent flavor grow luxuriantly in Ukraine during the entire growing season. Unfortunately, many of these varieties are unobtainable in Canada. Pickled mushrooms are regarded as an item of importance at the zakuska hour.

1 pound small button mushrooms	5 peppercorns
1 small onion, sliced	$\frac{1}{2}$ bay leaf
$\frac{2}{3}$ cup mild vinegar	1 teaspoon salt
$\frac{1}{2}$ cup water	1 teaspoon or more sugar
	1 tablespoon cooking oil

Clean and wash the mushrooms, leaving the stem attached to the cap. Cover with boiling salted water, and cook for 15 minutes. Drain and cool. Save the liquid for soup. Arrange the mushrooms and onion slices in alternate layers in a sealer. Combine the vinegar with the remaining ingredients, except the cooking oil, and simmer for 10 minutes. Strain and cool. Pour over the mushrooms and top with the cooking oil. Cover and keep in the refrigerator for about 12 hours before using. For milder mushrooms, use equal parts of mild vinegar and water.





S O U P S

In Ukraine, a meal would be incomplete without a soup course. Be the family rich or poor, soup is a daily "must." Steaming in a kettle on the side of the stove, or in a clay bake-oven, it sends forth a pleasant, lingering aroma that stimulates the appetite. Soup never boils with a full, rollicking boil but simmers gently for hours. It is this long, slow cooking that extracts and blends the flavors of the ingredients put into the kettle. Hearty soup, enriched with chunks of meat, along with a sustaining soup accompaniment of baked cereal "kasha," constitutes the basic meal of many peasant families. With field work in operation, the cooking commences very early in the morning and the soup is ready to take out to the laborers for their noon meal.

The varieties of soups are as numerous as the cook's imagination is capable of dreaming up. An ingenious and thrifty homemaker is able to concoct a delicious soup from available products, even when the supplies are low. Ukrainian folklore tells a humorous story, ably put to verse by a Ukrainian poet-humorist, Stepan Rudansky, concerning the origin of a soup creation made by a wandering soldier. Another more popular version of this anecdote features a vagabond gypsy as the central figure. According to this story, a hungry gypsy walked into a peasant home to beg a meal. An elderly housewife told him that there was not a bite to eat in the house. The cunning

gypsy, spurred by gnawing hunger, would not be brushed off that easily, especially by a simple old woman. Asking for a hatchet, he told her he could cook a delicious soup with nothing but the hatchet. The woman, curious and anxious to learn the magic trick, gave him the hatchet which he dropped into the soup kettle and covered it with water. Allowing the water to come to a boil, he tasted it and smacked his lips loudly. "Oh the soup tastes fine," he said, "but I need some salt, an onion, and a few other vegetables to improve the flavor." These items were supplied and the cooking continued. Again the gypsy tasted his soup, licked the spoon and smacked his lips in great delight. "The soup is perfect now, but all it needs is some fat and a handful of cereal. Salt pork would be just the thing," he said. In went the salt pork and cereal. Then the gypsy removed the hatchet and ate the soup and salt pork with great gusto. And the old woman was delighted because she had learned a new soup creation made with nothing more than a hatchet! Hence, whenever soup is made in a hurry with whatever supplies are on hand, it is humorously called "gypsy's hatchet soup."

Though Ukrainian soups are numerous, each having its own name, characteristic flavor, and garnish, basically they belong to one or another of the following classifications: vegetable, broth, cereal, cream, milk or fruit purée.

Borsch with its many variations, depending on the season and local preferences, is the most popular as well as the national soup of Ukraine. Boastfully, Ukrainians claim theirs is the only genuine borsch in the world. Ukrainian borsch is a substantial dish, and a meal in itself. Its significant place in Ukrainian eating habits is well illustrated in a popular anecdote which tells of an incident that happened several centuries ago. A Zaporozhian Cossack (soldier-member of a Ukrainian military organization formed to fight for Ukraine's independence) died and found himself in hell. Not at all perturbed by his new surroundings, he considered his plight a sorry one only because there was no borsch in hell.

Chicken broth rates next to borsch in popularity throughout Ukraine. While borsch is an everyday soup, chicken broth is a Sunday special among the rich and the poor. For celebrating great occasions, it is considered an essential part of the menu. It is truly unsurpassed for its rich, well-blended meat extracts of delicate flavor and aroma. Bouillon and consommé find favor among the wealthy classes, but the peasant prefers hearty, invigorating soups.

A distinctive feature of Ukrainian soup habits is that of serving cold soups on scorching hot days. It may be a cold borsch or broth with all the surface fat removed, or a sweetened fruit soup. For a light repast, a serving of cold soup and a vegetable salad or a fruit compote is a common practice. Fruit soups are as popular in Ukraine as milk shakes are in Canada, but for some reason they have lost their popularity among the new generation of Ukrainian Canadians.

Ukrainians have a variety of soup accompaniments and each soup has its own appropriate one. The traditional Ukrainian accompaniment served with borsch, bouillon, and clear broth is "pyrizhky," popular pastries with a savory filling.



Soup Stock

(Кюшка або росіл з мяса)

This soup stock is the base for a large number of soups and meat sauces. The best stock is made from the meat of aged animals. For a strong and flavorful stock, salt the meat before cooking and let it stand for one hour, then soak in cold water for 30 minutes. This procedure helps to draw out the extractives from the meat. If time does not permit salting, soak the meat in salted water for 30 minutes.

3 to 4 pounds brisket, shin-bone, or other soup meat with bone	1 stalk celery, diced
1 tablespoon salt	1 medium carrot, sliced
3 quarts cold water	1 small parsley root, sliced
1 medium onion	$\frac{1}{2}$ bay leaf
	4 peppercorns

Wash the meat, cut from the bone, and then cut into 1 inch pieces. Crack the bone to expose the marrow. Put the bone and two-thirds of the meat into a large kettle, reserving the rest along with some meat fat or marrow for browning. Sprinkle the meat and bone in the kettle with salt, cover with the water, and let it stand for 30 minutes. Brown the reserved meat in a little of the fat from the meat or in marrow. Add it and the drippings to the kettle. Heat very slowly to the boiling point, and skim. Cover and simmer for 3 to 3½ hours. Add the vegetables and spices the last hour of the cooking. For a better flavor and color, brown the onion in an ungreased frying pan before adding to the stock. Strain and chill. Remove the fat. The pieces of meat may be sorted out and used in various ways.

To Clear Soup Stock

Allow 1 slightly beaten egg white and 1 crushed egg shell to each quart of soup stock. Heat the stock only enough to liquefy it; add the egg white and shell, then mix thoroughly. Stir over a low heat until the stock boils. Boil for 2 minutes.

Remove from the heat; pour $\frac{1}{4}$ cup of cold water over the top of the liquid and leave in a warm place to settle. Strain through 2 thicknesses of cheesecloth placed over a fine sieve.

Bouillon

Heat the cleared soup stock, season to taste and serve with any desired garnish or accompaniment. Ukrainians serve bouillon with pyrzhky filled with any one of the following fillings: meat, liver, cabbage, mushrooms.

Consommé

Follow the recipe for Soup Stock (page 46) but use 3 kinds of meat — beef, veal, and chicken. Serve the cleared and seasoned consommé plain or with any appropriate garnish, such as carrots cut in very thin strips, or thinly diced celery, or small peas. Ukrainians usually serve consommé clear with an accompaniment of pyrzhky.

Chicken Broth

(Курячий росіа або юшка)

Next to borsch, chicken broth rates very highly among the Ukrainians. For Sundays and special occasions, this soup is the usual choice. Connoisseurs of a good chicken broth claim that it should neither be spiced nor highly flavored with vegetables, as too strong a predominance of other flavors robs the soup of its own delicate character. Even some fat should be retained for the sake of flavor.

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| 1 large fowl with feet | 1 small carrot, sliced |
| 2 $\frac{1}{2}$ to 3 quarts cold water | 2-inch piece celery, if |
| 1 tablespoon salt | desired |
| 1 small onion, sliced and | 2 sprigs parsley |
| browned | Salt |

Wash the chicken thoroughly and cut it at the joints. Scald the feet and let them stand for a few minutes in the

boiling water to loosen the skin. Remove the skin and nails. The chicken feet will enhance the flavor of the broth. Cover the meat with the cold water and add the salt. Bring slowly to a boil and skim. Cover and simmer for about 2 hours or until the meat is almost tender. Add the vegetables and continue simmering until the meat is very tender. Season to taste with salt. Remove the excess fat. Take the meat out and strain the broth through 2 thicknesses of cheesecloth placed over a fine sieve. Return the meat to the broth and let it stand until ready to serve. Serve the broth with one of the following accompaniments: lokshyna (egg noodles), steamed rice, baked buckwheat kasha, pyrizhky with a meat filling. The chicken meat may be served plain or with any favorite sauce.

Fish Soup

(Юшка з риби)

7 to 8 cups water	2 peppercorns
1 medium onion, chopped	1 teaspoon salt
2 stalks celery, diced	2 to 3 pounds white-fleshed
1 small parsley root, diced	fish
1 small carrot, diced	Salt and pepper
½ bay leaf	Chopped parsley

Put the water, vegetables, spices, and salt into a kettle, bring to a boil, and simmer until almost tender. Clean and wash the fish, but leave the skin and bones; cut it into serving portions. Simmer the fish with the vegetables for about 20 minutes. Remove the fish. Strain the soup through a sieve lined with 2 thicknesses of cheesecloth. Season to taste with salt and pepper. Keep it hot. This soup is served clear with a garnish of chopped parsley. For an accompaniment use either Rice Balls (page 70) or Potato Dumplings (page 71). Serve the fish as a separate course with any favorite sauce.



BORSCH

Borsch is the national soup of Ukraine. It is a mildly tart vegetable soup with beets predominating, made with a base of a rich meat stock. During Lent the borsch is meatless. The true old country style borsch has a good chunk of meat, usually pork, cooking in it together with the vegetables. At mealtime, the meat is taken out and served as a separate course, or a few slices of it may be put into each bowl of borsch. A little smoked pork is often added to borsch for a subtle smoked flavor. For a quick borsch, many Ukrainian Canadian homemakers make use of canned bouillon as a base, adding a few slices of bacon for a smoked flavor.

Ukrainians have several varieties of borsch, depending on regional and personal preferences and on the season of the year. Central Ukrainians enjoy a good portion of cabbage in it, while those of the western regions prefer a predominance of beets. It may be served hot or cold, and clear, or with vegetables. The spring borsch made of tender young vegetables is favored by all. One distinctly different spring borsch is made of sorrel leaves, an acid plant that grows wild in Ukraine. The seed of it was brought to Canada by the early Ukrainian pioneers, and it is successfully cultivated here.

Mild tartness in borsch gives it a specific character. The tartness is imparted partly by the use of tomatoes as one of the ingredients in borsch and partly by adding any one of the following: beet kvas, rye kvas, lemon juice, strained rhubarb juice, sorrel leaves, vinegar, tartaric or citric acid.

An old country cook relies on beet or rye kvas alone for an acidulant. Beet kvas is a liquid of fermented beets of a pleasant tart flavor that may be made in a large quantity and stored in a cold place. It adds color to an anemic-looking borsch and mildly flavors it. Ukrainian connoisseurs of good borsch insist that the beet kvas is absolutely necessary to give personality to borsch. Rye kvas — a liquid of a fermented mixture of yeast, rye flour, and water — is also used but not as frequently as beet kvas.

The finishing touches to borsch vary with localities and personal tastes. Some like it slightly thickened with a tablespoon of flour or raw egg yolks, just enough to give the watery liquid an attractive soup-like consistency. Others achieve the same results by cooking a finely diced potato along with the vegetables. When canned tomato soup is used, a common practice in Canada, it also helps to thicken the liquid. The kind of thickening used in borsch is entirely a matter of personal preference, but flour is the usual choice.

To finish borsch in a truly traditional way, most old country cooks mash together a little salt pork with some raw onion to a smooth paste. They claim that, without this final touch, borsch lacks character. Those who have a violent passion for dill, use it liberally in borsch. Some feel that a discreet use of garlic essence is just the thing to blend the borsch flavors together for a richly finished product. Unless the borsch is meatless for Lent days, a few tablespoons of sour cream are always added to it just before serving. Rich sweet cream may also be used, but the borsch will not be quite the same. Sour cream has its own specific flavor that blends ideally with borsch.

Borsch has one great virtue for a busy homemaker. It can be made a day in advance and reheated without any loss of quality. In fact, connoisseurs of borsch are convinced beyond any doubt that a reheated borsch from a previous day is more flavorful than when eaten the same day it is made.

Beet Kvas

(Буряковий квас)

Beet kvas is a liquid of fermented beets popularly used in borsch for tartness. It imparts a pleasant mellow flavor to borsch unattainable with any other acid. Ukrainian Canadian homemakers of the younger generation seldom, if ever, make it, but this old-fashioned recipe is worth preserving.

Wash and pare 10 to 12 medium beets, then cut into eighths. Put into a stone crock or any earthenware container and cover with boiled water, cooled to lukewarm. To hasten fermentation, place a slice of sour rye bread among the beets. Cover and keep at room temperature for a few days. When the liquid is sour, pour it off the beets into the sealers; cover, and keep in the refrigerator. The kvas is added to borsch in the final stage of cooking. Pour a small quantity of kvas into the borsch and bring to a boil. Over-boiling fades the color of kvas.

Rye Kvas

(Сирівець або житний квас)

Rye kvas is a mildly tart liquid made by fermenting a yeast-raised batter diluted with water. It is used as a base in a number of chilled soups or as an acidulant in borsch in place of beet kvas.

1 cup boiling water	1 package dry granular yeast
1 cup rye flour	4 quarts boiled water,
1 teaspoon sugar	lukewarm
1/4 cup lukewarm water	

Pour boiling water over the flour and stir briskly until smooth. Cool to lukewarm. Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. Combine with the cooled batter, cover, and let it rise until light and double in bulk. Stir into it 4 quarts of boiled water cooled to lukewarm. Cover and let it stand in a

warm place for 3 to 4 days. When the liquid is clear and tastes mildly sour, pour it off carefully without disturbing the bottom layer. Cover and keep the kvas in a refrigerator. Use it in borsch or as a base in chilled soups.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Standard Borsch

(Борщ)

This standard recipe for borsch is the one most commonly used with slight variations to suit one's taste. It was customary for grandmother to cut the beets and other root vegetables into very thin strips. She preferred them that way. But they may also be grated in long shreds on a coarse grater with no sacrifice of quality to the finished product. For a well-flavored borsch, it is best to use some fresh lean pork and a small piece of any smoked pork along with the soup meat of beef. Each of them contributes its own specific flavor and adds to the richness of the stock. Some Ukrainian Canadian homemakers add a small quantity of canned tomato soup to flavor and thicken the borsch slightly. If tomato soup is added, the flour may be decreased or omitted.

1½ pounds soup meat with bone	½ cup diced string beans or cooked white beans
10 to 12 cups cold water	2 to 3 cups shredded cabbage
1 teaspoon salt	¾ cup strained tomatoes or tomato juice
1 medium onion, chopped	½ clove garlic, crushed, if desired
2 medium beets, cut in thin strips	1 tablespoon flour
1 small carrot, cut in thin strips	Beet kvas or lemon juice
1 medium potato, diced	Salt and pepper
½ cup thinly sliced celery	Chopped dill
	½ cup sour cream

Cover the meat with the cold water, add the salt, bring slowly to the boiling point, then skim. Cover and simmer for 1½ hours. Add the onion and beets; cook 10 to 15 minutes

or until the beets are almost done. If young beets are used, cook them together with the other vegetables. Add the carrot, potato, celery, and string beans; continue cooking for about 10 minutes. When cooked white beans are used, they should be added after the cabbage is cooked to retain their white color. Finally put in the cabbage and cook until it is tender. Do not overcook. Stir in the tomatoes or tomato juice and the crushed garlic, if it is used. Blend the flour with 3 tablespoons of cold water, spoon into it some soup liquid, and then stir into the borsch. If a thickened borsch is not desired, omit the flour. Add a small quantity of the beet kvas or lemon juice or any other mild acid commonly used in borsch, taking care not to use too much. A good borsch should be pleasantly tart but not sour. Season to taste with salt and pepper, and bring to the boiling point. Flavor it with the chopped dill. When ready to serve, add some thick sour cream or rich sweet cream. The amount of cream will depend on personal taste. It may also be served without cream. Some prefer to put the cream into each serving. This is the custom in central Ukraine. When the borsch is to be reheated the next day, do not add any cream. It tastes better when the cream is added just before serving.

Clear Borsch

(Чистий борщ)

There is nothing as refreshing on a hot summer day as a bowl of chilled clear borsch. It may also be served hot.

1 pound soup meat with bone	2 cups shredded cabbage
8 cups cold water	$\frac{1}{2}$ cup tomato juice
1 teaspoon salt	Beet kvas or lemon juice
2 medium beets, diced	$\frac{1}{2}$ clove garlic, crushed, if desired
1 medium onion, chopped	Salt and pepper
1 small stalk celery, diced	
$\frac{1}{2}$ small carrot, diced	

Cover the meat with the water, add the salt, bring slowly to a boil, and skim. Cover and simmer for about 1

hour. Add the vegetables and continue simmering for another hour. Pour in the tomato juice. Use enough beet kvas or lemon juice to get the desired tartness. The garlic may or may not be added. Season to taste with salt and pepper. Bring to a boil. If time permits, let the borsch stand for a while to blend the flavors. Strain through a sieve. Serve the clear borsch hot or cold. For a cold borsch, chill it thoroughly and remove all the fat. When served hot, put 2 or 3 Vushka (page 73) into each bowl. There is no cream in this borsch.

Spring Beet Borsch

(Борщ з молодиз буряків)

Young tender beets with green tops make an especially delicious borsch. A few slices of side bacon may be added to enhance the flavor.

8 small beets with tops	6 cups soup stock
1 medium onion, chopped fine	5 cups water
1 small carrot, cut in thin strips	½ cup or more tomato juice
1 medium potato, diced	Beet kvas or lemon juice
½ cup diced string beans	1 tablespoon flour, if desired
1 small stalk celery, diced, if desired	½ cup or more sour cream
2 cups shredded cabbage	1 tablespoon chopped dill
	Salt and pepper

Wash the beets; cut off the tops and wash them thoroughly. Do not pare the beets. Cut the tops into small pieces and the beets into thin strips. Place these in a kettle along with all the other vegetables. Cover with the soup stock and water. Cook until the vegetables are tender. Pour in the tomato juice. Add enough beet kvas or lemon juice to give the desired tartness. Blend the flour with the sour cream and stir into the borsch. Bring to a boil. Add the dill. Season to taste with salt and pepper.

(Mrs. A. Todorin, Gronlid, Sask.)

Borsch with Potatoes

(Борщ з картоплею)

Here is a different recipe for borsch with mashed potatoes used as a thickening. The amount of the ingredients may be varied to suit one's taste. If the soup stock is not available, replace it with water.

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| 2 medium beets, cut in thin strips | $\frac{1}{2}$ cup sour or rich sweet cream |
| 1 medium carrot, cut in thin strips | 1 small onion, chopped |
| 3 to 4 cups water | 2 tablespoons butter |
| 3 cups soup stock | $\frac{1}{2}$ cup tomatoes |
| 1 medium potato, diced | 1 cup shredded cabbage |
| 2 medium potatoes, quartered | Salt and pepper |
| | $\frac{1}{2}$ teaspoon sugar |
| | Chopped dill |

Cover the beets and carrot with the water and soup stock. Cook until partially done. Add the potatoes and continue cooking. When the quartered potatoes are tender, remove them, mash, combine with the cream and put aside. Cook the onion in the butter until tender but not brown. Add the tomatoes and simmer for a few minutes. Toss in the cabbage and cook until it is tender. Add this mixture to the borsch. Season to taste with salt and pepper. Stir in the sugar. Simmer for a brief period to blend the flavors. Add the potato-cream mixture and chopped dill. If necessary, thin the borsch with some boiling water or soup stock to get the desired consistency.

(Mrs. E. J. Kusey, Canora, Sask.)

Sorrel Borsch

(Щавелевий борщ)

Sorrel is a plant with tender sour leaves which are used in soups, salads, and sauces. It grows wild in Ukraine,

but in Canada it is cultivated in the gardens. Sorrel borsch has a specific character of its own.

1 small onion, chopped	3 cups or more chopped sorrel
1 tablespoon butter,	1 tablespoon flour
6 cups soup stock	$\frac{1}{2}$ cup sour cream
1 medium potato, diced	Salt and pepper
1 cup chopped vegetables	Chopped dill
(celery, carrot, cabbage)	3 hard cooked eggs

Cook the onion in the butter until wilted. Add the soup stock and all the vegetables except sorrel. Cook until very tender. Strain and press the vegetables through a sieve. Toss in the sorrel and continue cooking for a few minutes. Blend the flour with the sour cream to a smooth paste, stir into the borsch and bring to a boil. Season to taste. Add the dill. When ready to serve, place half of the hard cooked egg, yolk side up, in the bottom of each soup bowl and fill with the borsch. For additional richness, omit the flour, beat 2 raw egg yolks slightly and blend with the cream. Then pour into the borsch and heat without boiling it. This is the customary way of dressing up sorrel borsch.

Meatless Borsch

(Безмясний борщ)

Ukrainians celebrate Christmas Eve in a solemn way. The supper that night differs from other evening meals, having twelve meatless dishes one of which is a meatless borsch. This is the recipe generally used.

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| 1/2 cup or more dried mushrooms | 1 small carrot, cut in thin strips |
| 1 large onion, chopped | 1 small potato, diced |
| 3 tablespoons vegetable oil | 1 small stalk celery, diced |
| 2 medium beets, cut in thin strips | 3 cups shredded cabbage |
| 1/2 small parsley root, cut in thin strips | 1/2 cup tomato juice |
| 3 peppercorns | Beet kvas or lemon juice |
| 8 to 9 cups water | 1/2 clove garlic, crushed, if desired. |
| | 1/2 cup cooked white beans |
| | Salt and pepper |

Pour hot water over the mushrooms, drain, and wash. Cover with lukewarm water and soak for 30 minutes or longer. The period of soaking will depend on the variety of mushrooms used. The boletus variety (white hryby) requires little or no soaking. Cook the mushrooms in the same water in which they were soaked until they are tender.

Cook the onion in the oil until slightly wilted. Add the beets, parsley, peppercorns, and water. Cover and cook until the beets are barely done. Add the carrot, potato, and celery, and continue cooking for about 15 minutes. At this stage put in the cabbage, and cook until it is tender but not overcooked.

The cabbage should retain some crispness. Add the remaining ingredients. Use the beet kvas or lemon juice with discretion. The borsch should be mildly tart but not sour. Season to taste. Finally add the cooked, chopped, or whole mushrooms along with the mushroom stock. Bring to a boil.

This borsch may be served clear with vushka. In that case omit the mushrooms and use only the mushroom stock. Strain the borsch and serve clear or remove most of the vegetables to make it very thin. The mushrooms may be used as a filling for Vushka (page 73).

Rye Kvas Borsch

(Житний борщ)

An old-time borsch like this one is seldom made in Canada. The recipe should be preserved, however, for the benefit of those who still favor it. Serve it on a scorching hot day.

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| 1 quart Rye Kvas (page 51) | 1 to 2 tablespoons chopped green onion |
| 1 cup cooked, cold diced meat | 1 tablespoon chopped green dill |
| 2 to 3 small cucumbers, diced | Salt and pepper |
| ¼ cup sour cream | 2 hard cooked eggs, chopped |

Combine all the ingredients except the eggs. The onion and dill may be slightly crushed with a wooden spoon for a richer flavor. Season to taste with salt and pepper. Chill the soup thoroughly before serving it. Add the chopped eggs when ready to serve. Some crushed ice may be put into the soup to keep it ice-cold.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Dried Mushroom Soup

(Грибная юшка)

Dried mushrooms, especially the boletus (white hryby), make a rich and flavorful soup.

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|---------------------------------------|--------------------------|
| ⅔ cup dried mushrooms | 4 cups soup stock |
| 1 small onion, chopped | ½ cup cooked white beans |
| 1 tablespoon butter | 1½ tablespoons flour |
| ½ cup diced, mixed carrots and celery | 1 tablespoon butter |
| 1 tablespoon pearl barley | 2 tablespoons sour cream |
| | Salt and pepper |

Pour hot water over the mushrooms, drain, and wash. Cover with lukewarm water, and soak for 30 minutes or longer. The period of soaking will depend on the variety of mushrooms used. Cook the mushrooms until tender, using the same water in which they were soaked. Strain, chop

the mushrooms and return to the mushroom stock. Cook the onion in the butter until slightly wilted. Add it along with the vegetables, pearl barley, and soup stock to the mushrooms. Cover and cook until the pearl barley and vegetables are tender. Add the cooked beans and continue simmering a while longer. Brown the flour lightly in the butter. Pour in some of the soup liquid, stir until smooth, and add to the soup. Mix in the sour cream and bring to a boil. Season to taste with salt and pepper. For a richer flavor, a few drops of garlic juice may be added, if desired. Serve the soup with either rye bread or pyrizhky.

Vegetable Soup

(Юшка з городини)

The ingredients, proportions, and seasonings may be varied in this recipe as desired.

1 medium onion, chopped	3 cups soup stock
1 to 2 tablespoons butter	3 cups water
1 medium potato, diced	$\frac{1}{4}$ cup tomato juice
2 cups diced vegetables —	1 tablespoon flour
carrots, celery, string	$\frac{1}{4}$ cup sour cream
beans	Salt and pepper
$\frac{1}{2}$ cup green peas	Chopped parsley or dill

Cook the onion in the butter until slightly wilted. Add the vegetables, soup stock, and water. Cook until the vegetables are tender. Add the tomato juice. Blend the flour with the cream, add some hot soup to it, and stir into the contents of the kettle. Bring to a boil. Season to taste with salt and pepper and flavor with parsley or dill.

Tomato Vegetable Soup

(Помідорова юшка з городиною)

Follow the preceding recipe for Vegetable Soup but use only 1 cup of mixed vegetables and add 1 cup of shredded

cabbage. Cook until the vegetables are tender. Add 1 cup of cooked strained tomatoes or tomato juice. Increase the cream to $\frac{1}{3}$ or $\frac{1}{2}$ cup.

Tomato Soup

(Помідорова юшка)

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

- | | |
|---|--|
| 1 pound pork spare ribs or
fresh lean pork | 1 small carrot, sliced |
| 6 to 7 cups cold water | A 16-ounce can tomatoes or
1 pound fresh tomatoes |
| 1 teaspoon salt | 1 tablespoon flour |
| 1 medium onion, chopped | $\frac{1}{2}$ cup or more sour cream |
| $\frac{1}{2}$ stalk celery, diced | Salt and pepper |

Remove excess fat from the meat. Cover the meat with the water. Bring to a boil and skim. Add the salt and vegetables. Cover and simmer until the meat is done. Remove the meat. Add the tomatoes and cook for a brief period — just long enough to blend the flavors. When fresh tomatoes are used, cook until they are tender. Press these ingredients through a sieve. Blend the flour with the cream, stir into the soup, and bring to a boil. Season to taste with salt and pepper. Serve with steamed rice.

Kartoplyanka

(Potato Soup)

(Картоплянка)

For a richer-tasting soup, replace some of the water with a chicken broth or rich soup stock.

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|---------------------------------|---------------------------|
| 1 medium onion, chopped | 5 to 6 cups boiling water |
| 2 tablespoons butter | 1 tablespoon flour |
| 3 medium potatoes, diced | 1 cup thin cream |
| 1 stalk celery, diced | Salt and pepper |
| $\frac{1}{4}$ cup diced carrots | Chopped parsley or dill |
| 1 teaspoon salt | |

Cook the onion in the butter until slightly wilted. Add the vegetables, salt, and boiling water. Cook until tender. Press these ingredients through a sieve. Blend the flour with a small quantity of the cream to a smooth paste. Add the remaining cream. Stir into the soup and bring it to a boil. Season to taste with salt and pepper. Garnish with parsley or dill. Serve with Croutons or Noodle Puffs (page 72).

Kartoplyanka, Country Style

(Potato Soup)

(Селянська картоплянка)

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

1 small onion, chopped	4 cups soup stock
2 tablespoons butter	2 cups water
2 medium potatoes, diced fine	1 teaspoon salt
1 small stalk celery, diced fine	1 tablespoon flour
1 cup shredded cabbage	$\frac{1}{3}$ cup or more sour cream
	Salt and pepper
	Chopped dill or parsley

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



Horokhivka I

(*Pea Soup*)

(Горозівка I)

The dill pickle garnish in this old-time hearty soup makes it different and zestful. Ham fat, along with the bone, may be used as a substitute for salt pork.

2 cups split peas	1 small clove garlic,
2 quarts water	crushed
$\frac{1}{8}$ pound salt pork	$1\frac{1}{2}$ tablespoons flour
1 small onion, chopped	1 tablespoon bacon fat or
$\frac{1}{2}$ cup diced celery	other fat
$\frac{1}{2}$ cup diced carrots	1 teaspoon grated onion
1 teaspoon salt	Salt and pepper
	1 medium dill pickle, diced

Pick over the peas, wash, cover with cold water, and soak overnight. Simmer the peas along with the salt pork, vegetables, and salt until tender, using the same water in which the peas were soaked. Add the garlic and press these ingredients through a sieve. If the soup is thick, add some boiling water to get the desired consistency. Brown the flour very lightly in the fat; add the grated onion and cook for a few minutes. Pour some soup liquid into it, stir until smooth and add to the soup. Bring to a boil. Season to taste with salt and pepper. Place a tablespoon of the finely diced dill pickle into each serving of soup. Serve with croutons.

Horokhivka II

(*Pea Soup*)

(Горозівка II)

In this soup, 1 to 2 cups of ham stock may be used in place of the bone, omitting the salt.

2 cups dried peas, split or	2 tablespoons bacon fat or
quick-cooking	other fat
2 quarts water	$1\frac{1}{2}$ tablespoons flour
Ham bone	1 cup or more milk
1 teaspoon salt	Salt and pepper
$\frac{1}{2}$ small onion, chopped	

Pick over the peas, wash, cover with cold water and soak overnight, or use quick-cooking peas and omit the soaking. Simmer the peas along with the bone and salt until tender, using the same water in which the peas were soaked. Remove the bone. If other than split or quick-cooking peas are used, press through a sieve. Cook the chopped onion in the fat until tender. Add the flour and brown it very lightly. Spoon some soup liquid into it, stirring constantly until smooth, and mix into the soup. Add enough milk to obtain the desired consistency and bring to a boil. Season to taste with salt and pepper. Serve with buttered croutons rubbed with garlic. The leftover soup may be varied when served a day later by adding a small amount of cooked egg noodles.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Kapusnyak

(*Sauerkraut Soup*)

(*Капустняк*)

A zestful soup which is well liked by those who have a passion for sauerkraut.

½ pound smoked pork shank or fresh spare ribs	3 cups sauerkraut
8 cups water	1 tablespoon finely chopped onion
1 medium onion, chopped	1 tablespoon fat
1 medium potato, diced	2 tablespoons flour
1 small carrot, sliced	1 tablespoon sour cream
½ cup chopped mushrooms, cooked dried, canned, or fresh	Salt and pepper
	Chopped dill or parsley

Wash the meat, cover with the water, and simmer until tender. With long cooking some more water may be needed. Add the onion, potato, and carrot and continue simmering until the vegetables are done. Remove the meat and press the vegetables through a sieve. Return the meat and the pressed vegetable stock to the kettle; add the mushrooms and sauerkraut. If the kraut is very sour, rinse it in cold water before adding it to the soup. Simmer these ingredients

until the kraut is tender, about 20 minutes. If cooked, dried, or canned mushrooms are used, add the mushroom liquid to the soup also. Cook the onion in the hot fat until tender, stir in the flour and brown it lightly. Pour some soup liquid into it, stir until smooth, and return it to the soup. Add the cream, season to taste, and bring to a boil. Flavor with the dill or parsley. Serve the meat as a separate course, or place a small slice of it into each bowl of soup. This soup is usually served with rye bread.

(Mrs. H. Worobetz, Saskatoon, Sask.)

Kapusnyak with Peas

(*Sauerkraut Soup*)

(*Капустняк з горохом*)

Follow the preceding recipe for Kapusnyak and add $\frac{1}{2}$ cup or more of cooked dried peas pressed through a sieve. If the soup is thick, thin it with some boiling water or soup stock to get the desired consistency.

Krupnyk

(*Barley Soup*)

(*Крупник*)

$\frac{1}{4}$ cup pearl barley	cooked dried, canned or fresh
1 small onion, chopped	
1 tablespoon butter	6 cups or more soup stock
$\frac{1}{2}$ cup diced carrots	1 tablespoon or more sour cream
$\frac{1}{2}$ cup diced celery	
1 small potato, diced	Salt and pepper
$\frac{1}{3}$ cup chopped mushrooms,	Chopped dill or parsley

Wash the pearl barley; cook in a large amount of lightly salted boiling water until tender. Meanwhile cook the onion in the butter until slightly wilted. Add the vegetables, mushrooms, and soup stock. Simmer until the vegetables are done. Strain the cooked barley and add to the soup. Stir in the sour cream and bring to a boil. Season to taste with salt and pepper. Garnish with the dill or parsley.

Rosolnyk

(Kidney Soup)

(Росо́льник)

This is a nutritious and tasty soup with a subtle touch of mild tartness. Use home-made pickles cured by fermentation without any vinegar.

1 cup mixed diced vegetables (carrot, celery, parsley root, onion)	2 tablespoons butter
1 small potato, diced	1½ tablespoons flour
6 cups soup stock	2 medium dill pickles
1 veal kidney	1 tablespoon or more sour cream
1 small onion, chopped	Salt and pepper
	Chopped dill

Cook the vegetables in the soup stock until tender. While the vegetables are cooking, split the kidney lengthwise, remove the fat and gristle, and then soak it briefly in cold water. Pat the kidney dry and cut into very thin slices or dice it. Cook the onion in the butter until barely tender. Add the kidney and cook for only a few minutes. Sprinkle the flour over the pieces and mix well. Pour some soup liquid, stir, and simmer gently for about 10 minutes. Add the kidney mixture to the soup. Dice the dill pickles on a plate to save their juice and stir into the soup. Add the cream, season to taste, and bring to a boil. If the soup lacks tartness, use some squeezed juice from another pickle. Garnish with the dill. Serve with pyrizhky.

Caraway Seed Soup

(Кумикова юшка)

Many enjoy the aromatic herb flavor in this soup. It is usually served clear.

2 to 3 tablespoons caraway seed	4 cups water
1 cup boiling water	2 tablespoons flour
1 cup mixed diced vegetables	1½ tablespoons butter
	Salt and pepper
	Buttered croutons

Wash the caraway seed, add it to the boiling water, cover tightly, and simmer very gently for about 10 minutes. Set it aside to steep. Cook the vegetables in the water until they are tender. If a clear soup is desired, strain the vegetables and use the vegetable stock as the base for the soup. Brown the flour lightly in the butter, pour some soup into it, stir until smooth, and add to the remaining soup. Add the strained caraway seed liquid and discard the seed. Season the soup to taste and bring it to a boil. Serve with buttered croutons.

Milk Soups

(Молочні юшки)

Ukrainians serve various cereals cooked in milk, or baked cereals with hot milk as a soup. This is a very general practice. These soups are made by cooking a small quantity of any of the following cereals in milk: rice, buckwheat groats, millet, pearl barley, coarse farina, corn meal. Egg Barley (page 69) or Egg Drops (page 70) cooked in milk make a delicious dish. The amount of cereal, or egg barley, or egg drops will depend on the desired thickness of the soup. Boiled milk may also be served with any baked cereal or cooked egg noodles. These soups are seasoned with salt and, if desired, with a small sprinkling of sugar.

Chilled Fruit Soup

(Овочевий холодник)

A chilled fruit soup is very refreshing on a hot summer day. Any fresh fruit or a combination of several kinds may be used. The soup may or may not be thickened with flour, depending on personal preference.

2 cups fresh fruit
5 to 6 cups boiling water
1 teaspoon or more flour
Sugar to taste

Lemon juice
 $\frac{1}{2}$ cup or more sweet cream
Grated lemon rind

Cook the fruit in the boiling water until tender. Press through a sieve. Blend the flour with a few tablespoons of cold water to a smooth paste, stir into the soup, and bring to a boil. Sweeten to taste and add some lemon juice for tartness. Cool slightly. Stir in enough cream to get the desired creamy consistency. Chill thoroughly. Serve in well-chilled cups or soup bowls. Garnish with the grated lemon rind. Serve the soup as a first course with Croutons for Fruit Soups (page 73) or Noodle Puffs (page 72).

Kholodnyk

(Uncooked Chilled Soup)

(Холодник)

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

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|---------------------------------|----------------------------------|
| 1 quart sour milk or buttermilk | 1 tablespoon chopped green onion |
| $\frac{1}{2}$ cup sour cream | 1 tablespoon chopped green dill |
| 1 cup cooked diced beets | 2 to 3 hard cooked eggs, chopped |
| 1 cup diced cucumber | Salt and pepper |
| 1 tablespoon grated raw carrot | |

Beat the sour milk or buttermilk with the cream until uniformly blended. Add the remaining ingredients and season to taste with salt and pepper. Chill thoroughly. Serve very cold in chilled soup plates.







SOUP ACCOMPANIMENTS

Boiled Rice

(page 231)

Baked Buckwheat Kasha

(page 225)

Lokshyna

(page 197)

Egg Barley

(Tepme micno)

1 egg
 $\frac{1}{4}$ teaspoon salt
Flour

Beat the egg with the salt slightly and add enough flour to make a very stiff dough. Knead it into a hard ball and grate on a coarse grater. Toss the shreds lightly on a board and let them dry for several minutes. Drop gradually into a boiling soup or milk, stir, and cook 5 to 8 minutes, or until done. These quick noodles may be made in a larger quantity and dried thoroughly, then stored for later use.

Egg Drops

(Ланне місто)

1 egg	4 tablespoons flour
1 tablespoon water	$\frac{1}{8}$ teaspoon salt

Beat the egg and then beat in the remaining ingredients. Pour slowly from the end of a spoon in a thin stream into a simmering soup or milk and let cook 2 to 3 minutes. If poured from a height, the shape of the drops will be improved.

Hrybok

(Omelet Noodles)

(Грибок)

1 tablespoon butter	2 tablespoons water
2 eggs, separated	2 tablespoons flour
$\frac{1}{8}$ teaspoon salt	

Cream the butter and add the egg yolks, one at a time, beating well after each addition. Mix in the remaining ingredients. Beat the egg whites until stiff, and fold into the mixture. Butter a large pan and heat it well, and then pour the mixture into it. Bake in a moderate oven (350°F.) until the omelet is set. Cool and slice it into noodles. Serve with a clear soup.

Rice Balls

(Галушечки з рису)

1 cup cooked rice	1 egg, slightly beaten
1 tablespoon flour	$\frac{1}{4}$ teaspoon salt
1 teaspoon soft butter	

Rub the rice through a sieve. Add the remaining ingredients and mix thoroughly. Drop the mixture in small

portions from a spoon into a simmering soup and let it cook 2 to 3 minutes. If desired, the mixture may be shaped into tiny balls about the size of small marbles and cooked in salted simmering water. Place a few balls in each serving of soup.

Marrow Balls

(Галушечки з шніку)

2 tablespoons bone marrow	Few grains pepper
1 egg, slightly beaten	$\frac{1}{2}$ cup soft bread crumbs,
$\frac{1}{4}$ teaspoon salt	about

Remove the cooked marrow from the bones and use about 2 tablespoons of it. Melt the marrow and combine with the remaining ingredients. Add enough bread crumbs to make the mixture of the right consistency to shape into balls. Make the balls the size of small marbles. Cook them in a simmering soup for about 2 minutes. The balls may be cooked in salted simmering water and added to each serving of soup.

Liver Balls

(Галушечки з печінки)

Follow the recipe for Marrow Balls, but omit the marrow and use $\frac{1}{2}$ cup of ground fresh liver. Flavor the mixture with a few drops of onion juice.

Potato Dumplings

(Картоняники)

$1\frac{1}{2}$ cups hot mashed potatoes	$\frac{1}{3}$ cup flour
$\frac{1}{4}$ cup dry bread crumbs	Salt and pepper
1 egg, slightly beaten	

Combine all the ingredients and season to taste with salt and pepper. Place the mixture on a floured board and

shape into rolls of pencil thickness. Cut into 2 inch lengths. Cook in salted boiling water until the dumplings float to the top. Drain.

Egg Balls

(Галушечки з жовтків)

2 hard cooked egg yolks	1 raw egg yolk
1 teaspoon soft butter	Salt and pepper

Mash the egg yolks to a smooth paste and combine with the remaining ingredients. Season to taste with salt and pepper. Shape the mixture into tiny balls, roll them in flour, and pan-fry in hot butter.

Noodle Puffs

(Смажена локшина)

Follow the recipe for Lokshyna (Egg Noodles, page 197). Roll the dough, but do not dry it as for noodles. Fold the dough in half and cut out small rounds through the double thickness, using a very small cooky cutter or a large thimble dipped in flour. Press the edges so that they hold together. Fry in deep fat to a delicate golden color. Drain on absorbent paper. These puffs are good with chilled fruit soups.

Croutons

(Припечені ірінки)

Remove the crusts from slices of dry bread, and butter the bread generously. Cut into cubes and brown in a moderate oven (350°F.). Put several croutons into each serving of soup, or serve them separately. For flavored croutons, rub the bread with a clove of garlic before buttering and toasting it.

Croutons for Fruit Soups

(Смажені ґрінки)

Remove the crusts from dry rolls or slices of dry bread and cut into finger lengths. Dip in a mixture of slightly beaten egg and cream, then pan-fry in hot butter on both sides. Sprinkle with sugar.

Vushka

(Вушка)

Vushka are tiny varenyky (dumplings) filled with a savory filling of meat, fish, or mushrooms. Their two corners are joined together, which gives them a close resemblance to tiny ears from which the name "vushka" is derived. They are served as an accompaniment to clear or very thin borsch, or broth. Two or three vushka are placed in each serving. It is traditional to serve them with meatless borsch at "Svyata Vechera" (Holy Night supper). See Vushka (page 210).

Pyrohy and Pyrizhky

(Пироги і пиріжки)

The most popular soup accompaniment among the Ukrainians are pyrohy and pyrizhky. They are filled pastries made of either a yeast-raised dough or short pastry. For very special occasions, puff pastry is used. The fillings vary as the cook's imagination is capable of dreaming up various combinations. Pyrizhky are about the size of small Parker House rolls, while pyrohy are much bigger, or they may be made like a rectangular pie and then cut into squares. An old country homemaker would not dream of serving borsch or broth at a company meal without a plateful of pyrohy or pyrizhky. Usually they disappear before the soup is finished. See Pyrohy and Pyrizhky (page 357).



W. J. P. 1900



MEAT

From prehistoric times Ukraine has been engaged in agriculture and the breeding of hardy livestock and poultry. These basic industries flourished on private farms throughout the centuries, making Ukraine one of the wealthiest agricultural countries in Europe. Today, the picture is changed. With the establishment of Russian communism in Ukraine, all private farms have been confiscated, and the animal husbandry has been taken over by the collective farms.

Domestic animals have always held a place of great significance in the Ukrainian way of life, as they were so necessary to the livelihood of the people. Dependence upon them for primary food, trade, and other needs, meant that every attention must be given to the care of the animals. Folk customs and traditions centered around them, thus indicating the nation's great regard for the animals. They were treated with kindness and consideration throughout the year, particularly on Christmas Eve, for, according to the popular belief, all animals gained the power of speech on that magic night. Tradition tells us that the animals, conversing with one another on Christmas Eve, expressed their

praises or complaints of the treatment received from their "hospodar" (master). Therefore, to please the animals and avert ill feeling or bad luck, the "hospodar" cleaned the stable thoroughly on the day of Christmas Eve and mixed some of the family supper into the animal's feed. This custom of sharing the family food with the animals on the festive Eve was considered proper, and has been strictly observed in the past.

Domestic animals are very frequently mentioned in the old Ukrainian Christmas carols. "*On the Jordan River*" records that the long-horned grey oxen, a characteristic breed of Ukraine, reverently warmed with their breath the chill air of the stable in which Jesus lay. Another old carol, translated into English, "*The Carol of the Bells*" (Shchedryk) arranged by M. Leontowych, brings the master glad tidings that his cows and sheep have given birth to young ones — an occasion for jubilant rejoicing. This carol has a different text in the English translation. Carols of this nature show that the Ukrainian people considered their animals an important asset, deserving of care and respect.

Throughout Ukraine St. George's Day, which falls in April, was observed in the past as "the animal day." St. George is the patron saint for the protection of all domestic animals in Ukraine. On this day the herds and flocks were turned out into the pasture for the first time after the winter months. Shepherds and stock were sent off with ceremonies, rituals, and blessings, invoking good health and joyful spirits. This event took place each year at sunrise so that the pasture would be reached in time to catch the glistening dew, in the belief that the dew on St. George's Day brought luck to animals and shepherds.

Today, these age-old customs appear naive and superstitious. Actually there is charm and wisdom in them. Native customs are based on the characteristic traits of the people and upon their outlook on life. One cannot but notice in these customs a reflection of friendliness and humaneness — typical characteristics of the Ukrainian

people. Their great appreciation of animals and their deep concern over their well-being are admirable qualities.

Generally speaking, meat has always been an important food item in Ukraine, although not the foremost with all classes of society. In the cities where fresh meat is available all year round, beef and veal are preferred; pork is next in favor. In the country, pork is most popular. Among the city and country people roast suckling pig is always featured at Easter and on feast days. Salt pork is an important staple of the peasants' diet. Because of inadequate refrigeration in the country, fresh meat is served when it is convenient to slaughter the animal. Slaughter day is a great day in the village. Relatives and neighbors help with the butchering, rendering lard, making sausages, and preparing ham and bacon for smoking. No edible part of the animal is ever wasted. Even cracklings are used in various ways, one of which is crackling biscuits or yeast-raised rolls. The slaughter day ends with a merry feast.

Meat cookery is well developed in Ukraine, especially among the urban and aristocratic families. The average peasant family prepares meat very simply by roasting, boiling, or frying. But among the well-to-do, particularly on gala occasions, meat dishes are very elaborate, almost extravagant. Several kinds of meat preparations are served at a dinner with additional appetizers of cold meats preceding the meal.

Methods of meat preparation in Ukraine are very much like those used throughout Europe, Canada, and the United States, with perhaps a slight difference in the flavoring and garnishing. Ukrainian homemakers have learned to use sour cream to advantage in many dishes, and it is one of the characteristic features of Ukrainian cookery. Used moderately, sour cream has great culinary possibilities not known to many homemakers. It is especially good with meat dishes, as it blends with the meat extracts, producing a rich, tasty sauce with a delightful tang, unattainable with any other ingredient.

Where the recipes in this book call for sour cream as one of the ingredients, it is advisable to obtain the cream at the dairy, or make it at home (page 181). Some varieties of cultured sour cream curdle in cooking and may discourage the inexperienced cook in her adventures with sour cream. The curdling may be prevented by thickening the cultured cream with a small amount of flour before adding it to the meat. Sour cream of good quality never curdles.

The generous use of butter in the meat recipes may appear startling, but butter is preferred in many meat dishes for its delicate and rich flavor. Both butter and sour cream are characteristic of Ukrainian meat cookery.

Meat

All grades of meat have essentially the same nutritive value. While some better cuts of meat command a higher price because of their tenderness, juiciness, and appearance, proper cooking can give equal satisfaction to lower grades. Even expensive, tender cuts can be spoiled by poor cooking. All meat is more tender and juicy when cooked at a low instead of a high temperature. This is a good rule to remember. The tougher cuts may be tenderized with a marinade.

Meat Thermometer

A meat thermometer is the only sure way to test whether or not meat is done. By using a thermometer, even the most inexperienced cook can be certain of having the roasts turn out exactly as desired. It is especially convenient for those preferring the roast done rare or medium. The use of a thermometer safeguards against unnecessary shrinkage of meat and loss of nutritive juices caused by overcooking. It also relieves the cook of any anxiety.

Insert the thermometer into the thickest part of the meat, not touching the bone nor resting in the fat. When

roasting, as soon as the thermometer registers the desired stage — rare, medium, or well done — remove the roast from the oven. Immediately after using, wash the thermometer in warm water, not cold, and put away safely.

Seasoned Flour

When a recipe calls for seasoned flour, prepare it the following way: Mix about $\frac{1}{2}$ cup of flour with $\frac{1}{2}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper (if desired) in a shallow pan. Dip the food to be coated into this flour, turning it over to coat evenly. Meat may be evenly floured by placing it in a paper or plastic bag with the seasoned flour and shaking it vigorously.

Savory Roast Beef

(Яловича печеня маринувана)

Europeans often marinate the meat for roasting in mild vinegar or wine with herbs and spices to tenderize and mildly flavor it. Some of the marinade liquid is usually added to the roast for a spicy and flavorful gravy. This marinated roast is delicious served either hot or cold.

3 to 4 pounds beef, round	1 tablespoon sugar
2 cups vinegar	1 medium onion, chopped
1 cup water	Seasoned flour
2 bay leaves	Fat
1 teaspoon peppercorns	Sour cream
2 teaspoons salt	

Select a compact cut of meat with a layer of fat. Wipe the meat with a damp cloth and place it in a bowl. Bring the vinegar and water to a boil. Remove from the heat, add the spices, salt, sugar, and onion. Allow the mixture to cool. Pour it over the meat, cover, and let stand for 2 days or longer, turning the meat over each day. Remove the meat, pat it dry, coat lightly with the seasoned flour, and brown on all sides in the hot fat. Place the meat in a roaster, add 1

cup of hot water (or part water and part strained marinade liquid), cover tightly, and cook in a slow oven (300°F.) for 3 hours, or until tender. Make a gravy of the pan drippings (page 171) and add a tablespoon or more of sour cream to it. This roast is usually served with potato dumplings.

Hussar Roast

(Гузарська печеня)

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

2½ to 3 pounds thick round steak	1 medium onion, quartered
½ cup boiling vinegar	½ cup soup stock or water
Seasoned flour	1 cup bread stuffing
¼ cup butter	1 tablespoon flour
	Salt and pepper

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

Stuffed Steak, Hetman Style

(Гетьманська руляда)

Here is a delicious dish which may be served at a company meal in preference to a more elaborate meat preparation.

1½ pounds round steak, cut ½ inch thick	Salt and pepper
3 tablespoons lemon juice	2 tablespoons flour
½ pound veal	¼ cup fat
¼ pound bacon	2 cups diced, mixed vegetables (carrot, onion, celery, parsley root, green pepper)
1 medium onion, chopped	¾ cup soup stock or water
2 tablespoons butter	¼ cup sour cream
3 tablespoons bread crumbs	
2 eggs, slightly beaten	

Pound the steak with a mallet or the edge of a heavy plate until well flattened and thin enough to roll. Sprinkle with the lemon juice and let it stand 30 minutes to tenderize. Meanwhile prepare the stuffing by grinding the veal and bacon finely. Cook the onion in the butter until tender and add it to the ground meat along with the bread crumbs, eggs, and seasoning. Mix these ingredients thoroughly. Sprinkle the steak lightly with salt and spread the stuffing on it. Roll it into a roll and secure with skewers or string. Coat the roll with the flour and brown quickly on all sides in the hot fat. Remove the roll. Add the vegetables, soup stock or water, and cream to the fat in the pan. Season with salt and pepper, and mix well. Place the roll among the vegetables, cover, and cook in a moderate oven (350°F.) for 1½ hours, or until the meat is tender. When done, remove the roll. Put the vegetables and drippings through a sieve to make a sauce. Remove the skewers or string from the roll; cut the roll into slices and pour the sauce over them. Garnish with parsley. Serve with green peas or Brussels sprouts.

(Mrs. M. Onuferko, Vegreville, Alberta.)

Roast Tenderloin with Mushroom Sauce

(Печеня з ливинчої полявици)

Different kinds of wines are frequently used in Europe to enhance the flavor of fish, meats, and desserts. Each of these has its own appropriate wine. Those who prefer the natural flavor of the meat may replace the wine in this recipe with water or soup stock.

$\frac{1}{3}$ pound salt pork	$\frac{2}{3}$ cup water or soup stock
1 medium onion, chopped	1 cup sliced mushrooms, canned or fresh
1 medium carrot, diced	1 tablespoon butter
$\frac{1}{2}$ cup diced celery	2 tablespoons flour
Salt and pepper	1 cup cold water or soup stock
1 beef tenderloin	
$\frac{1}{3}$ cup sherry or dry red wine	

Cut the salt pork into 4 slices. Put 2 slices in a roaster and top with a layer of the vegetables. Sprinkle the vegetables with salt and pepper. Wipe the tenderloin with a damp cloth, and place it on top of the vegetables. Mix the wine with the water or soup stock, and pour over the meat. Arrange 2 slices of salt pork on top of the meat. The tenderloin may be brushed generously with soft butter before placing the pork on it to prevent drying. Bake, uncovered, in a moderate oven (325°F.) from 20 to 25 minutes to the pound. Or, bake in a hot oven (400°F. to 425°F.) for 45 minutes in all. Baste it frequently. This meat is usually served rare. Remove the roast to a hot platter. Strain the pan drippings and discard the vegetables. Use the pan drippings for sauce. Brown the mushrooms in the butter. If canned mushrooms are used, add enough water or soup stock to the mushroom liquid to make 1 cup. Blend the flour with the pan drippings to a smooth paste. Stir in the cold water or soup stock and bring to a boil. Season to taste. A tablespoon of sour cream may be added to the sauce for a richer flavor. Mix in the fried mushrooms. Cut the roast into slices and pour the sauce over them. Garnish with sprigs of parsley.

Beef Tenderloin, Kiev Style

(Яловича полюбенця киевським способом)

In Ukraine, this dish is considered a delectable treat by the upper classes of society.

1 pound beef tenderloin	$\frac{1}{2}$ teaspoon prepared mustard
1 teaspoon grated onion	$\frac{1}{4}$ cup sour cream
$\frac{1}{2}$ pound mushrooms	Salt and pepper
$1\frac{1}{2}$ tablespoons butter	$1\frac{1}{2}$ tablespoons butter
1 tablespoon flour	$\frac{1}{2}$ teaspoon grated onion
$\frac{3}{4}$ cup soup stock	

Remove all the fat and skin from the meat. Cut the meat into $\frac{1}{2} \times 2$ inch strips. Sprinkle lightly with salt and pepper and let it stand at room temperature for 1 hour. Cook the onion and mushrooms in the butter until lightly browned. Sprinkle with the flour; mix thoroughly, and then stir in the soup stock, mustard, and sour cream. Bring to a boil. Season the sauce to taste with salt and pepper, and let it simmer for 10 minutes. Melt the butter and quickly brown the meat strips in it along with the onion. Add the meat to the sauce. Cover and keep hot for 20 minutes to blend the flavors. Do not let it boil or simmer. When ready to serve, heat quickly over direct heat and serve immediately.

Beef Goulash

(Гуляш)

This popular old country dish has many variations. Some like it well spiced, others prefer the natural flavor of the meat.

$1\frac{1}{2}$ pounds beef, round steak, rump, or chuck	Salt and pepper
1 large onion chopped	$\frac{1}{4}$ teaspoon caraway seed, if desired
2 tablespoons fat	$\frac{1}{2}$ green pepper, chopped, if desired
$\frac{1}{2}$ teaspoon paprika	
$\frac{1}{2}$ cup hot water	

Cut the meat into 2 inch pieces. Cook the onion in the hot fat to a light golden color and then remove it to a separate dish. Brown the meat evenly in the same fat. Return the onion to the meat and add the remaining ingredients. Bring to a boil and taste for seasoning. Cover and simmer slowly over a low heat for about 1½ hours, or until the meat is tender. When done, there will be very little liquid left in the pot. That is the way it should be. No thickening is used in this dish. Serve the goulash piping hot with noodles or potato dumplings.

Meat Loaf

(Січена печеня або фальшивий заляць)

Literally translated, meat loaf is called by two names used interchangeably — minced roast and mock rabbit. Of these mock rabbit is the most popular name. Meat loaf may be plain and stuffed. This loaf is good served hot or cold or as a filling for sandwiches.

¾ cup dry bread crumbs	1 teaspoon lemon juice
1 cup milk	Salt and pepper
1 small onion, grated	½ cup hot soup stock or water
3 tablespoons butter	1 tablespoon flour
1 pound ground round steak	½ cup sour cream or tomato juice
½ pound ground lean pork	
1 egg, slightly beaten	

Soak the bread crumbs in the milk. Cook the onion in the butter until tender. Combine the bread crumbs, onion, ground meat, egg, lemon juice, and seasoning; mix these ingredients thoroughly. Be sure to season well with salt and pepper. Shape the mixture into a loaf and place it in a lightly greased pan. Brush the top with melted fat. Cover with greased paper or aluminum foil and bake in a moderate oven (350°F.) for 1 hour. When the loaf is partially baked, pour the hot soup stock or water over it, cover, and continue baking. Baste frequently. Remove the paper or aluminum foil for the last ¼ hour of the baking period. When done,

blend the flour with the sour cream or tomato juice and pour over the meat. Let it cook a while longer to blend the flavors. Remove the loaf to a hot platter. Season the sauce with salt and pepper, and then strain it. Cut the loaf into slices and pour the sauce over them.

Stuffed Meat Loaf

(Січена печеня з начинкою)

Follow the preceding recipe for Meat Loaf. Use any favorite stuffing. Flatten the prepared meat mixture 1 inch thick on a floured waxed paper. Spread the stuffing over it and roll into a roll, sealing the edges. Slip carefully from the paper into a greased loaf pan. Cook as directed.

Suggested Stuffings

Baked Buckwheat Kasha (page 225): Use a small quantity of plain kasha or vary it with chopped browned mushrooms or chopped ham. An addition of a raw egg will help to keep the grains from separating, if the kasha is crumbly.

Hard Cooked Eggs: Place the whole eggs lengthwise on the flattened meat and shape into a loaf.

Dill Pickles: Use long pickles and arrange them lengthwise on the meat. Shape into a loaf.

Bread Stuffing: Use any favorite preparation.

Mushrooms: Prepare a thick mixture of cooked mushrooms.

Sauerkraut: Use any favorite preparation.

Bytky in Sauce

(Steak)

(Битки у підливі)

Bytky is a popular Ukrainian name for a pounded steak. One of the great virtues of a round or veal steak is its

versatility. It can be prepared tastefully in numerous ways. The following recipe may be varied by adding some celery and green pepper for a zesty flavor.

1 pound round steak or veal	1/2 clove garlic
steak	1 cup hot water
1/3 cup seasoned flour	Salt and pepper
1 small onion, chopped	1/2 cup sour cream
4 tablespoons butter	

Wipe the meat with a damp cloth and trim off the fat. Spread half of the seasoned flour on a meat board, place the steak on it, and cover with the remaining flour. Pound the steak with a mallet or the edge of a heavy plate. Turn the steak over and continue pounding. Keep turning and pounding until all the flour is taken up by the meat. Cut the steak into small serving portions. Cook the onion in the hot butter until tender. Remove the onion to a separate dish. Brown the meat on both sides in the same pan. Add the onion, crushed garlic, water, and seasoning. Bring to a boil and taste for seasoning. Cover and cook in a moderate oven (350°F.) for 1/2 hour. Then stir in the cream and continue cooking until the meat is tender. If the sauce is thick, thin it with a small quantity of boiling water to get the desired consistency. Serve with Baked Buckwheat Kasha (page 225) or baked potatoes.

Braised Short Ribs of Beef

(Яловичі ребра з городиною)

2 pounds short ribs of beef	1/2 cup tomato juice
1 clove garlic, crushed	Salt and pepper
Seasoned flour	1 medium carrot, diced
2 tablespoons fat	2 stalks celery, diced
1 small onion, chopped	1 green pepper, sliced
1/2 cup hot water	

Select lean, meaty short ribs. Ask the meat dealer to cut the ribs into serving pieces. Rub each piece with the crushed garlic, dip in the seasoned flour and brown in the

hot fat. Add the onion, hot water, tomato juice, salt, and pepper to taste. Cover and cook slowly in a moderate oven (325°F.) for 1½ to 2 hours, or until nearly tender. Then add the vegetables and continue cooking about 30 minutes longer, or until the ribs and vegetables are done. Season the sauce to taste. A tablespoon of sour cream will enrich the sauce.



Stuffed Breast of Veal

(Навчимося готувати м'ясо з начинкою)

For a traditional Ukrainian bread stuffing for this roast, use some ground pork tenderloin or other ground meat browned in butter. The roast is often sprinkled with marjoram before cooking it. To finish the gravy in a fancy Ukrainian way, mix into it, after it is ready, 1 or 2 tablespoons of dry red wine.

3 to 4 pounds breast of veal
1 clove garlic
½ teaspoon salt

Favorite bread stuffing
Seasoned flour
Salt pork

Wipe the meat with a damp cloth. Cut a pocket in it with a sharp knife or have it done by the meat dealer when buying the roast. Rub the inside of the pocket and the outside surface of the meat with the garlic crushed with salt. Have the favorite bread stuffing ready and fill the pocket with it. Fasten the opening with skewers. If the meat is lean, brush it with soft butter. Coat the meat lightly with the seasoned flour and place it in a roasting pan. Arrange a few slices of the salt pork over the roast to prevent drying. Cook it uncovered in a slow oven (300°F) until the meat is tender, allowing 25 to 30 minutes to the pound. When done, remove the roast and make a gravy of the pan drippings (page 171). Some sour cream may be added to the gravy, if desired.

Breaded Veal Kotlety

(Те.л.ви котлету)

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

1½ to 2 pounds veal steak,	1 egg, slightly beaten
¾ inch thick	Butter
Juice of ½ lemon	½ cup soup stock or cream
Seasoned bread crumbs	

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

Veal Kotlety with Brain Sauce

(Телячі котлетки з мозком)

Brain sauce is delicate and intriguing in this old country dish.

1 set veal brains	½ cup or more buttered bread crumbs
½ cup dry bread crumbs	1 teaspoon grated onion
½ cup milk	2 teaspoons butter
1 pound ground veal	1 teaspoon flour
1 egg, slightly beaten	3 tablespoons sour cream
1 tablespoon grated onion	1 or 2 egg yolks
Salt and pepper	1 teaspoon chopped parsley
Butter	Salt and pepper

Wash the brains well and divide in half. Cover one half of the brains with lightly salted boiling water and add 1 tablespoon of vinegar. Cover and simmer gently for 15 minutes. Drain, cool, and slice ¼ inch thick.

Soak the bread crumbs in the milk. Add them to the meat along with the egg, onion, and seasoning. Mix thoroughly. Shape the mixture into well-flattened patties. Brown in the hot butter. Arrange the patties in a shallow baking pan or in a casserole which can be served at the table. Place a slice of the cooked brains on top of each. Sprinkle with salt and pepper and then with half of the bread crumbs. Cover and cook in a moderate oven (350°F.) for about 25 minutes. Meanwhile prepare the sauce by cooking the onion in the butter until tender but not brown. Press the remaining half of the uncooked brains through a sieve and combine it with the cooked onion. Blend the flour with the cream and egg yolk, and add to the mixture. Stir in the parsley and season to taste. Pour this sauce over the meat and sprinkle the top with the remaining bread crumbs. Return the dish to the oven, and cook it for about 15 minutes longer.

(Mrs. A. Skorobohach, Saskatoon, Sask.)

Veal Paprika

(Телячий паприкар)

1½ pounds veal steak	1 cup vegetable stock or water
Seasoned flour	Salt and pepper
2 to 3 tablespoons butter	1½ cup or more sour cream
1 small onion, chopped	1½ teaspoon or more paprika

Remove excess fat and skin from the meat. Cut the meat into 2 inch squares. Coat the pieces with the seasoned flour and brown them lightly in the hot butter. Add the onion and brown it lightly. Pour in the vegetable stock or water, and season to taste with salt and pepper. Cover and simmer slowly for 30 minutes. Add the cream and paprika, and continue simmering for another 30 minutes or until tender. Serve with steamed rice, buckwheat kasha, or potatoes.

Favorite Sichenyky

(Patties)

(Сиченики)

These sichenyky (patties) made of a combination of beef veal, and pork are a favorite standby in Ukrainian homes. They are really worth a trial. The liberal use of liquid in the mixture keeps the meat tender-moist. Use this recipe for plain or stuffed zrazy (meat balls).

⅔ cup dry bread crumbs	1 small onion, grated
1 cup or more milk	1 egg, slightly beaten
½ pound ground beef	Salt and pepper
½ pound ground veal	Sifted dry bread crumbs
½ pound lean ground pork	Butter

Put the bread crumbs into a deep bowl, add the milk and let the mixture stand for a few minutes. Add the re-

maining ingredients except the sifted bread crumbs and butter. Mix thoroughly. Season the mixture to taste with salt and pepper. Shape into flat patties, dip in the bread crumbs, and criss-cross the entire surface of each patty with the back of a knife. Lift each patty with a spatula and brown lightly on both sides in the hot butter. Other fat may be used, but butter gives a superior flavor. Do not attempt to cook too many patties at a time. They should not be overcrowded in the pan. Remove the partially cooked patties to a baking dish and continue cooking the remaining ones. When all are done, cover them and finish cooking in a moderate oven (350°F.) for about 25 minutes. Serve at once with creamed mushrooms or any favorite sauce.

Zrazy

(Meat Balls)

(Зрази)

Zrazy is a name for meat balls with or without a stuffing. Follow the preceding recipe for Favorite Sichenyky or Meat Loaf (page 84). Shape the meat mixture into 1½ inch balls and brown them evenly in hot fat. Remove to a baking dish and add ½ cup of hot soup stock or water. Cover and cook in a moderate oven (350°F.) for about 30 minutes. Serve the zrazy with either a mushroom or a tomato sauce.

Zrazy with Horseradish Stuffing

(Meat Balls)

(Зрази начинювані хреном)

Stuffed zrazy are delicious and quite different from the usual meat balls. Any favorite stuffing may be used in

them in place of the horseradish. Prepare the meat as for sichenyky or meat loaf.

Favorite Sichenyky (page 90) or Meat Loaf (page 84)	$\frac{1}{4}$ teaspoon salt
2 hard cooked egg yolks, sieved	3 or 4 tablespoons butter or other fat
$\frac{1}{3}$ cup freshly grated horseradish	1 tablespoon flour
2 tablespoons melted butter	$\frac{1}{2}$ cup soup stock or water
2 tablespoons soft bread crumbs	$\frac{1}{2}$ cup sour cream
	Salt and pepper

Prepare the meat mixture as directed in the recipe. If a thicker mixture is desired, reduce the milk slightly. To make the stuffing, combine the egg yolks, horseradish, butter, bread crumbs, and salt. Mix these ingredients thoroughly. Shape the meat into balls about the size of golf balls and flatten them into patties. Place a small quantity of the stuffing on each patty, turn up the edges over the filling, seal, and shape into balls or egg-like ovals. Brown them in the hot butter or other fat. Remove to a baking dish. Blend the flour with the fat in the pan, stir in the soup stock or water, and bring to a boil. Add the sour cream and season to taste. Pour the sauce over the meat. Cover and cook in a moderate oven (350°F.) for 30 minutes.

Rolled Bytky

(Veal Birds)

(Запеченні битки)

Chicken broth gives these bytky a delicious chicken-like flavor. An excellent dish for company.

$\frac{1}{2}$ pound veal steak, cut thin	1 cup chicken broth or soup stock
$\frac{1}{2}$ pound pork tenderloin, cut thin	3 tablespoons or more cream
Seasoned flour	1 teaspoon grated onion
1 egg, slightly beaten	Salt and pepper
Butter	1 cup cooked sliced mushrooms
1 tablespoon flour	

Remove all excess fat and skin from the meat. Pound the meat with a mallet or the edge of a heavy plate until well flattened and thin. Cut it into pieces ranging in sizes from 1x3 inches to 2½x3 inches. Take the largest piece and place on it 3 or 4 smaller ones, alternating veal and pork. Sprinkle with salt and pepper. Roll or shape the layered pieces into a roll. Secure it with a skewer or string. Dip the rolls in the seasoned flour, and then in the beaten egg diluted with 2 tablespoons of water, and again in the seasoned flour. Brown them in the hot butter over a moderate heat. Remove to a baking dish. Blend the flour with the fat in the pan, add the chicken broth or soup stock, stir, and bring to a boil. Mix in the cream, onion, and seasoning. Pour the sauce over the meat. Cover and cook in a moderate oven (325°F.) for 1 hour. Remove the meat to a hot platter and take out the skewers or string. Add the mushrooms to the sauce and bring to a boil. Pour the sauce over the meat.

Veal Bytky with Mushrooms Stuffing

(Rolls)

(Начинювані битки)

Old country cooks use a variety of delectable stuffings in bytky besides mushrooms. A stuffing of ground ham or prepared brains is worth mentioning. Vegetable mixtures are also commonly used. The stuffing in this recipe may be varied with additional ingredients or different seasoning to suit one's preference.

1½ pounds veal steak, ⅓ inch thick	Salt and pepper
1 tablespoon grated onion	Seasoned flour
2 tablespoons butter	3 tablespoons butter
1 cup chopped mushrooms	1 tablespoon flour
½ cup soft bread crumbs	⅔ cup soup stock or water
1 egg, slightly beaten	⅓ cup sour cream
1 teaspoon chopped parsley or dill	Salt and pepper

Trim the fat and skin from the meat. Pound the meat with a mallet or the edge of a heavy plate until flat and thin enough to roll. Cut the meat into approximately 3 inch squares. Prepare the stuffing by cooking the onion in the butter until tender. Add the mushrooms and cook together about 10 minutes. Cool slightly. Mix in the bread crumbs, egg, parsley or dill, and season with salt and pepper. The mixture should be thick enough to hold its shape. Place a small quantity of the stuffing on each piece, roll up and secure the roll with a skewer or string. Dip the rolls in the seasoned flour and brown in the hot butter. Remove to a baking dish. Mix the flour with the fat in the pan, stir in the remaining ingredients, and bring to a boil. Pour this sauce over the meat, cover, and cook in a moderate oven (325°F.) for about 45 minutes, or until tender. Remove the rolls to a hot platter and take out the skewers or string. Pour the sauce over the meat.

Pashtet

(Loaf)

(Паштет)

Pashtet is a meat or fish loaf of a very fine texture, having its fibrous ingredients ground 3 or 4 times on the finest blade of a food chopper until the mixture is as smooth and creamy as soft butter. European food choppers have a special attachment for this purpose. For additional fineness, the mixture is pressed through a fine sieve. Pashtet may be made of any meat or fish or a combination of several varieties of each. It may be a large or an individual loaf, and served hot or cold as an appetizer or as a main dinner dish. For very special occasions, the individual cooked pashtet is often encased in puff or short pastry and then baked. Pashtet is considered an aristocratic dish. This recipe may be varied by using poultry, game, or fish.

$\frac{1}{2}$ cup or more dried mushrooms	1 small parsnip, sliced
$\frac{1}{2}$ pound veal liver	2 sprigs parsley
Milk	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ pound veal	$\frac{1}{4}$ teaspoon marjoram
$\frac{1}{2}$ pound pork with fat	2 teaspoons salt
$\frac{1}{2}$ pound lamb	$\frac{3}{4}$ cup dry bread crumbs
1 medium onion, chopped	3 tablespoons dry red wine, if desired
1 stalk celery, chopped	5 to 6 eggs, separated
1 medium carrot, sliced	Salt and pepper

Wash the mushrooms in hot water. Soak them in lukewarm water to cover for 15 to 30 minutes. Wash the liver and soak in the milk to cover until needed. Put the meat into a kettle along with the mushrooms and the water in which they were soaked, and with the vegetables, spices, and salt. Add enough hot water to barely cover. Bring to a boil. Cover and simmer until the meat is tender. In the last 10 minutes of the cooking period, add the liver and continue cooking. Strain the mixture and reserve the stock. Remove the bay leaf. Put the strained ingredients through a food chopper 3 or 4 times, using a fine blade. Soften the bread crumbs in 1 cup of the reserved meat stock. Combine it with the meat. If the mixture is very thick, add some meat stock. Stir in the wine, if used. Add the egg yolks, one at a time, beating vigorously after each addition. Season to taste with salt and pepper. Beat the egg whites until stiff and fold into the mixture. Butter a mold generously with soft butter, sprinkle with fine bread crumbs, and fill it two-thirds full with the mixture. Sprinkle the top lightly with melted butter and cover tightly. Set the mold on a rack in a large kettle, pour in boiling water to one-half the depth of the mold. Cover the kettle closely, and steam for 1 hour. Remove the mold from the kettle and place it in a moderate oven (350°F.) for about 20 minutes to complete the cooking in a dry heat. Serve the pashtet hot or cold. Tartar Sauce (page 167) is delicious with a hot pashtet.

Pashtet of Veal

(Loaf)

(Паштет з телятини)

1 pound veal, ground very fine	1 tablespoon melted butter
5 egg yolks	1 tablespoon grated onion
$\frac{1}{2}$ cup dry bread crumbs	1 teaspoon salt
$\frac{1}{2}$ cup milk	$\frac{1}{8}$ teaspoon pepper
	5 egg whites

Combine the meat with the egg yolks. Soak the bread crumbs in the milk and add to the meat along with the remaining ingredients except the egg whites. Beat the mixture thoroughly. Taste critically for seasoning. Beat the egg whites until stiff and fold into the meat mixture. Butter a loaf pan with soft butter and sprinkle with bread crumbs. Spoon lightly into the pan and sprinkle the top with melted butter. Cook in a slow oven (300°F.) to 325°F.) for about 1 hour, or until an inserted knife comes out clean. Serve hot with a mushroom or tomato sauce.

Roast Suckling Pig

(Печенє поросятко)

In Ukraine, it is traditional to serve roast stuffed or boiled suckling pig for Easter, banquets, buffet dinners, and other festive or gala occasions. It is very much a specialty not only from the point of taste, being delicious served hot or cold, but also because of its eye appeal. Served whole in its natural position, the suckling pig dominates the dinner or buffet table and thereby sets the mood for a festivity. One glance and everyone realizes that the "feast is on." Suckling pig is surprisingly delicious and so easy to prepare. One often wonders why suckling pig is so rarely, if ever, served in Canada where hog raising is a thriving industry.

Select a suckling pig 3 to 4 weeks old. It should not weigh more than 8 to 10 pounds dressed. Clean it, wash, scald,

and pat dry. Rub the cleaned pig on the inside with 1 tablespoon of salt. Fill the cavity with a favorite stuffing and sew up the opening. Press the forefeet forward and the hind feet backward; skewer them in position. Insert a raw potato or a small block of wood into the mouth to keep it open. Place the pig in a roaster. Brush the entire body very generously with soft butter. Cover the ears and tail with aluminum foil or heavy greased brown paper to protect them from burning. Bake, uncovered, in a hot oven (450°F.) for 15 minutes. Lower the heat to a moderate oven (325°F.) and continue roasting until the pig is tender, allowing 30 minutes to the pound. In the final stages of cooking, lower the temperature to 300°F. Baste frequently with melted fat or the pan drippings. The skin should be evenly browned and crisp. During the last half-hour of cooking, remove the protective cover from the ears and tail in order to brown them. When done, place on a large platter in a natural position. Insert a red apple or a sprig of parsley into the mouth. Suckling pig is traditionally served with freshly grated horseradish or a horseradish sauce.

Roast Loin of Pork

(Свиньяча печеня)

Loin end of pork makes a fine juicy roast. The popular old country glaze for roast pork is seasoned applesauce. It gives the meat an attractive brown coating.

4 to 5 pounds pork loin	$\frac{1}{8}$ teaspoon pepper
2 tablespoons flour	1 cup applesauce
1 teaspoon salt	$\frac{1}{3}$ cup brown sugar
$\frac{1}{2}$ teaspoon sugar	2 teaspoons vinegar
1 teaspoon mustard	$\frac{1}{4}$ teaspoon ground cloves

Cut off all surplus fat from the meat. Mix the flour with the salt, sugar, mustard, and pepper. Rub this mixture into the loin. Place the loin, fat side up, in a pan and cook, uncov-

ered, in a moderate oven (325°F. to 350°F.) until well done, allowing 30 to 40 minutes to the pound. During the last half hour of the cooking period, brush the roast generously with a mixture of the applesauce, brown sugar, vinegar, and cloves to glaze it, and continue cooking. If desired, a few whole apples may be baked with the roast during the last half hour of cooking and served as an accompaniment.

Roast Pork with Caraway Seed

(Свиняча печеня з кмином)

Ukrainians have a special fondness for caraway seed which they use liberally or sparingly, depending on personal taste, in many dishes, breads, and pastries. A brew of caraway seed is a popular home remedy for some minor internal ailments.

Follow the preceding recipe for Roast Loin of Pork, but omit the applesauce glaze. Place the seasoned loin in a roaster and add the following: 1 medium onion, chopped, 1 teaspoon or more caraway seed, 1 cup water. Cover the meat and roast it as directed until well done. Remove the meat, slice it, and arrange on a warm platter. Strain the pan drippings and pour over the meat. Serve with any favorite preparation of sauerkraut.

Stuffed Pork Tenderloin

(Начинювана подавица)

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

2 pork tenderloins
Melted butter

Salt and pepper
Favorite bread stuffing

Select 2 pork tenderloins of equal size. Trim off the fat and split the tenderloins lengthwise without cutting them

through completely. Open each tenderloin and flatten it out. Brush it with the melted butter and sprinkle with salt and pepper. Spread the stuffing on one flattened tenderloin and cover with another one. Tie the roll in 2 or 3 places with a string. Brush a roasting pan with fat, place the roll in it, and then brush the roll with fat. Cook in a moderate oven (350°F.) until tender, allowing 30 to 35 minutes to the pound. Remove the roll from the pan and keep it hot. Make a gravy of the pan drippings. Serve the roll in slices.

Pork and Mushroom Casserole

(Свиняча погядвиця з грибами)

Mushrooms are not a luxury in Ukraine but almost an everyday staple. They are used in meat dishes in a variety of ways.

3 thin slices bacon, chopped	Seasoned flour
1 cup sliced mushrooms	Salt and pepper
1 small onion, chopped	$\frac{1}{2}$ cup water or canned mushroom liquid
1 pound sliced pork tenderloin	$\frac{1}{4}$ cup sour cream

Pan-fry the bacon until crisp and remove it to a separate dish. Brown the mushrooms and onion lightly in the bacon fat. Remove them and combine with the bacon. Dip the meat in the seasoned flour and brown it in the remaining fat. Arrange the meat in a baking dish, alternating it with a mixture of the bacon, mushrooms, and onion. Sprinkle with salt and pepper. Combine the water or mushroom liquid with the sour cream, season to taste, and pour over the layers. Cover and cook in a moderate oven (350°F.) for about 45 minutes. Garnish with chopped parsley, and serve in the baking dish.

Stuffed Pork Kotlety

(Chops)

(Начинювані свинячі котлети)

There are no unusual or expensive ingredients in this recipe, but the dish is delightful. For a variation use a seasoned sauerkraut stuffing — grandma's great favorite.

4 rib pork chops, 1 inch thick	$\frac{1}{4}$ cup chopped celery
3 tablespoons lemon juice	1 tablespoon chopped parsley
1 tablespoon grated onion	or dill
2 tablespoons butter	Salt and pepper
1 cup soft bread crumbs	$\frac{1}{4}$ cup or more sour cream
3 tablespoons milk	

Trim off excess fat and remove the bone from the chops. Cut a large pocket along one side of each chop. Sprinkle the lemon juice on the inside of the pockets and on both sides of the chops. Let them stand for 30 minutes to tenderize. Meanwhile prepare the stuffing by cooking the onion in the butter until very lightly browned. Combine it with the remaining ingredients except the sour cream. Mix thoroughly. Pat the chops dry. Fill the pockets with the stuffing and skewer the opening or sew it up. Brown the stuffed chops on both sides in hot fat. Sprinkle with salt and pepper and add the cream. Cover and cook in a moderate oven (350°F.) for 1 hour, or until done. Remove the skewers or string before serving the kotlety.

Pork Kotlety with Rice

(Свинячі котлети з рижом)

$1\frac{1}{2}$ pounds pork steak	1 teaspoon or more salt
$\frac{1}{2}$ cup uncooked rice	Pepper
$\frac{1}{2}$ diced green pepper	2 cups strained tomatoes
1 tablespoon chopped onion	

Trim off excess fat from the meat and use some of it for browning the meat. Pound the steak with a mallet or the edge of a heavy plate and then cut into small serving pieces. Brown the meat in hot fat and remove it. Brown the washed, uncooked rice in the same fat, stirring constantly. Mix in the pepper, onion, and seasoning. Return the meat to the pan and add the tomatoes. Cover tightly and simmer over a low heat on top of the range for 1 hour without once lifting the cover. Serve with cooked sauerkraut or a sauerkraut salad.

Spareribs with Sauerkraut

(Свинячьи ребра с капустою)

Who doesn't like spareribs with sauerkraut? This is a flavorsome and inexpensive dish. As there is much bone and little meat to spareribs, allow $\frac{3}{4}$ pound of ribs to a person.

3 pounds or more spareribs	1 quart sauerkraut
1 teaspoon salt	$\frac{1}{2}$ teaspoon caraway seed
1 medium onion, chopped	2 teaspoons sugar
1 cup or more boiling water	Salt and pepper

Have the spareribs cut into serving pieces. Brown them either in a pan or in a broiler. Place the ribs in a large pan; add the salt, onion and water. Cover and simmer for about $1\frac{1}{2}$ hours or until almost tender. Taste the kraut for acidity. If necessary, rinse it in warm water, drain well, and add to the meat. Mix in the caraway seed and sugar. The addition of sugar gives the kraut a milder flavor. Season to taste with salt and pepper. Cook, uncovered, for about 30 minutes, or until the meat is tender. Serve with mashed or baked potatoes.



Ham

The present day meat markets feature hams that are either ready-cooked or tenderized. For best results follow the method of preparation recommended by the packer for his particular brand. Directions for cooking are usually given on the wrapper.

Boiled Ham

(Варена шинка)

Scrub the ham in warm water with a stiff brush and wash it well. Place the ham in a deep kettle and pour enough boiling water to barely cover it. Cover and simmer (do not boil) until the ham is tender, allowing 25 to 30 minutes to the pound. Use a meat thermometer for accuracy. Cool the ham in the water in which it was cooked.

If a boiled and then baked ham is desired, place the cooked ham while it is still warm in a roasting pan. Strip off the skin and cover the top and sides with brown sugar mixed with a small quantity of dry mustard. Stud it with

whole cloves. Bake the ham in a hot oven (425°F.) for about 20 minutes or until the sugar is melted and delicately browned. The ham may be basted with any fruit juice. Old country cooks use the syrup of pickled fruit for this purpose. The traditional Ukrainian accompaniment for ham is freshly grated horseradish, or a horseradish sauce, or a beet and horseradish relish.

Baked Ham

(Печена шинка)

Scrub and wash the ham in warm water. Bake it, uncovered, in a slow oven (300° to 325°F.), allowing 25 to 30 minutes to the pound. When a thermometer is used, it should register 170°F. for correct doneness. If a glazed ham is desired, follow the directions in the preceding recipe for Boiled Ham.

Home-Cured Ham

(Маринована шинка)

Curing of meats has become so largely a commercial industry that it is gradually taking the art away from the average rural household in Canada. With hog raising in mixed farming, home-cured meat is both practical and very economical. Many of the Ukrainian Canadian rural homes still favor home-cured meats. On their modern farms the smokehouse stands among the up-to-date buildings. Here is a recipe for a home-cured ham.

Fresh leg of pork
2 tablespoons saltpetre
2 cups salt

1 cup brown sugar
2 tablespoons pickling spice
Water

Rub the entire surface of the meat with the saltpetre. Cover and leave it overnight in a cool place. Next day make a brine of the salt, sugar, spice, and water, adding enough water to cover the meat completely. Bring the brine to a

boil and cool it. Pour the brine over the meat, cover, and let it stand in a cool place for 2 weeks. Remove the meat from the brine and smoke it in a smokehouse by the usual method. Some prefer to age the ham for a few days after the smoking by letting it hang.

To prepare the ham for table use, scrub it thoroughly with a brush and wash several times. Then soak it for several hours in cold water to cover, changing the water once or twice. The ham may be baked or boiled, allowing 30 minutes to the pound.

(Mrs. M. Suenarchuk, Canora, Sask.)

Ukrainian Sausage

(Українська ковбаса)

A traditional Ukrainian sausage is made from the choice cuts of pork with a small amount of fat. Some old country cooks use a mixture of $\frac{2}{3}$ pork and $\frac{1}{3}$ veal for a superior product. For quick use, the sausage is not smoked but baked fresh. It is a delicious dish.

2 pounds or more loin or leg of pork	Salt and pepper $\frac{1}{2}$ cup water
1 clove garlic	Sausage casing

Remove the bones and skin from the meat but retain the fat. Cut the meat and fat into very small pieces. Do not grind the meat. Add the crushed garlic, seasoning, and water. Mix with the hand until thoroughly blended. Taste critically for seasoning. Have the sausage casing ready. Cleaned and ready-to-use sausage casings may be obtained from a meat dealer. Stuff the meat mixture into the casing, leaving no empty spaces. Tie the ends with a string. Prick the entire length of the sausage with a needle to let out the enclosed air. The sausage is now ready for smoking or baking. Cook the sausage by any one of the following methods:

(1) Place the sausage in a greased roaster and cook it,

uncovered, in a moderate oven (350°F.) for about 1 hour, or until delicately browned and well done.

(2) Add enough water to barely cover the sausage. Cook it, uncovered, in a moderate oven (350°F.) for about 1 hour, or until most of the water evaporates and the sausage is delicately browned and done. Save the drippings and use them for sauerkraut dishes.

Hog's Head Drahli

(Head Cheese)

(Драгли з свинячої голови)

An old-fashioned dish but well liked by many.

1 hog's head with tongue	1 clove garlic
1 tablespoon or more salt	1 bay leaf
1 small onion, quartered	6 peppercorns

Have the hog's head cut into quarters by the meat dealer. Remove the brains, teeth, snout, and eyes, but retain the ears. Cut off the fattest part of the head for lard. Scrape and wash each piece thoroughly. Wash, trim, scald, and skin the tongue. Soak the meat in cold water to cover for 30 minutes to extract the blood. Drain and wash again. Cover the meat with fresh cold water; add the salt, bring to a boil, and skim. Cover and simmer for 1 hour. Then add the remaining ingredients and continue cooking until the meat separates from the bones. This will take about 5 hours or longer. Be sure to simmer the meat over a low heat during the entire period of cooking. Rapid boiling will make the meat stock milky in color. Drain off the meat stock and save it. Remove the onion, garlic, and spices. Pick out all the bones from the meat. Cut the meat into coarse pieces. The stock may be flavored with a freshly crushed clove of garlic and then strained. Season the stock to taste. If a firm jelly is desired, soften 1 tablespoon of gelatine in $\frac{1}{4}$ cup of cold water and then stir into the hot stock. Put the meat into

a mold and add enough strained stock to cover it. Chill thoroughly. Remove the fat from the top. Serve the drahli in slices.

Drahli I

See the Appetizer section on page 35.

Drahli II

(Jellied Pig's Feet)

(Драгли II)

Drahli make an excellent course for either a family or a company meal. They add variety in shape and texture to a platter of assorted cold meats when served as an appetizer at cocktails preceding a meal. The contributor of this recipe prefers a beef rather than a pork shank for a more flavorful broth and a meatier loaf.

3 pig's feet	2 stalks celery and leaves
1½ pounds beef shank,	1 medium onion
centre cut	1 clove garlic
1 tablespoon or more salt	5 peppercorns
1 whole carrot	1 bay leaf

Scrape, trim, and wash the pig's feet very thoroughly. Pat dry and broil them on all sides under the broiler until they are a delicate golden color. This will give the finished product a subtle smoked flavor. If a broiler is not available, place the pig's feet on a bed of brightly glowing embers of wood or coal, turning them over to brown evenly on all sides. Then wash thoroughly and scrape the scorched parts. Cut the feet in half lengthwise. Wash the shank. Place the feet and the shank in a large kettle, add the salt, and cover with cold water. Bring to a boil and skim. Cover and simmer very slowly. This is very important. Rapid boiling will make the broth milky. After 3 hours of cooking, add the whole vegetables and spices. Continue simmering until the meat comes off the bones easily. The total cooking period will

take about 6 hours. Strain the meat and save the broth. Remove all the bones, spices, and vegetables. Cut up the larger pieces of meat. Arrange the meat in a suitable dish and mix into it the diced carrot for color. Season the broth to taste and pour it over the meat. Chill thoroughly. Before serving, remove the fat from the top. Serve in slices and garnish with sprigs of parsley.

(Mrs. Mary Symchych, Winnipeg, Manitoba.)

Drahli III

(Jellied Pig's Feet)

(Драгли III)

Follow either one of the two preceding recipes for drahli, but replace the shank with $\frac{1}{2}$ small chicken. Simmer the pig's feet until barely tender, and then add the chicken and continue simmering until all are done. For best results use gelatine in this dish as directed in the recipe for Drahli I.

Lamb and Mutton

All cuts of lamb are tender and may be roasted with good results. For some of the less symmetrical cuts, braising or stewing are very satisfactory methods. Mutton is a mature lamb with a stronger flavor. Cooking lamb or mutton too long or at too high a temperature will dry and harden the meat. Europeans enjoy lamb slightly rare.

Roast Leg of Lamb

(Печеня з молодого баранини)

A leg of lamb is the most popular cut for roasting. For a delicate and delicious meat, the Ukrainian homemakers soak the leg of lamb or mutton in sour milk to cover for about 24 hours or longer. The mild acid in milk tenderizes the meat and gives it a delicate flavor. Here is a short-cut

method of tenderizing lamb by scalding it with hot vinegar. If time does not permit, omit the scalding.

1 leg of lamb	1 tablespoon salt
1 cup hot vinegar	1 teaspoon dry mustard
1 clove garlic, if desired	1/8 teaspoon pepper

Wipe the meat with a damp cloth. Scald it with the hot vinegar and let it stand for about 2 hours, turning the meat over. Drain the vinegar and discard it. Pat the meat dry, and rub it with a mixture of crushed garlic, salt, mustard, and pepper. Place the meat, fat side up, in a roaster and cook it in a slow oven (300°F.) until done, allowing 30 to 35 minutes to the pound. Do not cover it and do not add any water. Remove the roast and make a gravy of the pan drippings (page 171). Some sour cream may be added to the gravy, if desired.

Stuffed Breast or Shoulder of Lamb

(Пачинювана баранича печеня)

Have the bone removed and a pocket cut in the breast or shoulder of lamb. Sprinkle the inside of the pocket with salt and pepper. Fill the pocket with any favorite stuffing and skewer the edges together. Place the roast, fat side up, in a pan. Sprinkle it with salt and pepper and roast in a slow oven (300°F.) until done, allowing 30 to 35 minutes to the pound. Remove the roast and make a gravy of the pan drippings (page 171).

Lamb with Rice

(Баранина з рижом або пилав)

Lamb with rice is an adaptation of the popular Turkish pilaf. Ukrainians prepare this dish in different ways, depending on personal and local preferences. Some brown the rice in fat before cooking it for a nut-like flavor. In some

localities partially cooked, pitted prunes are mixed in with the rice. Slices of green pepper or some tomato purée or both may be added to this dish.

2 pounds lamb breast or shoulder	2 cups hot water
Salt and pepper	1 stalk celery, diced
3 tablespoons butter or other fat	1 small carrot, diced
1 medium onion, chopped	$\frac{3}{4}$ cup rice
	Salt and pepper

Remove the gristle and fat from the meat. Cut the meat into $\frac{1}{2}$ inch cubes. Sprinkle the pieces with salt and pepper and brown them in the hot butter or other fat. Mix in the onion and continue cooking for 10 minutes longer. Add the water, celery, and carrot; cover and simmer for about 30 minutes. Wash the rice thoroughly, drain, and put it on top of the meat. Sprinkle the rice with salt and pepper and mix it lightly. Cover and cook in a slow oven (300°F.) for about 45 minutes, without once uncovering it. There should be enough liquid in the pan to steam the rice, making it tender and each grain separate. The cooking time will depend on the kind of rice used.

Shashlyk

(Шашлык)

Shashlyk, a barbecued skewered lamb, originated in ancient times among the nomads of the Caucasus. Originally, the meat was barbecued in a primitive manner on the point of a sword over an open flame. Today, it is either done outdoors over a bed of brightly glowing embers or indoors under a broiler, using long steel skewers to hold the meat. Shashlyk is a Caucasian dish which the Ukrainians adopted many centuries ago. It has long since become a great favorite throughout most of Ukraine. A number of famous restaurants in Ukraine specialize in choice shashlyk preparations. It is traditionally served with fluffy rice and a

garnish of chopped green onions. Shashlyk is a truly delicious dish and very simple to prepare at home. When entertaining at a buffet meal, shashlyk will undoubtedly add to the enjoyment of the occasion.

2 to 3 pounds leg of lamb	1 large onion, chopped
$\frac{1}{2}$ cup cooking oil	1 clove garlic, crushed
$\frac{1}{2}$ cup vinegar	10 peppercorns
$\frac{1}{2}$ cup water	$\frac{1}{2}$ bay leaf
$\frac{1}{2}$ cup dry red wine	$\frac{1}{2}$ teaspoon salt

Remove the bone and skin from the meat and cut off excess fat. Cut the meat into 1x2 inch pieces and put them into a bowl. Combine all the remaining ingredients, pour over the meat, and mix thoroughly. Cover and let the mixture stand for 2 hours or longer at room temperature to marinate and tenderize the meat. This is very important for successful results. If time does not permit for marinating, omit the marinade entirely and sprinkle the meat with some lemon juice. Let it stand for about 30 minutes.

Drain the meat and pat dry each piece very thoroughly to prevent sputtering during cooking. Save the marinade for tenderizing roasts. Arrange the meat cubes on a skewer. Brush the filled skewers very generously with cooking oil. Place the skewers under the broiler close to strong heat. Turn the skewers every few minutes and baste frequently with cooking oil or with the fat that drips into the pan. Total broiling time will be about 12 minutes. Slip the meat off the skewers onto a hot plate and season with salt and pepper. When steamed rice is used, place the shashlyk over it and garnish attractively. Serve at once.

Shashlyk with Wine Sauce

(Шашлык у винной подливке)

While the preceding recipe for shashlyk gives a standard method of preparation, the following one is varied with mushroom caps, tomato slices, bacon, and a piquant sauce. This makes an attractive mixed grill.

2 to 3 pounds leg of lamb	1 clove garlic, crushed
Marinade of preceding recipe	1 teaspoon grated onion
Small firm tomatoes, sliced thick	3 tablespoons freshly grated horseradish
Mushroom caps	1 teaspoon salt
Thin bacon slices	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{4}$ cup dry red wine	$\frac{1}{2}$ teaspoon marjoram
$\frac{1}{4}$ cup lemon juice	1 teaspoon sugar
$\frac{1}{2}$ cup cooking oil	

Follow the preceding recipe for Shashlyk. Prepare the meat and tenderize it in a marinade as directed. When ready to broil the shashlyk, thread each skewer with a cube of lamb, a thick slice of the tomato, another piece of lamb, and then a mushroom cap, wrapping the bacon slices around each. Continue in this manner until the skewer is filled. Prepare the sauce by combining the wine with the remaining ingredients in a sealer. Close the sealer and shake it vigorously to blend the ingredients thoroughly. Pour the sauce into a shallow dish and roll the filled skewers in it to coat thoroughly. Broil as directed in the preceding recipe, basting frequently with the wine sauce. Serve immediately.

Variety Meats

Ukrainians, like many Europeans, do not limit their choice of meats to juicy steaks and roasts as is often the custom on this continent. The less expensive and more nutritious variety meats, prepared in a number of appetizing ways, are greatly favored by them. In fact, some preparations are considered great delicacies. From the nutritional point of view, Ukrainians have unknowingly developed good eating habits, as all variety meats are rated high nutritionally.

The variety meats — liver, kidneys, heart, brains, sweetbreads, and fresh tongue — are more perishable than the muscle meats. They must be fresh and firm when purchased.

Liver Sichenyky

(Patties)

(Січеники з печінки)

Veal liver is the most delicate in flavor, but beef, lamb, and pork liver may also be used. Some cooks have a preference for liver prepared as patties.

1 pound liver	½ teaspoon or more salt
½ cup dry bread crumbs	Pepper
½ cup hot milk	1 tablespoon chopped parsley
2 teaspoons grated onion	Fat
1 egg, slightly beaten	

Cover the liver with boiling water and simmer it for several minutes or until firm. Drain, cool, remove the membrane, and grind the liver. Soak the bread crumbs in the milk and combine with the liver. Add the remaining ingredients except the fat. Mix thoroughly. Shape the mixture into patties and brown them on both sides in the hot fat. Serve immediately with a tomato sauce.

Liver and Vegetable Casserole

(Печінка з городиною)

¾ to 1 pound veal liver	1 small carrot, diced
Seasoned flour	½ green pepper, diced
Fat	½ teaspoon or more salt
1 small onion, chopped	Pepper
½ cup diced celery	1 cup hot strained tomatoes

Remove the skin and veins from the liver. Cut the liver into 2 inch squares. Roll the pieces in the seasoned flour and brown them in the hot fat. Place them in a casserole, add the vegetables, seasonings, and pour in the tomatoes. Cover and cook in a moderate oven (350°F.) for about 40 minutes.

Pashtet of Liver

(page 36)

Liver Hrinky

(Sandwiches)

(Грінки з печінкою)

Use these liver hrinky as a soup accompaniment or serve them as a light luncheon dish with a green vegetable salad.

2 teaspoons grated onion	1 egg, slightly beaten
1 tablespoon butter	$\frac{1}{3}$ cup milk
1 cup cooked ground liver	Dry bread crumbs
Salt and pepper	2 tablespoons or more butter
4 slices bread	

Cook the onion in the butter until lightly browned. Combine it with the liver and season to taste. The mixture may be moistened slightly with milk, cream sauce, or soup stock. Make 2 large sandwiches, using the liver mixture as a filling. Cut the sandwiches into triangles or rectangles. Dip each piece in the beaten egg diluted with the milk, and then coat with the bread crumbs. Brown on both sides in the hot butter. Serve immediately.

Kidneys in Wine Sauce

(Нирки у винній підливці)

Many epicures consider this dish a delicacy. Kidneys from young animals are tender and should be cooked for as short a time as possible.

2 veal or 5 lamb kidneys	1 tablespoon sour cream
1 tablespoon flour	Salt and pepper
2 tablespoons butter	1 to 2 tablespoons sherry or
$\frac{1}{2}$ teaspoon grated onion	Madeira wine
$\frac{1}{2}$ cup soup stock	

Remove the outer membrane from the kidneys. Split the kidneys lengthwise. Cut off the fat and the white tubes.

Wash thoroughly and pat dry. Cut the kidneys into very thin slices crosswise and sprinkle lightly with the flour. Brown a few slices at a time in the hot butter. Do not attempt to cook all the slices at once. Remove the cooked slices to a separate dish and keep hot. Now add the onion to the butter in the pan and cook it until tender. Stir in the soup stock, sour cream, and seasoning. Bring to a boil and add the cooked kidneys. Remove from the heat and pour in the wine. The wine may be omitted, if desired. Garnish with chopped parsley and serve hot.

Stewed Kidneys with Dill Pickles and Mushrooms

(Яловичі нирки з огірками і грибами)

2 beef kidneys	1 small carrot, diced
2½ tablespoons flour	1 stalk celery, diced
1 small onion, chopped	¼ bay leaf
3 tablespoons butter	1 clove garlic, crushed
2 medium dill pickles	1½ teaspoons salt
1 to 1½ cups soup stock	Pepper
1 cup sliced mushrooms	¼ cup sour cream

Remove the outer membrane from the kidneys. Split the kidneys lengthwise and cut off the fat and the white tubes. Wash thoroughly under running water. Cover with cold water and let them stand for 1 hour. Drain, cover with fresh water, and bring to a boil. Drain and pat dry. Cut the kidneys into thin slices and sprinkle with the flour. Brown the slices lightly along with the onion in the hot butter. Squeeze the juice of the dill pickles into the soup stock, pour over the kidneys, and bring to a boil. Add the remaining ingredients along with the chopped dill pickles. If a thickened sauce is desired, blend 1 tablespoon of flour with the cream, and stir into the sauce. Cover and simmer

until the vegetables are tender. Serve with buckwheat kasha or steamed rice.

Tongue

The modern shopper has a choice of fresh, smoked, corned, and pickled tongue. Fresh tongues of young animals make especially delicious dishes.

Boiled Beef Tongue

(Вареный говяжий язык)

Boiled beef tongue is inexpensive and keeps well for days. It is very handy for any emergency.

- | | |
|--|-------------------------|
| 1 beef tongue, fresh, smoked,
corned or pickled | 2 stalks celery, diced |
| 1 tablespoon salt (for fresh
tongue) | 6 sprigs parsley |
| 1 medium carrot, quartered | 1 bay leaf |
| 1 medium onion, quartered | 8 peppercorns |
| | 1 tablespoon vinegar |
| | 1 clove garlic, chopped |

Scrub the tongue and wash it thoroughly under running water. Smoked, corned, or pickled tongue should be soaked in cold water for several hours before cooking. Place the tongue in a deep kettle, add all the ingredients, and cover with boiling water. When smoked, corned or pickled tongue is used, omit the salt or reduce it to 1 teaspoon. Bring to a boil, cover, and simmer for about 3 hours or until the tongue is tender. Cool in the water in which it was cooked to retain juiciness. Remove the tongue, peel off the outer skin, and cut away the tubes and connective tissue. Press the tongue into shape for serving. Serve hot or cold with any favorite preparation of horseradish sauce.

Jellied Veal Tongues

(Телячі язички у желе)

Veal tongue is a delicate meat. This dish is good for a cold plate or as an appetizer.

3 fresh veal tongues	6 peppercorns
1 tablespoon salt	1 tablespoon vinegar
1 medium onion, quartered	1 clove garlic, chopped
1 medium carrot, quartered	1 tablespoon gelatine
1 stalk celery, diced	1/4 cup cold water
1 bay leaf	

Scrub and wash the tongues thoroughly. Place in a deep kettle and add all the ingredients except the gelatine and cold water. Cover with boiling water and simmer under cover for 2 hours or until the tongues are tender. Strain the stock and reserve about 1½ cups of it. Soak the gelatine in the cold water and then dissolve it in the reserved boiling stock. Season the stock to taste. Plunge the tongues into cold water to help loosen the skin. Peel off the outer layer of the skin and cut away the roots. Cut the tongues lengthwise into halves. Arrange them in a mold and pour in the stock. Chill thoroughly. Unmold and garnish with sprigs of parsley and hard cooked eggs.

Brains

Brains are a very delicate and perishable meat. Use them as soon as purchased or simmer in water, drain, and refrigerate. Veal brains are considered the most delicate, but brains of other animals are also used. Brains combine well with other foods, adding an intriguing flavor to the finished product. They may or may not be precooked before using, depending on the dish.

To Precook Brains

Wash the brains in cold water. Simmer (do not boil) for 15 minutes in 1 quart of water to which 1 teaspoon of

salt and 1 tablespoon of vinegar have been added. Drain, cover with cold water, and drain again. Remove the membrane. If the brains are to be kept in a refrigerator, leave the membrane on until ready to use.

Brain Kotlety

(Cutlets)

(Котлети з мозку)

Ukrainians are fond of brains and they serve them in several interesting ways. This one is a favorite dish.

1 set veal brains	Dry bread crumbs
Seasoned flour	2 tablespoons butter
1 egg, slightly beaten	Salt and pepper

Precook the brains as directed in the preceding recipe. Remove the membrane and cut the brains into slices. Coat with the seasoned flour, dip in the beaten egg, and then in the bread crumbs. Brown the slices on both sides in the hot butter to a light golden color. Season lightly with salt and pepper. Serve with a tart sauce or with a beet and horseradish relish.

Pashtetyky of Brains

(Timbales)

(Паштетихи з мозку)

Here is an attractive way of serving brains. In Ukraine, special shell-shaped molds are used for these individual pashtetyky.

2 sets veal brains	2 tablespoons butter
$\frac{1}{3}$ cup chopped crisp bacon	3 eggs, separated
3 to 4 tablespoons cream	Salt and pepper
1 tablespoon soft bread crumbs	Grated cheese
1 teaspoon grated onion	Buttered bread crumbs

Precook the brains as directed (page 116). Remove the

membrane and press the brains through a sieve. Have the bacon chopped very finely. Combine the sieved brains with the bacon, cream, bread crumbs, and grated onion. Cream the butter with the egg yolks until smooth. Add to the brain mixture and beat well. Season to taste with salt and pepper. Beat the egg whites until stiff and fold into the mixture. Butter the custard cups with soft butter and fill them two-thirds full. Sprinkle the top with some grated cheese and then with the buttered bread crumbs. Place the molds in a shallow pan of hot water. Bake in a moderate oven (350°F.) for about 25 to 30 minutes, or until firm. Unmold and garnish with parsley. Serve hot with or without a sauce.

Hrinky with Brain Filling

(Sandwiches)

(Грінки з мозком)

1 set veal brains	1 egg, slightly beaten
½ teaspoon grated onion	⅓ cup milk
2 egg yolks	Dry bread crumbs
Salt and pepper	Butter
Sliced bread	

Precook the brains as directed (page 116). Press them through a sieve and combine with the onion, egg yolks and seasoning. Make the sandwiches, using this mixture as a filling. Cut the sandwiches into triangles or rectangles. Dip each piece in the beaten egg diluted with the milk and then coat with the bread crumbs. Brown them on both sides in the hot butter. Serve immediately.

Pashtetyky of Brains in Puff Pastry

(Паштетики з мозку у листкованому тісті)

Puff pastry is popularly used with a variety of fillings for individual pashtetyky. In some regions of Ukraine they are also called pyrizhky. It is an elaborate preparation but very dainty for special occasions.

Prepare a brain filling as given in the preceding recipe for Hrinky with Brain Filling. Have the Puff Pastry (page 409) well chilled. Roll it $\frac{1}{4}$ inch thick and cut into $2\frac{1}{2} \times 3$ inch rectangles. For daintier shapes, the rectangles should be of a smaller size. Spread the brain filling on each rectangle. Moisten the edges lightly with water and shape into oblongs, sealing the edges neatly. Place, sealed side up, on a baking sheet lined with 2 layers of a heavy brown paper. Chill and bake as directed in the recipe for Puff Pastry. These pashtetyky are served either as an appetizer, as a soup accompaniment, or as a luncheon dish.

Braised Tripe

(ФЛЯЧКИ)

Tripe can be bought either fresh or pickled. Honeycomb tripe is the most delicate. This recipe may be varied with a different seasoning or with an addition of some tomato juice.

1 pound fresh honeycomb tripe	1 cup mixed diced vegetables (onion, celery, carrot)
1 teaspoon salt	1 clove garlic, if desired
Seasoned flour	1 cup soup stock or water
3 tablespoons butter	1 tablespoon lemon juice
	Salt and pepper

Wash the tripe several times. Cut it into small strips to reduce the cooking time. Cover with cold water, bring to a boil, and drain. Cover with fresh boiling water, add the salt, and simmer under cover until it is nearly tender. Fresh tripe requires a long cooking period. Drain and discard the water. Cut the tripe into narrow noodle-like strips. Sprinkle the strips with the seasoned flour and pan-fry in the hot butter. Add the remaining ingredients. Cover and simmer until the tripe and vegetables are tender.

(Mrs. M. Svarich, Vegreville, Alta.)

Saltseson

(Сальцесон)

Here is an old country specialty that is worth reviving. It is a combination of a variety of pork meats made into a pressed loaf. When properly prepared, saltseson is truly a great delicacy and a perennial favorite as an appetizer. Ready-cooked saltseson may be bought from a meat dealer who specializes in European meat products. Those who do their own butchering will find this old recipe very handy. The making of saltseson is quite troublesome, but it is really worth the effort.

2 pig's ears	8 peppercorns
1 pork heart	2 tablespoons salt
1 pork tongue	1 pound pork liver
2 pork kidneys	1/2 teaspoon saltpetre
1/2 pound fat pork shoulder	1 clove garlic
1 medium onion, quartered	1 cup fresh pig's or calf's
1 medium carrot, quartered	blood
1 bay leaf	1 pig's stomach

Singe, scrape, and wash the pig's ears very thoroughly. Cut the heart into halves, remove the veins and arteries, and wash it well under running water. Cut away the roots from the tongue, scrub, skin, and wash it well. Split the kidneys into halves, remove the fat and tubes, and wash thoroughly under running water. Cut the pork shoulder into several pieces.

Place all the cleaned meat in a large kettle, cover with cold water, bring to a boil, and skim. Add the vegetables, spices, and salt. Cover and simmer until the meat is tender. When done, add the liver and saltpetre. Continue cooking for a while longer until the liver is done. Strain the meat and save the stock. Remove all the vegetables, spices, and bones from the meat. Cut the meat into small pieces. Do not discard the ear gristle. Chop it into small bits. Chop the skin and fat from the pork shoulder finely. Crush the garlic and add it to 2 cups of the hot stock. Strain the stock and pour

it over the meat. Season to taste with salt and pepper. Finally add the strained blood and mix thoroughly.

Have the pig's stomach cleaned and washed. Most meat markets sell this organ cleaned and prepared for use. Fill the stomach with the meat mixture three-quarters full and sew the edges securely. Do not overfill. This is very important. Place in a large kettle, cover with hot water, and simmer under cover for about 30 to 40 minutes. Test for readiness by pricking it with a darning needle. If the juice is clear with no blood coloring, the meat is ready.

When done, remove the saltseason to a plate and let it cool slightly. Place a board over the loaf and weight it down with a light weight. A brick may serve the purpose. This will flatten the loaf and give it a uniform shape. Be careful about the weight. It must not be too heavy or the loaf will crack. Chill thoroughly. Cut into slices and remove the rim of the stomach casing before serving. Saltseason keeps well when refrigerated.

Kyshka with Buckwheat and Blood Stuffing

(Sausage)

(Кишка з іречаними крупами)

Some meat dealers who specialize in European meat products feature this old-fashioned sausage ready-cooked. But a home-made one is far superior in quality. Cleaned and ready-to-use sausage casings as well as fresh animal blood may be obtained from any meat dealer. For a richer flavor, cook the buckwheat groats in soup stock instead of in water.

2 cups buckwheat groats
8 cups boiling water
4 tablespoons lard
Salt and pepper

1 cup fresh pig's or calf's
blood
Sausage casing

Stir the groats into the rapidly boiling water, and add the lard and seasoning. Cook over a high heat, stirring a few times, until the mixture thickens. Remove from the

range. Taste critically for seasoning and add more, if necessary. Cool slightly. Strain the blood and combine it with the buckwheat. This mixture should not be too thick. While still warm, fill the casing three-quarters full and tie the ends securely with a string. Do not overfill. Cook the sausage by one of the following methods:

(1) Place the sausage in a greased baking pan, brush with melted fat, and cook, uncovered, in a moderate oven (350°F.) for about 1½ hours or until done. When partially cooked, prick the sausage in several places with a needle to prevent cracking.

(2) Place the sausage in a greased baking pan and add enough water to barely cover. Cook as directed in the above method.

Remove and serve hot. Kyshka keeps well when refrigerated. It may be reheated whole, or cut in slices, and then browned on both sides in hot butter.

(Mrs. A. Drul, Menzie, Manitoba.)





POULTRY AND GAME

Poultry cookery is known throughout the world, and each country has its own distinctive manner of preparation. Because poultry is a faithful standby in the average Ukrainian family, ingenious cooks have developed a variety of choice chicken dishes to avoid the monotony of serving poultry the same way day in and day out. Ukrainian aristocratic families have also contributed several specialties of their own origin. In the hands of a clever cook the fowl and young chicken are transformed into a gourmet's delight.

Chicken pashtet and boned, stuffed chicken are the two outstanding Ukrainian specialties, frequently featured at gala gatherings and festive occasions. Stuffed chicken breasts is another delicacy. Ukrainians enjoy feasting and

their cooks spare no effort in producing delectable foods to suit each occasion.

Ducks and geese are plentiful in Ukraine, bred not only for their delicious meat but also for their highly prized down and feathers. Custom dictates that every bride must have at least two enormous pillows and a feather bed-cover called "peryna" which is filled with choice feathers and down of geese and ducks. The family with a girl of marriageable age begins the preparation of these articles well in advance of the anticipated marriage.

Although highly favored in Ukraine, roast turkey is not as commonly served in the average family as it is on this continent. Stuffed roast goose takes the place of turkey at festive dinners and important feast days. This may be easily explained by the fact that Ukrainians breed more geese than turkeys.

The fat of chickens, geese, and ducks is never wasted but is used in cooking in place of butter. Prized as a great delicacy, goose livers are prepared in various ways.

Ukraine abounds in wild game, especially game birds, which are known for their tender flesh and delicate flavor. A domesticated guinea fowl, which is usually classed as game, was bred on every large estate before collective farming was introduced. This book is adapted to Canadian use and the recipes on game deal only with game birds and animals that are available in Canada.

To Draw a Bird

Modern meat markets feature drawn and ready-to-cook poultry of different grades at all seasons of the year. If it is necessary to draw and clean the bird at home, proceed as stated in the directions that follow.

Cut off the head, but leave the neck attached to the body. Remove the pin feathers. Hold the bird by the feet and rotate it over a quick flame to singe the hairs or down. If the bird is to be used for roasting, take out the tendons

that connect the drumstick with the toes. These tendons become hard when the meat is roasted. Make a lengthwise cut along the skin over the knee joint. Pull each tendon separately by inserting a skewer or nail under it. Remove the feet at the knee joint. Cut out the oil sac from the base of the tail by making a small scoop. Make a large incision in the groin. Insert the hand into the cavity, feel for the gizzard, which is firm and round, and pull it out steadily along with the entrails. Take out the heart. Make an incision at the base of the neck and draw out the crop, gullet, and windpipe. Remove the spongy lungs at either side of the backbone. Cut away the edible giblets (heart, liver, and gizzard). Lift the liver and carefully cut off the dark green gall sac from it. If the sac should break in cutting, discard the liver as the sac contains a bitter fluid. Cut the gizzard from the intestines at both ends. Make a slit on the curved side of the gizzard and remove the inner lining. Wash the giblets. Hold the bird under running water and wash it thoroughly inside and out. To assure cleanliness of the skin, rub it generously with baking soda and rinse well with lukewarm water. Insert the fingers into the cavities and remove remnants of viscera. Do not soak the bird in water. Pat it dry and use as desired.

To Bone a Chicken

Some recipes call for a boned chicken. The boning may be done by a meat dealer for an extra charge, or it may be performed with success at home.

Select an undrawn chicken with feet. Remove the pin feathers, singe and wash but do not draw the bird. Cut off the head and wing tips at the last joint. Draw out the tendons from the legs and cut off the feet. This will loosen the skin and flesh for easier removal of the bones. Make an incision along the length of the back from the neck to the tail. Scrape the flesh from the bone, starting with the shoulder blade, then around the wing joint, down the back-

bone to the thigh and the leg. When one side is finished, bone the other side in the same manner. Wipe the skin and flesh and arrange in the original position. Use as desired.

To Stuff and Truss a Bird

Fill the neck cavity lightly with stuffing and fold the skin down at the back. Turn the wing tips of the bird up and under the back. Fill the breast cavity about three-quarters full, taking care not to pack it too firmly. The stuffing should be loose as it expands in cooking. Fasten the cavity with small skewers, placed across the opening at regular intervals. Lace a cord around the skewers to bring the edges of the skin together. Press the thighs close to the body and wind a cord around the end of both legs, then tie them together and fasten firmly to the tailpiece. If desired, the opening may be sewed up with a needle and thread.

Seasoned Flour

(page 79)

Roast Chicken

(Начинювана печена курка)

Wash the chicken and pat it dry. Sprinkle the inside with salt. Fill the body cavity and crop cavity loosely with a favorite stuffing. Truss the chicken as directed in the preceding instructions. Place the chicken, breast side up, in a roasting pan. Brush the entire body with soft butter and sprinkle lightly with salt. If the bird is very lean, place a cloth dipped in melted butter or other fat over the breast. Roast the chicken, uncovered, in a slow oven (300°F. to 325°F.) until tender and cooked throughout. Baste occasionally with the pan drippings. If a cloth is used, remove it for the last

half hour of the cooking period to brown evenly. To test for doneness, insert a fork into the thickest portion of the drumstick; if it can be moved up and down easily, the meat is done.

Boned Stuffed Chicken in Jelly

(Руллада з курятини у драглаз)

Here is an elaborate preparation of chicken for festive occasions which is really worth the extra effort. It is most suitable for gala gatherings where a buffet meal is in order.

3½ to 4 pounds roasting chicken	Salt
½ pound veal	½ pound veal bone with meat
¼ pound veal liver	¼ bay beef
¼ pound fresh salt pork	2 peppercorns
2 slices bread	1 small onion, quartered
Milk	1 small carrot, quartered
4 eggs, slightly beaten	½ small celery stalk, cut coarse
2 tablespoons chopped parsley	1 tablespoon gelatine
Salt and pepper	¼ cup cold water
2 cups mixed diced vegetables (onion, carrot, celery, parsley)	

Wash the chicken and pat it dry. Make an incision along the length of the back from the neck to the tail. Remove the skin very carefully without tearing it. Save the skin for later use. Now scrape the meat from the bones. Reserve the bones for stock. Grind the chicken meat along with the veal, liver, and pork twice. The mixture should be fine. Soak the bread in the milk to cover, squeeze it dry, and mix with the meat. Add the eggs, parsley, and seasoning. Mix thoroughly and taste critically for seasoning. Stuff the skin with this mixture and sew the edges together. Shape into a uniform roll. Wrap it in a buttered napkin and tie it securely with a string. Place the roll in a large kettle with boiling water to cover. Add the mixed vegetables and salt to

taste. Cover and simmer for about 2 hours or until done. To test for doneness, pierce the roll with a fork; if the liquid comes out clear with no coloring, the meat is ready. Remove the roll to a meat board, top with another meat board, and weight it down with a suitable weight to flatten the roll. Allow to cool.

Place the reserved chicken bones together with the veal bone in a kettle, add some salt, and cover with cold water. Bring to a boil and skim. Add the spices and vegetables; cover and simmer until the meat comes off the bones readily. Strain the stock over a fine sieve lined with a cheesecloth of double thickness. Season the stock to taste, measure 4 cups of it, and keep it at a simmering point. Soften the gelatine in the cold water, and then dissolve it in the simmering stock. Remove the thread from the cooled loaf. Cut the loaf into slices, arrange them in a suitable dish, and pour the stock over them. Chill thoroughly. Garnish attractively with sprigs of parsley and tomato slices. Serve with Mayonnaise (page 291).

(Mrs. O. Wolchuk, Saskatoon, Sask.)

Boned Stuffed Chicken

(Рулета з курятини)

This fascinating dish is a simpler version of the preceding one. Vary the stuffing to suit your taste. A young small turkey may be boned and prepared in a similar way.

3½ to 4 pounds roasting chicken	¾ cup milk
Salt	2 hard cooked eggs, sieved
1 tablespoon grated onion	2 raw eggs, slightly beaten
⅓ cup butter	1 tablespoon chopped parsley
¾ pound ground veal	½ teaspoon poultry dressing
½ pound chicken livers, ground	Salt and pepper
1 set pork brains, sieved	2 cups mixed vegetables (carrot, onion, celery, parsley)
¾ cup dry bread crumbs	Salt

Have the chicken boned by the meat dealer or bone it at home as directed on page 125. Save the chicken bones for stock. The skin and the meat should not be torn. Sprinkle the chicken lightly with salt inside and out. Prepare the stuffing by cooking the onion in the butter until tender. Add the veal and cook, stirring frequently, until it is partially cooked. Remove from the range. Add the chicken livers, brains, bread crumbs, which have been soaked in the milk, and the remaining ingredients except the mixed vegetables and salt. These will be used later. Mix the stuffing thoroughly and season it to taste. Stuff the chicken with this mixture and sew all the openings. Wrap the stuffed bird in a buttered napkin and tie loosely with a string, shaping the meat into a roll.

Put the chicken bones on the bottom of a large kettle, add the vegetables, and place the chicken roll on top of them. Cover with boiling water and season to taste with salt. Cover and simmer for about 2 hours, or until the meat is tender. Remove the roll carefully to a meat board, top with another meat board, and weight down with a suitable weight. Allow to cool. Refrigerate the roll for several hours before serving. Remove the thread, cut the roll into crosswise slices, and garnish attractively.

Butter Crisp Chicken

(Смажени курчата)

A good recipe for company or family dinners. Use young and tender frying chickens.

Cut the cleaned chickens into halves. Coat each half with seasoned flour. Dip in a slightly beaten egg diluted with 2 tablespoons of water, and then in fine bread crumbs. Pan-fry in hot butter to brown both sides evenly. There should be about $\frac{1}{2}$ inch of butter in the pan for best results. Place the browned halves in one layer in a shallow pan. Do not overcrowd them. Cook, uncovered, in a slow oven (300°F.) until tender. Serve immediately.

(Mrs. A. Skorobohach, Saskatoon, Sask.)

Fried Chicken in Cream

(Смажена курка в сметані)

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

3 pounds frying chicken
Seasoned flour

Butter
1 cup hot sweet or sour cream

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

Chicken Breasts, Kiev Style

(Курляча грудинка київським способом)

A luxurious dish and very butter-rich. For a variation replace the butter stuffing with cooked and well-seasoned mushrooms.

2 to 3 large chicken breasts
Butter
Salt and pepper
Seasoned flour

1 egg, slightly beaten
2 tablespoons water
Fine bread crumbs

Remove the meat carefully from the breast bone and split each breast into 2 fillets of equal size. Pound the fillets very flat and thin. Shape the butter into ½x2 inch rolls, allowing one roll to one fillet. Freeze the rolls until very hard. Sprinkle the fillets with salt and pepper. Take one roll at a time and place it on the fillet. Fold in the ends well and roll into a neat roll, encasing the butter completely. Skewer the opening securely with a wooden pick. Fill the other fillets in the same manner. Take care to fold in the ends well around the frozen butter so that no butter can leak out when the

rolls are cooked. This is very important. Coat the rolls with the seasoned flour. Dip in the beaten egg, diluted with water, and then in the bread crumbs. Brown quickly in plenty of hot butter. Drain and place in a hot oven (400°F.) for about 5 minutes. Remove the wooden picks and serve immediately. Mushroom sauce is usually served with these rolls.

Chicken Sichenyky

(*Patties*)

(Січеники з курятини)

This old country dish is quite troublesome to prepare, but the results are truly superlative. For tender-moist patties, increase the milk.

3½ to 4 pounds roasting chicken	Salt and pepper
2 cups soft bread crumbs	Seasoned flour
½ cup or more milk	1 egg, slightly beaten
1 egg, slightly beaten	2 tablespoons water
2 to 3 tablespoons melted butter	Fine bread crumbs
	Butter

Wash the chicken and pat dry. Remove the skin and scrape the meat from the bones. The skin and bones need not be wasted. Simmer them in a small quantity of water for a chicken broth. Salt the broth lightly and add some vegetables for flavor.

Grind the chicken meat twice. Soften the bread crumbs in the milk and combine with the meat. Add the egg, melted butter, and seasoning to taste. Mix thoroughly. Shape the mixture into oval patties. Coat each patty with the seasoned flour. Dip in the beaten egg diluted with water, and then in the bread crumbs. Pan-fry in the hot butter to a golden brown color. Lower the heat, cover the pan, and continue cooking a few minutes longer until the meat is done. Serve

with either a mushroom sauce or make a pan gravy, using the concentrated chicken broth. To concentrate the broth, strain it and boil it rapidly until just half of it remains.

Stuffed Chicken Legs

(Пачиновані курячі стегенця)

Chicken legs and thighs	Butter
Salt and pepper	½ cup hot chicken stock or
Favorite bread stuffing	water

Remove the bones and tendons from the legs and thighs, keeping the meat in one piece. Sprinkle the inside of each piece lightly with salt and pepper. Fill the cavities loosely with the stuffing. Sew the openings or skewer them with circular skewers. Brown the stuffed legs in the hot butter. Add the chicken stock or water. Cover and cook in a moderate oven (350°F.) for about 1 hour, or until the meat is tender. Remove the skewers or thread before serving the meat.

Stewed Chicken

(Тушкована курка)

A tender stewing chicken	1 medium carrot, diced
Seasoned flour	1 stalk celery, diced
Butter	Salt and pepper
2½ to 3 cups boiling water	1 tablespoon flour
1 small onion, chopped	½ cup sour cream

Cut the chicken into serving pieces. Coat them with the seasoned flour and brown lightly in the butter. Add the boiling water, cover, and cook in a slow oven (300°F. to 325°F.) for 2 to 2½ hours or until tender. After 1 hour of cooking, add the vegetables and seasoning and continue cooking. Blend the flour with the sour cream and add it to the meat in the last half-hour of cooking. Garnish with chopped dill.

Spring Chicken with Gooseberry Sauce

(Курчатка с аґресовой підливой)

This recipe calls for young and tender spring chickens. Use underripe gooseberries to give a sharp and piquant sauce. Add the sugar with discretion because the sauce should not be sweet.

2 spring chickens	$\frac{3}{4}$ cup green gooseberries
1 medium carrot, sliced	Sugar
1 small onion, chopped	1 tablespoon butter
3 sprigs parsley	1 tablespoon flour
Salt	Salt and pepper
2 cups water	

Cut the chickens into halves. If they are large birds, cut them into quarters. Cook the carrot, onion, and parsley in 2 cups of lightly salted water for about 10 minutes. Add the chickens, cover, and simmer until tender. Remove the chickens and keep them hot. Strain the stock. Cook the gooseberries with some sugar in $\frac{1}{2}$ cup of the chicken stock for about 8 to 10 minutes. Melt the butter and blend the flour in it. Add the remaining chicken stock and stir steadily until the sauce boils. Allow it to cook a few minutes. Season the sauce to taste. Stir in the gooseberries. Add the chicken meat and bring to a boil.

Chicken with Noodles

(Варена курка з локшиною)

Noodles cooked in broth make a delicious accompaniment to a boiled chicken. For best results use home-made noodles.

$3\frac{1}{2}$ to 4 pounds fowl	2 tablespoons flour
Egg Noodles (Lokshyna, page 197)	1 cup chicken stock
	Salt and pepper
2 tablespoons chicken fat or butter	Chopped dill or parsley

Cook the fowl as for Chicken Broth (page 47). When the meat is tender, remove it from the stock. Strain the stock and reserve 1 cup of it for sauce. Cook the noodles in the boiling chicken stock until done. Do not remove the fat from the stock because it imparts a rich flavor to the noodles. Drain the excess stock from the noodles and save it for other uses. The noodles should retain some stock to keep them moist and tender. Make the sauce by melting the fat and blending the flour in it. Stir in the reserved chicken stock, bring to a boil, and let it cook for a few minutes. Season the sauce to taste. Arrange the chicken meat in the centre of a large platter and make a wide border of the noodles. Pour the sauce over the meat and garnish with the chopped dill or parsley.

Creamed Chicken with Rice

(Курятина з рижом)

An ingenious cook can dream up a number of luxurious ways of preparing a leftover chicken. Proportions and seasonings in this recipe may be varied as desired.

2 tablespoons butter	2 egg yolks
2 tablespoons flour	2 cups cooked diced chicken
1½ cups chicken stock	1 cup cooked sliced mushrooms
½ cup cream	
Salt and pepper	1 tablespoon chopped pimento

Melt the butter and blend in the flour. Add the chicken stock and cream; stir slowly but steadily until the sauce boils. Allow it to cook a few minutes. Season with salt and pepper. Stir some hot sauce into the slightly beaten egg yolks, blend well, and combine with the rest of the sauce. If a thinner sauce is preferred, add a little more chicken stock or cream. Add the chicken, mushrooms, and pimento. Season to taste. Cover and heat over hot water. Serve in a ring of steamed rice. Garnish with a sprinkling of paprika, or chopped parsley, or both.

Chicken with Mayonnaise

(Варена курка з майонезом)

An attractive dish for a buffet or first course.

4 pounds chicken or fowl	1 tablespoon lemon juice
1 cup mayonnaise (page 291)	Paprika
2 teaspoons prepared mustard	Tomato
1 teaspoon sugar	Cucumber
3 tablespoons sour cream	

Disjoint the chicken, cover with boiling salted water, and simmer until tender. Drain and cool the meat. Save the broth for other uses. Remove the skin and bones, leaving the meat in large pieces. Combine the mayonnaise with the mustard, sugar, sour cream, and lemon juice. Arrange the meat on a large platter and pour the mayonnaise over it to coat each piece. Sprinkle the top with paprika. Garnish the platter with the tomato and cucumber slices.

Layered Chicken Loaf

(Курятина в драглях)

The following is a good way of preparing a fowl or a large chicken of doubtful age.

4 to 4½ pounds fowl	6 hard cooked eggs
1 tablespoon salt	1 to 2 tablespoons chopped
Concentrated chicken stock	parsley

Wash the fowl and cut it at the joints. Place in a large kettle, add the salt, and cover with boiling water. Bring to a boil and skim. Cover and simmer until the meat is tender and separates from the bones. Remove the meat. Strain the stock and concentrate it by boiling rapidly to reduce the quantity and assure a firm jelly.

Remove the bones and skin (if desired) from the fowl. Separate the light and the dark meat. Chop the meat finely and keep it in separate bowls. Separate the whites and yolks

of eggs and chop them finely. Have the concentrated chicken stock well seasoned. Moisten the meat and eggs with the stock, using a little more stock for the meat than for the eggs. Arrange the dark meat, egg yolks, parsley, light meat, and egg whites in alternate layers in a loaf pan. Cover and chill thoroughly. Unmold on a platter and serve in slices. Garnish with sprigs of parsley, lemon slices, and mayonnaise.

Pashtet of Chicken

(Loaf)

(Паштет из курицы)

Pashtet of chicken is a choice specialty. Reduce the recipe to suit your need.

2 to 2½ pounds chicken	1 bay leaf
½ pound veal	4 peppercorns
½ pound pork with fat	1 tablespoon or more salt
1 medium onion, quartered	½ pound veal liver
1 small stalk celery, cut coarse	2 slices bread
1 medium carrot, cut coarse	5 eggs, separated
	Salt and pepper

Clean, wash, and disjoint the chicken. Put the chicken, veal, pork, vegetables, spices, and salt into a kettle and cover with boiling water. Bring to a boil. Cover and simmer until the meat is tender. Take out the meat and separate it from the bones. Remove the membrane from the liver. Soak the bread in water and then squeeze dry. Grind the meat along with the uncooked liver and the softened bread 6 times. The mixture must be very smooth. This is achieved by grinding the ingredients many times. Add the beaten egg yolks and beat the mixture vigorously. It should be light. Season to taste with salt and pepper. Fold in the stiffly beaten egg whites. Spoon into a well-buttered mold coated with fine bread crumbs. Fill the mold about two-thirds full. Cover it tightly with a lid. Set the mold on a rack in a large

kettle; pour in boiling water to one-half the depth of the mold. Cover the kettle closely. Steam for 1 hour. Remove the mold and place it in a moderate oven (350°F.) for about 20 minutes to cook the pashtet throughout in a dry heat. Cool thoroughly. Unmold and cut into slices. Arrange attractively and decorate with a brightly colored garnish.

(Mrs. O. Wolchuk, Saskatoon, Sask.)

Chicken Drahli

(Jellied Chicken)

(Драгли з курятини)

Always a favorite and easily made.

4½ to 5 pounds fowl	2 sprigs parsley
Chicken feet	2 peppercorns
1 tablespoon salt	1 tablespoon gelatine
Juice of 1 lemon	¼ cup cold water
1 small onion	2 tablespoons lemon juice
1 small carrot	

Wash the fowl and disjoint it. Scald the chicken feet and let them stand in the boiling water for a few minutes to loosen the skin. Remove the skin and nails from the feet. The chicken feet will enhance the flavor of the stock as well as give a firmer jelly. Place the meat and feet in a large kettle, sprinkle lightly with salt and lemon juice and let stand for 2 hours to tenderize. Cover with boiling water, bring to a boil, and skim. Cover and simmer until the meat is tender. After 1 hour of cooking, add the vegetables and peppercorns and continue simmering. When done, remove the meat, separate it from the bones, and cut it into small pieces. Return the bones to the stock and boil it rapidly to concentrate and reduce the quantity. Strain the stock over a fine sieve lined with a cheesecloth. Season the stock well and keep it boiling hot. Soften the gelatine in cold water and let it stand for a few minutes. Then dissolve it in the boiling stock. Stir in the lemon juice. Arrange the meat in

a mold, placing a few slivers of cooked carrot for color. Pour the stock over the meat. Chill until firm. Remove the fat from the top. Unmold on a platter and cut into slices. Garnish with hard cooked eggs and tomato slices.

Roast Turkey

(Начинюваний індик)

Prepare the turkey for cooking as directed on page 124. Wash it under running water. Dry inside and out with a cloth. Rub the body cavity with salt. Prepare any favorite stuffing. Stuff and truss (page 126). Place the stuffed turkey, breast side up, in a roasting pan. Brush the legs, breast, and wings with melted butter or shortening. Dip a cloth in melted fat and place it over the turkey or use aluminum foil. Do not tuck the foil around the bird. Roast, uncovered, in a slow oven (300°F.) until tender. Allow 25 minutes to the pound for a bird under 10 pounds, weighed after being stuffed, or 20 minutes to the pound for a larger bird. Baste the turkey every ½ hour with the pan drippings. Remove the cloth or aluminum foil for the last ½ hour of cooking.

To test for doneness, insert a fork into the thickest portion of the drumstick; when the drumstick can be moved up and down easily, the meat is done. A roast meat thermometer inserted inside the thigh next to the body should read 190°F.

Remove the turkey and keep it warm. Let it stand for about 30 minutes after roasting to set the juices and to ensure easier carving. Make the gravy from the pan drippings (page 171).

Boned Stuffed Turkey

(Начинювана рулада з індика)

Follow the recipe for Boned Stuffed Chicken (page 128).

Roast Duck or Goose

(Начинювана качка або гуска)

Prepare the bird for cooking as directed on page 124. Fill the cavities with any desired stuffing. In place of using an elaborate stuffing, fill the body cavity with pared and quartered apples. Truss by following the instructions on page 126. Place the stuffed and trussed bird on a rack in a shallow roasting pan. Roast, uncovered, in a moderate oven (325°F.) until tender, allowing about 25 minutes to the pound. Turn over a few times to brown evenly and prick the skin in several places each time to let the fat run out. Ducks and geese do not require basting. Pour off the fat as it accumulates in the pan. For a richer flavor, the bird may be brushed with orange juice in the final stage of cooking. Use the pan drippings for gravy (page 171).

Fried Duckling

(Смажене каченя)

Clean and wash the duckling, pat it dry, and cut into serving pieces. Coat each piece with seasoned flour. Brown them, skin side down, in hot butter. Add about $\frac{1}{4}$ cup of hot water, cover, and cook in a slow oven (300°F. to 325°F.) until tender.

Braised Duck

(Тушкована качка)

Young duck	1 stalk celery, diced
Salt and pepper	$\frac{1}{2}$ pound mushrooms, sliced
2 tablespoons fat	2 tablespoons flour
2 cups boiling water	$\frac{1}{4}$ cup cold water
1 small onion, chopped	$\frac{1}{2}$ cup sour cream
1 medium carrot, diced	Chopped parsley or dill

Disjoint the duck. Sprinkle with salt and pepper and brown the pieces in hot fat. Drain off the fat. Pour the boiling

water over the meat, cover, and simmer for 30 to 40 minutes. Add the vegetables and mushrooms and continue simmering until the meat is tender. Blend the flour with the cold water until smooth and mix in the cream. Spoon some hot stock into the blended mixture and stir into the hot stock. Season to taste and let it simmer a while longer to blend the flavors. Garnish with the parsley or dill.

Stuffed Neck of Goose or Duck

(Начинювана шийка гуски або качки)

The neck of the goose or duck is the least relished part of the bird. It can be made into a delicious appetizer snack by the following method.

Large neck of goose or duck	1 teaspoon chopped parsley
Giblets of goose or duck	Neck bones
$\frac{1}{4}$ pound or less veal	1 cup mixed diced vegetables
1 teaspoon grated onion	(onion, celery, carrot,
1 tablespoon butter	parsley)
3 tablespoons soft bread	$\frac{1}{2}$ bay leaf
crumbs	4 peppercorns
1 egg, slightly beaten	Salt
Salt and pepper	

Remove the head from the goose or duck. Cut off the neck close to the body. Slip off the skin without damaging it. Cut out the soft flesh of the gizzard and discard the rest. Grind the cut out parts of the gizzard along with the rest of the giblets (heart and liver) and veal. If the neck is small, omit the veal or reduce the quantity. Cook the onion in the butter until tender. Combine it with the ground meat and add the bread crumbs, egg, seasoning, and parsley. Mix thoroughly. Be sure to season well. Sew the head part of the neck skin securely. Stuff it with the prepared mixture and sew the opening. Cut the neck bones into small pieces. Place them in a kettle and lay the stuffed neck on top. Add the vegetables, spices, and salt. Cover with boiling water and

simmer under cover until tender. Remove the stuffed cooked neck to a meat board, place another board over it, and weight it down with a light weight. Allow to cool. Chill thoroughly before using. Serve in slices as an appetizer.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Wild Duck

Prepare the duck for cooking (page 124). Some wild ducks have a stronger predominance of "wild" flavor than others. Any one of the following methods will help to reduce it appreciably:

(1) Soak the duck for several hours in cold water to which 2 tablespoons of salt and 2 tablespoons of vinegar have been added.

(2) Rub the inside and the outside with 1 teaspoon of baking soda and rinse thoroughly under running water.

(3) Rub the inside and the outside with salt and crushed garlic. Let it stand for several hours.

(4) Place some sliced onions in the body cavity and let it stand for a few hours.

(5) Stuff the body cavity with sliced apples, celery, or potato to absorb the flavors. Remove and discard the stuffing before serving.

Roast Wild Duck

(Печена дика качка)

A wild duck may or may not be stuffed, depending on personal preference. Any favorite stuffing may be used. Seasoned sauerkraut or pared, chopped apples mixed with cranberries give an interesting flavor.

Dry the duck inside and outside with a cloth. Stuff and truss (page 126). Place the stuffed bird in a roasting pan. Brush the entire body with melted fat. Lay thin slices of salt pork or bacon over the breast. Add about $\frac{1}{4}$ cup of water to the roasting pan. Roast, uncovered, in a hot oven

(450°F.) for 15 minutes, then lower the temperature to a slow oven (300°F. to 325°F.) and cook until tender. Baste frequently with the pan drippings. Use the pan drippings for gravy (page 171).

Roast Prairie Chicken

(Печена дика курка)

Prepare the bird for cooking (page 124). Rub the inside and the outside lightly with crushed garlic and salt. Place in a roaster and brush the body with melted butter. Roast in a slow oven (300°F.) until tender. Baste it frequently with sour cream. When the chicken is done, it may be brushed with melted butter and browned in a very hot oven (500°F.) for a few minutes. Thicken the pan drippings with flour (page 171).

Stewed Pigeons

(Тушковани голуби)

Allow $\frac{1}{2}$ to 1 pigeon per person.

4 large pigeons	1 cup chicken stock or water
Seasoned flour	1 cup sliced mushrooms
4 tablespoons butter	2 teaspoons flour
$\frac{1}{2}$ small onion, chopped	$\frac{1}{3}$ cup sour cream
1 small carrot, diced	Salt and pepper
$\frac{1}{4}$ cup celery, diced	

Cut the pigeons into halves or leave whole. Coat with the seasoned flour and brown in the hot butter. Remove them to a casserole. Add the vegetables to the fat in the pan and cook for 3 minutes. Stir in the chicken stock or water. Pour this over the birds. Cover and cook in a moderate oven (325°F.) until the meat is tender. During the last $\frac{1}{2}$ hour of the cooking period add the mushrooms. Blend the flour with the sour cream and stir into the sauce. Season to taste with salt and pepper. Continue cooking until done. Serve with any favorite preparation of rice.

Rabbit Stew

(Тушкований заяць)

A young rabbit may be prepared in the same manner as chicken by stewing, frying, or roasting it at a low temperature. When the animal is old, tenderize it in a marinade as for Savory Roast Beef (page 79).

Rabbit	1 clove garlic, crushed
Seasoned flour	1½ cups soup stock or water
4 tablespoons butter	Salt and pepper
1 small onion, chopped	1 tablespoon flour
1 small stalk celery, diced	½ cup sour cream
1 cup sliced mushrooms	

Cut the rabbit into serving pieces. Coat each piece with the seasoned flour and brown in the hot butter. Cook the onion lightly in the same fat. Add the remaining ingredients except the flour and sour cream. Cover the pot closely and simmer until the meat is tender. Do not boil. If desired, the stew may be cooked in a slow oven (300°F.). When the meat is almost done, blend the flour with the cream and stir into the stew. Continue cooking until tender.

Pashtet of Rabbit

(Loaf)

(Паштет із зайця)

The ingredients, proportions, and method for pashtet of rabbit are the same as for Pashtet of Chicken (page 136) with the exception that a young rabbit is used in place of the chicken. This dish is luxurious and well worth the trouble of preparing it.

Venison

(Серна)

Venison of a freshly killed animal becomes more tender if it is allowed to hang for 24 hours or longer in a cool, dry place. Some gourmets prefer a period of several days to develop a specific flavor. Cuts of venison may be prepared in much the same way as beef. When roasted or broiled, venison may be served rare





FISH

Geographically, Ukraine is ideally situated to please her fish loving population. An outlet to the Black Sea on her south border and two large rivers in the interior, Dnieper and the Dniester, with their numerous tributaries and rivulets, provide an always abundant supply of sea and fresh-water fish. It is not at all surprising that Ukrainians have developed a fondness for fish.

Chroniclers of the 16th and 17th centuries give almost incredible facts about the plenitude of fresh-water fish in Ukraine in those days. This is well illustrated in the following quotation from a book by a Lithuanian traveler who visited Ukraine in 1550 (*Ukraine in Foreign Comments and Descriptions*, V. Sichynsky) :

"Dogs are fed with the meat of wild beasts and with fish, because the rivers are filled with immense quantities of sturgeon and other fish . . . Therefore many rivers are called "golden," especially the Pripet, which at one place near Mozyr at the mouth of the Tura River (Ubort), during an influx of fresh water from the sources at the beginning

of March, is filled with such a big quantity of fish, that a spear thrown into the river stands upright, as if pushed into the ground. I would not have believed this, had I not seen for myself how the people fished and in one day loaded about 1000 wagons belonging to merchants, who come every year at the same time."

Another chronicler of the 17th century tells us that he was present when a single throw of the net at the mouth of the Orel brought 2000 fish to light of which the smallest was one foot long.

The former wealth of fish in Ukraine is only a reminiscence today. Fishing, however, still remains an important industry. Commercial fishing is carried on mostly on the high sea, in the river-mouths, and in inland waters. Enterprising Fish Companies (Artili) with their freezing, smoking, and canning plants are doing a thriving business.

Fishing is an enjoyable sport in Ukraine. Quite often field workers take a short break from work to fish in a nearby river. Young boys of school age make their pocket pennies by selling live crayfish (or crawfish) popularly called "river lobster or crab" (rak) for which there is a great demand because it is considered a rare delicacy. It breeds in plenitude in the underwater crevices of river banks. Crayfish is a species of shell fish about three times as large as a shrimp. Some crayfish are found in the rivers of the United States of America but not in the same abundance as in Europe. According to ichthyologists, the glaciers, sweeping over the North American continent during the ice-age, have destroyed the crayfish in the northern regions, leaving only a few survivors in the south. The European crayfish fortunately escaped this tragedy.

Sturgeon, the roe of which makes excellent caviar, is preferred to all other fish because of its tender flesh and small bones. Many specialty dishes are made from it. Other fish such as trout, pickerel, and carp are also highly prized by fish gourmets.

Markets in Ukraine abound in a wide range of smoked

and canned sea and fresh-water fish. The least expensive and always available is the salted herring. The Lenten season is strictly observed by Ukrainians, and the heavy demand for fresh fish is supplemented by, or replaced with, herrings. They are prepared in many different ways to suit the family needs, but pickling is the most common method.

Ukrainians throughout the world celebrate Christmas Eve (Svyat Vechir) in a solemn way, and the evening meal consists of twelve traditional meatless dishes of which at least one must be fish. For this special occasion the fish is prepared in a more elaborate manner than for other days. It is usually served cooked whole as a hot dish with an appropriate garnish and sauce, or it may be jellied. Many homemakers prefer to serve several fish preparations for variety.

Fish

Fish in its many varieties is a nutritious food. It is rich in protein and minerals.

In buying fresh fish, select one that has a firm flesh, bright bulging eyes, and red gills. The flesh should leave no impression when pressed with a finger. A fish that is not fresh will have dull and sunken eyes. The odor, too, is a good indication of freshness. There should be no unpleasant, strong fish odor.

Fish requires a short cooking period. Overcooked fish loses its delicate flavor. Fish is thoroughly cooked when the flesh flakes easily when tested with the point of a knife. To bake a fish, use a hot oven for best results.

Seasoned Flour

(page 79)

Baked Stuffed Fish

(Начинювана печена риба)

A baked stuffed fish makes a decorative and attractive dish for any occasion but especially for the traditional Christmas Eve "Svyata Vechera" (Holy Night supper) at which meatless courses are featured. Replace the butter with cooking oil when preparing the fish for the Christmas Eve festivity.

A 3 pound fish	2 cups soft bread crumbs
1 medium onion, chopped	2 tablespoons chopped parsley
½ cup diced celery	¼ teaspoon savory seasoning
1 cup sliced mushrooms	2 tablespoons water
½ cup butter	Salt and pepper

Scale, remove the entrails, and wash the fish. Sprinkle lightly with salt inside and outside. Prepare the stuffing by cooking the onion, celery, and mushrooms in the butter until tender. Combine with the remaining ingredients. Season to taste. Fill the fish cavity with the stuffing. Sew the opening with a needle and coarse thread. Brush the stuffed fish generously with soft butter or oil, coat it with flour, and sprinkle with paprika. Cut 3 or 4 gashes in the skin on both sides of the fish to prevent cracking. Place the fish in a pan lined with greased paper. Dry-fleshed fish should have slices of bacon or salt pork placed over the gashes, unless it is to be used for the Christmas Eve meal. Oily-fleshed fish needs no additional fat. Bake in a hot oven (450°F.), allowing 10 minutes per inch of stuffed thickness. Baste it several times with a mixture of 2 parts of water and 1 part of butter or oil. Place the fish on a hot platter and remove the thread. Garnish with sprigs of parsley and lemon slices. Serve with any favorite fish sauce.

Jellied Stuffed Pike

(Заголоженный начинюваний щупак)

This is a delightful way of preparing fish. Have this recipe in mind when planning the Christmas Eve supper menu. The head and tail of the fish may or may not be removed. For a natural effect, retain them.

A 3 pound pike	1 small onion
2 cups mixed diced vegetables (onion, carrot, celery, parsley)	1 cup soft bread crumbs
$\frac{1}{2}$ bay leaf	1 tablespoon melted butter
4 peppercorns	2 eggs, slightly beaten
1 teaspoon salt	1 tablespoon chopped parsley
4 cups water	Salt and pepper
	1 tablespoon gelatine
	$\frac{1}{4}$ cup cold water

Scale, take out the entrails, eyes, and fins, and then wash the fish. Remove the skin. Start at the tail and gently pull the skin off, being careful not to tear it. Leave it attached to the head. Remove the flesh from the bones. Cook the bones with the vegetables, bay leaf, peppercorns, and salt in the water for 20 minutes to make a fish stock. Meanwhile prepare the stuffing by grinding the fish flesh and onion. Add the bread crumbs, butter, eggs, parsley, and seasoning. Mix thoroughly. Be sure to season well. Stuff the skin with this mixture and sew the opening. Prick the skin in several places to let out the enclosed air. For easier handling, the fish may be wrapped and tied in a greased cheesecloth. Place the fish in a shallow pan. Add the strained fish stock and simmer gently for about 1 hour. Do not boil because the delicate fish flavor will be lost. Carefully remove the fish to a large platter and unwrap it, if a wrapping is used. Remove the thread. Strain the stock and keep it at a simmering point. Soften the gelatine in the cold water and then dissolve it in the simmering stock. Season the stock to taste. Allow it to cool until it begins to thicken slightly. Then spread it over the fish and chill until firm. Garnish the platter

attractively with sprigs of parsley and slices of lemon and tomato.

(Mrs. T. Gurska, Gronlid, Sask.)

Baked Stuffed Pike

(Печеный начинюванный щупак)

Follow the preceding recipe, but omit the fish stock and gelatine. Brush the stuffed fish with melted butter, and bake it as in the recipe for Baked Stuffed Fish. Serve it hot.

(Mrs. T. Gurska, Gronlid, Sask.)

Fish in Aspic

(Рыба в драглах)

Fish in aspic is a favorite dish for Christmas Eve supper, but it is much enjoyed at any time of the year.

2½ to 3 pounds fish	4 peppercorns
1 medium onion, chopped	1½ teaspoons salt
1 medium carrot, diced	1 tablespoon gelatine
1 stalk celery, diced	¼ cup cold water
2 sprigs parsley	

Scale and clean the fish. Cut it into 2 inch pieces. Put the vegetables, peppercorns, and salt into a pan and arrange the fish on top. Cover with boiling water and simmer under cover until the fish is tender. Do not permit it to boil. The fish is done when the meat comes off the bones readily. Remove the fish carefully. Strain the stock and boil it rapidly to reduce the quantity to half. Soften the gelatine in the cold water and let it stand a few minutes. Dissolve it in the boiling stock. Season the stock to taste. Pour a thin layer of the stock into a mold and cool until partially set. Remove the bones and skin from the fish. Arrange the fish in the mold. Slivers of cooked carrot, saved from the stock, may

be placed among the pieces of fish for color. Cover with the remaining stock and chill until firm. Unmold on a platter and garnish with sprigs of parsley and lemon slices.

(Mrs. L. Ewasiuk, Edmonton, Alta.)

Rolled Stuffed Fillets of Fish

(Начинювані філети риби)

Fresh pike may be used in this recipe.

Scale, clean, and fillet the fish. Cut the fillets into a required number of uniform pieces large enough to roll. Save a few pieces and the fillet trimmings for the stuffing. Grind these and combine them with a small quantity of a favorite bread stuffing. Mix thoroughly and season to taste. Place a spoonful of the stuffing on each slice of fillet, roll and tie lightly with a string. Cook the rolls in hot butter until delicately browned and done. Remove the string. Serve with a favorite fish sauce.

(Mrs. L. Ewasiuk, Edmonton, Alta.)

Fish Balls

(Смажені кульки з риби)

Fillets of any fresh-water fish will make a delicious dish of fish balls.

1 pound fish fillets	Salt and pepper
2 tablespoons chopped onion	1 egg, slightly beaten
2 tablespoons butter	2 tablespoons water
1 cup soft bread crumbs	Bread crumbs
$\frac{1}{2}$ cup milk	Butter
1 egg, slightly beaten	

Grind the fillets. Cook the onion in the butter until tender and combine with the ground fish. Add the bread crumbs, soaked in the milk, egg, and salt and pepper to taste. Mix thoroughly. Shape the mixture into small balls, dip in

egg diluted with water and then in bread crumbs. Cook in the hot butter until delicately browned. Garnish with chopped parsley and serve with a tomato sauce.

(Mrs. L. Ewasjuk, Edmonton, Alta.)

Fried Fish with Savory Tomato Sauce

(Смажена риба з помідоровою підливою)

1 medium onion chopped	1 clove garlic, crushed
1 cup diced celery	1 tablespoon lemon juice
¼ cup chopped green pepper	Salt and pepper
3 tablespoons butter	2½ pounds fish fillets
2½ cups cooked tomatoes	Seasoned flour
3 tablespoons ketchup	Butter
½ bay leaf	

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

(Mrs. S. Skrypnuk, Ottawa, Ont.)

Baked Fish with Savory Tomato Sauce

(Печена риба з помідоровою підливою)

Prepare a whole fish for cooking. Sprinkle it with salt inside and outside. Let it stand for 30 minutes. Place it in a buttered baking pan. Prepare the savory tomato sauce as given in the preceding recipe. Pour the sauce over the fish. Bake in a hot oven (450°F.), allowing 10 minutes per inch of thickness. Baste several times.

Boiled Sturgeon Steak

(*Варена осетрина*)

Sturgeon, which abounds in plenitude in the rivers of Ukraine, is greatly appreciated for its tender flesh and lack of small bones. For big party dinners, it is usually served cooked whole on a large platter as a hot or cold dish with an appropriate sauce and an assortment of fancy garnishes. The following is a simple way of preparing sturgeon.

1½ pounds fresh sturgeon steaks	3 tablespoons mild vinegar or white wine
Salt	2 cups water
1 small onion, chopped	1 tablespoon butter
1 medium carrot, diced	1 tablespoon flour
1 stalk celery, diced	1 egg yolk
2 sprigs parsley	Salt and pepper
½ bay leaf	1 tablespoon chopped capers
4 peppercorns	1 tablespoon chopped olives

Sprinkle the sturgeon steaks with salt and let them stand for 1 hour. Put the vegetables, spices, vinegar or wine and water into a kettle and cook for about 20 minutes. Place the steaks over the vegetables, cover and simmer gently for 15 minutes. Do not boil. Remove the steaks carefully to a hot platter and keep hot. Strain the stock and reserve 1 cup of it. Melt the butter, blend in the flour, and then stir in the stock gradually. Cook until the sauce thickens. Spoon some hot sauce into the slightly beaten egg yolk, mix, and combine with rest of the sauce. Season to taste with salt and pepper. Add the capers and olives. Pour the sauce over the fish. Garnish with paprika.

Fish Baked in Cream

(*Риба на сметані*)

Any fresh-water fish may be used in this recipe. For a casserole dish, cut the fillets into serving pieces before

cooking. To vary the dish, use equal quantities of tomato juice and sour cream.

2½ to 3 pounds fish	1 stalk celery, diced
1 medium onion, chopped	1 cup sour cream
1 medium carrot, diced	

Scale, clean, and fillet the fish. Sprinkle the fillets with salt and pepper and let them stand a short while. Place them in a baking pan and add the vegetables. Pour the cream over the fish. Cover and bake in hot oven (450°F.), allowing 10 minutes per inch of thickness. Remove the fish to a hot platter. Strain the sauce and pour over the fish. If desired, the vegetables may be retained in the sauce.

Pan-Fried Fish

(Смажена риба)

2½ to 3 pounds fish	2 tablespoons water
Flour	Fine bread crumbs
1 egg, slightly beaten	Butter

Firm and white-fleshed fresh-water fish are the best choice for pan-frying because they contain very little fat.

Scale, clean, and fillet the fish. Cut the fillets into serving pieces. Sprinkle them with salt and let stand for 30 minutes. Coat the pieces with the flour, dip in the beaten egg diluted with water, and then in the bread crumbs. Pan-fry in a sufficient quantity of the hot butter to brown the underside, then turn over and brown the other side. If the butter is absorbed, add a little more to complete the cooking. Serve with any favorite fish sauce.

Fish Fillets in Wine

(Риба у виновій підливі)

2 pounds fillets of any white-fleshed fish	Juice of 1 lemon
Salt and pepper	1 tablespoon flour
2 tablespoons butter	1 tablespoon butter
2/3 cup dry white wine	1 egg yolk
1/3 cup water	Salt and pepper

Cut the fish fillets into serving pieces. Sprinkle with salt and pepper and allow them to stand for 30 minutes. Put the butter, wine, water, and lemon juice into a pan large enough to hold all the pieces of fish in a single layer. Arrange the fish in the pan. Bring to a boil and then lower the temperature. Cover and simmer gently for about 15 minutes. Remove the fish to a hot platter and keep hot. Make a smooth paste of the flour and melted butter. Stir in the wine stock gradually. Cook until the sauce thickens. Spoon some sauce into the slightly beaten egg yolk and then mix with the rest of the sauce. Season to taste. Strain the sauce and pour over the fish.

Pashtet of Fish

(Loaf)

(Паштет из рыбы)

This delicious pashtet is similar to a fish soufflé. Fish pashtet is best when made with equal quantities of cooked and uncooked fish. Use white-fleshed fish fillets in this recipe.

1/2 cup mixed diced vegetables	3 tablespoons cream
1/2 teaspoon salt	3 tablespoons bread crumbs
1 cup water	2 teaspoons lemon juice
1 pound fish fillets	Salt and pepper
1 tablespoon melted butter	3 egg whites
3 egg yolks	

Cook the vegetables in the salted water until tender. Cut half of the fish fillets into several pieces and simmer them with the vegetables for about 10 minutes. Remove the fish and cool it. Grind the cooked and uncooked fish. Combine it with the remaining ingredients except the egg whites. Season to taste. Beat the mixture thoroughly. Fold in the stiffly beaten egg whites. Pour the mixture into a well-buttered loaf pan or mold. Place it in a pan of hot water.

Cook in a moderate oven (350°F.) for about 30 to 40 minutes or until the center is firm. Serve with a horseradish or tomato sauce.

Pickled Herring

(Маринований оселедець)

Ukrainians enjoy pickled herrings. Canadian grocery stores and delicatessens feature many varieties of ready-to-eat herrings, but they are either too sharp or too sweet. Ukrainian homemakers prefer to prepare pickled herrings at home by their own method. See the Appetizer section for pickled herring recipes.

Herring Patties

(Січеники з оселедця)

2 large salt herrings	1 egg, slightly beaten
Milk	2 tablespoons sour cream
$\frac{1}{2}$ cup dry bread crumbs	Flour
$\frac{1}{3}$ cup milk	1 egg, slightly beaten
1 tablespoon grated onion	Dry bread crumbs
1 tablespoon butter	3 tablespoons butter

Wash the herrings and soak in cold water for 1 to 2 hours, changing the water twice. Clean the herrings, skin them, and remove the bones. Soak the fillets in the milk to cover for about 1 hour. Drain, pat dry, and chop the fillets very finely. Soften the bread crumbs in $\frac{1}{3}$ cup of milk. Cook the onion in the butter until tender. Combine the chopped herrings with the bread crumbs, onion, egg, and sour cream. Mix thoroughly and shape into patties. Coat the patties with the flour, dip in the beaten egg diluted with 2 tablespoons of water, and then in the bread crumbs. Brown lightly in the hot butter. Serve with a tomato sauce.

Herring and Mushrooms in Sauce

(Оселедець з грибами)

In some regions of Ukraine this dish is included in the menu of the traditional Christmas Eve supper, but the cream is omitted and the butter is replaced with oil.

1 salt herring	1 tablespoon butter or cooking oil
1 tablespoon grated onion	1 cup water or vegetable stock
2 tablespoons butter or cooking oil	3 tablespoons sour cream
2 cups sliced mushrooms	
2 tablespoons flour	

Prepare the herring by the method in the preceding recipe. Cut the herring fillets into 1 inch pieces. Cook the onion in the butter until tender. Add the mushrooms and cook, stirring frequently, for about 5 minutes. In another pan, brown the flour lightly in the butter or oil. Add the water or vegetable stock gradually, stirring constantly, until the sauce boils. Stir in the cream, mushrooms, and herring. Simmer for 10 minutes to blend the flavors. Serve with sauerkraut varenyky or buckwheat kasha holubtsi.

(Mrs. A. Skorobohach, Saskatoon, Sask.)

Herring and Potato Scallop

(Оселедець запечений з картоплею)

A fine dish for Lenten days or any day.

2 large salt herrings	2 tablespoons butter
5 medium potatoes	1 cup cream
1 small onion, chopped	1/2 cup buttered bread crumbs

Wash the herrings and soak in cold water to cover for 2 to 3 hours, changing the water twice. Clean the herrings and remove the skin and bones. Chop the herring fillets

coarsely. Bake the potatoes in their skins. While hot, peel and cut them into slices. Cook the onion in the butter until tender. Arrange alternate layers of the potatoes, onion, and chopped herrings. Cover with the cream and top with the buttered bread crumbs. Cook in a moderate oven (350°F.) for 30 minutes.



STUFFINGS

Bread Stuffing

(Начинка з хліба)

A stuffing may be dry and buttery or moist, depending on personal preference. For a moist stuffing, mix into it very lightly a few teaspoons of hot water, just enough to moisten the crumbs.

1 small onion, chopped	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{3}$ cup butter	1 teaspoon poultry seasoning
4 cups soft bread crumbs	1 tablespoon chopped dill or parsley
1 teaspoon salt	

Cook the onion in the butter until tender. Combine with the remaining ingredients and mix well. Taste critically for seasoning. Fill the bird cavity loosely, allowing room for the stuffing to expand during cooking. Tightly packed stuffing will become firm and soggy.

Variations of Bread Stuffing

Use the preceding recipe for Bread Stuffing to make any of the following:

Celery Stuffing: Add 1 cup of finely chopped celery.

Mushroom Stuffing: Cook 1 cup of chopped mushrooms in the butter along with the onion.

Giblet Stuffing: Add finely chopped or ground, cooked giblets and $\frac{1}{2}$ cup of giblet stock.

Egg Stuffing: Add 2 chopped, hard cooked eggs and 1 raw egg.

Chestnut Stuffing: Add 1 cup of cooked, chopped chestnuts.

Apple Stuffing: Add 1 cup or more pared, chopped tart apples.

Podolyan Stuffing

(Подільська начинка)

$\frac{1}{2}$ loaf dry bread	1 small onion, chopped
2 cups lukewarm chicken broth or rich soup stock	3 tablespoons melted butter
$\frac{1}{2}$ pound beef, cooked and ground	1 egg, slightly beaten
Gizzard and heart, cooked and ground	$\frac{1}{2}$ teaspoon salt
	$\frac{1}{8}$ teaspoon pepper

Home-made bread is preferable. Slice the bread. Toast it lightly in the oven and dry thoroughly. Soften the bread in the lukewarm chicken broth or rich soup stock, using just enough liquid to make the bread soft and crumbly. It must not be soggy. Crumble the bread. Combine it with the remaining ingredients and mix well. Season the stuffing to taste.

(Mrs. D. Lutzak, Prince Albert, Sask.)

Favorite Stuffing

(Любима начинка)

2 cups dry bread crumbs	1 medium onion, chopped
2 cups milk	2 tablespoons butter
2 eggs, slightly beaten	$\frac{1}{2}$ pound equal parts of ground beef and fat pork
2 tablespoons chopped parsley	1 teaspoon salt
3 tablespoons chopped dill	$\frac{1}{4}$ teaspoon pepper
1 teaspoon or more poultry seasoning	

Dry the bread thoroughly in the oven before crushing it into crumbs. Soften the bread crumbs in the milk. If the bread is well dried, all the milk will be absorbed, making the crumbs soft but not soggy. Combine the crumbs with the slightly beaten eggs, parsley, dill, and poultry seasoning. Cook the onion in the butter until it is a light golden color. Add the meat, season with salt and pepper, and cook

together, stirring frequently, until the meat is done. Combine with the bread crumb mixture. Mix thoroughly and season to taste. Stuff the bird lightly.

(Mrs. S. Wasylushyn, Edmonton, Alta.)

Rice and Mushroom Stuffing

(Начинка : рису : грибів)

1 medium onion, chopped	Giblets, cooked and ground or
6 tablespoons butter	chopped fine
1/2 cup celery, diced fine	1 egg, slightly beaten
1 cup chopped mushrooms	1 tablespoon chopped dill
1 1/2 cups cooked rice	Salt and pepper

Cook the onion in the butter until tender. Add the celery and mushrooms; cook, stirring frequently, for about 10 minutes. Combine with the remaining ingredients. Season to taste.

Chestnut Stuffing

(Начинка : каштанів)

1 pound chestnuts	2 tablespoons cream
1/2 cup soft bread crumbs	1/2 to 1 teaspoon salt
1/4 cup melted butter	Pepper

Make a slit in each chestnut shell with a pointed knife. Bake the nuts in a hot oven (400°F.) for 15 minutes, or boil them for the same length of time in water to cover, then drain. Remove the shells and the brown skin. Mash the chestnuts and combine with the remaining ingredients.

Apple and Raisin Stuffing for Wild Duck

(Начинка до дикої качки)

1 small onion, chopped	1 tart apple, chopped
2 tablespoons butter	1/4 cup raisins
1/2 cup ground lean pork	1/2 teaspoon poultry seasoning
2 cups soft bread crumbs	Salt and pepper

Cook the onion in the butter until tender. Add the ground meat and cook very lightly. Combine with the re-

maining ingredients and mix well. Season to taste. If a moist stuffing is desired, add a few teaspoons of milk or water. This stuffing is sufficient for 1 large duck.

Orange Stuffing for Wild Duck

(Помаранчова начинка до дикої качки)

- | | |
|-------------------------------------|--|
| 1 small onion, chopped | 1 tablespoon grated orange |
| 3 to 4 tablespoons butter | peel |
| 3 cups dry bread crumbs | $\frac{2}{3}$ cup unstrained orange |
| $\frac{1}{2}$ cup or less hot water | juice |
| 1 cup diced celery | $\frac{1}{2}$ teaspoon poultry seasoning |
| $\frac{1}{2}$ cup chopped raisins | Salt and pepper |
| 1 egg, slightly beaten | |

Cook the onion in the butter until tender. Soften the bread crumbs with the water. Combine the onion and bread crumbs with the remaining ingredients. Mix well. Season to taste.



S A U C E S

The reputation of a good cook depends on her ability to concoct sauces that will convert the prepared food into an appetizing dish. Sauces add color, flavor, texture, and moisture to the food, thus enhancing its palatability and eye appeal. In order to excel in sauce making, it is necessary to master a few basic principles about the general proportions of the ingredients.

General Proportions for 1 Cup of Sauce

<i>Name</i>	<i>Fat</i>	<i>Flour</i>	<i>Liquid</i>	<i>Salt</i>
<i>Thin</i>	1 tablespoon	1 tablespoon	1 cup	½ teaspoon
<i>Medium</i>	2 tablespoons	2 tablespoons	1 cup	½ teaspoon
<i>Thick</i>	3 tablespoons	3 tablespoons	1 cup	½ teaspoon

Browned Flour

When a sauce or gravy is made by browning the flour, it is worth remembering that browned flour has only about half the thickening power of white flour.

Liquids for Sauces

The liquid used in sauces may be milk, cream, stock of meat, fish, mushrooms, or mildly flavored vegetables. Each of these liquids imparts its own flavor to the sauce.

Cream Sauce

(*Біла підлива*)

This is a basic cream sauce used in Ukrainian cookery. It may be varied with different seasonings or ingredients.

For a Canadian cream sauce, replace the meat stock with milk or cream.

2 tablespoons butter	$\frac{1}{2}$ cup thin cream
2 tablespoons flour	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ cup meat stock or chicken stock	Pepper

Melt the butter in a saucepan and blend in the flour. Add the meat stock and cream. Stir slowly but steadily over a direct heat until the sauce boils. Cook over a low heat for about 5 minutes. Season the sauce to taste.

Cold liquids may be added all at once. Hot liquids must be stirred in gradually. If the sauce is to be served later, set the saucepan over hot water and cover it tightly to prevent the formation of a crust on the surface.

Variations of Cream Sauce

Rich Yellow Sauce: Add 2 slightly beaten egg yolks to the hot Cream Sauce and beat thoroughly. If the sauce is thick, add a small quantity of meat or chicken stock, or cream to get the desired consistency.

Dill Sauce: Add 1 to 2 tablespoons of chopped fresh dill to the hot Cream Sauce. Do not boil after the dill is added.

Parsley Sauce: Add 1 to 2 tablespoons of chopped parsley to the hot Cream Sauce. Do not boil after the parsley is added.

Sorrel (Schavel) Sauce: Add $\frac{1}{3}$ to $\frac{1}{2}$ cup finely chopped cooked sorrel to the hot Cream Sauce.

Cheese Sauce: Add $\frac{1}{4}$ cup of grated cheese to the hot Cream Sauce. Stir over hot water until the cheese is melted. This sauce should be thin. Add a small quantity of meat stock or chicken stock, or cream to get the desired consistency.

Mushroom Sauce: Add 1 cup or less of sliced or chopped mushrooms, cooked in 1 tablespoon of butter, to the hot Cream Sauce. If canned mushrooms are used, replace some of the liquid in the recipe with an equal amount of the mushroom stock.

Tart Cream Sauce for Vegetables

(Підлива до городини)

2 egg yolks	$\frac{1}{2}$ teaspoon salt
1 cup sour cream	1 tablespoon chopped dill or
1 teaspoon lemon juice	parsley

Beat the egg yolks slightly, blend them with the cream, and cook in a double boiler until the sauce begins to thicken. Remove the sauce from the heat. Add the lemon juice, salt, and dill or parsley.

Onion Sauce

(Цибуляна підлива)

1 cup Cream Sauce (page 163)	2 tablespoons water
2 small onions, chopped	$\frac{1}{2}$ teaspoon dry mustard
2 tablespoons butter	1 teaspoon vinegar
	Salt and pepper

Prepare the cream sauce as directed in the recipe. Cook the onions in the butter until tender. Add the water and continue cooking until the onions are very tender. Press the onions through a sieve and combine them with the cream sauce. Add the remaining ingredients. Bring to a boil. Serve with pork or lamb.

Smetana Sauce with Green Onion

(Сметанкова підлива)

Grandma's favorite sauce. It is especially good with new boiled potatoes, cooked spring vegetables and chicken.

2 cups thick sour cream
 $\frac{1}{2}$ cup or more chopped green onions
Salt and pepper

Bring the cream to a boil. Add the onions and season to taste. Simmer very slowly, uncovered, for about 30 to 40

minutes, or until the flavors are developed and the sauce is thickened.

(Mrs. O. Magera, Bon Accord, Alta.)

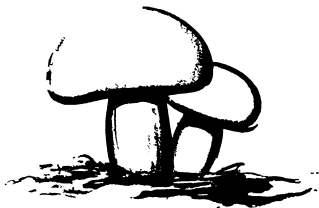
Mushroom Sauce

(Грибова підлива)

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

$\frac{1}{2}$ small onion, chopped fine	$\frac{1}{2}$ cup sour cream
2 tablespoons butter	1 teaspoon chopped dill or
1 cup chopped mushrooms	parsley
1 tablespoon flour	Salt and pepper
$\frac{1}{2}$ cup meat stock	

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



Tomato Sauce

(Помідорова підлива)

- | | |
|------------------------|---------------------------------|
| 1 small onion, chopped | 1 tablespoon or more sour cream |
| 2 tablespoons butter | |
| 1 tablespoon flour | $\frac{1}{2}$ teaspoon salt |
| 1 cup cooked tomatoes | Pepper |

Cook the onion in the butter until tender. Blend in the flour. Add the tomatoes and stir until the sauce boils. Press through a sieve. Add the remaining ingredients and bring to a boil.

Bechamel Sauce

(Бешамелева підлива)

- | | |
|--------------------------------|------------------------------|
| 2 tablespoons chopped onion | 2 tablespoons butter |
| $\frac{1}{4}$ cup diced celery | 2 tablespoons flour |
| 1 small carrot, diced | 2 egg yolks, slightly beaten |
| 2 sprigs parsley | $\frac{1}{2}$ cup cream |
| A very small piece of bay beef | Salt and pepper |
| 2 cups chicken or veal stock | |

Cook the vegetables and herbs in the chicken or veal stock for about 20 minutes. Strain the stock. Melt the butter and blend in the flour. Add the strained stock gradually and cook, stirring constantly, until the sauce boils and thickens. Combine the egg yolks with the cream and stir into the sauce. Cook 2 minutes longer. Season to taste. Serve at once or cover and keep hot over hot water.

Tartar Sauce

(Татарська підлива)

- | | |
|--|------------------------------------|
| $\frac{1}{3}$ cup Mayonnaise (page 291). | 1 teaspoon chopped pickle or olive |
| 1 teaspoon finely chopped onion | 1 teaspoon chopped green pepper |
| 1 teaspoon chopped capers | 1 teaspoon chopped parsley |

Mix the mayonnaise with the rest of the ingredients. Serve with fish or over lettuce wedges.

Cucumber Sauce

(Оливкова підлива)

- | | |
|---|------------------------------|
| 1 large cucumber | $\frac{1}{4}$ teaspoon salt |
| 1 tablespoon finely chopped green onion | Pepper |
| 2 tablespoons vinegar | $\frac{2}{3}$ cup sour cream |

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

Brown Sauce

(Запращена підлива)

- | | |
|-------------------------------------|-----------------------------|
| 2 tablespoons butter or other fat | 1 cup meat stock |
| 3 tablespoons flour | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ teaspoon grated onion | Pepper |

Melt the butter or other fat, blend in the flour, and stir constantly until the flour is a rich golden brown color. Add the onion and cook for a few minutes. Stir in the meat stock and cook until the sauce boils. Season with salt and pepper.

Hot Horseradish Sauce

(Гаряча гірчкова підлива)

- | | |
|--|------------------------------|
| 2 egg yolks | 1 tablespoon lemon juice |
| 1 cup sour cream | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup freshly grated horseradish | $\frac{1}{2}$ teaspoon sugar |

Beat the egg yolks slightly and blend them with the cream. Cook in a double boiler until the sauce thickens slightly. Do not overcook. Add the remaining ingredients.

The sugar may or may not be used, depending on personal preference. Serve this sauce hot. It is excellent with boiled meat.

Chilled Horseradish Sauce

(Холодна хрінкова підлива)

- | | |
|---------------------------------------|-----------------------------|
| 1 cup freshly grated horse-
radish | $\frac{1}{4}$ cup sugar |
| 1 cup thick sour cream | 1 tablespoon vinegar |
| | $\frac{1}{2}$ teaspoon salt |

Combine all the ingredients. Cover tightly and keep in a cold place until ready to serve.

(Mrs. M. T. Mychaliuk, Two Hills, Alta.)

Gooseberry Sauce

(Аґрестова підлива)

- | | |
|----------------------------------|------------------------------|
| $1\frac{1}{2}$ cups gooseberries | $\frac{1}{4}$ teaspoon salt |
| 2 tablespoons butter | $\frac{1}{2}$ cup meat stock |
| 1 tablespoon flour | 2 egg yolks |
| $\frac{1}{3}$ cup sugar | $\frac{1}{4}$ cup sour cream |

Cook the gooseberries in the butter until tender. Mix the flour, sugar, salt, and meat stock to a smooth paste. Stir into the gooseberries and cook until thickened. Blend the egg yolks with the cream, add to the sauce, and bring to a boil. For a tart sauce, reduce the amount of sugar slightly. Serve with chicken or turkey.

Raisin Sauce

(Родзинкова підлива)

- | | |
|---------------------------------------|---|
| 1 tablespoon butter | $\frac{1}{4}$ cup brown sugar |
| 1 tablespoon flour | $\frac{1}{3}$ cup orange juice |
| $\frac{3}{4}$ cup meat stock or water | 2 tablespoons lemon juice or
vinegar |
| $\frac{1}{2}$ cup seedless raisins | |

Melt the butter, blend in the flour, stir in the meat stock or water, and bring to a boil. Add the raisins and

sugar. Cover and simmer for 10 minutes. Stir in the remaining ingredients. Serve the sauce very hot with a hot or cold ham or tongue.

Browned Buttered Crumbs

(Зарум'янена терта булка)

Browned buttered crumbs are used very extensively in Ukrainian cookery as a dressing for a limitless variety of dishes. They are particularly good with cooked vegetables, potato dumplings, varenyky (filled dumplings), lokshyna (egg noodles), nalysnyky (rolled pancakes), and a number of other preparations. This very simple dressing adds color, texture, and a pleasant toast-like flavor to foods. The amount of butter and crumbs may be varied to suit one's preference. Some like the dressing very buttery, others prefer it on the dry side. Increase this recipe to suit your need.

3 tablespoons butter

2 tablespoons dry bread crumbs

Melt the butter over a low heat until it bubbles and becomes a golden brown color. Add the bread crumbs and stir constantly until they are lightly toasted. Use as a dressing or topping.

Browned Butter

(Рум'яне масло)

A favorite quick dressing for vegetables, varenyky, and other dishes is browned butter. It may be served plain or lightly flavored with herbs and lemon juice.

Melt the butter and cook until it becomes a delicate brown color. Pour it over the prepared food just before serving.

Gravy for Roasts

(Підлива до печені)

Remove the roast from the pan and place it in a warming oven. Pour off the surplus clear fat from the pan, but leave the brown meat extractives. For each cup of gravy leave 2 to 3 tablespoons of fat in the pan. Stir in 2 tablespoons of flour into the fat. Add 1 cup of cold water. Stir over direct heat until the gravy boils. While cooking, stir and scrape the bottom of the pan to loosen the meat extractives and have them mixed with the gravy to add flavor and color. Cook for 5 to 10 minutes. Season to taste and strain. For a richer gravy, replace the water with meat stock.







EGGS AND CHEESE

Eggs have been used for food throughout the world from the earliest times. Apart from providing palatable egg dishes, they also play an important role in general cookery as leavening, binding, coating, and emulsifying agents. Probably no other food is used as extensively in the daily preparations of meals as eggs. High in nutritive value and versatile in their many uses, eggs are truly irreplaceable.

Poultry raising is one of Ukraine's industries. Eggs are therefore very plentiful in that country and are used lavishly in cooking and baking as well as in daily meals. In general, Ukrainian egg cookery is in no way different from Canadian. Eggs are cooked soft or hard, fried, scrambled, poached, shirred, stuffed, or made into plain and puffy omelets. The most favored preparation is eggs poached in savory cream. Ukrainians do not serve eggs on toast. In fact, toasted bread slices are practically unknown to them. Many Ukrainian newcomers to Canada find it difficult to become accustomed to toasted bread. For a light repast, the bread may be dipped in an egg-cream mixture and fried in butter, or it may be spread with a filling, sandwich style, and then dipped and fried. This is called toast. A usual accompaniment to fried eggs is smoked ham or crisp salt pork. The Canadian type of side and back bacon has not taken hold in the dietary habits of the people in Ukraine.

Ukrainians have a well-developed art of painting Easter eggs in very intricate and symbolic patterns of very ancient



origin. These are called "pysanky" from the verb "pysaty" (to write) because the patterns are actually written on the egg in molten wax with a fine pointed stylus. The process consists of writing the basic design on a raw egg and dipping it in a series of dye baths, ranging from the lightest color to the darkest. After each successive color, areas and lines are filled in with wax according to the pattern. Then the wax is removed, and the finished pysanky reveal their beauty. The technique is the same as in batik work; it takes many hours of intense work to complete one egg.

Originally, pysanky were associated with mythical and religious beliefs of pagan times, but with the coming of Christianity they took the new meaning of the rebirth of life and became the symbol of the resurrection of Christ. Custom dictates that a fresh batch of pysanky in a variety of traditional patterns be prepared for Easter. They are taken to church on Easter morning to be blessed. During Easter, pysanky are exchanged or presented as a gift with the customary Easter greeting — "Christ is risen," to which the reply is — "He is risen indeed." Today, pysanky are recognized as a branch of folk art and a superb expression of the artistic spirit of the Ukrainian people.

Cottage cheese, a staple product, is a general favorite in Ukraine. It is served plain with thick sour cream, or in a variety of other ways as luncheon and dessert dishes. A cheese cake is a traditional Easter dessert. Without it, Easter would not be Easter. Cottage cheese is used to advantage as a filling in various kinds of sweet and savory pastries. Each homemaker makes her own fresh cottage cheese every few days and knows by experience how long to heat the sour milk and when the curd is ready.

Cheese of the Swiss type is rarely made at home but in the dairies. It is greatly favored in the cities, while the

country people rely mostly on home-made cottage cheese. In the Hutsul region of the Carpathian Mountains, where sheep raising is an important industry, sheep's milk is made into excellent aged cheese called "bryndza." This specialty of the Ukrainian mountaineers is favored at home and abroad.

Ukrainians are great milk drinkers. Fresh milk and clotted sour milk with its variations in yogurt and native "huslyanka" are consumed daily in large quantities. Numerous dairy bars in Ukrainian towns and cities feature fresh sour milk and buttermilk, just as Canadian lunch counters feature ice cream sodas, milk shakes, and carbonated drinks. A true-blooded Ukrainian in the old country is convinced beyond any doubt that he owes his robust health and vitality to the habit of drinking sour milk. Unfortunately, this habit is no longer shared by the young Ukrainian Canadians. Following the general pattern of Canadian dietary habits, they prefer carbonated drinks.

Ukrainian homemakers use sour cream to advantage in cooking and baking as well as in dressings for various dishes. The usefulness of sour cream in cookery is virtually unlimited.

Poached Eggs

(Яйця на воді)

Pour water into a wide saucepan to a depth of at least 1½ inches. Add ¼ teaspoon of salt and ¼ teaspoon of vinegar to each cup of water. The vinegar will help to keep the whites from spreading. Bring the water to a boil. Reduce the heat and keep the water under the boiling point. Break one egg at time into a saucer and slip it gently into the water. Cover the saucepan and let it stand for about 4 minutes, or until the whites are set and a white film forms over the yolks. Lift the eggs with a skimmer, drain, and serve.

Eggs Poached in Cream

(Яйця на сметані)

This method of serving eggs is a favorite standby in many Ukrainian homes. When using sour cream, reduce or omit the vinegar.

1 teaspoon flour	$\frac{1}{8}$ teaspoon salt
1 cup thick cream	2 eggs
$\frac{1}{2}$ to 1 teaspoon vinegar	

Blend the flour with about 2 tablespoons of cream to a smooth paste in a small saucepan. Combine with the remaining cream. Add the vinegar and salt. Bring the cream to a boil. Reduce the heat to simmer. Break one egg at time into a saucer and slip gently into the sauce. Cover and simmer very gently until the whites are firm and a film has formed over the yolks. Remove the eggs to a warm plate and pour the sauce over them. Sprinkle very lightly with salt and pepper. A sprinkling of paprika will add color to this dish.

Scrambled Eggs

(Звичайна яєшня)

2 eggs	Few grains pepper
2 tablespoons cream	2 teaspoons butter
$\frac{1}{8}$ teaspoon salt	

Beat the eggs slightly with the cream and seasoning. Melt the butter in a frying pan and heat gently. Pour the mixture into the pan. Cook over a low heat, stirring with a fork only enough to prevent the mixture from sticking. It should form creamy flakes. Serve at once.

Scrambled Eggs with Bacon or Salt Pork

(Яєшня з солониною або салою)

Chop 4 slices or more of bacon or salt pork and fry until crisp. A tablespoon of finely chopped onion may be added

and cooked briefly. Pour off the fat, leaving about 2 teaspoons in the pan. Keep the pan warm. Prepare the egg mixture as in the preceding recipe for Scrambled Eggs. Pour the egg mixture over the bacon and mix. Cook over a low heat, stirring only enough to break the creamy flakes. Serve at once.

Scrambled Eggs with Onion and Tomato

(Яєшня з цибулею і помідорам)

Follow the recipe for Scrambled Eggs with these changes: Cook 1 tablespoon of finely chopped onion in the butter and add 1 tomato, peeled and cut into eighths. Season lightly with salt and pepper. Cook very gently for a few minutes. Pour the egg mixture over the onion and tomato. Scramble, keeping the tomato pieces unbroken. Serve at once.

Plain Omelet

(Яєшня омлет)

For a successful omelet, it is best to prepare each individual serving portion separately. When a larger quantity is needed, divide the mixture into 2 or more frying pans.

2 eggs	Few grains pepper
2 tablespoons milk or water	2 teaspoons butter
1/4 teaspoon salt	

Beat the eggs until the whites and yolks are blended. Blend in the milk or water and seasoning. Choose a frying pan of a suitable size. Melt the butter in it and heat the pan well. The butter should form a thin layer over the entire surface of the pan. Pour in the egg mixture and cook it over a low heat. As the mixture cooks, run a spatula around the edge, lift the omelet slightly, and tip the pan to allow the uncooked portion to flow underneath. When the omelet is set, fold over and slip onto a hot platter. Serve at once with any favorite accompaniment.

Variations of Plain Omelet

Cheese Omelet: Sprinkle 1 to 2 tablespoons of grated cheese over the omelet while it is cooking, or when ready to fold.

Bacon or Ham Omelet: Sprinkle 2 tablespoons or more of chopped crisp bacon or cooked ham over the omelet while it is cooking.

Tomato Omelet: Cook 1 small, peeled, and chopped tomato in butter until thick. Season it with salt and spread it over the omelet when ready to fold.

Stuffed Eggs

(Начинювані яйця)

Cut hard cooked eggs in halves lengthwise. Remove the yolks and mash them with a fork. Moisten lightly with cream or mayonnaise to make a smooth thick paste. Season to taste with salt and pepper. Some onion juice or chopped green onion may be added, if desired. Refill the hollow in the whites with the yolk mixture. Sprinkle with paprika and chopped parsley. Serve as an appetizer or with a salad. The filling may be varied by adding one of the following: chopped crisp bacon, chopped ham, cooked, chopped chicken livers, sardines, pickles, olives, dill, celery.

Stuffed Eggs with Mushroom Caps

(Начинювані яйця з грибовими шапочками)

Prepare the required number of stuffed eggs. Top each egg half with a mushroom cap browned in butter. Arrange the eggs in a shallow baking dish and pour enough Mushroom Sauce (page 166) around the eggs to cover the bottom of the dish completely. Sprinkle lightly with browned buttered bread crumbs. Heat thoroughly in a moderate oven (350°F.). Serve it in the baking dish. The stuffed eggs with nut-brown mushroom caps will have a pixie look.



Cottage Cheese

(Домашній сыр)

Cottage cheese is best when made from whole milk, but skim milk may also be used. 3 quarts of milk will give about 2 cups of cheese.

Method I

Use unpasteurized whole or skim milk. Allow the milk to sour and thicken by keeping it in a warm place for about 24 hours. Heat the sour milk over hot water, just below the simmering point, until it is fairly hot to the touch and the curds separate from the whey. Remove it from the range and let stand for about 30 minutes for the curd to collect. Drain in a cloth bag or strainer lined with cheesecloth. Allow it to drip overnight until thoroughly drained. Crumble the cheese curd, moisten it with cream, and season with salt. Chill. Serve as desired.

When a very soft and tender curd is desired, heat the milk until it is very warm to the touch but not hot.

Method II

Allow the milk to sour. Heat it very slowly at a low heat to approximately 115°F., or until the milk is fairly hot to the touch. This will take about 30 minutes. Drain as in Method I.

Cream Cheese

(Сметанковый сыр)

Prepare the cottage cheese by one of the preceding methods. To 2 cups of cheese allow 1 tablespoon of butter and $\frac{1}{4}$ cup of thick cream. Combine these ingredients with the cheese and season to taste with salt. Place the mixture in a double boiler and heat it over simmering water until it is smooth. Pour into a buttered mold and chill. If desired, a sprinkling of caraway seed may be added before chilling the cheese. Serve in slices.

Aged Cottage Cheese

(Зрелый сыр)

Aged cottage cheese served on a slice of rye bread makes a delicious snack. Some cooks prefer to add a speck of baking soda to the cheese for a milder flavor before allowing it to ripen. This is a matter of personal choice.

Prepare 2 cups of cottage cheese by Method I or II, but do not salt it. Let the drained cheese stand at room temperature for about 5 days to ripen and develop a sharp flavor. Stir it each day. Melt about 1 tablespoon of butter in a saucepan over a low heat, add the cheese and about 3 tablespoons of thick cream. Season to taste with salt. Heat slowly, stirring constantly, until the cheese melts and blends with the other ingredients into a smooth mass. For a richer flavor, an egg yolk may be added to the mixture in the final stage of cooking. Remove the mixture from the range. If desired, add a sprinkling of lightly crushed caraway seed. Pour the mixture into a shallow dish rinsed with water. Chill. Serve in slices.

To Freshen Cottage Cheese

(Відсвіжування кислого сира)

Cottage cheese develops a sharp flavor on standing, if not refrigerated. To freshen 2 cups of cottage cheese, heat 1 quart of milk until fairly warm. Remove it from the range. Add the cheese to the milk and stir. Let it stand until cool. Drain as in Method I.

Huslyanka

(Clabbered Milk)

(Гуслянка)

Huslyanka is a popular milk drink served as a refreshment on a hot scorching day or any day. Many enjoy it as an accompaniment to baked kasha (cereal) or mashed potatoes topped with cracklings or chopped crisp bacon.

Mix 1 quart of pasteurized milk with 1 cup of fresh sour cream. If less cream is desired, use equal quantities of sour cream and cultured buttermilk. Cover and let it stand in a warm place at room temperature for 20 to 24 hours, or until the milk is well set and thick. Chill thoroughly and serve.

To Prepare Sour Cream

(Сметана)

Uninitiated cooks tend to look on sour cream with disdain mostly because its very name creates a wrong impression, suggesting staleness. The Ukrainian name for sour cream has no unattractive connotation to it; it is just "smetana" (cream), while sweet cream is called by the diminutive form of the same name "smetanka." Some dairies in the United States of America have accepted the name

"smetana" for their cultured sour cream. The name is simpler and daintier than sour cream. Canadians should do likewise to make this versatile dairy product more acceptable to homemakers who are unacquainted with its qualities. Sour cream is really not sour at all but slightly tart and thick. However, it must be absolutely fresh. This is extremely important. Seasoned cooks respond to sour cream with delight because they know its culinary possibilities. Renowned chefs use it to advantage in their specialty dishes. It is also characteristic of Ukrainian cookery. Sour cream is available in some markets, but it can easily be prepared at home.

For the best results, use pasteurized cream because the bacterial count is lower in it and the finished product will be milder. Mix $\frac{1}{2}$ pint of 40% cream with about $\frac{1}{4}$ cup of cultured buttermilk or fresh sour cream in a sealer. For an extender, $\frac{1}{4}$ cup of evaporated whole milk may be added, if desired. Cover and let it stand in a warm place at room temperature for 15 to 24 hours, or until the cream is very thick and well set. It may be used at once or stored in a refrigerator. Chilled cream is thicker and keeps longer.

Curds and Smetana

(Сир із сметаною)

Fresh cottage cheese and cream make a nutritious and delightful dish. Combine 2 parts of cottage cheese with about 1 part of thick, sour cream. Season to taste with salt. The following may be mixed into it: chopped green onions, sliced radishes, diced cucumber. Serve with buttered bread, or as an accompaniment to kasha or boiled new potatoes.

Cottage Cheese Spread

(Сир до хліба)

Moisten the cottage cheese with some thick, sour cream and season to taste with salt. Chopped green onions or

caraway seed may be added for flavor. Spread on lightly buttered slices of rye bread.

Syrnychky

(Patties)

(Сирнички)

2 cups dry cottage cheese	1/2 teaspoon caraway seed, if
1 egg or 2 egg yolks	desired
1 tablespoon thick cream	Flour
Salt	Butter

Use dry curd cheese for best results. Press the cheese through a sieve. Combine it with the egg or yolks and cream. Season to taste with salt. Add the caraway seed, if used. Stir in enough flour to give the right consistency for shaping the mixture into patties. Form small patties, dip in the flour, and pan-fry in the hot butter to a light golden color. Serve hot with thick, sour cream.

Cottage Cheese Halushky

(Dumplings)

(Сирні галушки)

2 cups dry cottage cheese	Salt
2 tablespoons soft butter	Melted butter
1 egg or 2 egg yolks	Browned buttered crumbs
1/3 to 1/2 cup cream of wheat	

Press the cottage cheese through a sieve. Combine it with the butter and egg or egg yolks. Add enough cream of wheat to thicken the mixture sufficiently for shaping. Season to taste with salt. Shape the mixture into small balls on a floured board. Drop a few at a time into a large quantity of boiling salted water. Stir very gently. Cook until the dumplings rise to the top. Remove with a perforated spoon to a colander and drain well. Place the dumplings in

a serving dish, sprinkle with the melted butter, and toss them gently. Top with the browned buttered bread crumbs. Serve hot with thick, sour cream.

Cottage Cheese Puff

(Сирный пух)

2 cups cottage cheese

$\frac{1}{4}$ cup cream of wheat

4 eggs, separated

Salt

1 cup cream

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



Easter Syrnyk

(*Cheese Cake*)

(*Великодний сирник*)

Ukrainians have certain traditional dishes at Easter, some of which are made of cottage cheese. The following syrnyk is served with the main course.

1 pound dry cottage cheese	1 whole egg
4 egg yolks	Salt

Press the cottage cheese through a sieve. Beat the egg yolks and the whole egg together until very light and creamy. Combine with the cheese and beat well. Season to taste with salt. Spoon the mixture into a well-buttered baking dish. Bake in slow oven (300—325°F.) for about 45 minutes, or until the mixture does not adhere to the blade of a knife inserted in the centre. Chill thoroughly before serving. Serve in slices.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Sweet Easter Syrnyk

For recipes of sweet syrnyk and the other cottage cheese pastries, see the sections: *Cakes, Tortes, and Pastries*, and *Bread, and Bread Pastries*.

Other Cottage Cheese Dishes

For varenyky with cottage cheese, lokshyna with cottage cheese, see the section on *Starchy Foods*.

For nalysnyky with cottage cheese, see the section on *Griddle Cakes*.

For cottage cheese desserts, see the section on *Desserts*.



GRIDDLE CAKES

The universally popular griddle cakes or pancakes are as old as civilization. Their origin goes back to days immemorial when no other form of baking was known. As life progressed, each country developed its own improved ways of making and serving griddle cakes. Though these cakes from various lands are known under different names, they are basically alike. Ukrainians have made their contribution to the improvement of this ancient art of baking.

The Ukrainian name for the simple types of griddle cakes is "mlyntsi". This name covers the plain and the yeast-raised cakes. The richer, wafer-thin cakes that are filled, then rolled, folded or layered are called "nalysnyky." There is a clear distinction between the two, both in the method of preparation and in the finished product. The dainty and elegant nalysnyky have always been a great favorite in Ukrainian homes. The nalysnyky with a savory filling often constitute the main course of the meal.

It is a tradition in Ukraine to serve yeast-raised buckwheat cakes, called "hrechanyky," during the week preceding Lent. They are always served with plenty of butter or thick sour cream. This period is known as "Maslyanytsya" or "Masnytsya" which, in literal translation, means Butter or Fat Festival. A similar tradition exists in other countries where Shrove Tuesday is the pancake day.

Nalysnyky

(Rolled Pancakes)

(Палисники)

This is a standard recipe for rolled nalysnyky. Cooks of good repute claim that the liquid in the batter should be part milk and part water to give more tender cakes.

2 eggs
 $\frac{1}{2}$ cup milk
3 tablespoons water

$\frac{1}{2}$ cup sifted flour
 $\frac{1}{4}$ teaspoon salt

Beat the eggs until light. Add the milk, water, and the remaining ingredients. Beat until smooth. Use a small frying pan about 6 inches in diameter. Butter it lightly and heat well. Pour a few tablespoons of the batter into the pan, just enough to give it a thin coating. Tilt the pan back and forth to spread the batter evenly. Cook the cakes over a moderate heat. When lightly browned on the bottom and firm to the touch on top, remove the cakes to a warm plate and keep them warm. To assure tenderness, the cakes should not be turned over. This is the secret of tender cakes. However, they may be turned, if desired. Continue baking in this manner until all the batter is used. Butter the pan lightly each time.

Spread the cakes with a sweet or savory filling as suggested on pages 189, 312, and roll. If the cakes are not turned over in baking, place the browned side on the outside in rolling. Arrange the rolled cakes in a buttered baking dish. Dot each layer with butter, or sprinkle with browned buttered crumbs. Heat in a moderate oven for several minutes. Serve hot.

Layered Nalysnyky

(Pancakes)

(Верстовані налисники)

Instead of rolling the nalysnyky, they may be stacked in layers with a filling between the cakes. To serve, cut in wedges.

Fluffy Nalysnyky

(Pancakes)

(Пухкі налисники)

3 eggs, separated
 $\frac{1}{4}$ cup milk
 $\frac{1}{4}$ cup water

$\frac{1}{4}$ cup flour
 $\frac{1}{2}$ teaspoon salt

Beat the egg whites until stiff, and set them aside. Beat the yolks until light. Add the remaining ingredients to the yolks; beat until the mixture is smooth and creamy. Fold in the beaten egg whites. Fry very thin cakes as directed in the recipe for Nalysnyky. Use a sweet or savory filling. Roll, fold, or layer the filled cakes. Dot generously with butter, or sprinkle browned buttered crumbs over them. Heat in a moderate oven for a few minutes. Serve hot.

FILLINGS FOR NALYSNYKY

The fillings for luncheon nalysnyky are limitless in their variety. There are no set rules. Let your imagination and ingenuity be your guide. Many tempting nalysnyky dishes may be made from leftover ham, roast, chicken, or fish. The food should be chopped, seasoned, and moistened with cream, sauce, gravy, or eggs. This is an excellent way of using leftovers. Any properly prepared, cooked food may be used as a filling. Some suggestions are: cottage cheese, mushrooms, cabbage, spinach, peas, etc.

Recipes for nalysnyky with a sweet filling are given in the section on *Desserts*.

Cottage Cheese Filling

(Сирна начинка)

2 cups cottage cheese	Salt
2 egg yolks	1 teaspoon chopped dill, if
2 tablespoons rich cream	desired

Mash the cottage cheese or press it through a sieve. Add all the remaining ingredients; mix thoroughly. Spread the filling on the nalysnyky and roll. Proceed as directed in the recipe for Nalysnyky.

Mushroom Filling

(Грибова начинка)

1½ cups or more finely chopped mushrooms	2 tablespoons sour cream
1 teaspoon onion juice	Salt and pepper
2 tablespoons butter	1 teaspoon chopped dill, if desired

Use canned or fresh mushrooms. Cook the mushrooms with the onion juice in the butter until delicately browned. Add the cream and cook a while longer to blend the flavors. Season to taste. Add the dill, if used. Spread the filling on the nalyсныky and roll. Proceed as directed in the recipe for Nalyсныky.

Filling of Pig's Brains

(Начинка з мозку)

This is a good way to serve pig's brains.

1 set pig's brains, uncooked
1 teaspoon onion juice
Salt and pepper

Press the brains through a sieve. Add the onion juice and season to taste. Mix well. Spread each cake with this filling. Fold the four sides to the centre and then fold over once more. Arrange in a baking dish, dot with butter and bake, covered, in a moderate oven (325°F.) for about 40 minutes.

Cabbage Filling

(Капустяна начинка)

1 tablespoon grated onion	3 cups finely shredded cabbage
2 tablespoons butter	Salt and pepper

Cook the onion in the butter until tender. Add the cabbage; season with salt and pepper; cook until just tender. Do not overcook. This filling may be varied by adding one of the following: chopped ham, chopped crisp bacon, chopped mushrooms, chopped hard cooked egg. Proceed as directed in the recipe for Nalysnyky.

Plain Mlyntsi

(Griddle Cakes)

(Звичайні млинці)

1 cup flour	1 tablespoon melted butter
$\frac{1}{2}$ teaspoon salt	1 egg
2 teaspoons baking powder	$\frac{3}{4}$ cup milk
$\frac{1}{2}$ teaspoon sugar	

Sift the dry ingredients together. Add the remaining ingredients and beat with a rotary beater until thoroughly blended.

Heat a heavy griddle or a heavy frying pan; grease lightly. Test the griddle by dropping a few drops of cold water on it. The griddle is ready when the drops keep a globular shape. If the drops spread out, the temperature is too low. If they break up and evaporate immediately, the temperature is too high.

Pour the batter on the griddle to form cakes about 3 inches in diameter. Cook the cakes until the surface is very bubbly; then turn them over and bake on the other side. Do not turn the cakes more than once while they are baking. Serve very hot with syrup, honey, or thick, sour cream.

(Mrs. J. W. Minken, Theodore, Sask.)

Buttermilk or Sour Milk Mlyntsi

(Griddle Cakes)

(Млинці на масляни або кислим молоці)

Follow the recipe for Plain Mlyntsi, but replace the sweet milk with buttermilk or sour milk. Add $\frac{1}{2}$ teaspoon of baking powder and $\frac{1}{2}$ teaspoon of baking soda.

(Mrs. J. W. Minken, Theodore, Sask.)

Yeast-Raised Mlyntsi

(Griddle Cakes)

(Дріжджеві млинці)

$\frac{1}{2}$ package dry granular yeast	$2\frac{3}{4}$ cups sifted flour
$1\frac{3}{4}$ cups scalded milk, cooled	3 eggs, separated
1 teaspoon salt	2 tablespoons melted butter
1 tablespoon sugar	

Soften the yeast in lukewarm water as directed on the package. Combine it with all the ingredients except the egg whites. Beat vigorously until thoroughly blended and smooth. Cover and let the batter rise in a warm place for $2\frac{1}{2}$ to 3 hours. Beat the egg whites until stiff but not dry; fold carefully into the batter. Let it stand for 10 minutes without stirring. Bake as griddle cakes. Serve very hot with syrup or thick, sour cream.

Yeast-Raised Hrechanyky

(Buckwheat Griddle Cakes)

(Гречаники)

Hrechanyky is a specific Ukrainian name for buckwheat cakes. The contributor of this recipe says that hrechanyky are always served in Ukraine during the Maslyanytsya or Masnytsya week (Butter or Fat Festival) preceding Lent. These simple cakes are referred to in a popular Ukrainian

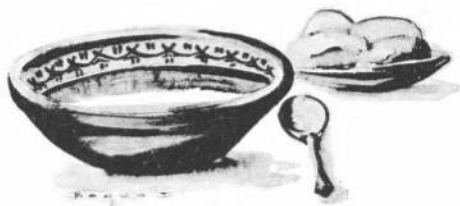
folk song "Oh, Hop My Hrechanyky." The song tells a humorous story of a heart-breaking failure in baking hrechanyky. The hrechanyky did not rise; instead, they were flat, hard-crust-ed cakes.

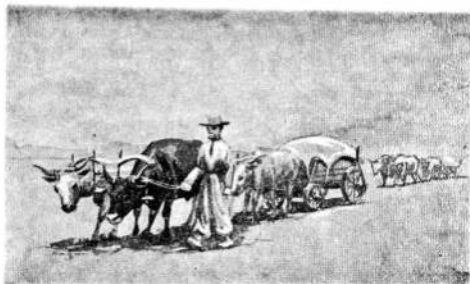
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| 1 teaspoon sugar | $\frac{3}{4}$ cup sifted bread flour |
| $\frac{3}{4}$ cup lukewarm water | 2 cups sifted buckwheat flour |
| 1 package dry granular yeast | 3 eggs, well beaten |
| 1 cup scalded milk, cooled | 2 tablespoons melted butter |
| 2 teaspoons sugar | 1 cup boiling milk |
| 1 teaspoon salt | |

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. Combine the yeast with all the ingredients except the boiling milk. Beat vigorously until the batter is very smooth and creamy. Cover and let it rise for about 2 hours. Stir in the boiling milk quickly, and mix well. Cover and let it rise again for about 10 minutes without stirring the batter. The batter should be thin. Bake the same as for griddle cakes on a hot greased griddle. Keep the cakes hot while the next batch is being baked. Serve very hot with butter and thick, sour cream.

(Mrs. E. Rudewska, Saskatoon, Sask.)







STARCHY FOODS

Lokshyna, Varenyky (Pyrohy), Holubtsi, and Kasha

Popular Ukrainian dishes made of cereals and flour pastes are featured in this section. Starchy foods have many advantages. They are inexpensive and therefore ideal for a low income budget. Storage presents no problems as there is no deterioration of these dry foodstuffs. Both flour paste and cereal dishes are easily prepared and may be cooked in advance.

Ukrainians, like many Europeans, are very partial to egg noodles which are termed "lokshyna" in Ukrainian. Egg noodles are sold commercially along with macaroni and spaghetti of Italian make. The native preference, however, is for the home-made lokshyna, rich in eggs and of a delicate yellow color. When the egg production is at its highest peak, quantities of lokshyna may be made for winter needs. Even in Canada, where short cuts in food preparation are favored, the Ukrainian Canadian homemaker seldom relies on commercial egg noodles but prefers to make her own. It is felt

that no commercial substitute can take the place of the home-made kind for quality and taste.

Lokshyna is served in a variety of ways. It may be the basic dish in combination with a protein food, or an accompaniment, or a dessert. A pudding somewhat similar to Canadian Apple Betty, made of lokshyna, apples, nuts, and browned buttered bread crumbs is one of the most favored desserts. Lokshyna is always enjoyed as an accompaniment to clear chicken broth, which is the Sunday or festive soup in Ukraine. For a light meal, a bowl of lokshyna and hot scalded milk may be served.

Another popular dish is "varenyky," a type of dumplings made of a soft dough and filling, comparable to Italian ravioli. Cottage cheese is the favorite and most commonly used filling for varenyky, but other fillings are also favored. Served with browned buttered bread crumbs, or chopped crisp salt pork or bacon, or sour cream, varenyky constitute a satisfying main dish in the average home. Even now varenyky are served in many Ukrainian Canadian homes once a week, on a definite day with unwavering regularity.

The stuffing of cabbage leaves with cereal or meat, or a combination of both, is the custom in many countries, but each one follows its own distinctive manner of preparation. Ukrainian cooks have added their contribution to this popular dish. Stuffed cabbage leaves are called "holubtsi" in Ukrainian, which means "little pigeons." Probably the plump shape of the rolls suggested the name. In summer, leaves of beets or lettuce replace the cabbage, giving an interesting variety to meals. A pot of holubtsi is a time-saving dish on busy days as it can be prepared in advance and then refrigerated and reheated. Many Ukrainian Canadian homemakers preserve holubtsi successfully by canning.

Any cooked cereal is called "kasha." It may be made of buckwheat groats, rice, barley, wheat, millet, or corn meal. An extensive cultivation of buckwheat in Ukraine has given this cereal a top prominence in the general diet of

the people. Buckwheat kasha is the national favorite with the exception of the Hutsul regions of the Carpathian Mountains where corn meal is preferred. All varieties of kasha are served as a substitute for potatoes, or as a basic dish in combination with a protein food. Buckwheat and rice kasha are also popular accompaniments to clear chicken or beef broths. Families in poor circumstances rely on kasha as a staple diet throughout the year.

Kasha is frequently mentioned in stories and legends of the so-called chumak merchants who carried on a lively trade in salt and dried fish before the time of the railroad. Their journey to the Crimea in slow caravans of ox carts over the sparsely populated and vast steppes of Ukraine was long and lonely. While stopping to rest their oxen, the chumaks prepared their meal of buckwheat or millet kasha over an open fire.

Some of the Ukrainian nursery rhymes and song games for small children have kasha as a central theme. Like their English equivalents, "Peas Porridge Hot" and "Patty Cake," these rhymes are greatly enjoyed by children.

Lokshyna

(Egg Noodles)

(Локшина)

Home-made noodles (lokshyna) are not only delicious but very easy to prepare. They may be made in a large quantity, dried, and stored in a covered container for future need. For a busy homemaker it is convenient and time saving to have a supply of home-made noodles on hand for any emergency. Increase this recipe to suit your need.

1 egg
1 tablespoon water

1 cup flour
 $\frac{1}{4}$ teaspoon salt

Beat the egg slightly and combine with the remaining ingredients to make a stiff dough. Knead on a lightly floured board until the dough is smooth. Cover and let it

stand for 30 minutes. Roll to almost paper-thinness and allow it to dry partially. Turn the dough over in order to dry the other side slightly. It must neither be sticky nor dry and brittle. Fold into a roll or cut into 3 inch strips. Stack the strips on top of each other. Cut the roll or the strips crosswise into fine shreds. Separate the shreds by tossing them lightly with the fingers. Spread them out to dry. The noodles may be used at once or dried thoroughly, and then stored in a covered container for future use. When ready to use, drop the noodles into a large quantity of boiling salted water, stir, and cook for about 8 minutes. The cooking period will depend on the size of the noodles. Strain over a colander or sieve, and then rinse with cold water to prevent sticking. Use as desired.

Broad or Square Lokshyna

(Egg Noodles)

(Широка або квадратова локшина)

Follow the preceding recipe for Lokshyna. Cut the dough into broad shreds or tiny squares. These may be used in various lokshyna dishes.

Lokshyna with Cottage Cheese

(Локшина з сиром)

Here is a nutritious dish which is very simple to make.

Prepare a desired amount of lokshyna. Cook as directed. Drain, but do not rinse the lokshyna with cold water. Add some melted butter or bacon fat and mix lightly. Mix in some fresh cottage cheese and season to taste with salt. Top with chopped crisp bacon or salt pork. Keep it hot until ready to serve.

Lokshyna with Eggs

(Локшина з яйцями)

Follow the preceding recipe, but instead of the cheese use lightly beaten eggs. To 1 cup of cooked lokshyna allow about 1 tablespoon of butter and 1 egg. Melt the butter in a frying pan and add the cooked lokshyna mixed with the eggs and seasoned with salt. Cook and stir as for scrambled eggs. Serve immediately.

Baked Lokshyna with Cottage Cheese

(Noodle and Cheese Casserole)

(Локшина запечена з сиром)

1½ cups uncooked noodles	1 cup cottage cheese
4 slices bacon, chopped	Salt
1 egg, slightly beaten	¼ cup buttered bread crumbs
2 tablespoons thick cream	

Cook the noodles as directed in the recipe for Lokshyna (page 197). Fry the chopped bacon until crisp, and add it along with the bacon fat to the noodles. Sprinkle lightly with salt and mix well. Combine the egg with the cream and cottage cheese. Season to taste with salt. Arrange alternate layers of the noodles and cheese mixture in a buttered baking dish. Top with the buttered bread crumbs. Bake in a moderate oven (350°F.) for about 40 minutes. Serve as a main dish with a vegetable salad.

Lokshyna and Ham

(Noodle and Ham Casserole)

(Локшина з шинкою)

Any leftover meat or mushrooms may be used in this dish.

1½ cups uncooked noodles	1 egg, slightly beaten
1 tablespoon butter	¼ cup thin cream
¾ cup ground ham	½ teaspoon salt
¼ cup or more grated cheese	¼ cup buttered bread crumbs

Cook the noodles as directed in the recipe for **Lokshyna** (page 197). Mix the drained noodles with the melted butter. Mix in the ham and cheese. Combine the egg, cream, and salt, and add to the mixture. If the ham is very salty, reduce the salt or omit it. Spoon into a buttered baking dish and top with the buttered bread crumbs. Bake in a moderate oven (350°F) for about 45 minutes, or until done.

Lokshyna Ring

(Noodle Ring)

(Локшина запечена у формі)

2 cups cooked egg noodles	3 eggs, separated
2 tablespoons melted butter	$\frac{1}{4}$ teaspoon salt
$\frac{1}{4}$ cup grated cheese	$\frac{1}{2}$ cup cream

Combine the egg noodles with the butter and cheese. Beat the egg whites with the salt until stiff and set them aside. Beat the egg yolks, mix in the cream, and add to the noodle mixture. Fold in the beaten whites. Spoon into a well-buttered ring mold. Set the mold in a pan of hot water and bake in a moderate oven (350°F.) for about 45 minutes, or until the mixture is set. Unmold carefully onto a large platter, and then fill the centre with creamed chicken or creamed vegetables.

Lokshyna and Spinach

(Noodle and Spinach Casserole)

(Локшина з шпинатом)

2 cups cooked egg noodles	$\frac{1}{2}$ small onion, chopped
1 tablespoon melted butter	2 tablespoons butter
$\frac{1}{4}$ cup grated cheese	Salt and pepper
$\frac{1}{4}$ teaspoon salt	$\frac{1}{4}$ cup buttered bread crumbs
2 cups cooked spinach	

Combine the cooked noodles with the butter, cheese,

and salt. Squeeze the spinach dry and then chop it. Cook the onion in the butter until tender. Add the spinach. Season to taste with salt and pepper. Arrange the noodles and spinach in alternate layers in a buttered baking dish. Top with the buttered bread crumbs. Bake in a moderate oven (350°F.) for about 35 minutes. Serve this dish garnished with hard cooked eggs.

Lokshyna and Cabbage

(Noodle and Cabbage Casserole)

(Локшина з капустою)

Follow the preceding recipe, but replace the spinach with tender spring cabbage. Shred the cabbage and cook it briefly with the onion until it is wilted but remains crisp. Proceed as directed.

Fried Cooked Lokshyna

(Egg Noodles)

(Смажена локшина)

Cook the egg noodles (Lokshyna, page 197), drain, rinse with cold water, and drain again. Spread them in a thin layer on a platter and chill thoroughly in the refrigerator. Separate the strands. Fry a small quantity at a time in deep fat (380° to 390°F.) until the noodles are a delicate brown color. Remove and drain on absorbent paper. Sprinkle the noodles with salt and keep them warm. Serve as an accompaniment to meat, or use as a topping for creamed dishes.

Fried Lokshyna

(Egg Noodles)

(Смажена локшина)

Noodles prepared by the following method will be regarded as a rare treat by the family and guests. They are

good as an accompaniment to meat, as a topping for various dishes, and as a cocktail snack.

Prepare the noodle dough (Lokshyna, page 197), but do not dry it. Cut the rolled dough into 3 inch strips. Shred each strip individually and toss the shreds lightly to separate the strands. Fry a small quantity at a time in deep fat (380° to 390°F.) until the noodles are a delicate brown color. Drain on absorbent paper. Serve as desired.

Varenyky (Pyrohy)

(Filled Dumplings)

(Вареники)

For most red-blooded Ukrainians, no dish is more tempting to feast on than well-filled, plump varenyky made of a soft dough and served with a generous portion of "sme-tana" (sour cream). Varenyky are somewhat similar to Italian ravioli. Fillings for varenyky are numerous, but cottage cheese is the national favorite. Each cook has her own way of preparing the dough. Some like it very soft, others prefer a slightly thicker mixture. Good varenyky should never be tough or pasty but tender and with a thin coating of dough. The tenderness of the dough depends on several factors, but mostly on the amount of water used in it. Experienced cooks claim that cool water gives a softer dough and also prevents quick drying. While an egg adds nutritive value, it also increases the firmness of the dough to some degree. Too many eggs will give a tough dough. Seasoned cooks omit the egg white entirely and use one or more egg yolks with superlative results. To assure tenderness, add $\frac{1}{2}$ cup of cold mashed potatoes and 1 tablespoon of melted fat to the following standard recipe.

2 cups flour
1 teaspoon salt
1 egg or 2 egg yolks

$\frac{1}{2}$ cup water, about
Cottage Cheese Filling (page
206)

Mix the flour with the salt in a deep bowl. Add the egg and enough water to make a medium soft dough. Knead on a floured board until smooth. Too much kneading will toughen the dough. Divide the dough into 2 parts. Cover and let it stand for at least 10 minutes. . Prepare the cottage cheese filling or use any filling in the recipes that follow. The filling should be thick enough to hold its shape. Roll the dough quite thin on a floured board. Cut rounds with a large biscuit cutter or with the open end of a glass. For speedier work, the dough may be cut into 2 to 2½ inch squares. Put the round or square on the palm of a hand. Place a spoonful of the filling on it, fold over to form a half-circle or triangle, and press the edges together with the fingers. The edges should be free of filling. Be sure that the edges are sealed well to prevent the filling from running out. Place the varenyky on a floured board or a tea towel without crowding them. Cover with a tea towel to prevent drying. Drop a few varenyky at a time into a large quantity of rapidly boiling salted water. Do not attempt to cook too many at a time. Stir very gently with a wooden spoon to separate them and to prevent them from sticking to the bottom of the pot. Continue boiling rapidly for 3 to 4 minutes. The cooking period will depend on the size of the varenyky and the thickness of the dough. Varenyky are ready when they are well puffed. Remove them with a perforated spoon or skimmer to a colander and drain thoroughly. Place in a deep dish, sprinkle generously with melted butter, and toss very gently to coat the varenyky evenly with butter and prevent them from sticking. Cover and keep them hot until all are cooked. Serve in a large dish without piling or crowding them. Top with browned buttered bread crumbs. The traditional accompaniment to varenyky is "smetana" (sour cream), or chopped crisp bacon, or both. Some enjoy them with a chopped onion lightly browned in butter.

To Reheat Varenyky (Pyrohy)

(Dumplings)

(Як пригрівати вареники)

Varenyky have one great virtue for a busy homemaker. They may be made in a large quantity, refrigerated, and reheated without any loss of quality. In fact, many prefer them reheated to freshly boiled ones. With the modern methods of home-freezing, the problem of spoilage is eliminated because cooked varenyky may be kept indefinitely by freezing them. To reheat varenyky, follow one of the following methods:

1. Pan-fry the varenyky in butter or bacon fat until they are a light golden color.

2. Heat the varenyky in the top of a double boiler or in the oven until they are hot and plump.

3. Bring to a boil 2 or 3 tablespoons of sour cream or top milk and some butter in a frying pan. Place a layer of varenyky in the pan, cover, and cook them over a medium heat for about 4 to 5 minutes, or until they are thoroughly heated. Turn them over, cover, and cook the other side. This gives rich, tasty, and tender varenyky. For rich golden brown varenyky, follow the same method, but cook them slightly longer and remove the cover after they are turned over.

Cheese Dough for Varenyky (Pyrohy)

(Dumplings)

(Сирне тісто на вареники)

Cottage cheese, egg, and milk contribute important nutritive elements to this dough. It is excellent with a cottage cheese filling.

2 cups flour
1 teaspoon salt
2 cups cottage cheese

1 egg, slightly beaten
 $\frac{1}{3}$ cup milk, about

Mix the flour with the salt. Press the cottage cheese through a sieve and combine with the egg and milk. Stir in the flour and knead to make a soft dough. Cover and let it stand for 10 minutes. Roll quite thin, cut as desired, and form small varenyky, using a cottage cheese filling.

(*Mrs. S. W. Drul, North Battleford, Sask.*)

Rich Dough for Varenyky (Pyrohy)

(*Dumplings*)

(*Картопляне тісто на вареники*)

The following recipe gives rich and tender varenyky.

$\frac{1}{2}$ cup cold mashed potatoes	$1\frac{3}{4}$ cups flour
2 tablespoons shortening	1 teaspoon cream of tartar
2 egg yolks	1 teaspoon salt
$\frac{1}{2}$ cup lukewarm water	$\frac{1}{4}$ cup flour

Mix the first 3 ingredients thoroughly. Add the water and beat well. Sift $1\frac{3}{4}$ cups of flour with the cream of tartar and salt, and then stir into the first mixture. This will form a very soft dough. Add $\frac{1}{4}$ cup of flour in 2 tablespoon portions until the dough no longer sticks to the hand. The dough should be very soft. If some of the flour is left, use it for flouring the board. Knead lightly, cover, and let it stand for 10 minutes. Roll quite thin, cut into the desired shape and form varenyky, using any favorite filling.

(*Mrs. E. J. Kusey, Canora, Sask.*)

Yeast-Raised Dough for Varenyky (Pyrohy)

(*Dumplings*)

(*Дрожжеве тісто на вареники*)

Yeast-raised dough, a favorite of grandma's days, is seldom used for varenyky by modern home makers. However, this old-time method has its advantages because yeast gives lightness to the cooked product. Follow the recipe for Old-Fashioned Plum Varenyky (page 210), and use any filling.

Linyvi Varenyky (Pyrohy)

(Quick or Lazy Dumplings)

(Линиви вареники)

Here is a quick dish for busy days which requires no filling or laborious shaping.

2 cups dry cottage cheese	1 teaspoon salt
1 tablespoon melted butter	1/2 to 3/4 cup flour
3 eggs, beaten	

Press the cottage cheese through a sieve. Beat in the butter, eggs, and salt. Add enough flour to give the desired consistency for shaping. Place on a well-floured board and shape into a long narrow roll. Flatten the roll and make a slantwise criss-cross pattern with the back of a knife. Turn the roll over and criss-cross the the other side in the same manner. Cut slantwise into 2 inch pieces. If smaller portions are desired, make the pieces slightly larger and then cut into triangles. Drop them in small batches into a large quantity of boiling salted water, stir very gently with a wooden spoon, and cook from 3 to 4 minutes, or until they are well puffed. Then remove to a colander and drain. Place the varenyky in a warm dish, sprinkle with melted butter, and toss lightly to have them evenly coated. Keep hot until all are cooked. Top with browned buttered bread crumbs and serve with sour cream.

To reheat leftover linyvi varenyky, fry them in butter until they are a light golden color.

FILLINGS FOR VARENYKY (PYROHY)

Cottage Cheese Filling

(Сирна начинка)

This standard recipe may be varied as desired. Dry curd cheese is preferred for a filling because a wet, creamy one will melt, giving flat and empty varenyky. When egg

yolks are used in the dough for varenyky, the leftover egg whites may be beaten and mixed with the cheese. The mixture may require chilling before using it, if the consistency is thin. With a dry curd cheese a tablespoon or more of thick sour cream will improve the filling. Some enjoy cottage cheese filling with a subtle flavor of fresh chopped dill.

2 cups dry cottage cheese
1 egg, slightly beaten
Salt

Combine the cottage cheese with the egg and season to taste with salt. An additional egg or egg yolk or some thick sour cream may be used, if the cheese is very dry.

Potato and Cheese Filling

(Начинка з картоплі і сиру)

Mashed, seasoned potatoes may be used alone as a filling for varenyky, but the addition of cheese gives it a superior flavor. Besides cottage cheese, grated cheddar or cream cheese makes an excellent combination with mashed potatoes. In the old country, "bryndzia," a type of aged cheese made of sheep's milk, takes the place of cheddar cheese. Vary the proportions and ingredients in this recipe to suit your taste.

1 tablespoon grated onion	1 cup or more cottage cheese
2 tablespoons butter	Salt and pepper
2 cups cold mashed potatoes	

Cook the onion in the butter until tender. Combine it with the potatoes and cheese. Season to taste with salt and pepper.

Sauerkraut Filling

(Начинка з квашеної капусти)

Varenyky with a sauerkraut filling are always listed on the menu of the Christmas Eve supper (Svyata Vechera), but they may be served at any time of the year. When pre-

paring the varenyky for the Christmas Eve meal, replace the animal fat with a vegetable shortening or cooking oil. Custom dictates that no animal fat be used on Holy Night.

3 cups or more sauerkraut	2 tablespoons sour cream
1 medium onion, chopped	Salt and pepper
4 tablespoons bacon fat or butter	

Rinse the kraut well in warm water, squeeze dry, and chop it very fine. Cook the onion in the fat until tender. Add the kraut and cream, and season the mixture to taste with salt and pepper. Cook it over a low heat for about 15 minutes, or until the kraut is tender and the flavors are blended. Do not overcook. Chill thoroughly.

Sauerkraut and Mushroom Filling

(Начинка з квашеної капусти і грибів)

Follow the preceding recipe for Sauerkraut Filling. Add 1 cup or more of chopped mushrooms to the cooked onion. Cook the mushrooms briefly with the onion. Add the sauerkraut and proceed as directed.

Cabbage Filling

(Начинка з солодкої капусти)

1 medium head cabbage	4 tablespoons butter
1 medium onion, chopped	1 tablespoon lemon juice
	Salt and pepper

Remove the outer leaves and core from the cabbage. Cut the cabbage in coarse pieces and cook it, uncovered, in boiling water for about 6 to 8 minutes, or until the cabbage is barely done. It should retain some crispness. Drain, cool, squeeze very dry, and chop the cabbage very fine. Cook the onion in the butter until it is tender. Add the cabbage, lemon juice, and season to taste. Cook these ingredients for a brief period to blend the flavors. Chill thoroughly.

Variations of Cabbage Filling

Cabbage and Cheese Filling: Add 1 cup or more of cottage cheese pressed through a sieve to the chilled Cabbage Filling.

Cabbage and Mushroom Filling: Cook 1 cup or more of chopped mushrooms with the onion for about 10 minutes, and then add the cabbage.

Cabbage and Ham Filling: Add 1 cup of ground or finely chopped cooked ham to the cabbage mixture, and then cook it briefly to blend the flavors.

Mushroom Filling

(Грибова начинка)

In Ukraine, where the climate is mild and summer showers are frequent, the woods are full of edible mushrooms. Each homemaker usually has an abundant supply of salted, dried, pickled, or canned mushrooms for her various needs.

- | | |
|---------------------------------|-----------------|
| 1 small onion, chopped fine | Salt and pepper |
| 2 to 3 tablespoons butter | 2 egg yolks |
| 2 cups chopped cooked mushrooms | |

Cook the onion in the butter until tender. Add the mushrooms and cook together for about 10 minutes. Season to taste with salt and pepper. Remove the mixture from the range and beat in the egg yolks. Chopped dill may be added for flavor, if desired. Cool the mixture thoroughly.

Meat or Fish Filling

(Начинка з мяса або риби)

Prepare any leftover meat or fish by grinding it. To 2 cups of ground meat or fish use 1 tablespoon of grated onion and 2 tablespoons of butter. Cook the onion in the butter until it is tender, and combine it with the meat or fish.

Moisten the mixture with a rich gravy or cream sauce or egg, and then season to taste with salt and pepper.

Vushka

(*Tiny Dumplings*)

(*Вушка*)

Vushka are tiny varenyky about the size of a walnut, having their two corners joined together. This particular shape gives them a peculiar resemblance to tiny ears from which the name "vushka" is derived. They may be filled with mushrooms, or meat, or fish, and are served as a soup accompaniment to clear borsch or broth. This is the traditional accompaniment to clear borsch on Christmas Eve. For this particular occasion the filling should be meatless and without any animal fat. Use either the Mushroom Filling or Fish Filling in the preceding recipes, and replace the butter with a vegetable shortening or cooking oil. Roll the dough very thin, cut into $1\frac{1}{4}$ to $1\frac{1}{2}$ inch squares, and then proceed as for Varenyky (page 202). Place 2 to 3 vushka in each serving of borsch.

Old-Fashioned Plum Varenyky (Pyrohy)

(*Dumplings*)

(*Вареники із сливами і дріжджевого тіста*)

Here is a very old recipe for varenyky dough with yeast as a leavener. In some regions of Western Ukraine fruit varenyky are called "knedli," which is a Czech name for dumplings. This is a delicious dessert dish. Any fruit may be used as a filling, but plums are the easiest to shape.

1 teaspoon sugar	$\frac{1}{2}$ teaspoon salt
3 tablespoons lukewarm water	$2\frac{1}{2}$ cups flour, about
1 package dry granular yeast	Plums, pitted
$\frac{3}{4}$ cup lukewarm scalded milk	Sugar
2 eggs, well beaten	Cinnamon

Dissolve the sugar in the lukewarm water, and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the yeast with the lukewarm milk, eggs, and salt. Stir in the flour, and knead it until smooth. The dough should be soft. Cover and let it rise in a warm place until double in bulk. Cut the dough into 2 parts for easier handling. Roll each part into a long roll about 1½ inches in diameter. Cut the roll into ½ inch pieces. Flatten each piece and wrap it around a plum filled with sugar and cinnamon. Seal the edges securely. Place them on a floured board, cover, and let them rise. Drop a few varenyky at a time into rapidly boiling salted water. Stir gently with a wooden spoon. When the varenyky rise to the top, cook them for about 2 minutes by rapid boiling. Remove them with a perforated spoon to a colander and drain well. Do not overcook because this dough has a tendency to become somewhat firm. Place the varenyky in a serving dish, sprinkle generously with melted butter, and toss lightly to coat them evenly. Serve hot with a sprinkling of sugar and browned buttered bread crumbs, or sour cream.

Potato Dough for Plum Varenyky (Pyrohy)

(Dumplings)

(Картопляне тісто на вареники з сливами)

1 cup cold mashed potatoes	Water
2 teaspoons melted butter	Plums, pitted
2 eggs, slightly beaten	Sugar
1 teaspoon salt	Cinnamon
2 cups flour	

Combine the potatoes with the butter, eggs, and salt. Add the flour and enough water to moisten the mixture sufficiently and make a soft dough. Knead lightly, cover, and let it stand for 10 minutes. Cut the dough into 2 parts for easier handling. Shape each part into a roll about 1½ inches in diameter. Cut into ½ inch pieces. Flatten each piece and wrap around a whole plum filled with a mixture of sugar

and cinnamon. Seal the edges firmly. Cook as directed in the recipe for Varenyky (page 202). Serve hot with a sprinkling of sugar and browned buttered crumbs, or sour cream.

Fruit Varenyky (Pyrohy)

(Dumplings)

(Вареники з овочами)

Varenyky may be made as a dessert dish, using one of the following sweet fillings: Fresh berries in season, pitted cherries or plums, stewed pitted prunes, thick jam, Poppy Seed Filling (page 355). When fresh berries or cherries are used, sweeten the fruit to taste and add a sprinkling of flour to keep the juices from running out. Prepare the plums as directed in the recipe for Old-Fashioned Plum Varenyky (page 210). Fruit varenyky are made by the same method as given in the recipe for Varenyky (page 202). They are served with a sprinkling of sugar and browned buttered crumbs, or sour cream.

Halushky

Halushky is a Ukrainian name for dumplings made of a batter or thick dough mixture. Various ingredients are added for tenderness, texture, flavor, and food value. They are served with a stew, or roast and gravy, or as a side dish. Good halushky should be light. Their lightness depends on the proportions used and on the method of cooking them. Some halushky give best results when cooked under cover.

Egg Halushky

(Dumplings)

(Кидани галушки)

1½ cups flour	1 teaspoon butter
½ teaspoon salt	2 eggs, well beaten
1 teaspoon baking powder	½ cup milk, about

Sift the flour with the dry ingredients. Cut in the butter as for pie pastry. Add the eggs and enough milk to make a very thick batter. Drop small portions of the batter from a spoon dipped in water into simmering salted water. Dip the spoon in water each time. Cover and cook them from 10 to 15 minutes without once lifting the cover. The cooking period will depend on the size of the dumplings. They should be well puffed and feather-light. Serve immediately with roasted meat and gravy.

Halushky, Czech Style

(Dumplings)

(Чеськи кнедлики)

These halushky are actually a Czech dish ("knedliki"), but they are served so widely in Carpathian Ukraine, which was once under the Czech rule, that the recipe should be included in this book for the benefit of those who are accustomed to them.

2 cups flour	1 cup milk
1 tablespoon baking powder	2 slices white stale bread,
$\frac{1}{2}$ teaspoon salt	cubed
1 egg	

Sift the dry ingredients together. Beat the egg lightly and add the milk. Combine the liquid with the dry ingredients and beat with a fork. Mix in the bread cubes. The mixture should be thick enough to drop off a spoon. Put the batter on a piece of cheesecloth. Shape it into a roll, wrap lightly, but leave enough room for the dough to expand in cooking. Place the roll in vigorously boiling salted water, cover tightly, and cook for 30 minutes without removing the cover. Lift to a platter, unwrap, and slice in $\frac{1}{2}$ inch portions. Serve immediately with roasted meat, gravy, and sauerkraut. Leftover halushky are delicious cubed and fried in butter or bacon fat.

(Mrs. A. Jarema, Edmonton, Alta.)

Potato Halushky

(*Dumplings*)

(*Картопляні іалушкы*)

2 cups cold mashed potatoes 1 egg, beaten
 $\frac{3}{4}$ to 1 cup flour $\frac{1}{2}$ teaspoon salt

Combine all the ingredients and mix thoroughly. Shape the mixture into finger lengths or small balls. Drop them into rapidly boiling salted water, stir gently, and cook from 4 to 5 minutes. Remove them to a colander and drain well. Place the halushky in a serving dish, sprinkle generously with melted or browned butter, and toss gently. Serve hot with a stew, creamed meat, or cottage cheese and sour cream.

(*Mrs. A. Doholis, Theodore, Sask.*)

Filled Potato Halushky

(*Dumplings*)

(*Начинювані картопляні іалушкы*)

2 cups grated raw potatoes, drained	Salt and pepper $\frac{1}{2}$ cup or more flour
1 cup cold mashed potatoes	2 teaspoons baking powder
1 egg, beaten	$\frac{1}{2}$ recipe Cottage Cheese
1 teaspoon grated onion	Filling (page 206)

Grate enough raw potatoes on a fine grater to make 2 cups of well-drained pulp. The pulp must be as dry as possible. This is best done by pouring the grated potatoes into a sieve with 2 thicknesses of cheesecloth. Gather the ends of the cheesecloth together and squeeze the pulp dry. Press the mashed potatoes through a sieve to assure smoothness. Combine them with the grated potatoes along with the egg and the onion. Season to taste with salt and pepper. Sift the flour with the baking powder and stir into the mixture. The mixture should be thick enough to shape. Form small balls. Flatten each, place a teaspoon of the cottage cheese

filling on it, seal, and shape it into an oval. Drop the halushky into rapidly boiling salted water, stir gently once, and cook from 5 to 8 minutes by rapid boiling. Remove them to a colander and drain. Place in a serving dish, sprinkle generously with browned butter, and toss lightly. Serve with cottage cheese and sour cream.

Cottage Cheese Halushky

(page 183)

Holubtsi

Holubtsi, used in the plural form, is the Ukrainian name for stuffed cabbage rolls, which in literal translation means "little pigeons." Apart from being a popular family dish, it is also an essential item on the menu at all festive and community dinners. At the Christmas Eve supper more than one preparation of holubtsi may be served. For that special occasion, a meatless filling is made, using either a vegetable shortening or cooking oil.

Fillings for holubtsi vary, but the one made of rice or buckwheat finds the greatest favor. Any palatable combination of meat and cereal, vegetable and meat, mushrooms and cereal or other ingredients makes an economical and sustaining dish of holubtsi without unduly straining the food budget. Holubtsi is a versatile dish capable of a number of variations in ingredients and proportions. In the summer, beet, lettuce, or spinach leaves may take the place of cabbage. In the grape-growing areas of Ukraine, the filling is often encased in grape leaves. This practice, however, is strictly regional and not generally known to many Ukrainian cooks.

Holubtsi may be cooked with or without a liquid, depending on the nature of the filling. A ready-cooked filling requires little or no liquid. When a liquid is used, it may be one, or a combination, of several of the following:

water, soup stock, mushroom stock, meat drippings, tomato juice, sour cream. Some fat is always added to the liquid for a richer tasting product. The choice of the liquid depends on personal preferences, regional customs and available ingredients on hand. Many Ukrainian Canadian homemakers rely on canned tomato soup for the liquid, using it alone or in combination with sour cream, tomato juice, soup stock, or water.

Cabbage Holubtsi

(Rolls)

(Голубці з солодкої капусти)

The following is the standard way of preparing holubtsi with any filling. Some liquid is needed when cooking the filled rolls, and the amount will depend on the nature of the filling. A partially cooked cereal filling absorbs more moisture than a ready-cooked one. This is worth remembering because good holubtsi should never be soggy. Many prefer to use tomato juice for the liquid rather than water or soup stock. Take your choice. A small amount of lemon juice mixed into the liquid gives a subtle tartness to this dish. Use either a rice filling or any filling in the recipes that follow.

1 large head cabbage	2 tablespoons or more butter
Rice Filling (page 220)	or bacon fat
1 to 1½ cups tomato juice	Salt and pepper
½ cup sour cream, if desired	

Remove the core from the cabbage by cutting around it with a sharp pointed knife. Place the cabbage in a deep utensil, and pour boiling water into the hollow of the core to cover the head completely. Let it stand until the leaves are soft and pliable. Drain the cabbage and take the leaves apart very carefully without tearing them. Cut off the hard centre rib from each leaf. Cut the large leaves into 2 or 3 sections. Line the bottom of a pot with a few leaves. Place

a generous spoonful of the filling on each leaf and roll lightly. Arrange the rolls in layers in the pot. Sprinkle each layer with some salt. Combine the liquid with the sour cream, if used, melted fat, and seasoning; pour over the holubtsi. The liquid should barely show between the rolls. Protect the top from scorching by covering it with a few large leaves. Cover the holubtsi tightly and bake them in a moderate oven (350°F.) for 1½ to 2 hours or until both the cabbage and filling are cooked. Serve hot with chopped crisp bacon, sour cream, tomato sauce, or any favorite sauce.

Sauerkraut Holubtsi I

(Rolls)

(Голубцы з квашеной капусти)

Many enjoy the good old-fashioned holubtsi made of a head of cabbage cured in sauerkraut. Their piquant flavor adds pep and variety to meals.

Separate the leaves of the cured head of cabbage and rinse them well. If very sour, soak briefly in warm water. Remove the hard centre rib from each leaf. Cut the large leaves into 2 or 3 sections. Prepare any favorite filling of cereal or a combination of cereal and meat. Make the holubtsi by the same method as in the preceding recipe. Sauerkraut holubtsi require a slightly longer period of cooking than those made of fresh cabbage.

Sauerkraut Holubtsi II

(Rolls)

(Голубцы з домашною квашеной капусти)

This recipe is for the benefit of those who relish sauerkraut holubtsi but are unable to obtain cured cabbage leaves. Follow the recipe for Cabbage Holubtsi and use fresh

cabbage. Sprinkle each layer of filled rolls with some shredded sauerkraut. Omit salting the layers. Some sauerkraut brine may be used as part of the liquid. Cook as directed. The holubtsi will become permeated with a delicate sauerkraut flavor.

Beet Leaf Holubtsi

(Rolls)

(Голубці з бурякових листків)

A dish of beet leaf holubtsi is the seasonal delight of many epicures — a treat as old-fashioned and homey as a country kitchen. Beet leaves have a specific flavor of their own that takes well to a filling of rice, buckwheat, and their many variations, as well as yeast-raised dough.

Wash the required number of fresh beet leaves and shake off any excess water. Some prefer to scald the mature leaves with boiling water, just enough to wilt them for easier handling. Prepare a Rice Filling (page 220), or a Buckwheat Filling (page 221), or use yeast-raised dough as given in the recipe that follows. When the leaves are small and very tender, 2 or 3 of them may be needed for each roll. Follow the same method as for Cabbage Holubtsi. Sprinkle each layer with some salt and melted fat. The liquid for cooking the holubtsi may or may not be used, depending on the filling. A small amount of lemon juice or vinegar sprinkled over the layers or mixed with the liquid will improve the dish by adding firmness and tartness to the leaves. Cover and cook the holubtsi in a moderate oven (350°F.) for 1 to 1½ hours, or until the filling is done. Serve hot with sour cream, Smetana Sauce with Green Onion (page 165), or any favorite dressing.

Beet Holubtsi with Raised Dough Filling

(Rolls)

(Голубці з хлібОВОГО тіста)

Here is an old-time recipe that survived generations of cooking progress without losing its popularity. These holubtsi have the delightful, yeasty fragrance of home-made bread — a real treat.

When making bread or plain rolls, reserve some of the dough and use it as a filling for holubtsi with beet leaves. Cabbage leaves may also be used, but beet leaves are preferred. Prepare the beet leaves as for Beet Leaf Holubtsi. The dough should be well risen. Line the bottom and sides of a pot with some leaves. Cut off a small portion of the dough about the size of a walnut, place it on the leaf, and roll loosely. Arrange the rolls in layers in the pot. Sprinkle each layer with some melted fat and salt. Fill only half of the pot. Top with a layer of leaves, cover, and let rise in a warm place until double in bulk. This will take from 1 to 1½ hours. Bake, uncovered, in a moderate oven (350°F.) for about 1 hour. Serve hot or warm with a Smetana Sauce with Green Onion (page 165). The sauce may be flavored with some chopped dill, if desired.

(Mrs. A. Todoriv, Gronlid, Sask.)

Linyvi Holubtsi

(Quick or Lazy Rolls)

(Линиви то.губці)

A popular "quickie" for busy or lazy days. This dish may be prepared in advance and popped into the oven when needed.

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| 1 cup rice | 3 tablespoons butter |
| 2 cups boiling water | 3 cups shredded cabbage |
| 1 teaspoon salt | 1½ cups tomato juice |
| 1 tablespoon butter | Salt and pepper |
| 1 medium onion, chopped | ½ cup buttered bread crumbs |

Wash the rice well in a sieve until the water comes off clear. Add the rice to the boiling water along with the salt and butter. Bring it to a brisk boil, stir, and let it cook for 1 minute. Lower the heat to simmer, cover the rice tightly, and let it cook for 30 minutes without removing the cover or stirring it. If processed rice is used, follow the directions on the package.

Cook the onion in the butter until tender. Add the cabbage and continue cooking just enough to wilt it. Mix in $\frac{1}{2}$ cup of the tomato juice and reserve the rest for later use. Season to taste with salt and pepper. Arrange the rice and cabbage in alternate layers in a buttered baking dish. Pour in the tomato juice and top with the buttered bread crumbs. Cover and bake the holubtsi in a moderate oven (350°F.) for 45 minutes. Serve hot with a meat course.

Variation of Linyvi Holubtsi

Replace the cabbage with chopped tender beet tops or 2 cups of sauerkraut. Some sour cream may be used as part of the liquid. Chopped mushrooms or chopped ham will give an interesting variation.

FILLINGS FOR HOLUBTSI

Rice Filling

(Начинка : рижу)

2 cups rice	4 to 5 tablespoons butter or
2 cups or less boiling water	other fat
2 teaspoons salt	Salt and pepper
1 medium onion, chopped fine	

Wash the rice well in a sieve until the water comes off clear. Add to the boiling water, stir in the salt, bring to a brisk boil, and let it cook for 1 minute. Cover, turn off the heat, and allow it to stand until the water is absorbed. The

rice will be only partially cooked. Cook the onion in the fat until it is a light golden color. Mix with the rice and season to taste with salt and pepper. The filling for holubtsi should be well seasoned because some of the seasoning will be absorbed by the leaves, giving a flat taste to the finished product. Cool the filling.

Variations of Rice Filling

Milk-Rice Filling: Substitute boiling milk for the water and use butter.

Soup Stock-Rice Filling: Substitute a rich soup stock for the water.

Rice and Tomato Filling: Cook the rice in equal parts of water and tomato juice.

Rice and Mushroom Filling: Add 1 cup or more of chopped cooked mushrooms to the rice. When canned mushrooms are used, measure the mushroom stock, and add enough water to make 2 cups. Cook the rice in this liquid.

Rice and Bacon Filling: Add $1\frac{1}{2}$ cup or more of chopped crisp bacon to the rice filling.

Rice and Meat Filling: Add $\frac{1}{2}$ pound of cooked ground pork or ham to the rice filling.

Rice and Dill Filling: Add $\frac{1}{4}$ cup or more chopped tender dill to the rice filling.

Buckwheat Filling

(Начинка з гречаних круп)

2 cups medium buckwheat groats	2 teaspoons salt
1 egg	4 cups boiling water or soup stock
4 to 5 tablespoons fat	

Pick over the groats and put into a shallow pan. Mix in the egg very thoroughly. Dry the mixture in a moderate oven (350°F.), stirring frequently, until the kernels are separated and very dry. If desired, the groats may be very

lightly browned. Do not scorch. Put the groats into a pot, add the fat, salt, and boiling water or soup stock. Bring to a brisk boil and cook until the surface water is absorbed. Season to taste. Cover and bake the buckwheat groats in a moderate oven (375°F.) for about 30 minutes. Use this filling with cabbage or beet leaves.

When whole buckwheat groats are used, omit the egg. Mix the groats with the fat and brown very lightly in a moderate oven (350°F.), stirring frequently. Lightly toasted buckwheat has a nut-like flavor. Avoid deep browning or scorching. Add the salt and about 7½ to 8 cups of boiling water or soup stock. Bring to a brisk boil. Cover and place the buckwheat in a moderate oven (375°F.) for about 45 minutes, or until all the liquid is absorbed and the kernels are partially cooked.

Variations of Buckwheat Filling

Add one or more of the following to the Buckwheat Filling: chopped onion lightly browned in fat, 1 cup chopped cooked meat, 1 cup or more chopped cooked mushrooms. If a mushroom stock is available, use it as part of the liquid in preparing the filling.

Meat and Rice Filling

(Начинка з мяса і рису)

1 cup rice	½ pound ground pork
1 cup boiling water	½ pound ground beef
1 teaspoon salt	1 egg
1 medium onion, chopped	Salt and pepper
4 tablespoons fat	

Wash the rice in a sieve until the water comes off clear. Add to the boiling water, stir in the salt, bring to a brisk boil, and let it cook for 1 minute. Cover, turn off the heat, and allow it to stand until the water is absorbed. Meanwhile cook the onion in the fat until tender. Add the pork and beef, stir, and cook until lightly browned. Combine with

the rice and cool slightly. Mix in the egg. Season the mixture with salt and pepper.

Bread and Mushroom Filling

(Начинка з грибів і булки)

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|---------------------------------|---|
| 1 cup dry bread crumbs | $\frac{1}{3}$ cup sour cream |
| $\frac{3}{4}$ cup milk | 1 tablespoon chopped dill or parsley |
| 1 small onion, chopped | Salt and pepper |
| 3 tablespoons butter | Beet or lettuce leaves |
| 1 cup or more chopped mushrooms | $\frac{1}{2}$ cup chicken or beef stock |
| 1 egg, slightly beaten | |

Soften the bread crumbs in the milk. Cook the onion in the butter until it is tender. Add the mushrooms and continue cooking for several minutes. Combine with the softened bread crumbs. Mix in the egg, sour cream, dill, or parsley, and season to taste with salt and pepper. Use this filling with large beet or lettuce leaves (Beet Leaf Holubtsi, page 218). Pour the chicken or beef stock over the rolls and bake as directed.

Potato Filling

(Картопляна начинка)

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|------------------------------|---|
| 4 large potatoes | $\frac{1}{2}$ cup medium buckwheat groats |
| 1 small onion, chopped | Salt and pepper |
| 2 tablespoons butter | 1 cup sour cream |
| $\frac{1}{2}$ cup sour cream | |

Pare and grate the potatoes on a fine grater. Put them into a sieve, and drain as much liquid as possible. Cook the onion in the butter until tender. Combine it with the potatoes. Add the sour cream. Pour boiling water over the buckwheat groats and drain them over a sieve. Repeat this washing twice. Drain the groats well and add to the potato mixture. Season to taste with salt and pepper. Use cabbage leaves with this filling. Pour 1 cup of sour cream over the

holubtsi and bake in a moderate oven (350°F.) for 1½ hours. Serve hot with sour cream or with a sauce made by cooking a chopped onion in sour cream.

(Mrs. A. Skorubohach, Saskatoon, Sask.)



Baked Buckwheat Kasha

(Гречана каша)

Kasha is any cereal cooked like a porridge, or baked and used in a variety of ways. Of all cereals, buckwheat occupies the foremost place in the dietary habits of the Ukrainian people. It is to the Ukrainian what oatmeal is to the Scotsman. Baked buckwheat kasha is favored as a substitute for potatoes or as a main dish in combination with a protein food, or as an accompaniment to a clear broth. When baked with a speck of butter in place of other fat, it may be served with scalded milk as a breakfast or luncheon dish. Stuffings for meat, poultry, and holubtsi are often made of baked kasha. For a richer tasting product, use a soup or mushroom stock in place of the water. Meat drippings also enhance the flavor.

2 cups medium buckwheat	4 to 5 tablespoons fat
groats	2 teaspoons salt
1 egg	4 to 4½ cups boiling water

Pick over the groats and put them into a shallow pan. Mix in the egg, and dry the mixture thoroughly in a moderate oven (350°F.), stirring frequently, until the kernels are separated and very lightly browned. Avoid deep browning or scorching. Light browning gives the buckwheat a nut-like flavor. Put the groats into a pot, add the fat, salt, and boiling water. Bring to a brisk boil, and then cook until most of the surface water is absorbed. Taste for seasoning. Cover the kasha tightly and bake it in a hot oven (400°F.) for 30 minutes. Lower the temperature to 325°F., and continue baking 1 hour or longer. When done, the kernels should be moist, separate, and fluffy, but not mushy. To remedy a mushy kasha, increase the temperature to 375°F., and bake it for 30 minutes longer.

When whole buckwheat groats are used, omit the egg. Mix the groats with the fat in a shallow pan and brown very lightly in a moderate oven (350°F.), stirring frequently. Avoid deep browning or scorching. Put the groats into a pot.

Add the salt and about 8 cups of boiling water. Cook until some of the water is absorbed. Increase the baking time by at least 1 hour. If necessary, add a small quantity of water during the baking.

Kasha, Ham and Mushroom Casserole

(Гречана каша з шинкою і грибами)

Leftover kasha goes well with a number of foods. Here is one way of using it. Arrange in a buttered casserole alternate layers of baked buckwheat kasha, chopped cooked ham, and sliced cooked mushrooms. Finish with a layer of kasha. Sprinkle the top with a few tablespoons of one of the following: soup stock, mushroom stock, meat drippings, water. Cover and bake in a moderate oven (350°F.) for 30 minutes. Serve hot with any favorite preparation of cabbage or sauerkraut.

Kasha and Cottage Cheese Casserole

(Гречана каша із сиром)

Use 2 parts of baked buckwheat kasha and 1 part of cottage cheese. Combine the cheese with a slightly beaten egg and enough cream to moisten it. Season to taste with salt. Arrange in a buttered casserole alternate layers of kasha and the cheese mixture with the top layer of kasha. Cover and bake it in a moderate oven (350°F.) for 30 minutes. Serve hot with sour cream and a green vegetable salad.

Baked Millet Kasha

(Пшонята каша)

While millet is rarely used in Canada even by Ukrainian cooks, it is an important cereal in Ukraine. Some Canadian farmers cultivate it for their own use and for the local

market. When buying millet, be sure to chose freshly milled seed in order to avoid disappointment. Old millet becomes rancid on long standing. Kasha made of millet is tasty and nutritious.

1 cup millet	$\frac{1}{4}$ cup butter
$2\frac{1}{2}$ cups boiling milk or	1 teaspoon salt
thin cream	$\frac{1}{2}$ teaspoon sugar

Pick over the millet seed and remove any foreign matter. Wash it thoroughly in a sieve until the water comes off clear. Pour boiling water over it and drain well. Add to the boiling milk or cream along with the remaining ingredients and bring it to a brisk boil. Stir a few times and boil from 3 to 5 minutes. Cover tightly and bake it in a moderate oven (350°F.) for $\frac{3}{4}$ hour. Serve with meat and gravy. A bowl of baked millet kasha with scalded milk poured over it makes a delicious and nutritious breakfast dish.

Hutsulian Kulesha

(*Corn Meal Mush*)

(*Гуцульська кулеша*)

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

1 cup corn meal
2 cups boiling water
$\frac{1}{2}$ teaspoon salt

Add the corn meal all at once into the rapidly boiling salted water. Stir in one direction with a wooden spoon. (Hutsuls have a special spoon for this purpose called

"kulishyr.") Keep stirring constantly until the corn meal leaves the sides of the pan and forms a ball. Turn on a platter and serve at once with sour cream and cottage cheese. The peasant families cut kulesha into servings in their own particular way, using a string-bow cutter similar to the modern cheese cutter. The leftover kulesha may be sliced and fried in butter.

(Mrs. O. Aysenych, Winnipeg, Manitoba.)

Rich Kulesha

(Corn Meal Mush)

(Кулеша на сметані)

Many Hutsul homemakers cook kulesha in sweet or sour cream. This particular preparation carries the local name of "banush." It is rich and tasty.

1 cup corn meal
3 cups boiling cream
1 teaspoon salt

Heat the corn meal in a heavy frying pan over a low heat, stirring constantly, until very hot. Avoid scorching it. As an alternate method, place the pan in a moderate oven and stir frequently. Add gradually to the boiling salted cream, and stir until smooth and free of lumps. Cook until fairly thick. Spoon into a buttered baking dish. Cover and bake it in a moderate oven (350°F.) for 30 minutes. Serve hot with sour cream and cottage cheese, or with fried onions, or with meat.

Puffy Kulesha

(Spoon Bread)

(Пухка кулеша)

This puffy kulesha is so delicate and light it is almost like a soufflé. Bukovinians (Ukrainians from the province of Bukovina) serve this spoon bread as an accompaniment

to meat or as a luncheon dish. Those who enjoy corn meal will find this dish delightful.

3 cups milk	1 teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon sugar
1 cup corn meal	1 teaspoon baking powder
2 eggs	

Scald the milk and keep it boiling hot. Melt the butter in a heavy frying pan, mix in the corn meal, and heat it over a medium heat, stirring constantly, until the corn meal gets very hot and starts to bubble. Set it aside. Beat the eggs with the salt, sugar, and baking powder. Add the scalded milk gradually. Combine this mixture with the corn meal, stirring quickly and lightly. Do not overmix. Spoon the kulesha into a buttered loaf pan and bake it in a moderate oven (350°F.) for 30 minutes. Serve it like Yorkshire pudding with a meat course, or as a luncheon dish with sour cream and cottage cheese.

(Mrs. Mary Kyba, Saskatoon, Sask.)

Bukovinian Nachynka

(Spoon Bread)

(Буквинська начинка)

Here is a superior and spicy version of a native Bukovinian nachynka (dressing) served as an accompaniment to meat, just like a Yorkshire pudding. It is often made in large quantities for weddings and community dinners in Bukovinian settlements in Canada. Excellent with any preparation of meat, or as a meal in itself for lunch or supper. For an aromatic dish, increase the pepper slightly in this recipe.

1 small onion, chopped fine	$\frac{1}{4}$ teaspoon cinnamon, if desired
3 tablespoons butter	
1 cup corn meal	$3\frac{1}{2}$ cups scalded milk
1 teaspoon salt	$\frac{1}{2}$ cup light cream
1 teaspoon sugar	2 to 3 eggs, well beaten
$\frac{1}{4}$ teaspoon pepper	

Cook the onion in the butter until it is tender but not brown. Add the corn meal along with the salt, sugar, pepper, and cinnamon, and mix them to coat the cereal thoroughly with the butter. Pour in the scalded milk gradually and stir briskly until the mixture is smooth and free of lumps. Cook until it thickens. Remove it from the range and blend in the cream. Beat the eggs well and fold into the cereal. Spoon into a 2-quart buttered casserole. Bake the nachynka uncovered in a moderate oven (350°F.) for 1 hour. It should have a crisp golden brown crust all around. Serves 6 to 8.

(Mrs. D. Lutzak, Prince Albert, Sask.)

Chicken Broth Nachynka

(Spoon Bread)

(Начинка на курлячий юшці)

The following Bukovinian dressing or spoon bread is tender-moist and rich in chicken flavor. There is no fat or seasoning in this recipe. It is therefore important that the chicken broth be rich in fat and well seasoned. If a slightly thicker mixture is desired, the broth may be reduced to 4 cups and the nachynka baked in a moderate oven for a brief period.

1 cup corn meal
5 cups boiling chicken broth
3 egg yolks, well beaten

Add the corn meal gradually to the boiling chicken broth, and stir until smooth and free of lumps. Cook the mixture until most of the liquid is absorbed. This mixture should not be very thick. Stir some of the hot cereal into the beaten yolks, and then blend it with the rest. Cook it over a low heat from 5 to 6 minutes. Serve hot or cold with any meat preparation. Serves 7 to 9.

(Mrs. M. Gauk, Prince Albert, Sask.)

Malay

(*Corn Bread*)

(*Малай*)

This is a modernized version of a native Hutzulian corn bread called "malay." Corn breads vary with localities in ingredients and proportions. Some of the older recipes call for yeast as a leavener.

1 cup sifted flour	1 cup corn meal
$\frac{1}{2}$ teaspoon baking soda	2 eggs
$1\frac{1}{2}$ teaspoons baking powder	1 cup sour milk or buttermilk
$\frac{1}{2}$ teaspoon salt	$\frac{1}{4}$ cup melted butter
$\frac{1}{3}$ cup sugar	

Sift the flour with the baking soda, baking powder, salt, and sugar twice. Mix in the corn meal. Beat the eggs well, and then beat in the sour milk or buttermilk and melted butter. Stir the liquid into the dry ingredients with a few swift strokes. Pour into a buttered 8x10 inch baking pan. Bake the corn bread in a hot oven (400°F.) for 30 minutes. For individual corn meal cakes, use buttered muffin tins, and bake for 25 minutes.

Boiled Rice

(*Вареный рис*)

Rice prepared by this method will give tender, separate kernels without being sticky or gummy. A long grain variety of rice is best. When using processed rice, follow the directions on the package.

1 cup rice
2 cups boiling water
1 teaspoon salt

Wash the rice in a sieve under running water or in a bowl until the water is no longer cloudy. Drop the rice into the rapidly boiling salted water, bring to a brisk boil, stir a few times, and let it cook for 1 minute.

Turn the heat to the very lowest, cover the pot tightly, and let it cook for 30 minutes. Do not remove the cover or stir again. The rice will absorb all the liquid and will swell to capacity without breaking. Use as desired.

Milk-Rice Kasha

(Рижова каша на молоці)

Follow the preceding recipe, but replace the water with milk and add 2 to 3 tablespoons of butter. Serve in place of potatoes with any preparation of meat or fish. This kasha takes well with a variety of creamed dishes.

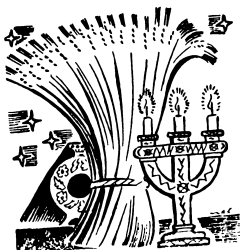
Rice and Mushroom Ring

(Риж з грибами)

An outstanding rice dish. It is very decorative when made in a ring mold.

1 cup rice	2 to 3 tablespoons butter
2 cups boiling chicken broth	Salt and pepper
$\frac{1}{2}$ teaspoon salt	1 egg, slightly beaten
1 pound mushrooms, chopped	$\frac{1}{4}$ cup cream

Cook the rice in the boiling chicken broth seasoned with salt by the same method as in the recipe for Boiled Rice. The broth should have some fat in it. Brown the mushrooms very lightly in the butter and combine them with the cooked rice. Season to taste with salt and pepper. Mix the egg with the cream and add it to the rice mixture. Spoon into a buttered ring mold. Set the mold in a pan of hot water, cover, and bake in a moderate oven (350°F.) for about 30 minutes. Loosen the edges and invert the contents of the mold onto a platter. Fill the centre with either creamed chicken or creamed vegetables.



Kutya

(Кутя)

Holy Night Supper (Svyata Vechera) always begins with kutya in a ceremonial manner. To the Ukrainians Christmas is not Christmas without it. Kutya, a ritual dish and an integral part of the Holy Night meal, is served only during the Christmas cycle of holidays which ends with the Feast of Jordan on January 19. Custom dictates that everyone must partake of kutya on Christmas Eve. The origin of this dish goes back to days immemorial when the early Ukrainian ancestors first cultivated wheat. It is a relic of customs practised three thousand years before the Christmas era. The exact meaning of kutya is not known. However, scholars of folklore generally believe that originally kutya was an important part of ancient religion and symbolized a spiritual clan unity of all living and deceased members. It may have also been a ritual offering to the Sun God from whom came both the earth and the harvest. A similar dish, called "kolyvo," is traditionally served at a memorial service. This custom is observed by a number of European countries.

There is a popular legend about the origin of kutya that may be worth repeating. According to this legend, Joseph and Mary with their infant Jesus, while fleeing to Egypt, passed a farmer sowing wheat. The pursuing soldiers asked the farmer that same day if he had seen the fugitives. The farmer replied truthfully that he had seen them, while he was sowing his wheat. By a miracle, the wheat was fully grown. Thinking that the Holy Family had escaped, the soldiers gave up their pursuit. Hence, the custom of serving kutya on Christmas Eve grew out of this legend.

Pick over 1 cup or more of high grade wheat. Some cooks prefer durum wheat because of its tenderness. The outer layer of bran on the kernels may or may not be removed, depending on personal preference. This layer is composed largely of cellulose which gives the cooked kernels firmness. When part of it is removed, the finished product will be more tender. To remove some of the bran, spread the wheat in a shallow pan and heat it in a slow oven to dry the kernels thoroughly. They should be very warm to the touch. Sprinkle the wheat with water and put it into a sturdy bag made of a closely woven material. Place the bag on a hardwood board or cement floor and pound it with a wooden rolling pin or a heavy club. If necessary, sprinkle the wheat with water again. It should be slightly damp to release the bran. Keep pounding until most of the bran is loosened from the kernels. Then take a handful of the wheat, rub it firmly with the fingers, and blow away as much of the loose bran as possible. Proceed in this manner until all the wheat is cleaned of bran. Wash the wheat several times, allowing the bran to rise to the top, and then drain. Repeat the washing until the wheat is free of loose particles of bran. Soak the wheat overnight in lukewarm water.

The task of removing bran from the wheat is difficult and time-consuming. Ukrainian farmers in Canada and in the old country have a special pounding apparatus (stupa) for this purpose which removes the bran with less effort. Prepared wheat for kutya may be easily obtained in the

Ukrainian rural communities in Canada. The removal of bran may be entirely omitted. Wash the wheat thoroughly in a sieve under running water and soak it overnight in lukewarm water.

Cook the wheat in the same water in which it was soaked. If necessary, add more water. Bring the wheat to a boil, cover, and simmer until it is very tender. This will take from 2 to 6 hours or longer, depending on the variety of the wheat and on whether or not the wheat is polished. Stir it a few times during the cooking. Salt the wheat lightly before the cooking is completed.

While the wheat is cooking, wash about $\frac{1}{2}$ cup or more of poppy seed by scalding it with boiling water and draining it. Repeat this washing. Cover the poppy seed with lukewarm water and let it soak for about 30 minutes. Drain well in a sieve and then grind the poppy seed, using the very finest blade. If a large quantity of it is ground for future need, mix it with some liquefied honey, heat it well in a double boiler, and then pack it into sterilized sealers. Seal, cool, and store in a refrigerator. This will come very handy for the Feast of Jordan.

To dress the cooked wheat, boil 1 part of honey with 2 parts or more of water, and then cool the syrup. Part of the honey may be replaced with sugar, if desired. Combine the syrup with enough cooked wheat to make a medium thin mixture. Kutya should not be thick. Stir in some ground poppy seed and cool the kutya. Serve in sherbet glasses or fruit dishes, and then garnish with a sprinkling of chopped nuts.

Khrystos Rodyvsya! (Christ is born)







VEGETABLES

Ukraine is one of the most fertile countries of Europe. Three-fourths of its territory lies in the Black Earth Region, known for its unusually rich species of soil that has maintained its natural fertility for thousands of years. This remarkable quality of soil, as well as a mild climate, abundant rainfall and long growing season, favor lush growth of vegetation. It is not at all surprising that Ukrainians are excellent farmers. Their fields, gardens, and orchards are worthy of admiration.

Foreign travelers visiting Ukraine in past centuries have marvelled at the unusual richness of the soil and general wealth of that country. Here are but a few quotations from the memoirs of some of these travelers:

"The land around Kiev is so fertile and ideal for plowing that, once plowed, it yields a tremendous harvest; even unplowed land yields vegetation which can nourish people with its roots and stalks." (*Diary of Michael of Lithuania*, 1550.)

"They say that the land of this country (Podolia, Ukraine) is so good and fertile that if one leaves his plow in the field, the grass grows so fast around it, that, after two or three days, the plow can hardly be found." (Blaise de Vinegere, Paris, 1573.)

"The houses of the inhabitants were neater than our best English cottages. Each owner had before his door a large avenue of the finest oaks; also an adjoining garden, containing vines, water melons, and cucumbers. The sunflower flourishes here without cultivation. Many plants found in our greenhouses are ordinary weeds of the plain." (Edward Daniel Clarke, London, 1816.)

Ukrainian villages are always situated in picturesque places by a river or near a forest. The most charming allurements of the villages are their orchards and gardens. An orchard, a large vegetable garden, and a flower bed are the three indispensable requisites of even the poorest homestead.

The cottages themselves create a scenic beauty. Each cottage is white-washed and adorned with tall, sentinel-like hollyhocks, overlooking groups of sweet-scented stocks, spicy pinks, orange marigolds, aromatic rue, low-creeping periwinkle and other old-fashioned plants which have their sentimental value. Adjoining the cottage is a proportionable vegetable garden arranged in rows and patches with pumpkin vines entwining the corn stalks and pole beans trailing up the tall poles. Vegetable beds are kept orderly and clean of weeds. Much of the charm of any village lies in its age-old beauty, informality, and unruffled peace.

The landscape beauty of a Ukrainian village is well illustrated in the following quotation taken from the travel memoirs of J. G. Kohl, a noted German scientist who traveled in Ukraine in 1837—1838 (*Ukraine in Foreign Comments and Descriptions*, by V. Sichynsky) :

"All around, all nature was simply beautiful... Ukraine was full of welcome and beauty.... Houses are wrapped in greenery and luxuriant flowers, and are

scattered on the slopes of hills and hidden in the valleys. Before the traveler who is riding through the high, barren and desert steppe, suddenly appears an unusual and picturesque scene when a Ukrainian village emerges from a ravine."

"The Ukrainians live in well-kept houses which smile at you. They are not satisfied with washing them every week, as is done in Holland, but they white-wash them every two weeks as well. Therefore, the houses look like newly-washed linen."

The same type of Ukrainian village was found by Kohl in other parts of Ukraine, particularly near Odessa, where he found beautiful houses with spacious, neatly kept rooms. He was thrilled by the sight of Ukrainian gardens, full of many kinds of flowers, as well as melons, pumpkins and cucumbers.

"On Sunday," writes Kohl, "girls gather in these gardens, pick flowers and make wreaths to put on their hair, like princesses. The slender Ukrainian girls like flowers so much that even during their working days they adorn their hair with them and look like the vestals of Flora. And as they like to sing, one can see in these villages something not seen elsewhere . . . women with flowers in their hair, singing like nightingales while they work in the fields . . ."

A variety of vegetables of a fine quality grow in profusion in Ukraine. In the southern regions a second planting of some vegetables is a common practice during the growing seasons. Extensive southern plantations yield enormous crops of sweet melons of different varieties, pumpkins, tomatoes, eggplant, cucumbers, and other vegetables. These are used for export as well as for home consumption.

Ukrainians welcome vegetables with great enthusiasm, especially the first spring greens which are used in salads, soups, and various vegetable dishes. Cucumbers, their most popular vegetable, are eaten fresh or pickled at any time of

the day, and no one ever tires of them. Corn on the cob, served as it is in Canada, is another great favorite. An outdoor corn roast is always a joyous affair accompanied by singing and merry-making.

Summer vegetables which require cooking are served with the favorite Ukrainian garnish — browned butter or browned buttered crumbs. The next choice is a thickened sauce to suit the vegetable. Vegetables stuffed with cereal or meat, or a combination of both, constitute a substantial part of the diet. A great summer treat is new potatoes served with rich cream and garnished with dill, or chopped crisp salt pork. Among the major part of the population in Ukraine potatoes are the mainstay of the meals, and they are prepared in numerous ways to avoid monotony.

Ukrainian vegetable cookery is very much like that of Canada. The difference may be found only in the final finishing, sauces, and the garnishes used.

Cooking Vegetables

Vegetables add interest to the diet and contribute to good nutrition. Many of them can and should be served raw as relishes and in salads. In cooking vegetables, it is important to conserve as much of the food value as possible. Loss of nutrients can be kept at a minimum by proper preliminary preparations before cooking and by using correct cooking methods. These are the general rules for cooking vegetables:

(1) In preparing vegetables for cooking, leave them whole or in as large pieces as possible. The more exposed surfaces there are, the greater will be the loss of nutrients. Vegetables cooked in their skins retain more flavor and food value.

(2) Cook vegetables for a brief period, that is until they are just tender but not soft. Cooking time varies with the kind of vegetable, its preliminary preparation, and the way the heat is applied.

(3) Boiling is the most common method of cooking vegetables. Cook vegetables under cover in a very small amount of boiling water. Bring quickly to a boil. A short cooking period at a rapid boil is less destructive of vitamins than a long one at a lower temperature. Evaporate the cooking water just to dryness at the close of the cooking period, or save the cooking water for soups and gravies, if the vegetable is not strongly flavored.

(4) Strong flavored vegetables like cabbage, turnips, onions, cauliflower, and Brussels sprouts should be cooked with only enough boiling water to cover. Cook these vegetables uncovered to permit to volatile acids to escape, or cover them until they are heated throughout, and then remove the cover.

(5) Green leafy vegetables should be cooked with a very small amount of boiling water, or with only the water adhering to the leaves after washing. Cover them until they are thoroughly heated, then remove the cover. This helps to preserve their green color.

(6) Baking, steaming under pressure, cooking in the skins, and pan-frying under cover help to retain food values in vegetables. These methods should be used more frequently.

(7) Salt the vegetables just before the cooking process is completed.

Dressings for Vegetables

Some cooked vegetables are acceptable when served plain; others need a stimulating accompaniment or an appetizing dressing to add flavor and interest to them. Ukrainian cooks dress their vegetables most frequently with either browned butter or browned buttered bread crumbs. This is one of the most common as well as the most popular ways of serving cooked vegetables in Ukrainian homes. Various

saucers are also used depending on the vegetable. Recipes for these dressings are given in the section on Sauces (page 163).

Asparagus with Cheese

(Шпараги з пармезаном)

Here is an interesting reference to asparagus in a book of travel memoirs of an Englishman, J. Bell, who visited Ukraine in the 16th century: "I cannot but observe here, that this part of the country commonly called Ukraine, doth, for fertility of soil and rich pasturage, exceed most parts of Europe; producing vast quantities of various sorts of grain, the crops of which are always very great.... Asparagus, which in other parts requires cultivation, grows naturally, in such plenty, in Ukraine, as to be termed a weed."

Allow 2 pounds of asparagus for 5 servings. Wash the asparagus stalks and snap off the woody base from the upper tender portion. Tie the stalks in bunches and stand them upright in a deep pot containing a small quantity of boiling water. Cover tightly, bring quickly to a boil, and cook for 15 to 20 minutes, or until tender. The steam will cook the tips. Drain the asparagus. Season with salt. Arrange it attractively on a hot serving platter, and sprinkle the top with some parmesan cheese and Browned Buttered Crumbs (page 170).

Snap or String Beans

(Стручкова фасоль)

Snap or string beans are delicious when served plain with a topping of browned buttered crumbs, but they may also be prepared as given in this recipe. To retain the color of green beans, cook them uncovered during the first few minutes of cooking, then cover for the latter part. This

allows the volatile acids that effect the green color to escape in the steam.

1½ pounds snap or string beans	Salt and pepper
1 teaspoon flour	Few drops onion juice, if desired
½ cup thick cream, sweet or sour	¼ cup browned buttered crumbs
1 teaspoon lemon juice	

Wash, string, and cut the beans into diagonal pieces. Cook the beans in a small amount of boiling water for 20 to 25 minutes, or until tender. Drain. Prepare the sauce by blending the flour with a small amount of the cream to make a smooth paste. Stir in the remaining cream, lemon juice, and seasoning to taste. Pour this sauce over the beans and bring to a boil. Cover and simmer for a few minutes to blend the flavors. Serve with a topping of the browned buttered crumbs.

To Cook Beets

(Як варити буряки)

Cut off the stems 1 inch above the beets, but leave the roots intact. Wash the beets thoroughly. Cover with boiling water, place a tight-fitting lid, and cook them until tender. The beets are done when they can be easily pierced with a fork. When beets of various sizes are cooked at the same time, remove the smaller beets first, and continue cooking the larger ones until done. Drain, cover with cold water, and slip off the skins. Use as desired.

Piquant Beets

(Пікантні буряки)

2 cups diced cooked beets	¼ cup water
1 tablespoon flour	¼ cup mild vinegar or lemon juice
1 tablespoon or more sugar	2 tablespoons butter
¼ teaspoon salt	
Pepper	

Cook the beets as in the preceding recipe. Mix the flour, sugar, salt, and pepper with the water and vinegar or lemon juice to a smooth paste. Cook this sauce, stirring constantly, until it is thick. Add the beets and butter. Cover and simmer for a few minutes to blend the flavors.

Baked Beets

(Запечені буряки)

Here is a simple and time-saving way of preparing beets.

Wash, pare, and grate the raw beets coarsely. Put them in layers in a buttered baking dish. Sprinkle each layer with some salt, pepper, sugar, and lemon juice or mild vinegar, and dot with butter. Cover and bake in a moderate oven (375°F.) for about 45 minutes, or until done. Serve in the baking dish as a vegetable with a meat course.

Beet and Horseradish Relish

(page 471)

Brussels Sprouts with Chestnuts

(Бруксельська з каштанами)

Brussels sprouts may be replaced in this recipe with savoy cabbage cut into small sections. In Ukraine, chestnuts are used in various ways. They add an interesting flavor and texture to this dish.

1 cup chestnuts	1 cup beef or chicken stock
2 to 3 cups Brussels sprouts	Salt
2 tablespoons butter	$\frac{1}{4}$ cup browned buttered
2 tablespoons flour	crumbs

Make cross-cut slits in each chestnut shell. Cover the nuts with boiling water and cook for 15 to 20 minutes. Cool them; remove the shell and skin. Slice the chestnuts. Remove the

wilted outer leaves from the Brussels sprouts and trim the base of each stem. Soak the sprouts in salted water for about 20 minutes to draw out insects. Cook the sprouts in boiling water to barely cover for 10 to 12 minutes. Drain. Melt the butter, blend in the flour, then stir in the stock. Cook, stirring, until the sauce thickens. Season it to taste with salt. Combine the sauce with the sprouts and chestnuts. Simmer for 10 minutes to blend the flavors. Put the sprouts into a serving dish and garnish with the browned buttered crumbs.

Panned Cabbage

(Смажена капуста)

The following method is most frequently used for tender spring cabbage. The finished product will retain all the soluble nutrients. Cabbage should be cooked uncovered to release volatile sulphur compounds which have a strong disagreeable flavor. Tender spring cabbage is mild in flavor, and it may be cooked with a cover during the latter half of the cooking period.

1 small, tender head cabbage	3 to 4 tablespoons butter
1 small onion, chopped	Salt and pepper

Shred the cabbage. Cook the onion in the butter until tender. Mix in the cabbage and season with salt and pepper. Cook over a low heat, stirring occasionally, until wilted. If necessary, add 1 or 2 tablespoons of water to prevent burning. Cover and cook until it is tender but still slightly crisp.

Baked Cabbage

(Запечена капуста)

1 small head cabbage	Salt and pepper
1 small onion, chopped	$\frac{1}{2}$ cup or more sour cream
3 tablespoons butter	$\frac{1}{2}$ cup buttered bread crumbs

Cut the cabbage into small wedges. Cook it, uncovered, in boiling water for about 6 minutes, or until it is partially

cooked but still crisp. Drain thoroughly in a sieve. Cook the onion in the butter until tender. Arrange the cabbage in layers in a buttered baking dish. Sprinkle each layer with the cooked onion and some salt and pepper. Pour in the cream and top with the buttered bread crumbs. Bake in a moderate oven (350°F.) for 30 minutes, or until the cabbage is tender and the crumbs are lightly browned.

Cabbage with Tomatoes

(Капуста з помідорами)

The lady who tested this recipe made the following remark: "Simply delicious — everyone asked for a second helping."

1 small head cabbage	1 tablespoon flour
1 small onion, chopped	1 cup cooked tomatoes, strained
3 tablespoons butter	2 tablespoons sour cream
2 tablespoons water	Salt and pepper
1 tablespoon butter	

Shred the cabbage. Cook the onion in the butter until tender. Add the cabbage and the water. Cook, uncovered, for about 10 minutes or until the cabbage is tender but still slightly crisp. Melt the butter, blend in the flour, and stir in the tomatoes. Cook, stirring, until the sauce thickens. Add the sour cream, and season the sauce to taste with salt and pepper. Combine the sauce with the cabbage, bring to a boil, and simmer for a few minutes to blend the flavors. Serve as a vegetable with a meat course.

Stuffed Head of Cabbage

(Начинювана капуста)

Cabbage is a versatile vegetable which may be prepared in innumerable ways. Here is an interesting method of preparing it without getting the food budget out of line.

1 medium head cabbage
3/4 to 1 pound ground pork
1 tablespoon grated onion
1/2 cup soft bread crumbs
1 egg, slightly beaten
1/4 cup milk
Salt and pepper

3 thin slices salt pork or
bacon
2/3 cup soup stock or tomato
juice
1/2 cup sour cream
Salt

Remove the core from the cabbage. Cook the whole head in boiling water to cover until it is barely tender. It should be pliable but still crisp. Drain well, then scoop out enough of the centre to hold the stuffing. Prepare the stuffing by combining the meat with the onion, bread crumbs, egg, and milk. Season to taste with salt and pepper, then mix thoroughly. Stuff this mixture into the centre of the head of cabbage. Line the bottom of a deep pot with the salt pork or bacon, and place the cabbage over the slices. Mix the soup stock or tomato juice with the sour cream, season to taste with salt, and pour the mixture over the cabbage. Cover and bake in a moderate oven (350°F.) for 1 hour. Cut the cabbage into wedges, arrange on a warm platter, and pour the cooking liquid over it. Serve as a main dish.

Cabbage Nakyplyak

(Puff)

(Накыпляк з капусти)

Cabbage nakyplyak is delicate, tasty, elegant-looking; it is not at all difficult to make. Old country cooks have a special mold for this dish to give it a close resemblance to a head of cabbage when the mixture is unmolded. This Ukrainian specialty is really worth trying.

1 medium head cabbage
1 tablespoon grated onion
1 tablespoon butter
1/4 cup soft bread crumbs

Salt and pepper
4 eggs, separated
2 tablespoons soft butter

Quarter the cabbage; remove the core and the hard centre ribs from the leaves. Shred the cabbage. Cook it, un-

covered, in boiling water for about 8 to 10 minutes, or until just done but still slightly crisp. Drain the cabbage, cool, squeeze dry, and then grind or chop it very finely. Cook the onion in the butter until tender. Add it to the cabbage along with the bread crumbs. Season to taste with salt and pepper and mix thoroughly. Blend the egg yolks with the butter, and beat until light and creamy. Beat the egg whites until stiff and fold into the yolk mixture. Combine this with the cabbage. Butter a large mold and coat it with fine bread crumbs. Fill the mold two-thirds full with the cabbage mixture, allowing room for expansion in steaming. Cover and set the mold on a rack in a large kettle. Pour in boiling water to half the depth of the mold. Cover and steam it for 1 hour. Unmold carefully on a hot platter, and serve with a mushroom or tomato sauce.

Cabbage and Brain Nakyplyak

(Puff)

(Накипляк з капусти і мозку)

Follow the preceding recipe. Use one set of uncooked pork or veal brains. Press the brains through a sieve and mix them with the cabbage before adding the egg mixture. The results are superlative.

Cabbage Nakyplyak in Leaves

(Puff)

(Накипляк з капусти в листках)

This method gives the cabbage nakyplyak a delightfully natural touch. The mixture is encased and cooked in cabbage leaves, and when unmolded the resulting shape has a close resemblance to a head of cabbage.

Prepare the cabbage mixture as directed in either one of the two preceding recipes. Scald 3 or 4 large leaves. Dip a

tea towel in warm water, wring it dry, spread on a table, and grease it. Arrange the leaves on it in an overlapping manner with the top ends to the centre in the same way as they appear on a head of cabbage. Place the prepared cabbage on top of the leaves. Gather the ends of the towel together and gently shape the mixture to resemble a head of cabbage. Tie the ends of the towel loosely, allowing room for expansion. Immerse in a kettle of boiling salted water to which 2 cups of mixed vegetables have been added. Tie the ends of the towel to the handle of the kettle. Cover and steam for 1 hour. Unmold on a platter and discard the leaves. Garnish attractively and serve with a mushroom or tomato sauce.

Creamed Carrots

(Морква у сметані)

Carrots add nutrients and color to daily meals. Many vegetable enthusiasts enjoy them raw or cooked, and served plain. Others find carrots unappetizing without the stimulating company of another vegetable or dressing. The following is a Ukrainian way of preparing carrots.

Wash and scrape the carrots, or merely wash and scrub them with a brush, if they are young. Cook, covered, in a small quantity of boiling water until tender. The cooking time will depend on the maturity and size of the carrots. Allow the water to evaporate. Dice or slice the carrots. Allow 2 tablespoons of butter and $\frac{1}{4}$ cup of sweet cream to 2 cups of carrots. Brown the butter, mix in the carrots, season lightly with salt, and pour in the cream. Cover and simmer for a few minutes to blend the flavors.

Baked Carrots

(Морква випечена у сметані)

This is somewhat like the preceding recipe but much simpler and quicker to prepare.

Wash and scrape the carrots, or merely wash and scrub

them with a brush, if they are young. Cut them into quarters, cubes, or slices. Put the carrots into a buttered baking dish, season lightly with salt, and pour in enough sweet cream to barely cover. Bake, covered, in a moderate oven (375°F.) until tender.

Baked Cauliflower

(Запеканка з калафіора)

Cooked cauliflower is good served plain with a generous topping of browned buttered crumbs. But for a sophisticated flavor and appearance, prepare it as a casserole dish the following way.

1 medium head cauliflower	1 cup Cream Sauce (page
½ cup crisp chopped bacon or	163)
cooked ham	½ cup grated cheese
	½ cup buttered bread crumbs

Cut off the tough end of the cauliflower stem, then remove the leaves and discolored portions of the flowerets. Separate the head into small flowerets. Soak them in cold salted water for 20 minutes or longer to draw out insects. Cook the cauliflower, uncovered, in boiling water for about 8 minutes, or until barely tender. Drain, add the bacon or ham, and put the cauliflower into a buttered casserole. Combine the hot cream sauce with the cheese, reserving 2 tablespoons of the cheese for the topping. Pour the sauce over the cauliflower. Mix the reserved cheese with the bread crumbs and spread over the top. Bake in a moderate oven (350°F.) for about 20 minutes.

Corn on the Cob

(Кукурудза на качані)

It is best to use corn fresh from the garden for a superior flavor. When cobs of corn stand for several hours after picking, the natural sugar in the kernels changes progres-

sively to starch, robbing the corn of its delicate flavor and freshness. Corn should be husked just before cooking.

Remove the husks, woody base, undeveloped tip, and strands of silky thread from each cob of fresh corn. Cover the corn with boiling water or part water and part milk. Add a sprinkling of salt, and 1 teaspoon or more of sugar to each quart of water. Cover, bring quickly to a boil, and cook for 6 to 10 minutes, depending on the maturity and size of the cobs. Drain and serve immediately with butter and seasoning.

Corn in Cream

(Кухурудса у сметані)

Cut the kernels from the cobs of fresh corn. Add a dab of butter and some cream to moisten the kernels. Season lightly with salt. Cover and simmer for 10 minutes.

Stuffed Cucumbers

(Начинювані огірки)

Stuffed cucumbers make a palatable dish with a fine combination of flavors and textures.

2 medium cucumbers	1 egg, slightly beaten
1 teaspoon grated onion	Salt and pepper
2 tablespoons butter	1 egg, slightly beaten
$\frac{1}{4}$ cup chopped mushrooms	Bread crumbs
$\frac{1}{4}$ cup chopped cooked meat	Butter
$\frac{1}{4}$ cup soft bread crumbs	

Wash, pare, and cut the cucumbers in half lengthwise. Scoop out the centre from each cucumber very carefully without damaging the shell. Scald the shells with boiling water, drain, and pat dry. Prepare the stuffing by cooking the onion in the butter until tender. Add the mushrooms and cook for 5 minutes. Combine this mixture with the meat, bread crumbs, egg, and seasoning. Fill the cucumber shells with this stuffing and tie the halves together with a string.

Place the stuffed cucumbers in a pan, add a small quantity of water, cover, and simmer until they are tender. Drain and pat the cucumbers dry. Dip in the beaten egg, then in the bread crumbs, and pan-fry in the hot butter until they are delicately browned. Remove the string carefully and cut the cucumbers into thick slices. Serve with any favorite sauce as a luncheon or side dish.

Old-Fashioned Wilted Lettuce

(Салата давнім способом)

Head or leaf lettuce may be prepared as a cooked vegetable in the following old-fashioned way.

Head or leaf lettuce	$\frac{1}{4}$ cup mild vinegar
2 tablespoons chopped green onions	$\frac{1}{4}$ cup water
4 thin slices bacon, chopped	Salt and pepper

Wash the lettuce, shake off excess moisture, cut into coarse pieces, and combine it with the onions. Cook the bacon until crisp, remove from the fat, and reserve it. Pour the vinegar and water into the hot fat and bring to a boil. Add the lettuce and mix well until thoroughly wilted. Drain some of the liquid. Season to taste. Serve hot with a topping of the reserved bacon.

Onion Puff

(Цибулянка)

Here is a satisfying accompaniment to any skimpy meal.

1 very large onion	1 tablespoon melted butter
$\frac{1}{2}$ cup dry bread crumbs	Salt and pepper
$\frac{1}{2}$ cup thin cream	2 egg whites
1 egg yolk	

Peel and cut the onion into quarters. Cook it, uncovered, in boiling water until tender. Drain thoroughly in a sieve.

Chop the onion. Soften the bread crumbs in the cream. Blend in the egg yolk and melted butter. Combine with the onion and season to taste with salt and pepper. Beat the egg whites until stiff and fold into the mixture. Spoon lightly into a buttered baking dish. Bake in a moderate oven (350°F.) for 30 minutes.

Stuffed Onions

(Начинювана цибуля)

Onions may be stuffed with any desirable combination of the following ingredients: mushrooms, meat, sauerkraut, potatoes, peas.

4 to 5 medium onions	1/2 cup chopped cooked meat
1/2 cup soft bread crumbs	or cooked mushrooms
2 tablespoons melted butter	1 small egg, slightly beaten
1/2 cup cream	Salt and pepper
	1/4 cup buttered bread crumbs

Peel the onions and leave them whole. Cook them, uncovered, in boiling water to cover for about 30 minutes, or until tender. Drain and scoop out the centres, leaving a shell of about 2 layers of the onion. Chop the centres and combine with the remaining ingredients except the buttered crumbs. Fill the onion shells with this mixture and top with the buttered crumbs. Place in a buttered baking dish and bake in a moderate oven (375°F.) for about 15 to 20 minutes, or until thoroughly heated and delicately browned on top.

Creamed Onion Tops

(Зелена цибуля на сметані)

Cut the green onion tops into 1 inch pieces. Cover with sour cream, season with salt, and simmer until tender. Serve with boiled new potatoes.

Green Peas in the Pod

(Горох у стручках)

Green peas are generally the best loved vegetable and most frequently served. When fresh from the garden, peas may be cooked in the pods and then shelled. This helps to retain more flavor and food value. Very young pods that have not formed seeds are excellent when served like string beans. They are very tender and sweet. To retain the green color of peas, cook them uncovered during the first few minutes of cooking, then cover for the latter part. This allows the volatile acids to escape in the steam.

(1) Use only small young pods that are barely formed. Wash the pods and trim the ends. Cook them in a small amount of boiling water until tender. Drain, season with salt, and butter the pods.

(2) For this method, use mature green peas in the pod. They should not be overripe. Cook the whole pods in a small amount of boiling water until tender. Drain, shake, or slip the peas out of the pods. Discard the pods. Serve the peas as desired.

Shelled Peas

(Вилусканный зеленый горох)

(1) Cook the shelled peas in a small amount of boiling water for 10 to 20 minutes, depending on their maturity. To retain the green color, follow the preceding rule. Drain and serve as desired.

(2) Peas cooked by the following method require more time, but they retain much of their flavor. Line the bottom of a baking dish with large, moist lettuce leaves. Spread the shelled peas over them and top with moist lettuce leaves. Cover and cook in a moderate oven (350°F.) for about 35 to 40 minutes. The cooking may also be done in the top of a double boiler over boiling water. Serve the peas as desired.

Stuffed Peppers

(Начинювани перци)

Stuffed vegetables offer an opportunity to combine a number of ingredients in varying proportions. Cooked left-over meat may be utilized to good advantage. Vary the ingredients and proportions in this stuffing to suit your preference. Small peppers make attractive individual servings.

4 to 6 sweet peppers	Salt and pepper
3 tablespoons chopped onion	1 teaspoon chopped parsley or dill
2 tablespoons butter	
$\frac{1}{2}$ pound ground pork or beef	$\frac{1}{4}$ cup buttered bread crumbs
1 cup cooked rice	$\frac{1}{2}$ cup or more tomato juice
1 egg, slightly beaten	

Cut a small slice from the stem end of each pepper, remove the core, white veins, and seeds. Cook the peppers in boiling water for 8 to 10 minutes, and drain them. Cook the onion in the butter until tender. Add the meat and cook, stirring, until it is lightly browned. Remove the mixture from the range. Add the rice, egg, seasoning, and parsley. Stuff the pepper shells with this mixture, and top with the bread crumbs. Place the peppers in a pan and pour in the tomato juice. Bake in a moderate oven (350°F.) for about 40 minutes. Serve hot as a main or side dish.

Chilled Stuffed Peppers

(page 38)



Spinach

(*Шпинат*)

Spinach, like all leafy vegetables, is a useful source of iron and vitamin A. Some enjoy the natural, bland flavor of spinach; others prefer a discreet touch of onion or garlic in it to enhance its palatability. The following story verifies this preference: Two ladies of Ukrainian origin, while dining in a hotel in Eastern Canada, noticed young cooked spinach on the dinner menu. Conversing in Ukrainian, they expressed their regret that only in a Ukrainian home can one have spinach served in an appetizing and attractive style — seasoned with garlic and topped with fresh sour cream. However, they ordered spinach despite their remarks. Their patient waiter took the order, and to their surprise brought them spinach seasoned with garlic and topped with sour cream.

Pick over and cut the roots and tough stems from the spinach. Wash the spinach in warm water by lifting the leaves up and down to release the sand. Then wash several times in cold water until there is no sand in the bottom of the pan. Lift the spinach leaves out of the water each time rather than drain it off. Put the washed leaves into a kettle. Water may or may not be added. There is usually enough water clinging to the leaves to cook the spinach. Cover, heat thoroughly, and then remove the cover. Cook for about 8 to 10 minutes, or until the leaves are tender. Green vegetables should be cooked without a cover to permit the volatile acids to escape. This helps to preserve their green color.

Drain the spinach in a sieve and press out the water, or squeeze it dry. The spinach may be chopped, if desired. Cook finely chopped, green onion tops in butter or bacon fat until tender; add the spinach, season to taste, and heat thoroughly. For a garlic flavored spinach, add $1\frac{1}{2}$ clove of crushed garlic to 2 cups of spinach. Serve on a hot platter, top with some sour cream, and garnish with hard cooked eggs, or chopped crisp bacon, or both.

Beet Tops, Swiss Chard, Wild Greens

(Бурячкина, натица)

Beet tops, Swiss chard, and wild greens (lamb's quarters, young spring nettle, poke) may be used in place of spinach. Wild greens should be gathered while they are young, and before they bud. Follow the same method for preparation and cooking as for Spinach.

Spinach and Mushrooms

(Шпинат и грибами)

The following is a sophisticated version of a spinach dish.

1 tablespoon butter	$\frac{1}{2}$ teaspoon salt
1 tablespoon flour	Few grains pepper
$\frac{1}{2}$ cup thin cream or milk	2 cups cooked chopped
2 eggs, separated	spinach
1 teaspoon grated onion	

Melt the butter, blend in the flour, stir in the cream or milk, and cook until the sauce is thickened. Beat the egg yolks slightly and stir into the sauce. Add the onion, salt, and pepper. Combine with the spinach. Beat the egg whites until stiff and fold into the mixture. Spoon the mixture into a buttered ring mold. Set the mold in a pan of hot water and bake in a moderate oven (350°F.) for about 30 minutes, or until firm. Unmold on a hot serving platter and fill the centre with Creamed Mushrooms (page 266).

Spinach Sichenyky

(Patties)

(Січеники з шпинату)

Grandma had a way of transforming any suitable, seasonal vegetable into delicious patties.

2 cups cooked spinach
1 tablespoon grated onion
2 tablespoons butter
1 egg, slightly beaten
1 tablespoon thick cream

1 cup soft bread crumbs
Salt and pepper
Bread crumbs
1 egg, slightly beaten
Butter

Drain the spinach well in a sieve or squeeze it dry, and chop very finely. Cook the onion in the butter until tender. Add it to the spinach along with the egg, cream, bread crumbs, and seasoning. Mix thoroughly and let it stand for 10 minutes. Shape the mixture into small patties. Dip the patties in the bread crumbs, then in the slightly beaten egg diluted with two tablespoons of water, and again in the bread crumbs. Pan-fry in the hot butter until delicately browned on both sides. Serve hot with a mushroom sauce or creamed eggs.

Stuffed Tomatoes

(Начинювані помідори)

Stuffed tomatoes are not only an attractive dish, but they also provide a good opportunity for utilizing leftover food. The following recipe need not be followed too closely. A great deal of leeway may be allowed in the choice of ingredients for the stuffing. Chopped cooked meat, mushrooms, lobster, or a variety of vegetables may be used with success.

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|------------------------------|------------------------------|
| 4 medium tomatoes | 1 tablespoon cream or milk |
| 1/2 cup soft bread crumbs | 1 tablespoon chopped dill or |
| 4 thin slices bacon, chopped | parsley |
| 1/2 small onion, chopped | Salt and pepper |
| 1 hard cooked egg, chopped | |

Select ripe but firm tomatoes. Wash and stem them. Cut a small slice from the stem end of each tomato and scoop out the pulp with a teaspoon without damaging the shell. Reserve the pulp. Sprinkle the tomato shells on the inside with salt, and then invert them to drain for 10 to 15 minutes. Press the pulp through a sieve and combine with the bread crumbs. Cook the bacon until crisp, add the onion, and cook until it is tender. Add to the bread crumb mixture along with the remaining ingredients. Fill the tomato shells with this stuffing. The top may be sprinkled lightly with grated cheese, if desired. Place the stuffed tomatoes in a baking pan with enough water to prevent scorching. Bake in a moderate oven (375°F.) for about 30 minutes.

Fried Tomato Slices

(Смажені помідори)

Tomatoes are important sources of valuable vitamins and minerals, especially when ripened on the vines. They should be served raw frequently. The following pan-fried method retains much of the nutrients of tomatoes and adds variety to meals.

Use ripe but firm tomatoes. Wash, stem, and cut the unpeeled tomatoes into 1/2 inch slices. Dip the slices in flour seasoned with salt and pepper. Pan-fry in hot butter until browned on both sides. Serve as a vegetable. These slices make a decorative garnish for a meat or fish platter.

Sauerkraut with Caraway Seed

(Квашена капуста з кмином)

The preservation of cabbage by brining it to make sauerkraut dates far back into antiquity. Its healthful

qualities are generally recognized. The following is a very simple recipe. The ingredients and proportions need not be followed too closely. Vary them to suit your preference. Sauerkraut goes well with a number of foods, especially pork and sausage. A small quantity of mashed potatoes or purée of peas may be used for variety. Some Ukrainian Canadian cooks use canned cream of chicken soup for enhanced flavor. Care should be taken not to overcook the sauerkraut. It should not lose its color in cooking.

2 cups sauerkraut	$\frac{1}{2}$ teaspoon sugar
1 small onion, chopped	$\frac{1}{4}$ cup water
2 tablespoons bacon fat or other fat	$\frac{1}{2}$ teaspoon caraway seed Salt and pepper

Taste the kraut for acidity. If necessary, rinse it in warm water once or twice, and then drain it thoroughly. Cook the onion in the fat until it is tender. Add the kraut and the remaining ingredients except the salt. If the kraut is not rinsed, it may be salty enough. Taste and season. Cook it, uncovered, until tender. Serve with pork or other meat.

Sauerkraut with Sausage

(Квашена капуста з ковбасою)

Follow the preceding recipe and add $\frac{1}{2}$ pound of sliced garlic sausage to the sauerkraut. Cook the sausage with the sauerkraut. The sausage flavor and fat combine with the kraut to make a very appetizing dish. Serve with mashed potatoes and rye bread.

Sauerkraut with Pork and Sausage

(Квашена капуста з мясом і ковбасою)

This popular old country dish survived many generations without losing its worth. The three flavor part-

ners — sauerkraut, mushrooms, and meat blend ideally, giving a rich-tasting product. This preparation makes a very handy emergency dish since it can be refrigerated and reheated. If available, use cooked dried mushrooms for a superior flavor.

2 thin slices salt pork or bacon	1 cup sliced mushrooms
$\frac{1}{2}$ pound lean pork	1 quart sauerkraut
1 medium onion, chopped	$\frac{1}{2}$ pound garlic sausage, sliced
	Salt and pepper

Chop the salt pork or bacon, cook until crisp, remove from the fat, and reserve it. Cut the pork into small pieces, add to the fat in the pan, and brown it lightly. Mix in the onion and cook until it is tender. Cover the meat with hot water and simmer, covered, until well done. In the final stage of cooking, add the mushrooms, then continue cooking for 10 minutes. Taste the sauerkraut for acidity. If necessary, rinse it in warm water once or more, and drain. Combine the sauerkraut with the meat along with the sausage and the reserved salt pork or bacon. Mix these ingredients and season to taste with salt and pepper. Cook, uncovered, until the kraut is tender and the flavors are blended. Some enjoy this dish slightly thickened with browned flour. To thicken, brown 2 tablespoons of flour in 1 tablespoon of melted fat. Add $\frac{1}{2}$ cup of cold water and cook, stirring constantly, until thickened. Combine with the sauerkraut. Serve as a main dish with rye bread and any favorite preparation of potatoes.

Sauerkraut with Peas

(Квашена капуста с горохом)

Some preparation of sauerkraut is usually included in the menu of "Svyata Vechera" (Christmas Eve supper). The following recipe may be used for that purpose with

a few changes. Omit the salt pork and sour cream. Use cooking oil or vegetable shortening for the fat.

3 cups sauerkraut	2 tablespoons sour cream
$\frac{2}{3}$ cup water	1 cup cooked dried peas
$\frac{1}{4}$ pound salt pork or bacon, chopped	$\frac{1}{2}$ cup cooked mushrooms
1 medium onion, chopped	$\frac{1}{2}$ clove garlic, crushed, if desired
2 tablespoons flour	Salt and pepper

Taste the sauerkraut for acidity. If necessary, rinse in warm water once or more and drain it. Cook the sauerkraut, uncovered, in the water for about 15 minutes. In another pan cook the salt pork or bacon until crisp, remove from the fat, and reserve it. Add the onion to the fat in the pan and cook until it is tender. Sprinkle the flour over the onion and brown very lightly. Pour in the liquid from the cooked kraut and cook, stirring constantly, until thickened. Combine this sauce with the sauerkraut along with the remaining ingredients and the reserved salt pork or bacon. Simmer this mixture for about 20 minutes to blend the flavors. It should be quite thick. Serve as a vegetable with any preparation of pork.

Lima Bean Casserole

(Фасоля с грибами)

For this dish, use canned, frozen, fresh, or dried lima beans.

4 thin slices bacon, diced	1 cup tomato juice
1 small onion, chopped	1 tablespoon sour cream
1 cup sliced mushrooms	Salt and pepper
2 cups cooked lima beans	

Cook the bacon until crisp. Add the onion and mushrooms; cook until the onion is tender. Combine with the beans, stir in the remaining ingredients, and put the mixture into a casserole. Cover and bake in a moderate oven (375°F.) for about 30 minutes.

Purée of Dried Peas

(Сушений горох з овірками)

This old-fashioned dish is surprisingly good.

- | | |
|------------------------------------|---|
| 1 cup dried peas, whole or split | Salt and pepper |
| $\frac{1}{2}$ small onion, chopped | $\frac{1}{2}$ cup chopped crisp bacon or cooked ham |
| 2 thin slices salt pork or bacon | 1 medium dill pickle, cubed |

Pick over the peas, wash, and soak them in cold water to cover for 12 hours or longer. Add the onion and salt pork or bacon, and cook slowly until tender in the same water in which the peas were soaked. Some additional water may be needed. Allow the cooking water to evaporate. Press the peas along with the onion and salt pork through a sieve. Season to taste with salt and pepper. Spoon into a serving dish and top with the bacon or ham, and garnish with the dill pickle.



Mushrooms

It may well be said that Ukrainians have a mushroom complex. Their recipes frequently call for mushrooms. Ordinarily, cultivated mushrooms satisfy the need in Canada. But to a seasoned mushroom gourmet they lack that rich, tantalizing flavor so characteristic of many wild

species that grow in profusion throughout Ukraine. Among them the boletus and truffles rate the highest for their unsurpassed aromatic qualities. Their well-flavored extractions can change a commonplace dish into a specialty.

Many of the wild edible mushrooms are also native to Canadian soil. When the weather is warm and showers are frequent, the woods, bluffs, and fields abound in this tasty, free food to be had only for the picking. Each of the growing seasons produces its own particular species of mushrooms. Beginning early in the spring until late into the fall, these pixie-like morsels of goodness in single and cluster formations are a sight to behold. In favorable weather mushrooms grow practically overnight. Some varieties are readily infested with insect larvae in hot weather, and should be gathered early on their first day of maturity.

Ukrainian Canadians, with their old country knowledge of mushrooms, are enthusiastic mushroom gatherers. They know how to distinguish the edible, wholesome species from those that are poisonous. The fun of picking mushrooms in the early hours of the day is exceeded only by the enormous pleasure of feasting on them. Inexperienced pickers should not venture on a mushroom gathering trip without a reliable guide. Poisonous mushrooms are likely to be found anywhere. Only an experienced person can distinguish the wholesome varieties from the dangerous kinds. The best way to learn to enjoy the edible species is to become well acquainted with those found in the local community, and then stay with them.

The following are some of the better known edible species of wild mushrooms commonly found in the prairie provinces of Canada:

(1) *Common meadow mushroom* (pecherytsya): It is almost identical with the commercially cultivated one but much larger.

(2) *Morel* (smorzh): This one is a connoisseur's delight. It is easily identified by its dark brown, pitted, cone-shaped

cap and a hollow stem. Morels grow early in spring in burnt out areas and poplar bluffs. They are free of insect larvae.

(3) *Boletus* (white hryb and kozar or pidosychnyk) : *Boletus* is a very large family and includes many varieties. The most highly prized is the white hryb which prefers oak woods, but may be found occasionally in poplar bluffs. In rainy summer weather, its next of kin, the kozar or pidosychnyk, abounds in plenitude in poplar bluffs. This species is very readily infested with insect larvae and should be picked when the mushrooms are very young.

(4) *Lactarius* (khrysch or varga) : This is a very prolific summer mushroom when the weather is favorable.

(5) *Russula* (holubka) : Pink and gray cap varieties grow in summer.

(6) *Chanterelle* (lysychka) : It grows in fir forests in the autumn.

(7) *Many Cap Clitocybe* (pidpenyok) : This one is a large family and includes many varieties. But the best known is the autumn variety which grows singly or in clusters around old stumps and fallen trees. It is excellent for pickling.

(8) *Clavaria* (baranyachi rizhky) : Unlike other mushrooms, the clavaria has no cap but numerous branch-like projections.

To Prepare Mushrooms

Wash each mushroom individually, preferably under running water. Do not soak the mushrooms in water. Drain them thoroughly on absorbent paper. If necessary, peel the cap and scrape the stem. Some wild species and young cultivated mushrooms require no peeling. The gills may or may not be removed, depending on the species. Unless the mushrooms are large or have long stems, the cap need not be separated from the stem. Slice the mushrooms vertically

to retain their shape. If the stems are separated, slice them crosswise.

Smothered Mushrooms

(Зарум'янені гриби)

Smothered mushrooms are delicious served over meat, holubtsi, vegetables, or creamed dishes. They may also be added to a thin gravy.

1 pound mushrooms	$\frac{1}{2}$ teaspoon grated onion
2 to 3 tablespoons butter	Salt and pepper

Prepare the mushrooms for cooking by the preceding method. Cook the mushrooms in the butter along with the onion over a quick heat, stirring frequently, until they are delicately browned. Reduce the heat to simmer, add the seasoning, cover, and cook for about 3 minutes to blend flavors.

Creamed Mushrooms

(Гриби з підливою)

1 pound mushrooms	$\frac{1}{2}$ cup chicken stock
2 tablespoons chopped onion	$\frac{1}{2}$ cup sweet cream
3 tablespoons butter	Salt and pepper
2 tablespoons flour	1 teaspoon chopped dill

Clean, wash, drain, and slice the mushrooms. Cook the onion in the butter until it is barely tender. Add the mushrooms and cook for about 5 minutes or longer. Wild mushrooms may require a slightly longer period of cooking. Blend the flour with the chicken stock to a smooth paste, stir in the cream, and add to the mushrooms. Cook, stirring, until the mixture boils. Season to taste, cover, and simmer for about 3 minutes longer. More cream may be added for a thinner sauce. When ready to serve, stir in the dill.

Mushrooms with Sour Cream

(Гриби на сметані)

The following is the most popular way of preparing either cultivated or wild species of mushrooms. Sour cream adds a delightful, piquant flavor to this dish.

1 pound mushrooms	1 cup sour cream
1 small onion, chopped	½ clove garlic, crushed
2 tablespoons butter	Salt and pepper
2 tablespoons flour	1 teaspoon chopped dill

Clean, wash, drain, and slice the mushrooms. Cook the onion in the butter until just wilted. Add the mushrooms and cook for about 5 minutes or longer, depending on the species used. Blend the flour with some of the cream to make a smooth paste, stir in the remaining cream, and add to the mushrooms. Cook, stirring, until the mixture boils. Add the garlic and season to taste. Cover and simmer for about 5 minutes to blend flavors. When ready to serve, stir in the dill. This dish is good with kasha, holubtsi, or potatoes.

(Mrs. S. Skrypnyk, Ottawa, Ont.)

Fried Mushrooms

(Смажені гриби)

Select small or medium-sized mushrooms. Clean and wash the mushrooms without soaking them in water. Drain them thoroughly on absorbent paper. Dip each mushroom in seasoned flour, then in a slightly beaten egg diluted with 1 tablespoon of water, and then in bread crumbs. Pan-fry in hot butter to a golden brown color. Arrange the mushrooms in a shallow baking dish without crowding them, and sprinkle lightly with salt and pepper. Place in a moderate oven (350°F.) for about 5 minutes. Serve as an accompaniment to meat.

Stuffed Mushrooms

(Начинювани гриби)

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|---------------------------------|----------------------------|
| 1 pound large mushrooms | ½ teaspoon chopped parsley |
| 2 tablespoons chopped onion | Salt and pepper |
| 1 tablespoon butter | Melted butter |
| 2 tablespoons soft bread crumbs | |

Wipe the mushrooms with a damp cloth. Remove the stems and chop them very finely. Cook the onion in the butter until tender, add the chopped stems, and cook for about 6 to 8 minutes. Combine this mixture with the bread crumbs, parsley, and seasoning. Brush the mushroom caps with melted butter, then broil them, gill side down, for 5 to 8 minutes. Remove from the broiler and fill each mushroom with some of the prepared stuffing. Sprinkle them with the melted butter and broil for about 3 minutes. Serve as a meat garnish or as a topping on hot canapés.

Mushroom Sichenyky

(Patties)

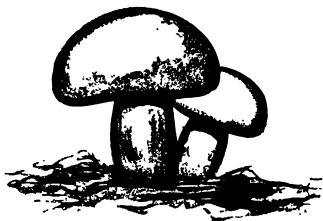
(Грибові сиченики)

The mixture in this recipe may be varied by moistening it with some thick cream sauce and only one egg. It should have enough thickening to hold the ingredients together.

- | | |
|------------------------------------|------------------------|
| 1 pound mushrooms | Salt and pepper |
| 1 tablespoon grated onion | Bread crumbs |
| 2 tablespoons butter | 1 egg, slightly beaten |
| 1 cup soft bread crumbs | 2 tablespoons water |
| 2 eggs, slightly beaten | Butter |
| 1 teaspoon chopped parsley or dill | |

Clean, wash, drain, and grind the mushrooms, or chop them very fine. Cook the onion in the butter until tender. Add it to the mushrooms along with the bread crumbs, eggs, parsley or dill, and seasoning. Mix these ingredients

thoroughly and shape into small patties. Dip them in the bread crumbs, then in the beaten egg diluted with the water, and again in the bread crumbs. Pan-fry the patties in the hot butter to a light golden color. Serve with a vegetable plate.



Pashtetyky of Mushrooms

(*Timbales*)

(*Паштетники з грибів*)

This is a Ukrainian version of mushroom timbales popularly called pashtetyky. The mixture may be cooked in individual molds or in a large ring mold.

- | | |
|---------------------------------------|-------------------------------------|
| 2 cups chopped mushrooms | $\frac{1}{4}$ cup hot chicken stock |
| 1 teaspoon grated onion | $\frac{1}{4}$ cup hot cream |
| 2 tablespoons butter | Salt and pepper |
| $\frac{1}{4}$ cup chopped crisp bacon | 1 teaspoon chopped parsley |
| 2 to 3 tablespoons soft bread crumbs | or dill |
| 3 egg yolks | 3 egg whites |

Cook the mushrooms with the onion in the butter over a quick heat, stirring constantly, for about 5 minutes. Remove them from the heat and add the bacon, and bread crumbs. Cool this mixture and then grind it. Beat the egg yolks slightly in a saucepan, blend in the chicken stock and

cream, and cook over hot water, stirring constantly, until the sauce thickens slightly. Combine the sauce with the mushroom mixture, season to taste, and add the parsley or dill. Beat the egg whites until stiff and fold them into the mixture. Spoon this into buttered custard cups, filling them two-thirds full. Place the cups in a pan of hot water and bake in a moderate oven (325°F.) for about 30 minutes, or until firm. To unmold, run a knife around the edge of the cup and invert it on a serving dish. Garnish with chopped olives or a sprinkling of paprika.

(Mrs. A. Skorobohach, Saskatoon, Sask.)

To Cook Dried Mushrooms

(Их варить сушені гриби)

Pour hot water over the dried mushrooms and let them stand for 1 or 2 minutes to soften and release the impurities. Drain and wash the mushrooms several times in a sieve in warm water. Cover with lukewarm water and let them soak for ½ hour or longer, depending on the variety used. Boletus mushrooms (white hryby) give superior results when soaked in milk. Cook in the water or milk in which the mushrooms were soaked until they are tender. Use them like fresh mushrooms in any recipe. Save the mushroom liquid for soups and sauces.

Mushroom Powder

(page 475)

To Dry Wild Mushrooms

(page 474)

Pickled Mushrooms

(page 476)

Quick Pickled Mushrooms

(page 41)

New Potatoes with Butter

(Молода картопля з маслом)

Do not pare the new potatoes. Scrape and wash them well. Cook in boiling water until they are tender. Drain, season with salt, dot generously with butter, and sprinkle with some chopped dill, or chives, or parsley. Toss the potatoes lightly without breaking them. Serve hot.

New Potatoes with Smetana Sauce

(Молода картопля із сметаною)

Scrape, wash and cook the new potatoes in boiling water until they are tender. Drain, season with salt, and place in a serving dish. Pour hot Smetana Sauce with Green Onion (page 165) over them and sprinkle with paprika. This is a superb dish.

New Potatoes Baked in Cream

(Молода картопля витечена в сметані)

Scrape, wash and cook the new potatoes in boiling water for only 10 minutes. Drain and put them into a casserole. Season with salt and pepper and pour in enough cream to barely cover. About $\frac{3}{4}$ to 1 cup of cream is sufficient for 4 to 5 servings of potatoes. Cover and bake in a hot oven (400°F.) until the potatoes are tender. Garnish with chopped dill, parsley, or chives, and serve hot.

Potato Babka

(*Puff*)

(*Пухка картопляна бабка*)

The name babka refers not only to a cake bread but also to various puffy, egg-rich dishes like this one.

2 eggs, separated	$\frac{1}{2}$ cup cottage cheese
2 cups hot mashed potatoes	1 tablespoon butter
$\frac{1}{3}$ cup hot cream or rich milk	Salt

Beat the egg yolks into the potatoes. Add the remaining ingredients except the egg whites. Beat vigorously until light. Beat the egg whites until stiff, and fold them into the mixture. Spoon the potatoes lightly into a buttered baking dish. Bake in a hot oven (400°F.) for 15 minutes, or until well puffed and delicately browned.

Baked Stuffed Potatoes I

(*Начинювана картопля I*)

Select medium potatoes of uniform size. Wash, scrub with a stiff brush, rinse, and grease the potatoes. Bake them in hot oven (400°F.) for 45 to 50 minutes, or until the potatoes may be pierced readily with a fork. Remove the potatoes from the oven. Cut a small slice from the top and then scoop out the contents with a teaspoon, being careful not to break the skin. Mash the scooped out potatoes, add cream or milk, and butter (1 tablespoon or more of cream or milk and 1 teaspoon of butter for each potato), and season to taste with salt. Beat vigorously until light. Pile the mixture lightly into the shells. Do not smooth the top. Place in a baking dish and bake in a hot oven (400°F.) for about 10 minutes to brown the top lightly. Serve immediately.

Baked Stuffed Potatoes II

(Пачинювана картопля II)

Use large or medium-sized potatoes. Pare and wash the potatoes. Cut across in half and scoop out the centres (use them in soup or as a vegetable dish for another meal). Fill the potato shells with any cooked ground meat, well seasoned with salt, pepper, and some onion juice. If necessary, moisten the meat with some gravy, cream, or egg. Put the two stuffed halves of the potato together and secure them with wooden picks. Place in a greased casserole, brush with melted fat, and sprinkle with salt and paprika. Add about $\frac{1}{4}$ cup of water, soup stock, or cream to the casserole. Bake uncovered in a hot oven (400°F.) until the potatoes are tender and well browned. Serve with a tomato sauce and salad. This is a meal in itself.

Deep-Fat Fried Potatoes

(Смажена картопля)

This method involves two operations. Its advantages are that the potatoes may be prepared by partial cooking in advance and that they may be finished at the last moment, giving a light, crisp, and puffy product.

Pare, wash, and cut the potatoes into long strips about $\frac{1}{2}$ inch thick. If time permits, soak them in cold water for 1 hour. Drain and wipe them dry between sheets of absorbent paper. Place a layer of potatoes in a frying basket, immerse in hot, deep fat (375°F.), and fry until they are tender and yellow but not brown. Drain them on absorbent paper. Continue in this manner until all potatoes have been fried. Heat the fat to 395° — 400°F. and fry the potatoes again until they are crisp and brown. Drain them on absorbent paper. Sprinkle the potatoes with salt and serve immediately.

Oven-Fried Potatoes

(Запечена картопля)

4 medium potatoes
 $\frac{1}{2}$ cup melted fat
Salt and pepper

Pare, wash, and cut the potatoes into long strips about $\frac{1}{2}$ inch thick. Spread them in a shallow baking pan. Pour in the melted fat and stir to coat each piece. Bake in a hot oven (450°F.) until they are tender and well browned. Turn them over a few times during the baking. Drain, sprinkle with salt and pepper, and serve hot.

Old-Fashioned Fried Potatoes

(Картопля в сметані давнім способом)

4 medium potatoes	1 teaspoon salt
2 tablespoons butter	$\frac{1}{8}$ teaspoon pepper
1 tablespoon chopped onion	$\frac{3}{4}$ cup cream, sweet or sour

Cook the potatoes in their skins. Peel and slice them very thin. Brown them lightly in the hot butter. Mix in the onion, salt, and pepper. Pour in the cream. Cover and allow them to steam until the cream is absorbed. Serve hot.

Potatoes Baked in Cream

(Картопля запечена в сметані)

This delicious dish is very much like scalloped potatoes, but Ukrainian cooks use cream in place of milk. If the cream is very thin, 1 to 2 tablespoons of flour may be sprinkled over the potato layers.

4 medium potatoes	1 to $1\frac{1}{2}$ cups cream, sweet or
1 small onion, chopped	sour
Salt and pepper	

Pare, wash, and cut the potatoes into thin slices. Butter a baking dish. Put in a layer of the potatoes and sprinkle

with the chopped onion, salt, and pepper. Repeat this process until the dish is full. Pour in the cream. Cover and bake in a moderate oven (350°F) for 30 minutes. Uncover and continue cooking them for about 30 minutes longer, or until the potatoes are tender and browned on top. Serve hot.

Potato and Egg Casserole

(Картопля запечена з яйцями)

A very simple, inexpensive, and nutritious supper or luncheon dish.

1 small onion, chopped	4 hard cooked eggs, sliced
1 tablespoon butter	Salt and pepper
4 medium cooked potatoes, sliced	1 cup sour cream
	$\frac{1}{4}$ cup buttered bread crumbs

Cook the onion in the butter until it is wilted. Butter a casserole. Arrange in it alternate layers of the potatoes, onion, and egg; season each layer with salt and pepper; finish with a layer of the potatoes. Pour the cream over all. Top with the bread crumbs. Bake uncovered in a moderate oven (350°F.) for about 25 minutes. Serve hot.

Potato and Cheese Casserole

(Картопля запечена з сиром)

This is a good emergency dish.

2 cups cottage cheese	Salt
1 egg	1 cup sour cream
4 medium boiled potatoes, sliced	$\frac{1}{4}$ cup buttered bread crumbs

Combine the cottage cheese with the egg, and season with salt. Arrange the potatoes and cheese in alternate layers in a buttered casserole. Sprinkle each layer with salt and cover with some cream. Top with the bread crumbs. Bake in a moderate oven (350°F.) for about 25 to 30 minutes. Serve hot with a green salad.

Country Kartoplyanyky

(*Potato Pancakes*)
(Селянські картопляники)

These richly browned, tender kartoplyanyky bring memories of grandma's homey farm kitchen and her many treats.

3 large potatoes	$\frac{1}{2}$ teaspoon salt
1 or 2 eggs, slightly beaten	Few grains pepper
1 tablespoon grated onion	$\frac{1}{2}$ teaspoon baking powder
2 tablespoons flour	

Pare, wash, and grate the potatoes on a fine grater. Pour off some of the potato water. Add all the ingredients and mix them thoroughly. Drop the mixture from a spoon in small rounds about the size of small pancakes onto a hot, well-greased frying pan or griddle. Bake over a moderate heat about 5 minutes on each side, or until they are well browned and tender. Serve very hot with sour cream and cottage cheese.

Variations of Country Kartoplyanyky

Add one or both of the following to the batter of the Country Kartoplyanyky: $\frac{1}{2}$ cup of cottage cheese, $\frac{1}{2}$ cup of mashed potatoes.

Baked Kartoplyanyky

(*Potato Squares*)
(Печені картопляники)

This is a variation of the preceding recipe which may be used when time does not permit the frying of individual cakes.

$\frac{1}{2}$ cup dry bread crumbs	1 teaspoon salt
$\frac{2}{3}$ cup hot milk	Few grains pepper
3 large potatoes	1 tablespoon flour
2 eggs, slightly beaten	1 teaspoon baking powder
1 tablespoon grated onion	2 tablespoons melted butter

Soften the bread crumbs in the hot milk. Pare, wash, and grate the potatoes on a fine grater. Pour off most of the potato water. Combine the potatoes with the bread crumbs and the remaining ingredients except the melted butter. Butter a shallow baking dish very generously. Spoon the mixture into it, and then sprinkle the top with the melted butter. Bake it in a moderate oven (350°F.) for 45 minutes. Cut into squares. Serve very hot with sour cream and cottage cheese.

Kartoplyanyky

(Potato Croquettes)

(Смажени картопляники)

Leftover riced or mashed potatoes need not be wasted. Prepared in the following way, they will add pep to a tired-looking meal.

2 cups cold mashed potatoes	Salt
2 tablespoons melted butter	Sifted bread crumbs
1 or 2 egg yolks	1 egg, slightly beaten
½ teaspoon grated onion	2 tablespoons water or milk

Combine the potatoes with the butter, egg yolks, and onion. Season with salt. Flour the hands and shape the mixture into small cylinders or balls. Dip them in the bread crumbs, then in the beaten egg diluted with water or milk, and again in the bread crumbs. Take care to cover the entire surface with the egg to prevent the fat from penetrating. Fry a few at a time in deep fat (380°F.) until delicately browned. Drain them on absorbent paper. Serve hot. These kartoplyanyky may also be pan-fried in hot butter. If pan-fried, they will require careful turning in order to retain their shape.



Potato Pyrishky

(*Filled Rolls*)

(*Картопляні пиріжки*)

Potato pyrishky make an attractive and satisfying dish. They also provide a good way to use leftover meat or fish. Excellent with either a sauerkraut or cottage cheese filling.

Prepare the potato mixture as in the preceding recipe for Kartoplyanyky, adding 4 to 6 tablespoons of flour to it. Use about 1 cup of any ground cooked meat, or fish for the filling. Season the filling to taste and moisten it with some gravy or a slightly beaten egg. Flour the hands and shape the potato mixture into small flat cakes. Place a spoonful of the filling in the centre of the flattened cake, fold over, press the edges together, and shape it into an oval. Dip in the sifted bread crumbs, then in the slightly beaten egg diluted with 2 tablespoons of water or milk, and again in bread crumbs. Be careful to cover the entire surface with the egg mixture to prevent the fat from penetrating. Fry a few at a time in deep fat (380°F.) until they are delicately browned. Drain them on absorbent paper. Serve hot as a main dish with any favorite sauce.

These pyrishky may be baked, omitting the troublesome task of frying them. Prepare a thicker potato mixture by increasing the flour to about $\frac{3}{4}$ cup. Fill and shape as directed, using a favorite filling. Place the filled pyrishky on a greased baking sheet. Brush them with melted fat. Bake in a moderate oven (375°F.) until they are delicately browned. Serve hot. They are called quick or lazy pirishky.

(*Mrs. Anna Goy, Yellow Creek, Sask.*)

Potato Halushky

(page 214)

Filled Potato Halushky

(page 214)

Potato Balls

(Картопляні кульки)

This is an attractive but wasteful and time-consuming method of preparing potatoes. Excellent as a garnish for elaborate meat dishes on special occasions.

Pare and wash large potatoes. Cut into small balls with a vegetable scoop. Use the trimmings in soup or as a vegetable. Dip the balls in flour mixed with a sprinkling of salt and sugar. Fry the balls in hot fat until they are tender and become golden brown in color. Arrange the balls around the meat or fish, using sprigs of parsley and tomato slices for additional decoration. These potato balls may also be boiled and then fried.

Potatoes in Three Colors

(Картопля у трьох кольорах)

Old country cooks take great pride in garnishing platters of meat or fish in various fancy ways. The following makes an imposing and appetizing sight.

Prepare 2 cups or more of mashed potatoes. Divide into 3 parts. Combine the first part with some cooked sieved spinach, the second part with tomato paste, and leave the third part natural. Arrange them on a large platter of meat or fish in neat mounds in alternate order of color, topping each with a contrasting color, or use a pastry tube for decorative rosette shapes. The mixture may also be layered in a fancy shape and served as a separate dish.





Wardward

SALADS

Originally, the practice of serving salads with meals was introduced into the New World from Europe in a humble manner. Canadians and Americans have transformed the simple salad by making it both glamorous and distinctive. The old Ukrainian literature mentions a side dinner dish consisting of lettuce, radishes, and cucumbers topped with sour cream, which shows that summer salads were known a long time ago.

In Ukraine, salads are prepared simply and served as an appetizer to accent the basic dish, although at gala banquets and company meals of the wealthy classes salads may be very elaborate. On these occasions, an additional salad of meat, fish, or vegetables is usually served as an appetizer preceding the main meal.

Contrary to the common practice on this continent, salad dishes or salad plates are never served as a basic dish in Ukraine. Ukrainians prefer a hearty, substantial meal rather than a light salad plate. Dieting for the sake of slimness is not favored because no one is calorie-conscious.

During the summer season when succulent salad vegetables are plentiful, salads are served daily with meals. But, during the winter, preserved, cooked, brined, and stored fresh vegetables are made into salads.

Points to Consider in Making Salads

Succulent raw vegetables served in salads supply vitamins and minerals to the diet. Simple green salads serve this purpose as well as the more elaborate preparations. A variety of shapes, sizes, colors, flavors, and textures of ingredients contribute to the enjoyment of salads. No recipe can give detailed directions for a salad since this is one branch of culinary art that is guided largely by personal preferences.

Vegetables for salads should be clean, crisp, and dry. Keep the vegetables chilled until ready to use. Add the

dressing just before the salad is to be served. A salad made long in advance becomes limp, soggy, and lifeless. If a salad lacks color, bright garnishes will help to enhance its appeal. The appearance of a salad is improved when it is arranged attractively on a bed of lettuce or in a bowl and garnished. The garnish should be kept simple with one centre of interest. The choice of dressing for a salad depends on the ingredients used, the kind of meal with which it will be served, as well as on individual taste. Too much dressing makes the salad soggy and unattractive.

Lettuce Salad

(Салата з сметаном)

- | | |
|--|-------------------------------------|
| 1 small head lettuce or leaf lettuce | 1 tablespoon lemon juice or vinegar |
| $\frac{1}{2}$ cup chopped green onions | $\frac{1}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup sour cream, chilled | 2 hard cooked eggs |

Separate the lettuce leaves, wash them thoroughly, and pat dry. Cut the lettuce into coarse pieces and add the onions. Combine the cream with the lemon juice or vinegar, and salt. Pour it over the lettuce and toss lightly to coat the pieces. Arrange the salad in a bowl and garnish with the hard cooked eggs cut into quarters.

Spring Salad

(Мішана салата)

- | | |
|--|--|
| $\frac{1}{2}$ head lettuce or leaf lettuce | $\frac{1}{3}$ teaspoon salt |
| 1 cup sliced radishes | $\frac{1}{4}$ cup French Dressing (page 289) or $\frac{1}{2}$ cup sour cream |
| 1 cup sliced cucumbers | |
| $\frac{1}{2}$ cup chopped green onions | |

Wash the lettuce, pat dry, and chop it coarsely. Toss all the vegetables together along with the salt and dressing. Arrange in a salad bowl and garnish with tomato wedges or slices.

Mizeria of Cucumbers

(Мизеря)

- | | |
|-------------------------------------|-------------------------|
| 3 medium cucumbers | Few grains white pepper |
| 1 teaspoon salt | 3 tablespoons vinegar |
| 1/2 cup finely chopped green onions | 1/4 cup sour cream |

Wash and pare the cucumbers. If they are young with a tender skin, omit the paring. Run a fork lengthwise down the cucumber to make parallel grooves and a scalloped edge. Slice the cucumbers very thinly, sprinkle with salt, and let them stand for 15 minutes. Drain and press out the liquid. Mix in the onions, pepper, and vinegar. Let the cucumbers stand for 5 minutes. Pour the cream over the cucumbers and serve.

Stuffed Cucumber Slices

(Начинювані огірки)

Use young cucumbers with tender skins. Wash them and score the skin with a fork lengthwise for a decorative look. Cut off one end from each cucumber, and then scoop out the centre with an apple corer. Prepare a creamed cottage cheese filling, season it to taste, and add some finely chopped green onions and dill. Fill the cucumber hollows with this mixture. Chill them well. Cut the stuffed cucumbers into slices. Serve them on lettuce with a dab of sour cream, or cream dressing, and a sprinkling of paprika.

Cabbage Salad

(Салата з капусти)

- | | |
|--------------------------------|----------------------------------|
| 1 apple, diced | 1 small carrot, grated |
| 1 tablespoon lemon juice | Salt |
| 4 cups finely shredded cabbage | Sour Cream Dressing . (page 290) |

Sprinkle the apple with the lemon juice to prevent discoloration. Toss it with the cabbage and carrot. Sprinkle the vegetables lightly with salt, then moisten them with the dressing. Garnish the salad with green pepper strips or tomato wedges.

String Bean, Asparagus and Mushroom Salad

(Салата з стручкової фасолі, шпарагів і грибів)

2 cups cooked string beans	French Dressing (page 289)
2 cups cooked asparagus tips	1/2 cup or more Quick Pickled Mushrooms (page 41)

Marinate the string beans and asparagus tips in French dressing until well seasoned. Take care not to break the asparagus tips. Drain off the dressing. Add the mushrooms to the vegetables and toss them lightly. Arrange the salad attractively in a salad bowl. Garnish with radish slices, placing them in an overlapping manner around the salad. Sprinkle the top with a hard cooked egg yolk pressed through a sieve.

Onion Salad

(Салата з цибули)

Peel and cut a mild onion into very thin slices. Sprinkle it with salt and very mild vinegar. Let it marinate for about 15 minutes. Drain thoroughly. Arrange the onion on lettuce leaves, put a spoonful of sour cream in the centre, and then sprinkle it with paprika. Serve with any cold meat.

Onion, Pepper and Tomato Salad

(Салата з цибули, перцю і помідорів)

Follow the preceding recipe, but marinate the onion along with a green pepper cut into slices or strips. When

ready to serve, separate the onion slices into rings and add a firm, sliced tomato to the salad. This salad is very colorful and popular.

Sauerkraut Salad

(page 37)

Stuffed Tomato Salad

(Салата з начинюваних помідорів)

Select small or medium tomatoes of uniform size, allowing one tomato to a serving. Wash the tomatoes and pat them dry. Remove a slice from the top of each tomato, then scoop out part of the pulp. Sprinkle the inside of the tomato shells with salt and invert to drain for a few minutes. Prepare any favorite combination of chopped, raw vegetables. Moisten the vegetables with a salad dressing. Fill the tomato shells with this mixture, then garnish the top with chopped parsley. Serve each tomato on a lettuce leaf.

Tomato Aspic Salad

(Помідорова драгма)

1 tablespoon gelatine	$\frac{1}{2}$ stalk celery, chopped
2 cups tomato juice	Salt and pepper
1 tablespoon chopped onion	

Soften the gelatine in $\frac{1}{4}$ cup of the tomato juice. Cook the remaining tomato juice with the onion and celery for 5 minutes. Strain and season it to taste with salt and pepper. Bring the juice to a boil and dissolve the gelatine in it. Pour into individual molds, or into a ring mold, and chill until firm. Unmold the salad on a bed of lettuce. Serve with Mayonnaise (page 291).

Stuffed Beet Salad

(Салата з начинюваних буряків)

Prepare and cook the required number of medium beets as directed on page 243. Cut a slice from the top of each beet and scoop out the pulp, leaving a shell. The pulp may be used as a vegetable for another meal. Cut a thin slice off the bottom to make the beets stand upright. Prepare a filling of chopped celery, cucumbers, and cabbage, and moisten the vegetables with a salad dressing. Fill the beet shells with this mixture. Garnish the top with a sieved, cooked egg yolk. Serve the beets on lettuce.

Cooked Vegetable Salad

(Салата з вареної городни)

$\frac{1}{2}$ cup diced cooked beets	$\frac{1}{2}$ cup cooked cauliflower
$\frac{1}{2}$ cup cooked carrot strips	French Dressing (page 289)
$\frac{1}{2}$ cup diced cooked string beans	1 small dill pickle, quartered
	Mayonnaise (page 291)

Marinate each vegetable separately in the French dressing until well seasoned. Drain the vegetables. Place the lettuce leaves on a salad plate. Arrange the vegetables in separate groups on top of the leaves with the dill pickle quarters marking the divisions. Put a spoonful of mayonnaise in the centre, then sprinkle it with paprika. Garnish the base with radish rosettes or a hard cooked egg.

Potato Salad

(Картопляна салата)

3 cups diced cooked potatoes	3 hard cooked eggs, chopped
3 tablespoons finely chopped green onions	Salt
$\frac{1}{2}$ cup diced celery	$\frac{1}{2}$ cup or more Sour Cream
$\frac{1}{2}$ cup diced cucumbers	Dressing (page 290) or
$\frac{1}{2}$ cup sliced radishes	Mayonnaise (page 291)

Mix all the vegetables and eggs very lightly with a fork or toss gently. Season to taste with salt. Add enough salad dressing to moisten these ingredients sufficiently. Heap the salad lightly into a bowl. Decorate it with a brightly colored garnish: sieved cooked egg yolk, riced cooked egg, radish rosettes, chopped parsley, or green pepper strips.

Chicken Salad

(Салата з курятини)

2 cups diced cooked chicken	1 tablespoon finely chopped
1 cup diced celery	pickles
$\frac{1}{2}$ cup diced cucumbers	Salt and pepper
1 hard cooked egg, chopped	$\frac{1}{2}$ cup Mayonnaise (page 291)
1 teaspoon finely chopped onion	or Sour Cream Dressing (page 290)

Mix all the ingredients. If time permits, chill the salad. Serve it on crisp lettuce, and garnish with mayonnaise and sliced olives.

Herring Salad

(page 34)





SALAD DRESSINGS

French Dressing

(Французька поливка)

French dressing is a very simple preparation. The basis is usually 3 parts of olive or other cooking oil and 1 part of vinegar or lemon juice. The seasoning may be varied to suit one's taste. A subtle touch of onion or garlic flavor is greatly favored by many epicures. A whole clove of garlic may be added to the dressing and then removed before serving, or the vinegar may be flavored with it in advance. To make garlic vinegar, add a chopped clove of garlic to a cup of vinegar, cover tightly, and let it stand for several days. Strain the vinegar before using it. The proportions and seasonings in this recipe may be varied. Increase the recipe to suit your need.

$\frac{1}{3}$ cup cooking oil
2 tablespoons vinegar or
lemon juice
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
 $\frac{1}{8}$ teaspoon paprika

$\frac{1}{4}$ teaspoon sugar, if desired
 $\frac{1}{2}$ teaspoon onion juice or
 $\frac{1}{2}$ clove garlic, if desired
Additional seasonings, if
desired

Measure the ingredients into a jar or bottle with a close fitting top. Cover and shake vigorously. Chill thoroughly. Before using, shake again to form a thick emulsion. This dressing should always be in an emulsified state when served

French Dressing with Cream

(Французька поливка з сметаною)

Prepare the French Dressing and beat into it very slowly $\frac{1}{4}$ cup of sour cream.

French Dressing with Horseradish

(Французька поливка з хрінном)

Prepare the French Dressing and beat into it $\frac{1}{4}$ cup of freshly grated horseradish.

Vinaigrette Dressing

(Вінїреттова поливка)

This variation of French dressing is the most widely used. Add to the French Dressing a small amount of finely chopped green or red pepper, onion, parsley, pickled beets, cucumber pickle, and freshly grated horseradish. Any variety of pickles may be used.

Sour Cream Dressing

(Сметанкова поливка)

1 tablespoon flour	2 egg yolks or 1 egg
$\frac{1}{2}$ teaspoon salt	3 tablespoons vinegar
1 teaspoon dry mustard	1 cup sour cream
1 to 2 teaspoons sugar	

Mix the dry ingredients. Beat in the egg yolks or whole egg. Blend in the vinegar and cream. Cook in a double boiler, stirring constantly, until the mixture thickens. Chill thoroughly.

Cream Horseradish Dressing

(Хрінова поливка)

Prepare the Sour Cream Dressing and chill it. Mix into it $\frac{1}{4}$ cup or more of freshly grated horseradish.

Mayonnaise

(*Майонез*)

Mayonnaise with its several variations is the favorite dressing in Ukrainian cookery.

$\frac{1}{2}$ teaspoon salt	2 egg yolks
$\frac{1}{2}$ teaspoon dry mustard	1 tablespoon lemon juice
$\frac{1}{2}$ teaspoon sugar	1 cup cooking oil
Few grains cayenne	2 tablespoons vinegar

Mix the dry ingredients in a small deep bowl; beat in the egg yolks and the lemon juice with a fork or rotary beater. Add $\frac{1}{2}$ cup of the oil, one drop at a time, beating constantly until the mixture thickens. Add the remaining oil and the vinegar alternately, $\frac{1}{2}$ teaspoon at a time, beating vigorously after each addition until all have been used. Should the dressing curdle, put 1 egg yolk in another bowl and beat in the curdled mixture gradually until the consistency is smooth. The egg yolk may be replaced with 1 tablespoon of water or vinegar and the mixture beaten into it very gradually. Keep the mayonnaise in a covered container in a cold place. It should not be stored in the coldest part of the refrigerator because mayonnaise separates on freezing.

Old-Fashioned Mayonnaise

(*Майонез до мяса*)

Grandma's favorite dressing for cold meats. It is usually prepared for Easter. If the eggs are separated carefully, the yolks may be poached in simmering water, thus saving the egg whites for other uses. Poach the unbroken yolks only.

6 hard cooked egg yolks	$\frac{1}{8}$ teaspoon pepper
1 to 2 tablespoons dry mustard	$\frac{1}{2}$ teaspoon sugar
$\frac{1}{2}$ teaspoon salt	6 tablespoons cooking oil
	2 tablespoons vinegar

Press the cooked egg yolks through a sieve and combine them with the dry ingredients. Add some of the oil very gradually, a few drops at a time, beating constantly until the mixture is thick. Alternate the oil and vinegar and beat after each addition.

Mayonnaise Relish

(Пикантний майонез)

This is another popular dressing used by Ukrainian cooks. Prepare the mayonnaise by following either one of the two preceding recipes. Combine the mayonnaise with $\frac{1}{4}$ cup of sour cream. Add the following ingredients:

2 to 3 tablespoons lemon juice or vinegar	2 tablespoons chopped pickles
2 tablespoons chopped onion	2 tablespoons chopped olives
2 tablespoons chopped green or red pepper	2 tablespoons freshly grated horseradish

Mix the ingredients well. Serve over vegetables or fish.



DESSERTS

In Ukraine, as in many other countries, the hard working tillers of the soil seldom serve desserts, except on holidays and festive occasions. A hearty soup with a sustaining accompaniment and a main course constitute a satisfying meal. However, among the upper classes, a dinner is considered incomplete without a final course of sweets. This is especially true of feast days, formal entertainments and gala celebrations, when a variety of fancy desserts is featured so that the guests may have a wide selection. These may include an assortment of delicate dessert pastries, light and rich soufflés, elaborate gelatine preparations, sherbets, and ices. The fancier, the better. After a merry-go-round of desserts, fresh whole fruit is served, which, of course, is not considered a dessert. It's just plain fruit.

For an everyday meal the average family relies mostly on fruit as a final course. It may be served fresh with cream, stewed, or as an essential ingredient of the various national specialties, such as fruit varenyky (dumplings), nalysnyky (rolled paper-thin pancakes), fritters, rolls, and pyrizhky (pastries). Fruit pies as such are not known in Ukraine. Fresh fruit filling is used instead with either a short or puff pastry or biscuit dough to make fruit bars — the Ukrainian version of a fruit pie.

Ukrainian desserts are virtually limitless in their variety. Aside from the national specialties, custards, steamed puddings, cereal, and gelatine dishes are very much like those made in Canada. Contrary to the Canadian custom, ice cream is not a common, everyday dessert. Commercial ice cream is sold only in the larger towns and cities, but not in the villages. Those who have their own icehouses prepare ice cream and ice desserts at home.

Kysil

(Кисиль)

Kysil is one of the simplest Ukrainian desserts. Although very popular in Ukraine, the Ukrainian Canadian homemakers seldom serve it. Properly made kysil is a delightful dessert.

Kysil is a fruit purée made of cooked fresh or dried fruit sweetened and thickened with cornstarch. Any fruit may be transformed into a delicious kysil, but tart seasonal berries, such as strawberries, raspberries, and red currants top them all. When fresh fruit is not available, stewed dried fruit, properly flavored, is an excellent substitute. Kysil is served cold with well-chilled cream.

The method of preparing kysil is very simple. Add enough water to the washed fruit to barely cover. Cook until tender. Put the fruit and juice through a sieve and sweeten to taste. To each cup of purée allow 1 to 1½ teaspoons of cornstarch; moisten the cornstarch with a little water and add to the hot purée. Cook for about 5 minutes, stirring constantly. If the fruit lacks tartness, add some lemon juice. Cinnamon or grated lemon rind may be used for flavoring, if desired. Chill well and serve very cold with chilled or whipped cream.

Compote

Compote is sweetened, stewed, fresh fruit, cooked to keep the fruit as whole as possible. Very often wine or brandy is used for flavoring. Compotes have a heavier syrup than fruit stewed in the usual way. Modern homemakers, however, prefer to use less sugar.

Apple Compote

(Яблучний компот)

6 apples
¾ cups sugar
1½ cups water

Thin slice of lemon rind
2 tablespoons lemon juice

Pare, core, and cut the apples in halves or quarters. Place in cold water while preparing the syrup. Bring the sugar, water, and lemon rind to a boil. Cook the apples, a few at the time, in the simmering syrup until tender and transparent. Remove them with a perforated spoon. Concentrate the syrup by boiling until thick. Strain and add the lemon juice. Pour over the apples. Chill. The apple sections may be used to garnish meat or salad dishes.

Berry Compote

(Ягідковий компот)

1 pound fresh strawberries or raspberries	$\frac{3}{4}$ cup sugar 1 cup water
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Wash and drain the fruit. Bring the sugar and water to a boil. Pour the boiling syrup over the fruit, and let it stand for several hours before using. This compote requires no cooking.

Cherry Compote

(Вишневий компот)

1 pound fresh cherries	1 cup water
$\frac{3}{4}$ cup sugar	3 tablespoons lemon juice

Wash, drain, and pit the cherries. Save about 10 cherry stones. Crack the stones, blanch the kernels, remove the skin, and mash the kernels finely. Bring the sugar, water, lemon juice, and crushed kernels to a boil and cook for 5 minutes. Put the cherries into the syrup and simmer gently for 10 minutes. Remove the cherries and cook the syrup until fairly thick. Pour over the cherries and allow the compote to cool. Serve plain or with whipped cream.

Jellied Pear and Cherry Compote

(Овочена драглина)

Cherry Compote	3 whole cloves
6 fresh pears	2 tablespoons lemon juice
$\frac{1}{4}$ cup sugar	1 teaspoon gelatine
$1\frac{1}{2}$ cups water	1 tablespoon cold water

Prepare the Cherry Compote as given in the preceding recipe. Wash, pare, core, and cut the pears in halves. Boil the sugar, water, cloves, and lemon juice for 10 minutes. Add the pears and simmer until tender. Remove the pears. Boil the syrup to half its quantity. Remove the cloves. Soften the gelatine in 1 tablespoon of cold water, and add to the hot pear syrup. Combine the syrup of the cherries and pears. Arrange the cherries in the centre of a glass bowl, and surround with the pear halves. Pour the syrup over the fruit and chill until firm.

Baked Apples with Wine

(Яблука печени з вином)

6 baking apples	$\frac{1}{3}$ cup sugar
6 tablespoons strawberry jam	1 cup red wine
$\frac{1}{2}$ cup chopped walnuts	

Wash the apples and core them without boring through to the other side. Leave about $\frac{1}{2}$ inch at the bottom of the apple. Cut small slits in the skin to prevent the skins from cracking. Mix the jam with the walnuts and fill the apple centres. Place in a baking dish. Mix the sugar with the wine and pour over the apples. Bake in a moderate oven (375°F.) for about 45 to 50 minutes, or until the apples are tender but remain whole. Baste while baking. Chill and serve.

Brandied Fruit

(Компот из коньяком)

Brandied fruit may be prepared from freshly made fruit compotes or canned fruit. Any one of the following canned fruits may be used: peaches, apricots, or cherries. Drain the syrup from the canned fruit and boil until the quantity has been reduced to about one-third. Cool. Add 2 tablespoons of brandy to each cup of syrup. Pour the syrup over the fruit and chill for at least one hour before serving.

Strawberries and Cream

(Супница с сметаной)

This old-time dessert is the favorite of favorites.

$\frac{1}{2}$ quart strawberries	2 tablespoons confectioners' sugar
$\frac{1}{4}$ cup confectioners' sugar	1 teaspoon rum or brandy
$\frac{1}{2}$ cup whipping cream	

Wash, drain, and hull the strawberries. Reserve a few berries for garnish and cut the rest into halves or quarters. Sprinkle with the sugar and let them stand for 10 minutes. Chill the cream thoroughly; then whip it with the sugar and add the flavoring. Fold the berries into the cream. Serve in sherbet glasses and garnish with the reserved berries.

Fresh Fruit Cup with Wine

(Фруктовая супница)

2 oranges	1 apple
1 grapefruit	Juice of 1 lemon
1 banana	$\frac{1}{2}$ cup sugar
1 pear	$\frac{1}{2}$ cup wine (sherry, port, muscatel or tokay)
$\frac{1}{2}$ cantaloupe	

Peel and cut the fruit into pieces. Add the sugar and lemon juice. Mix well, being careful not to mash the fruit.

Pour the wine over the fruit, and allow it to stand in a cold place for several hours, stirring a few times. Serves 4 to 6.

(Adapted from the *UKRAINIAN COOK BOOK*, Philadelphia.)

Pears in Custard

(Грушки в кремі)

This is a simple and effective chilled dessert with a nutritious custard sauce. Canned pears may also be used.

2 cups water	2 eggs
$\frac{1}{4}$ cup sugar	3 tablespoons sugar
Juice of $\frac{1}{2}$ lemon	1 cup scalded milk
6 pears	$\frac{1}{2}$ teaspoon vanilla

Combine the sugar, water, and lemon juice and bring them to a boil. Pare, halve, and core the pears. Drop the pears into the boiling syrup and cook until tender. Remove them to a serving dish. Beat the eggs slightly, stir in the sugar, and then add the scalded milk along with 1 cup of the boiling syrup in which the pears were cooked. Cook this custard sauce in the top of a double boiler over hot water until the mixture coats a metal spoon. Flavor with the vanilla. Pour the sauce over the pears and chill thoroughly. Garnish with dabs of red jelly or whole strawberries.

(Adapted from the *UKRAINIAN COOK BOOK*, Philadelphia.)

Strawberry or Raspberry Crème

(Смуичний або малиновий крем)

A smooth and creamy dessert with a refreshing fruit flavor.

2 cups fresh strawberries	$\frac{1}{4}$ cup cold water
or raspberries	$\frac{1}{3}$ cup or more sugar
Juice of $\frac{1}{2}$ lemon	1 cup whipping cream
1 tablespoon gelatine	

Wash the berries, drain, crush, and combine with the lemon juice. Soften the gelatine in the cold water. Add the sugar, place over boiling water, and heat until the gelatine and sugar are dissolved. Blend with the fruit pulp and chill in the refrigerator until the mixture just begins to thicken. Fold into the stiffly beaten cream. Chill until set.

Apricot or Peach Crème

(Морелевый або броскоиновый крем)

Follow the preceding recipe, but replace the berries with fresh or cooked dried apricots or peaches.

Caramel Crème

(Карамельовий крем)

Here is a rich and delicious dessert. It may be prepared a day in advance and then caramelized.

2 cups rich cream
4 egg yolks

Few grains salt
 $\frac{1}{2}$ cup brown sugar

Bring the cream to a boil and then boil it for 1 minute only. Beat the egg yolks until light. Pour the hot cream over the yolks slowly, beating constantly. Cook over simmering water and stir until the mixture just thickens. This will take about 5 minutes. Do not overcook. Pour into a shallow, buttered baking dish. Chill it thoroughly, preferably overnight. Cover the cream with the brown sugar. Place it under a broiler 6 to 8 inches away from the heat. Broil until the sugar starts to melt. The broiling will caramelize the sugar. Chill thoroughly. Crack the sugar crust with a spoon before serving. Serves 6.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Vanilla Crème

(Ванилевий крем)

Ukrainian homemakers prepare a variety of gelatine desserts with a custard base like this one.

1 tablespoon gelatine	$\frac{1}{8}$ teaspoon salt
$\frac{1}{4}$ cup cold water	$\frac{1}{4}$ cup sugar
$1\frac{1}{2}$ cups thin cream	$1\frac{1}{2}$ teaspoons vanilla
3 egg yolks	1 cup whipping cream

Soften the gelatine in the cold water and set it aside. Scald the cream in a double boiler. Beat the egg yolks slightly with the salt and sugar, then pour in the scalded cream gradually, stirring constantly. Return to the double boiler and cook over hot water, stirring constantly, until the mixture coats a metal spoon. Remove the mixture from the heat. Add the softened gelatine and stir until dissolved. Add the vanilla. Chill thoroughly. Whip the cream until stiff, then fold the chilled custard into it. Chill. Serve garnished with toasted almonds or fresh berries.

Coffee Crème

(Кавовий крем)

Follow the preceding recipe, but replace the cream with freshly made strong coffee. Instant coffee may be used.

Almond Crème

(Мигдаловий крем)

Follow the recipe for Vanilla Crème with these changes: Add $\frac{1}{2}$ cup of finely ground, blanched almonds to the cooked custard. Omit the vanilla and add $\frac{1}{4}$ teaspoon almond extract. For a more pronounced and intriguing flavor, 1 tablespoon of rum may be used.

Favorite Almond Crème

(Мідаловий крем)

The preceding recipe for almond crème is a modern hurry-up version, while the following one is the traditional old favorite. It may be varied in a number of ways.

$\frac{3}{4}$ cup blanched almonds	1 tablespoon gelatine
3 tablespoons or more water	3 tablespoons cold water
2 cups rich milk, scalded	1 teaspoon rum
$\frac{1}{3}$ cup sugar	1 cup whipping cream

Grind the almonds in a nut grinder and then pound them in a mortar until thoroughly crushed. Add the water very gradually and continue pounding to make a uniformly blended mixture. Combine the crushed nuts with the hot milk. Bring to a boil, remove from the heat, and cool. Strain the almond milk through a fine sieve. Measure $\frac{1}{2}$ cup of it and heat it in the top of a double boiler along with the sugar. Soften the gelatine in the cold water, and then dissolve it in the hot almond milk. Combine the gelatine with the remaining almond milk. Chill until the mixture begins to thicken. Add the rum and beat well. Beat the cream until thick and fold it into the mixture. Chill thoroughly.

Orange Snow

(Помаранчовий сніжок)

An elegant special occasion dessert to please every palate.

1 tablespoon gelatine	$\frac{3}{4}$ cup sugar
3 tablespoons cold water	6 eggs, separated
Juice of 1 lemon	1 cup orange juice

Soften the gelatine in the cold water in the top of a double boiler and let it stand at room temperature for 5 to 10 minutes. Heat over boiling water until the gelatine is dissolved. Pour the lemon juice over the sugar and beat until

white. Add the egg yolks, one at a time, and continue beating until light. Beat in the dissolved gelatine and orange juice. Chill until the mixture starts to thicken. Beat the egg whites until stiff and then beat the chilled jelly until light. Combine the two and chill until firm. Serve garnished with orange sections.

Strawberries with Meringue

(Пташине молочко з льодяжи)

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

3 to 4 egg whites
 $\frac{1}{4}$ cup sugar

2 cups hot milk
Strawberries

Beat the egg whites until stiff. Add the sugar gradually and beat. Drop the meringue from a tablespoon in mounds into the hot milk. Cover tightly and poach for about 5 to 6 minutes, without letting the milk boil. Remove very gently with a perforated spoon. Use the milk to make a Custard Sauce (page 315). Cool the sauce. Put some sugared strawberries into a dessert dish. Pour the custard sauce over them. Place the meringues on top. Chill well before serving. Serves 6.

Cottage Cheese Puff

(Сирний пух)

1 cup cottage cheese
2 tablespoons soft butter
4 eggs, separated
 $\frac{1}{3}$ cup sugar
 $\frac{1}{8}$ teaspoon salt
Grated rind of $\frac{1}{2}$ lemon

$\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{4}$ cup chopped blanched almonds
 $\frac{1}{4}$ cup raisins or drained crushed pineapple

Press the cottage cheese through a sieve and mix with the softened butter. Beat the egg yolks well, add the sugar and salt gradually, and continue beating until light. Beat

in the cheese mixture and the remaining ingredients. Beat the egg whites until stiff and fold into the mixture. Spoon into a buttered baking dish and set it in a pan of hot water. Bake in a moderate oven (350°F.) for 40 or 45 minutes, or until the centre is firm to the touch. Serve with any favorite fruit sauce. Serves 4 to 5.

Prune Puff

(Слисковый пух)

1 cup pulp of cooked prunes	$\frac{1}{4}$ cup sugar
1 tablespoon lemon juice	Few grains salt
4 eggs, separated	

Chop the stewed, pitted prunes very finely, or press through a sieve. Combine the prunes with the lemon juice. Beat the egg whites until stiff and the yolks until thick and light colored. Add the sugar and salt gradually to the yolks and continue beating. Combine the prune pulp with the yolk mixture. Fold in the beaten whites. Spoon the mixture lightly into a buttered baking dish; set the dish in a pan of hot water. Bake in a moderate oven (350°F.) for 45 minutes or until the centre is firm when touched lightly with a finger. Serve hot with a Custard Sauce (page 315). Garnish with toasted chopped almonds. Serves 4 to 5.

Apple and Rice Pudding

(Запеченный риж з яблуками)

Apples and browned buttered crumbs add a rich character to this everyday pudding. Raisins and nuts may also be used.

$\frac{1}{4}$ cup butter	$\frac{1}{3}$ cup or more sugar
$\frac{1}{2}$ cup dry bread crumbs	$\frac{1}{2}$ teaspoon cinnamon
3 to 4 tart apples, pared and diced	2 cups cooked rice ($\frac{2}{3}$ cup uncooked)

Heat the butter until it begins to bubble and brown slightly. Add the bread crumbs and stir until lightly browned. Do not scorch. Reserve about 2 tablespoons of the browned buttered crumbs for the topping. Mix the apples with the sugar and cinnamon. Combine with the rice and bread crumbs. Put the mixture into a buttered baking dish and sprinkle the reserved crumbs over the top. This pudding has no liquid. If a moist pudding is desired, sprinkle the mixture with a few tablespoons of cream or milk. Cover and bake the pudding in a moderate oven (350°F.) for about 30 to 40 minutes, or until the apples are tender. Serves 5 to 6

Old-Time Apple Noodle Pudding

(Локшина з яблуками)

Here is grandma's favorite pudding.

2 cups home-made noodles, uncooked	1 teaspoon cinnamon
$\frac{1}{4}$ cup melted butter	1 tablespoon lemon juice
4 to 5 tart apples, pared and diced	$\frac{1}{2}$ cup raisins, if desired
$\frac{1}{3}$ cup or more sugar	$\frac{1}{2}$ cup chopped nuts, if desired
	$\frac{1}{2}$ cup Browned Buttered Crumbs (page 170)

Prepare the noodles as directed in the recipe for Lokshyna (page 197). Mix the hot noodles with the butter. Combine the apples with the sugar, cinnamon, and lemon juice. Add the raisins and chopped nuts, if used. Reserve about 3 tablespoons of the browned buttered crumbs for the topping and mix the rest with the noodles along with the apple mixture. Put into a buttered baking dish and top with the reserved crumbs. Cover and bake in a moderate oven (350°F.) for about 30 to 40 minutes, or until the apples are tender. Serve hot. This pudding may be served plain or with cream. Serves 6 to 8.

Cherry Bread Pudding

(Черешнята)

This is really a fine version of a bread pudding — full of juicy cherries and nuts. Dry leftover babka may be used in place of bread.

2 cups diced dry bread	$\frac{1}{2}$ teaspoon cinnamon
$1\frac{1}{2}$ cups warm milk	2 tablespoons melted butter
3 eggs, separated	1 pound pitted cherries
$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup chopped blanched almonds
$\frac{1}{4}$ teaspoon salt	

Soften the bread in the milk. If the bread is very dry, use more milk. Beat the yolks with the sugar and salt, and then combine with the bread. Mix in the cinnamon, melted butter, cherries, and almonds. Beat the egg whites until stiff and fold into the mixture. Spoon into a buttered baking dish. Place it in a pan of hot water, cover, and bake in a moderate oven (350°F.) for about 35 to 40 minutes. Serve hot with cream or cherry syrup, if canned cherries are used. Serves 6.

Apple Dumplings

(Яблучний коник)

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

2 cups sifted flour	$\frac{2}{3}$ cup butter or shortening
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup cold water or milk
2 teaspoons baking powder	5 to 6 medium apples

Sift the flour with the dry ingredients. Cut in the butter or shortening as for pie. Sprinkle the water or milk over the mixture and press together lightly, working the dough only enough to hold it together. Roll the dough about $\frac{1}{8}$ inch thick and cut into 5 to 6 squares. Pare and core the whole apples. Place the apple on each square and fill the hollow with sugar and cinnamon. Dot the top with butter. Bring

the 4 corners of the square to the top and seal. Seal the bottom part on each side, but leave a small opening for the steam to escape. Brush with a slightly beaten egg diluted with 2 tablespoons of water, and sprinkle with a mixture of chopped nuts and sugar. Place the dumplings in a greased baking pan. Bake in a hot oven (425°F.) for 10 to 15 minutes, then lower the temperature to a moderate oven (350°F.), and continue baking for about 30 minutes longer, or until the apples are tender. Serve plain, or with cream, or any favorite sauce.

Cherry Dumplings

(Черешневий коник)

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

Chereshnyanyk

(Cherry Bars)

(Черешняник)

Chereshnyanyk is a Ukrainian name for a pastry with a cherry filling. Pies are not known in Ukraine. This recipe is the nearest equivalent to a Canadian cherry pie. Any fresh fruit may be used with this pastry base. For quick and sure results use a canned cherry filling.

2 cups sifted flour	1 tablespoon lemon juice
$\frac{3}{4}$ cup sugar	$\frac{1}{2}$ teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon salt	1 cup light cream
$\frac{3}{4}$ teaspoon baking soda	Cherries, sugared
$\frac{1}{2}$ cup butter	Flour

Sift the flour with the dry ingredients. Cut in the butter. Combine the lemon juice, rind, and cream; add to

the flour mixture. Mix lightly. This dough should be soft. Spoon it into a buttered 9x14 inch cake pan and pat gently, elevating the sides to hold the filling. Fill with sugared cherries and bake in a moderate oven (375°F.) for 35 minutes, or until done. Cool and cut into squares. When using very juicy fruit, add a little flour to it to prevent the juice from running out.

Variation: An attractive touch to this pastry is a latticed or criss-crossed top. For this, reserve some of the dough and add a little more flour. Roll, cut into very narrow strips, and arrange in a lattice pattern. Brush with milk, sprinkle with sugar, and bake as directed. This makes a colorful tea dainty.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Yabluchnyk

(Apple Cake)

(Яблучник)

Here is a delicious cake which is easy to prepare. Use this pastry base with pitted cherries or plums, or sliced peaches.

1½ cups sifted flour	⅓ cup cream or more
¼ cup sugar	4 apples
¼ teaspoon salt	Sugar
2 teaspoons baking powder	Cinnamon
½ cup butter	Butter
1 egg	

Sift the flour with the dry ingredients. Cut in the butter until the mixture is crumbly. Beat the egg and combine with the cream. Stir it into the flour mixture; mix lightly, handling the dough as little as possible. Pat it into a buttered 8x10 inch baking pan. Pare the apples, cut into thin slices, and spread them over the dough. Sprinkle the apples with a mixture of sugar and cinnamon and dot with butter. Bake in a moderate oven (375°F.) for about 25 minutes, or until done.

Fruit Fritters

(*Ovochi v tisti*)

Fruit fritters rate high in popularity as a dessert in Ukraine. They are made with various fruits in season. In Ukrainian the fritters are called "ovochi v tisti" which means "fruit in batter," but in popular usage they are given the name of the specific fruit used in making them, as, for example, "yabluka v tisti" (apple fritters). The fritters are usually fried in deep fat, but pan-frying is much simpler.

1 cup sifted flour	$\frac{2}{3}$ cup milk
2 tablespoons sugar	1 tablespoon brandy or rum
$\frac{1}{2}$ teaspoon salt	1 tablespoon melted butter
1 teaspoon baking powder	Prepared fruit
2 eggs	

Sift the dry ingredients together. Beat the eggs until light, add the milk, brandy or rum, and the melted butter. Combine the liquid and the dry ingredients; mix until well blended. The batter should be thick enough to coat the fruit. Stir in the fruit. Drop the coated fruit in spoonfuls into deep fat (375°F.), or pan-fry in hot fat until delicately browned. Drain on absorbent paper. Sprinkle with sugar and cinnamon. Serve hot.

Fruit for Fritters

Apples: Pare, core, and cut into $\frac{1}{2}$ inch slices.

Peaches: Peel, pit, and slice

Strawberries: Wash, hull, and dry on absorbent paper.

Cherries: Wash, dry on absorbent paper, and pit.

Plums: Wash, dry, and pit. If whole plums are used, replace the pit with some sugar.

Puffy Pampushky

(Puff Balls)

(Делікатні пампушки)

These pampushky are puffy, light, and tender. When fried in very tiny puffs, they are served as a soup accompaniment on very special occasions.

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

$\frac{1}{4}$ cup butter

Few grains salt

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

3 large or 4 small eggs

1 tablespoon brandy or rum

Put the water, butter, and salt into a saucepan and bring to a boil. Add the flour and stir briskly until the mixture leaves the sides of the pan. Remove from the range and cool slightly. Add the eggs, one at a time, and beat well after each addition. Beat in the brandy or rum. Drop the batter from a teaspoon into deep fat (375°F.) and fry until delicately browned. Drain on absorbent paper. Sprinkle with confectioners' sugar. Serve hot. These puffs may be served plain or with any fruit sauce.

Nalysnyky

Dessert nalysnyky are wafer-thin pancakes filled with a sweet filling, then rolled, folded or layered. They are a favorite dessert in Ukrainian homes. The standard recipe for nalysnyky is given in the section on Griddle Cakes (page 187).

Fluffy Nalysnyky

(page 188)

Elegant Nalysnyky

(*Pancakes*)

(Пшени́ні налисники)

This is a delightful dessert. The cakes are tender and delicate.

3 eggs	3 tablespoons milk
3 tablespoons flour	$\frac{1}{4}$ teaspoon salt
3 tablespoons water	

Beat the eggs well and combine with the remaining ingredients. Beat until the batter is smooth and creamy. Use a small frying pan about 6 inches in diameter. Butter lightly and heat well. Pour a few tablespoons of the batter to cover the bottom of the pan with a very thin coating. Tilt the pan back and forth to spread the batter evenly. When lightly browned on the bottom and firm to the touch on top, remove the cake to a warm plate and keep it warm. To assure tenderness, the cake should not be turned over. However, it may be turned, if desired. Continue baking in this manner until all of the batter is used. Butter the pan lightly each time.

Spread the cakes with a favorite sweet filling. Then roll or fold in two. An excellent accompaniment for these cakes is the Orange Sauce (page 313). Serve hot.

Layered Sweet Nalysnyky

(*Pancakes*)

(Делікатні налисники)

These fine-textured cakes require no rolling or folding.

1 tablespoon butter	$\frac{1}{4}$ cup milk
2 tablespoons sugar	$\frac{1}{4}$ cup water
$\frac{1}{4}$ teaspoon salt	1 teaspoon brandy or $\frac{1}{2}$ tea-
3 eggs, separated	spoon vanilla
$\frac{1}{4}$ cup flour	

Cream the butter with the sugar and salt. Beat the egg whites until stiff and set aside. Beat the egg yolks until light, add the sugar-butter mixture, and beat until smooth. Stir in the remaining ingredients and beat thoroughly. Fold in the beaten egg whites. Heat a frying pan and butter it lightly. Pour a few tablespoons of the batter and cook over a moderately low heat, without tipping the pan or spreading the batter. When lightly browned on the bottom, turn it over and brown the other side. Handle the cake gently. Remove it to a warm serving dish and place it in a heated oven while baking the next one. Arrange the cakes in layers, spreading some crushed, sugared fruit between them. Honey Filling (page 312) may take the place of fruit.

Cake Nalysnyky with Meringue Topping

(Бішкочкові налисники)

A meringue topping gives these delicate cakes a decorative finish.

2 tablespoons butter	5 eggs, separated
2 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	Fruit filling
5 tablespoons flour	2 egg whites
1 cup milk	2 tablespoons sugar

Melt the butter in a saucepan, stir in the sugar, salt, and flour, and then add the milk gradually. Cook over a low heat, stirring constantly, until the mixture becomes thick and smooth. Remove the mixture from the range and cool slightly. Beat in the egg yolks one at the time. Stir in the vanilla. Beat the egg whites until stiff and fold into the batter. Fry small cakes over a moderate heat, browning them lightly on both sides. Handle the cakes gently because they are very tender and delicate. Spread each cake with any desired fruit filling. Place them in a buttered baking dish in layers, forming a stack of about 4 cakes. Now prepare the meringue by beating the egg whites until stiff; add the sugar

gradually and beat until thick. Top the layered cakes with the meringue and brown lightly in a moderate oven (350°F.). Cut into wedges and serve hot or warm.

(Mrs. E. J. Kusey, Canora, Sask.)

FILLINGS FOR DESSERT NALYSNYKY

Cottage Cheese Filling

2 cups cottage cheese	$\frac{1}{2}$ teaspoon vanilla
2 egg yolks	$\frac{1}{4}$ teaspoon cinnamon
$\frac{1}{4}$ cup or more sugar	Few grains salt

Mash the cottage cheese, or press it through a sieve. Combine with the remaining ingredients; mix thoroughly.

Crushed Fruit Filling

(Овочева начинка)

Fill nalysnyky with crushed, sweetened strawberries, raspberries, blueberries, pitted cherries, or other fruit.

Honey Filling

(Медова начинка)

3 tablespoons butter	1 teaspoon lemon juice
$\frac{1}{2}$ cup honey	1 teaspoon orange juice
$\frac{1}{2}$ teaspoon grated lemon or orange rind	$\frac{1}{2}$ cup walnuts or pecans, crushed

Cream the butter with the honey; stir in the remaining ingredients.

Orange Sauce

(Помаранчова поливка)

3 tablespoons butter	$\frac{1}{2}$ teaspoon grated orange
$\frac{1}{2}$ cup confectioners' sugar	rind
$\frac{1}{3}$ cup orange juice	1 tablespoon sherry, if
1 tablespoon lemon juice	desired

Mix all the ingredients until smooth and creamy.

Dessert Varenyky

(See Fruit Varenyky, page 212)

Dessert Pastries

(See the section on *Cakes, Tortes, and Pastries*)





DESSERT SAUCES

Custard Sauce

(Кремova поливка)

2 cups milk	Few grains salt
4 egg yolks or 2 whole eggs	1 teaspoon vanilla or rum
$\frac{1}{4}$ cup sugar	

Scald the milk in the top of a double boiler. Beat the yolks or eggs slightly and blend in the sugar and salt. Pour in the scalded milk gradually and return the mixture to the top of a double boiler. Cook over hot water, stirring constantly, until the sauce just coats a metal spoon. Remove from the range and strain. If the sauce should start to curdle, beat vigorously with a rotary beater until smooth. Add the vanilla or rum. Serve hot or cold. This recipe will make about $2\frac{1}{2}$ cups.

Caramel Syrup

(Карамельовий сироп)

1 cup sugar	$\frac{1}{2}$ teaspoon vanilla or 1 tea-
1 cup water	spoon rum

Heat the sugar in a heavy frying pan over a low heat and let it melt to a golden brown color. Do not stir. Add the water cautiously and cook until the hardened sugar is dissolved and a rich syrup is formed. Add the vanilla or rum. This is a basic caramel syrup. It may be bottled and refrigerated for future use. For a caramel cream sauce, add equal parts of the caramel syrup and cream.

Fluffy Orange Sauce

(Помаранчова поливка)

$\frac{1}{2}$ cup orange juice	2 eggs, separated
1 tablespoon lemon juice	1 teaspoon grated orange
6 tablespoons sugar	rind

Combine the juices, sugar, and the egg yolks in the top part of a double boiler. Cook, stirring constantly, until thick. Remove from the boiling water. Stir in the grated orange rind. Cool slightly. Beat the whites until stiff. Fold into the sauce. Serve hot or cold. Serves 5.

Lemon Sauce

(Цитринова поливка)

$\frac{1}{2}$ cup sugar	1 tablespoon butter
1 tablespoon cornstarch	Grated rind of $\frac{1}{2}$ lemon
Few grains salt	$\frac{1}{4}$ cup lemon juice
1 cup boiling water	

Mix the sugar, cornstarch, and salt in a saucepan. Stir in the boiling water. Cook, stirring, until the mixture boils. Add the remaining ingredients. Serves 5.

Brown Sugar Butter Sauce

(Сметанкова поливка)

$\frac{1}{4}$ cup butter	1 tablespoon brandy or 1
1 cup brown sugar	teaspoon vanilla
1 cup thin cream	

Cook the butter and sugar until the sugar is completely melted. Add the cream gradually. Stir over a low heat until the sauce boils. Remove from the range. Add the flavoring. Serve the sauce hot. Serves 5.

Wine Sauce

(Винова поливка)

2 eggs, separated	2 tablespoons lemon juice
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ cup sherry or white wine

Put the egg yolks, sugar, and lemon juice into the top part of a double boiler. Beat with a rotary beater until frothy

over hot, not boiling, water. Add the sherry and beat until the mixture is very light and begins to thicken. Remove the sauce at once from the hot water. Have the egg whites beaten stiff. Pour the hot sauce over the beaten whites, beating constantly until well blended. Serve hot or cold. Serves 4.

Chocolate Sauce

(Чоколадова поливка)

1 ounce chocolate	$\frac{1}{2}$ cup water
1 tablespoon butter	1 teaspoon vanilla
$\frac{1}{2}$ cup sugar	

Melt the chocolate, add the butter, sugar, and water. Cook until the sauce boils and is of a syrupy consistency. Add the vanilla. Serve hot or cold. If the sauce is too thick, thin it with cream or brandy.

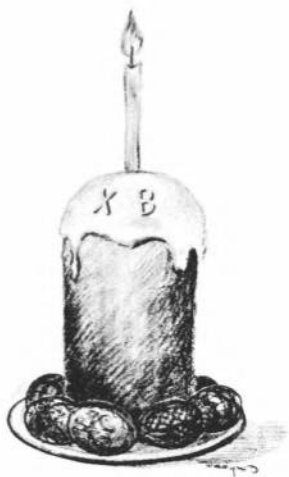
Fruit Sauce

(Овочева поливка)

$\frac{1}{2}$ cup sugar	2 tablespoons butter
1 tablespoon cornstarch	1 cup crushed fruit
1 cup unsweetened fruit juice	1 tablespoon sherry, if
1 teaspoon lemon juice	desired

Mix the sugar with the cornstarch; combine with the fruit juice. Cook for about 1 to 2 minutes, stirring constantly. Remove from the range. Stir in the lemon juice and butter. Add the fruit and flavoring. Serve hot or cold. This recipe makes about 2 cups.





BREAD AND BREAD PASTRIES

Ukrainians have cultivated grains on their rich humus soil from days immemorial. Having a bountiful supply of high grade wheat flour, Ukrainian homemakers developed a variety of distinctive national breads and bread pastries of which they are justly proud. Some of these breads play an important part in the national customs and traditions. Many a foreign traveler who visited Ukraine in the past centuries has marvelled at the ingenuity and culinary ability of Ukrainian women. One of these was the well-known French writer and romanticist, Honore de Balzac, who married Eva Hanska, a Ukrainian lady, and lived in the village of Verkhivnia near Kiev during the years 1847 to 1850. He was greatly impressed by the character of Ukrainian life, climate, land, and vegetation. Referring to Ukraine, he wrote the following to his family in France: "One cannot imagine these spaces and the harvests on the land which is never fertilized, and yet which produces so much wheat every year." He also noted the culinary skill of Ukrainian women. In a letter to a friend he wrote: "Perhaps one day I will be able to repay you this friendly service when you come to Ukraine, this terrestrial paradise, where I marked 77 ways of preparing bread, which fact itself suggests the idea that the people are able to manipulate even the simplest things." (*Ukraine in Foreign Comments and Descriptions* by V. Sichynsky.)

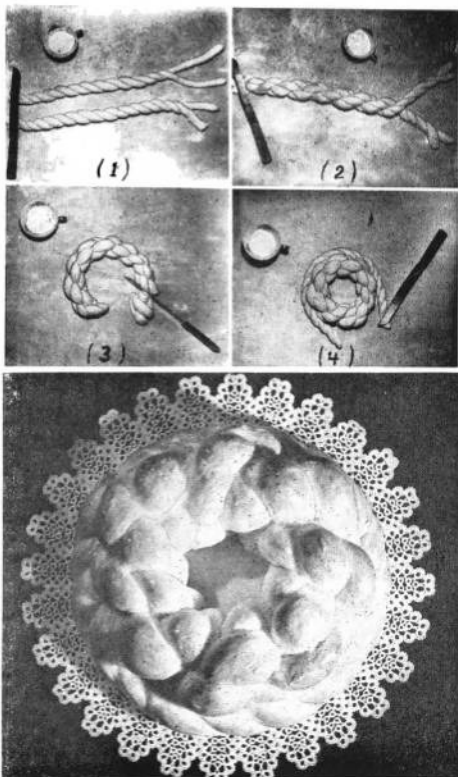
To the Ukrainians, bread is one of the holiest of all foods. The older people consider it most disrespectful when leftover pieces of bread are thrown about carelessly. They pick up such pieces reverently, kiss them in apology, and then feed the bread to the birds or burn it on the hearth. According to ancient belief, the fire is holy also. When loaves are placed in the oven to be baked, the homemaker makes a sign of the cross over them, thus expressing her gratitude for the daily bread. Never a crumb of bread is wasted. Ukrainian homemakers have learned to use bread crumbs to

advantage as a thickening, stuffing, coating, and garnishing. The most popular Ukrainian garnish is browned buttered crumbs.

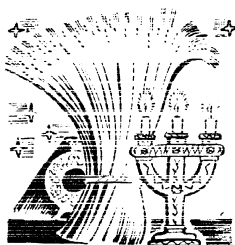
Ukrainians have a very charming custom of greeting honored guests with bread and salt. The host or the hostess, carrying a plate with a loaf of bread and a shaped mound of salt on top of it, meets the guest at the door with traditional salutations. This particular form of greeting is an expression of sincere welcome and hospitality. Though the household may not offer much in lavish foods, yet the guest is welcome to share the bread and salt. There is beauty and wisdom in greeting guests with bread and salt, the most precious possessions of mankind. Today, this custom is used only by organizations when greeting church dignitaries and individuals of great distinction. In the past, the newlyweds were installed in their new home with a customary ritual of bread and salt.

Ukrainian life is rich in delightful and colorful traditions. In some of these traditions, special kinds of breads are an essential feature. Each of these breads has its own specific name, shape, decorative dough ornaments, and a symbolic meaning. The bride and the groom are blessed by the parents with a round braided loaf of bread called "kalach." When a memorial service is held for a deceased member of the family, kalach is part of the ritual because it symbolizes eternity. The kalach is also featured at the Christmas Eve Supper (Svyata Vechera). Three loaves of it are placed, one on top of the other, on the table, with a candle inserted into the top loaf. The Easter festivity has its own distinctive breads — the richly ornamented "paska" and the delicate cake bread, "babka."

For wedding celebrations, a very large cake bread called "koroway," is richly ornamented with symbolic dough ornaments and decorated with greenery. In the past, the making of "koroway" was an important ritual in itself, requiring a strict observance of age-old customs in which the number seven played an important part. It was made by seven young women selected from the happily married



One method of shaping the traditional kalach (kolach).



couples. These seven women were required to draw water from seven different wells for the koroway and to use flour from wheat that grew in seven different fields. Butter and eggs came from seven sources also. Today, those interested in folklore have great difficulty in solving the mystery of the use of the number seven in the making of koroway.

The significant place that bread and cereal crops have in Ukrainian traditions is shown by the age-old custom of blessing the fields on St. George's Day, which falls on the seventeenth week after Christmas. At that time the field crops are in full growth. The priest and the parishioners of the village go in solemn procession to the fields where they chant prayers, invoking God's blessing and grace for a bountiful harvest, and asking for protection from the destructive forces of nature.

When the harvest is gathered, a jubilant harvest festival, called "obzhynky" is held. In Ukraine, the harvest season starts early in July and ends about the middle of August. Until lately, the field crops were harvested by hand; thus all able-bodied villagers, including those of teen age, helped with cutting and binding. The work had to be rushed to gather the crops at their prime and in fair weather. Little wonder that the completion of this hard toil, lasting from early dawn to the late hours of the night, ended in merry-making.

The last few stems of wheat and rye are left uncut in the field. They are tied together in the middle with their heads bent downward and the seed scattered about with these words: "Lord, thou hast given us a good yield, give us a bountiful harvest in the coming year." Following this ceremony, the women harvesters make two wreaths, one of rye and the other of wheat, or a large one of wheat stalks only, intertwined with red field poppies and bachelor's buttons, the emblematic flowers of Ukraine. Two young girls are selected to carry the wreaths and present them to the "hospodar" (master). Then the merry procession of the harvesters, with the two girls at the head of it, starts homeward, singing traditional harvest songs. They are met

by the "hospodar" at the gateway of his home with appropriate salutations and a symbolic serving of bread. In some localities a sheaf of grain is also brought from the field. This sheaf is stored until Christmas Eve, when the father of the family brings it ceremoniously into the house, and places it in the dining room.

The day is spent in feasting and dancing until daybreak. Both the young and the old join in the festival. The children enjoy their games, while the others swing in high spirits into colorful folk dances. The harvest celebration is a great festival of joy and thanksgiving. It is an expression of deep appreciation and gratitude for good crops on which the people depend.

Kalach or *Kolach*: A braided, ring-shaped bread, somewhat richer than the ordinary bread. The name is derived from a Ukrainian word "kolo," meaning a circle, which is a very old symbol of good luck, eternity, prosperity, bountiful life, and general welfare. Being symbolical, the kalach is used at various religious and family rituals. The bride and the groom are blessed by the parents with a kalach. At the Christmas Eve supper (*Svyata Vechera*), three loaves of kalach are placed one on top of the other with a candle inserted into the top loaf. This is the traditional table decoration at Christmas. The kalach is also featured at a memorial service for a deceased member of the family.

Paska: A rich, round Easter bread with elaborate dough ornaments, having the cross as the central motif. The ornamental finishes on paska are given much attention, because this bread is taken to church on Easter morning along with small portions of other foods to be blessed. This ceremony is very impressive. While the priest chants prayers and blesses rows and rows of baskets, with a lighted candle in each one, set on a green lawn, the choir sings the traditional Easter hymn, "Khrystos Voskres" (Christ is Risen).

Baba or *Babka*: This is one of the most distinctive of all Ukrainian breads. It is a rich yeast-raised cake bread of a

superlative quality, traditionally served at Easter. However, no one waits for Easter to enjoy this delicacy, and it is baked at any time of the year that suits one's fancy.

The name "baba" is the colloquial Ukrainian word for woman or grandma, while "babka" is a diminutive of the same word. The name "babka" is more commonly used, as the modern loaves are smaller and the name sounds daintier.

Why this particular cake bread is called baba or babka, meaning woman, is not known. Some think that the shape of the loaf, suggesting a statuesque matron, gave the cake bread its name. This bread is always baked in a tall cylindrical pan or in a fluted tube pan. The latter resembles the skirt of a peasant woman.

Some of the Ukrainian students of folklore suggest a different explanation. They say that the baba-bread may have originated in the prehistoric times when the Ukrainian communities were ruled by women, for it is an established historic fact that the matriarchal system once existed in the life of the Ukrainians. Many traces of this matriarchy are still evident in some of the ancient traditions, common law, ritual songs, status of women, and family relationship. Ukrainian women have always enjoyed freedom which, too, has its roots in matriarchy. The new findings of the archeological excavations in Ukraine also throw some light on the subject. In the excavated ancient settlements of the so called Trypillian Culture (3000 to 2000 B.C.), the archeologists have found a constant recurrence of numerous clay, female figurines. What these figurines mean, is still an unsolved puzzle, but authorities assume that they are definitely linked in some way to matriarchy. It is generally believed that, in the matriarchal system, the women priestesses performed various religious rituals some of which may have been connected with the fertility of the soil; hence a special type of ritual bread, the baba-bread, may have been an essential feature of the ritual. Probably this event was held in the spring as a part of the traditional spring festival. With the coming of Christianity, the old tradition blended with Easter festivity, and the ritual baba-bread

became known as Easter baba or babka. That is merely a theory, but it is an interesting one.

Perekladanets: A rich, layer coffee cake with various kinds of fillings. It is a festive bread traditionally served at Easter or Christmas.

Zavyvanets: A plain or rich coffee cake, filled and rolled. It may be shaped as a long roll, or coiled snail-fashion, or joined to form a ring.

Makivnyk: This is a specific name used for a zavyvanets (roll) with a poppy seed filling.

Rohalyky: Crescents with or without a filling. The name is derived from a Ukrainian word "rohy" which means horns.

Pampushky: Yeast-raised doughnuts with or without a filling. The rich, filled pampushky are traditionally served at the Christmas Eve Supper. The closest translation of this name is "puffies."

Pyrohy and Pyrizhky: These are yeast-raised rolls or short pastry dainties with a sweet or savory filling. The name is derived from an archaic word "pyr" (banquet). The pyrohy are large size rolls, while pyrizhky are much smaller, about the size of small Parker House rolls. The standard shape for all pyrohy and pyrizhky is oblong with tapering ends. The only exception to this rule is the large "hurry-up" pyrih (singular of pyrohy), which is rectangular in shape. Sometimes a busy homemaker makes one large pyrih, about the size of a large rectangular pie, which is then cut into individual portions. The small pyrizhky are more commonly made, because they are daintier in appearance and easier to serve. The pyrih may also be open-faced with no upper crust. Many varieties of short pastry bars with a topping of nuts or a fruit mixture are called pyrohy or pyrizhky in different parts of Ukraine.

The filling for pyrohy and pyrizhky may be sweet or savory. It may consist of meat, fish, mushrooms, cabbage, cottage cheese, buckwheat kasha, or any sweet filling. The

pyrohy or pyrizhky with a savory filling are traditionally served as a soup accompaniment with clear borsch, broth, or consommé. Those with a sweet filling find favor as pastry.

Bulochky: Plain or rich rolls.

Yeast

There are two forms of commercial yeast — the moist compressed and the dry granular. The recipes in this book specify the dry granular yeast, since it is more generally available on the market. It is less perishable than the compressed yeast and requires no refrigeration. Both forms of yeast may be used interchangeably because one package of dry granular yeast equals one cake of compressed yeast. Note the date of expiry on the granular yeast package to insure satisfactory results. When using the dry granular yeast, do not soften it in milk. This is worth remembering. To soften the dry granular yeast, follow the directions given in each recipe.

Oven Temperatures

Slow oven	250° to 325° Fah.
Moderate oven	325° to 400° Fah.
Hot oven	400° to 450° Fah.
Very hot oven	450° to 500° Fah.

Practical Tests for Oven Temperature

When the range has no automatic oven regulator, or when no portable thermometer is available, the approximate oven temperature may be determined as follows:

Sprinkle a teaspoon of flour on a smooth sheet of brown paper or a pie plate. Set it in the heated oven. The temper-

ature is indicated by the degree to which the flour browns in a given time. A sheet of unglazed white paper may be used instead of the flour test.

Slow oven — Flour browns very lightly in 5 minutes.

Moderate oven — Flour turns medium or golden brown in 5 minutes.

Hot oven — Flour turns dark brown in 5 minutes.

Very hot oven — Flour turns very dark brown in 3 minutes.

Sour Rye Bread

(Житній хліб)

The true old country style sour rye bread, so favored by Ukrainians and many Europeans, is difficult to make in Canada because of the difference in the quality of Canadian rye flour. This recipe gives a well-flavored rye bread worth trying. The sour-dough starter is the first step.

Sour-Dough Starter

1 teaspoon sugar	$\frac{1}{2}$ package dry granular yeast
1 cup lukewarm water	$1\frac{1}{2}$ cups rye flour

Dissolve the sugar in the water and sprinkle the yeast over it. Let it stand until the yeast softens. Stir in the flour. Cover and keep in a warm place for 24 hours. Then work into it:

$\frac{1}{2}$ cup lukewarm water
$\frac{3}{4}$ cup rye flour

Cover and let it stand in a warm place for another 6 to 8 hours or longer. This completes the sour-dough starter. Reserve 1 cup of it, and store for the future baking of rye bread. Make a batter of the remaining portion.

Batter

1 tablespoon sugar	Sour-dough starter
$2\frac{1}{2}$ cups lukewarm water	$1\frac{1}{2}$ cups rye flour
1 package dry granular yeast	$1\frac{1}{2}$ cups white flour

Dissolve the sugar in the water and sprinkle the yeast over it. Let it stand until the yeast softens. Beat in the sour-dough starter. Add the flour, and beat well. Cover and let it rise in a warm place overnight (about 12 hours). Many experienced cooks use part water and part whey or buttermilk (not cultured buttermilk) in the batter for a richer flavor. When the batter is ready add:

1 tablespoon salt	2 cups rye flour
1 tablespoon caraway seed	2½ to 3 cups white flour

Stir in the salt. Crush the caraway seed between the fingers to bring out its flavor. Add the flour, and knead until smooth. The dough should be firm. Some cooks add a cup of all-bran to the dough mixture, reducing the amount of rye flour slightly. This is a matter of personal choice. Cover the dough and let it stand for 20 minutes. Then place on a floured board and knead well, adding more flour, if necessary. Place the dough in a greased bowl, cover, and let it rise until double in bulk. Punch down and let it rise again for 30 minutes. Divide the dough and shape into 2 loaves. Grease a baking sheet or 2 loaf pans, and sprinkle lightly with corn meal. Place the loaves on the baking sheet or in the pans and allow them to rise, but be careful not to let them double in size, as rye dough that rises too high results in a flat loaf. Puncture each loaf in 3 places with a fork. This allows the carbon dioxide gas to escape during baking and prevents the loaves from cracking.

Preheat the oven to 425°F. and place a pan of boiling water in it. When the loaves are slightly more than half risen, bake them in a hot oven (425°F.) for 20 minutes. Then remove the pan of water, lower the temperature to a moderate (375°F.), and continue baking for 40 minutes, or until done. When the bread is baked but still hot, brush the loaves with salted water, using 1 teaspoon of salt to ½ cup of water. Tap the bread. If it sounds hollow, it is completely baked. Cool the loaves on racks.

White Bread

(Білий хліб)

The contributor of this recipe won the first prize for her bread for several years in succession at the North Battleford District Fair. This is the recipe she used:

1 teaspoon sugar	$\frac{1}{4}$ cup sugar
$\frac{1}{4}$ cup lukewarm water	$1\frac{1}{2}$ teaspoons salt
1 package dry granular yeast	2 tablespoons melted
4 cups boiled water, cooled	shortening
to lukewarm	$11\frac{1}{2}$ cups white flour

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the softened yeast, water, sugar, salt, shortening, and 6 cups of the flour. Beat until smooth. Cover and set it in a warm place to rise for about $1\frac{1}{2}$ hours. The sponge is ready when it is light and bubbly. Mix in the remaining flour and knead until the dough no longer sticks to the fingers. Turn it out on a floured board and knead until smooth and satiny. Place the dough in a bowl, cover, and set it in a warm place to rise until double in bulk. This will take about 2 hours. Cut the dough into 3 portions. Shape them into loaves. Place each loaf in a well-greased loaf pan. Cover and let it rise in a warm place until double in bulk. Bake in a hot oven (400°F.) for 15 minutes, then lower the temperature to a moderate heat (350°F.), and bake for 45 minutes longer.

(Mrs. S. W. Drul, North Battleford, Sask.)

Light Whole Wheat Bread

(Пшеничний разовий хліб)

1 teaspoon sugar	$2\frac{1}{2}$ cups lukewarm water
$\frac{1}{4}$ cup lukewarm water	$1\frac{1}{2}$ teaspoons salt
1 package dry granular yeast	$\frac{1}{4}$ cup sugar
1 egg, slightly beaten	4 cups white flour
$\frac{1}{4}$ cup shortening	4 cups whole wheat flour

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the yeast with the beaten egg, shortening, water, salt, sugar, and 3 cups of white flour. Beat until smooth. Set in a warm place to rise until light and bubbly. Mix in the remaining white flour and all of the whole wheat flour. Knead until the dough no longer sticks to the hand. Turn on a floured board and knead until smooth. Place the dough in a bowl, cover, and set it in a warm place to rise until double in bulk. Punch down and let it rise again. Shape the dough into 2 loaves and place each loaf in a greased loaf pan. Brush the top with melted shortening. Cover and set the loaves in a warm place to rise until double in bulk. Bake in a hot oven (400°F.) for 10 minutes; lower the temperature to 350°F., and bake for about 45 minutes longer. Remove the loaves from the pans and cool on a wire rack.

Crusty Rolled Bread

(Хліб напек)

This is a crisp, brittle-crust bread. It is especially good when baked in an old country style clay bake oven with the heat radiating evenly from all sides. However, the ordinary household range gives good results.

1 package dry granular yeast	1 tablespoon sugar
1 cup boiling water	1 cup cold water
1 tablespoon cooking oil	6 cups sifted flour
1 tablespoon salt	2 egg whites, slightly beaten

Soften the yeast in lukewarm water as directed on the package. To the boiling water, add the oil, salt, sugar, and cold water. Combine with the softened yeast. Mix in half of the flour; add the slightly beaten egg whites and beat the mixture thoroughly. Stir in the remaining flour and knead until the dough no longer sticks to the hand. Knead on a floured board until smooth and satiny. Return to the bowl, cover, and let it rise in a warm place until double in bulk. Punch down and let it rise again. Divide the dough into 2

parts and roll each part into a flat, long rectangle. Then roll it tightly into a roll, making it somewhat thicker at the centre and tapering at the ends. Place the loaves far apart on a greased baking sheet. Brush with water to prevent drying. Cut diagonal slits across the top with a sharp knife or pointed scissors. Brush with water. Allow the loaves to rise until double in bulk.

Heat the oven to 400°F. and place a pie plate half filled with boiling water on the bottom shelf of the oven. This bread requires steam for crustiness. Bake the bread at 400°F. for 15 minutes, then lower the temperature to 350°F., and continue baking for another 45 minutes. About 5 minutes before the bread is done, brush the loaves with a glazing mixture of 1 beaten egg white and 2 tablespoons of cold water, or with water alone.

(Mrs. S. W. Drul, North Battleford, Sask.)

Traditional Kalach

(Традиційний калач)

Kalach or kolach is a braided ring-shaped bread. The name is derived from a Ukrainian word "kolo," meaning a circle, which is an old symbol of eternity and general welfare. The kalach is featured at various religious and family rituals. There are numerous methods of ornamenting the kalach, some more elaborate than others.

1 teaspoon sugar	1 tablespoon salt
1 cup lukewarm water	1½ cup sugar
1 package dry granular yeast	½ cup cooking oil
2 cups scalded milk, lukewarm	or other fat
4 eggs, beaten	3 cups sifted flour
	5 to 6 cups sifted flour

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let it stand for 10 minutes. Combine the softened yeast with the lukewarm milk, eggs, salt, sugar, cooking oil, and 3 cups of flour. Beat until smooth. Cover

and let the batter rise in a warm place until light and bubbly, about 1 hour or longer. Mix in the remaining flour and knead until smooth and elastic. The dough should be somewhat stiffer than for bread so that the kalach will hold its ornamented shape. Do not make the dough too stiff. Cover and let it rise in a warm place until double in bulk. Punch down and let it rise again.

This recipe will make 2 medium loaves of kalach. Divide the dough into 2 portions. Shape each portion as directed. The ornamental shaping may seem complicated and troublesome at first, but the procedure is really quite simple.

(1) Shape the divided portion of the dough into a long roll. Cut it into 6 equal parts. Roll each into a long roll about 20 inches or slightly more in length. Take 2 of these rolls and entwine them from left to right, starting at the centre. Turn the roll around and entwine the other half in the same manner. Repeat this operation with the remaining 4 rolls. There will be 3 entwined rolls.

(2) Braid the 3 entwined rolls very neatly and evenly, starting at the centre. Then turn the partly braided roll around and finish braiding the other half.

(3) Trim the ends neatly, bring them together, and join by pressing gently. This will form a circle with an opening in the centre. Be sure that the opening is large enough to remain open when the loaf is baked. The baked loaf should look like a wreath.

(4) Roll the trimmed off dough into 2 thin rolls about 30 inches or more in length. Entwine them together as in step 1. Encircle the whole loaf with this entwined roll, joining the ends very neatly.

(5) Place in a greased, shallow pan of a suitable size. If desired, the centre may be kept open by placing a well-greased, tall, narrow tin can in it. A 12-ounce baking powder can may serve the purpose. Be sure to grease the can generously. Cover and set the loaves in a warm place to rise until almost double in bulk. Take care not to let the loaves rise longer than necessary as the ornamental finish may

lose its shape. Brush with a beaten egg diluted with 2 table-
spoons of water. Bake in a moderately hot oven (400°F.)
for about 15 minutes, then lower the temperature to 350°F.,
and continue baking for about 40 minutes longer, or until
done.

(Mrs. P. Slipchuk, Edmonton, Alberta.)

Traditional Easter Paska

(*Великодня паска*)

Paska is a round shaped Easter bread, much richer
than the ordinary bread. The top is elaborately decorated
with fancy dough ornaments, having a cross as the central
motif. The ornamental finishes on paska are given much
attention because this bread is taken to church on Easter
morning in a special basket along with small portions of
other Easter foods. The priest blesses the filled baskets,
while the choir sings the traditional Ukrainian Easter hymn
"Christ is Risen."

- | | |
|------------------------------------|---------------------------------|
| 1 teaspoon sugar | 6 eggs, beaten |
| 1 cup lukewarm water | 1 cup sugar |
| 1 package dry granular yeast | $\frac{2}{3}$ cup melted butter |
| 3 cups scalded milk, luke-
warm | 1 tablespoon salt |
| 5 cups flour | 9 to 10 cups sifted flour |

Dissolve the sugar in the lukewarm water and sprinkle
the yeast over it. Let it stand for 10 minutes. Combine the
softened yeast with the lukewarm milk and 5 cups of
flour. Beat well until smooth. Cover and let the batter rise
in a warm place until light and bubbly. Add the beaten eggs,
sugar, melted butter, and salt; mix thoroughly. Stir in
enough flour to make a dough that is neither too soft nor
too stiff. Knead until the dough no longer sticks to the hand.
Turn the dough on a floured board and knead until smooth
and satiny. Place in a bowl, cover, and let it rise in a warm
place until double in bulk. Punch down and let it rise again.
This amount will give two large loaves of paska.

Divide the dough into 3 parts. Reserve 1 part for ornamenting the loaves. Shape the other 2 parts into 2 round loaves. Place each in a greased, round pan. Now cut the reserved part in half to ornament the 2 loaves. The central ornament on paska is usually the cross. Roll 2 long rolls and trim the ends. Place the rolls over the top of the loaf, crossing one another evenly. Tuck the ends of the rolls under the loaf. Shape the trimmed dough into twisted swirls or rosettes, and arrange them symmetrically between the arms of the cross. Use sharp scissors to make fine petals on the rosettes. Once the cross is placed on the loaf, the remaining ornamentation is left to one's imagination and artistic ability. This is one of the simpler ways of ornamenting paska.

Elaborate ornaments require experience. Some homemakers make a separate stiff dough mixture for ornaments to assure their shape. The cross may be made of entwined or braided rolls for a better decorative effect. Among the usual ornaments there may be a bird with eyes of peppercorns or cloves, nestling in a bed of rosettes. These additional ornaments are placed on a loaf when it is about half risen.

Set the loaves in a warm place until they are almost double in bulk. Take care not to let the loaves rise longer than necessary because the ornaments will lose their shape. Brush very carefully with a beaten egg diluted with 2 tablespoons of water. Bake in a moderately hot oven (400°F.) for about 15 minutes, then lower the temperature to 350°F., and continue baking for 40 minutes longer, or until done. Avoid browning the top too deeply. If necessary, cover with aluminum foil. Remove the loaves from the pans and allow them to cool.

Traditional Easter Babka I

(Великодня бабка I)

Babka or baba is a rich yeast-raised cake bread traditionally served at Easter. It is one of the most distinctive

Ukrainian breads. A successful babka — rich, tender, fine textured, spongy, and very light — is a great triumph of a Ukrainian homemaker. Additional information on babka is given at the beginning of this section. In the following recipe the sponge is made with a base of a hot milk-flour paste. This method gives a finer texture to babka and helps to retain its freshness longer. It is popularly used for fine textured cake breads and yeast-raised pastries. For a cake-like crumb of the finished product, the egg yolks and the whole eggs may be beaten with the sugar over hot water until the mixture is thick.

1 cup milk	1 teaspoon salt
$\frac{1}{3}$ cup flour	1 cup sugar
2 teaspoons sugar	1 cup melted butter
$\frac{1}{2}$ cup lukewarm water	2 teaspoons vanilla
3 packages dry granular yeast	Grated rind of 1 lemon
10 to 12 egg yolks	$5\frac{1}{2}$ to 6 cups sifted flour
2 whole eggs	1 cup or more raisins, if desired

Bring the milk to a boil and remove from the range. Add the hot milk gradually to the flour and beat thoroughly until smooth and free of lumps. If necessary, strain or press the mixture through a sieve. Cool it to lukewarm. Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let stand until every yeast granule is softened. Combine with the lukewarm milk-flour paste, beat well, cover, and let it rise in a warm place until light and bubbly. Beat the egg yolks and the whole eggs together along with the salt; add the sugar gradually and continue beating until light. Beat in the butter, vanilla, and lemon rind. Combine this mixture with the sponge and mix well. Stir in enough flour to make a very soft dough and knead it in the bowl by working the dough over and up continually for about 10 minutes. The usual method of kneading does not apply to babka dough. This dough is very soft. Thorough kneading is essential to develop its elasticity. When raisins are used, they should be added after the dough is kneaded. Cover and let it rise in a warm place until double in bulk. Punch down, knead a few



times, and let it rise again. This second rising may be omitted, if desired. Opinions on this matter differ. Experienced cooks claim that the second rising gives a superior product.

Prepare tall, round baking pans by buttering them generously with soft butter and sprinkling them lightly with fine bread crumbs. Large tube pans may also be used, but the traditional babka is always baked in a tall, cylindrical pan. Fill the pans one-third full. This is very important. Cover and let the dough rise in a warm place until it reaches the brim of the pan. It should triple in bulk. Brush the loaves with a beaten egg diluted with 2 tablespoons of milk or water. Bake in a moderate oven (375°F) for about 10 minutes, then lower the temperature to 325°F., and bake for about 30 minutes; then again lower the temperature to 275°F. and continue baking for 15 to 20 minutes longer. The baking period will depend on the size of the loaves. If necessary, cover with aluminum foil to prevent scorching. Babka dough is very delicate and temperamental. It should be baked at a moderately high temperature at first in order to puff up and form a firm crust, and then the temperature should be lowered because this dough is very rich and scorches readily.

Remove the baked loaves from the oven and let them

stand in the pans for 5 to 10 minutes. Tip each loaf very gently from the pan onto a cloth-covered pillow. Do not cool the loaves on a hard surface. This is extremely important. Careless handling of the baked babka may cause it to fall or settle. As the loaves are cooling, change their position very gently a few times to prevent settling. If desired, the cooled loaves may be iced or glazed and decorated with bakers' confetti. This is the custom in the old country.

Babka is always sliced in rounds across the loaf. The sliced bottom crust serves as a protective cover, and it is put back to prevent the loaf from drying.

To Decorate Babka

(Смелция до бибки)

Mix together $\frac{1}{2}$ cup of confectioners' sugar with $\frac{1}{2}$ teaspoon of lemon juice and enough warm water to give a spreading consistency. Spread this icing over the top of babka and sprinkle with bakers' confetti.

The following is the traditional old country glaze for babka:

1 cup sugar
 $\frac{1}{2}$ cup water

1 teaspoon honey or few
drops lemon juice

Cook the sugar, water, and honey or lemon juice together until the syrup forms a soft ball when a little of it is dropped into cold water. Remove the syrup from the range. Stir in one direction until it turns white. Some flavoring may be added, if desired. Spread the glaze over the top of babka and sprinkle with bakers' confetti.

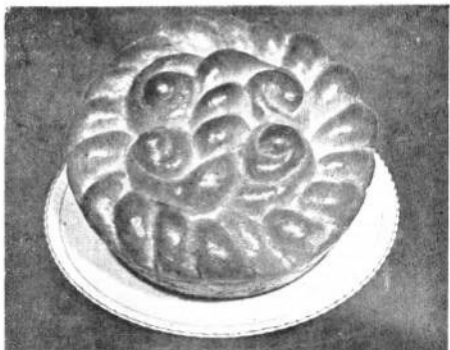
Traditional Easter Babka II

(Великодня бибка II)

Follow the recipe for Traditional Easter Babka I, but omit the hot milk-flour paste. Scald 1 cup of milk and cool it to lukewarm. Soften the yeast as directed. Make a sponge



Traditional Easter Paska.



Traditional Easter Paska

by combining the lukewarm milk with the softened yeast and 1 cup of flour. Proceed as directed in the recipe. Juice of 1 medium orange may be added to the dough mixture for a richer flavor. Add enough flour to give a soft dough.

Almond Babka

(Мигдалова бабка)

Follow one of the two recipes for Traditional Easter Babka. Add 1 cup or more of blanched, chopped almonds. Reduce the vanilla to 1 teaspoon and add 1 teaspoon of almond extract.



Fruit-Nut Babka

(Овочева бабка)

Follow one of the two recipes for Traditional Easter Babka. Add 1 cup of raisins, $\frac{1}{2}$ cup or more of mixed peel, $\frac{1}{2}$ cup of candied cherries, and 1 cup of blanched, chopped almonds.

Country Babka

(Селянська бабка)

- | | |
|----------------------------------|---|
| 2 teaspoons sugar | 1 cup sugar |
| $\frac{1}{2}$ cup lukewarm water | 1 cup melted butter |
| 2 packages dry granular yeast | 2 tablespoons grated lemon rind |
| 1 cup scalded milk, lukewarm | $5\frac{1}{2}$ cups sifted flour, about |
| 1 cup flour | 1 cup or more raisins |
| 6 eggs | |
| 1 teaspoon salt | |

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let stand until softened. Combine with the lukewarm milk and 1 cup of flour. Beat well, cover, and allow the sponge to rise in a warm place until light and bubbly. Beat the eggs with the salt, add the sugar gradually, and continue beating. Beat in the butter and lemon rind. Combine this mixture with the sponge. Stir in the flour and knead in the bowl for about 10 minutes. This dough should be slightly thicker than for the usual babka mixture. Knead in the raisins. Cover and let rise in a warm place until double in bulk. Punch down, knead a few times, and let it rise again. Butter tall, round baking pans with soft butter and fill them one-third full. Cover and let rise in a warm place until the dough reaches the brim of the pan. Bake as directed in the recipe for Traditional Easter Babka I (page 333).

Babka with Pumpkin

(Бабка на тарбузі)

This is a very old recipe, but it is worth preserving. Mashed pumpkin imparts a mellow, yellow color to babka and keeps it fresh and soft for days. A fewer number of eggs is required when pumpkin is used.

Follow the preceding recipe for Country Babka. Add $\frac{1}{2}$ to $\frac{2}{3}$ cup of cooked, mashed pumpkin, 2 teaspoons vanilla, and $\frac{1}{2}$ cup of orange juice. Add enough flour to give a soft dough.

Babka or Baba in Rum

(Бабка або баба з румом)

2 teaspoons sugar	5 to 6 eggs
$\frac{1}{3}$ cup lukewarm water	$\frac{1}{2}$ cup sugar
2 packages dry granular yeast	$\frac{1}{3}$ cup melted butter
$\frac{1}{2}$ cup scalded milk, lukewarm	Grated rind of $\frac{1}{2}$ lemon
$\frac{1}{2}$ cup flour	1 teaspoon vanilla
1 teaspoon salt	$\frac{1}{2}$ teaspoon cardamon
	3 cups sifted flour, about

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Combine with the lukewarm milk and $\frac{1}{2}$ cup of flour. Beat thoroughly, cover, and let the sponge rise in a warm place until light and bubbly. Sprinkle the salt over the eggs and beat well. Beat in the sugar and then stir in the remaining ingredients except the flour. Combine with the sponge. Add the flour and beat vigorously with a spoon, or use an electric beater. This dough should be of a thick batter consistency. Cover and let it rise until double in bulk. Punch down and let it rise again. Butter a very large tube pan, or use 2 medium-sized pans, and sprinkle with fine bread crumbs. Fill the pan or pans one-third full. Cover and let the dough rise in a warm place until it is more than double in bulk. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 325°F., and continue baking for 30 to 40 minutes. Remove the babka from the pan carefully and place on a large plate. Let it cool slightly. Pour the following sauce over the top and sides of the babka while it is still warm:

$\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup water

1 teaspoon lemon juice
 $\frac{1}{2}$ cup rum

Boil the sugar with the water for about 5 minutes. Add the lemon juice and rum. Pour the hot sauce over the babka.





Rich Christmas Kalach and Braid

(Різдвяний калач і плетень або дід)

This is a rich bread somewhat similar to babka, but the consistency of the dough is much thicker to enable shaping into a kalach and braid.

Follow the recipe for Traditional Easter Babka II (page 336) with these changes: Use 4 packages of yeast, 1½ cups of milk, 4 egg yolks, 4 whole eggs, and about 8 cups of sifted flour. When the dough is ready to shape, divide it into 2 portions, one for a kalach and other for a braid.

The following is a simple method of shaping a kalach (ring). Divide the dough into 3 equal parts and roll each into a long roll. Braid the rolls and join the ends to form a ring, leaving the centre open. Place in a well-buttered pan. A large tube pan may be used for this loaf. Cover and let it rise in a warm place until double in bulk.

A braid is a long braided loaf with tapering ends. Divide the dough into 3 equal parts and roll each into a long roll, making it thick at the centre and tapering at the ends. Braid the rolls, starting at the middle and then turn it around and braid the other half. Place in a buttered baking pan of a suitable size to retain the shape of the loaf. Cover and let it rise in a warm place until double in bulk.

Brush the loaves with a beaten egg diluted with 2 tablespoons of water or milk, and sprinkle the top with poppy seed or chopped nuts. Bake as directed in the recipe for Traditional Easter Babka I (page 333).

Perekladanets

(Layered Coffee Cake)

(Перекладанець)

This is a festive coffee cake popularly served at Easter. It is rich, fruity, and gay — “just like mother used to make.” Prepare the fillings first and keep them warm until ready to use.

Filling I

$\frac{1}{4}$ pound dried peaches or apricots
 $\frac{1}{2}$ cup mixed candied fruit

Soak the peaches or apricots in warm water overnight. Dry them on absorbent paper and chop very finely. Chop the candied fruit. Mix the fruits together.

Filling II

$\frac{1}{4}$ pound dates, chopped
 $\frac{1}{4}$ pound figs, chopped
 $\frac{1}{4}$ cup chopped walnuts

Mix the ingredients together.

Filling III

$\frac{1}{2}$ cup blanched chopped almonds	$\frac{1}{2}$ cup fruit sugar
$\frac{1}{2}$ cup candied cherries, chopped	Juice of $\frac{1}{2}$ lemon
	1 egg white, unbeaten

Mix the ingredients together.

Dough

2 teaspoons sugar	2 whole eggs
$\frac{1}{2}$ cup lukewarm water	8 egg yolks
3 packages dry granular yeast	1 teaspoon salt
$\frac{1}{2}$ cup scalded milk, lukewarm	Grated rind of 1 lemon
$\frac{3}{4}$ cup flour	2 teaspoons vanilla
$\frac{3}{4}$ cup butter	6 cups sifted flour
$\frac{1}{2}$ to $\frac{3}{4}$ cup sugar	

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Combine with the lukewarm milk and $\frac{3}{4}$ cup of flour. Beat well, cover, and let the sponge rise in a warm place until light and bubbly. Cream the butter with the sugar. Add the whole eggs, one at a time, and beat after each addition. Stir in the beaten yolks, salt, lemon rind, vanilla and sponge. Add the flour and knead in the bowl for about 10 minutes. Cover and let the dough rise in a warm place until double in bulk. Punch down, knead a few times, and let it rise again.

This dough is sufficient for 2 medium loaves. Line 2 loaf pans with heavy brown paper and butter generously with soft butter. Be sure the fillings are warm. This is very important. Divide the dough into 2 portions for 2 loaves. Cut each portion into 4 equal parts and roll each into a rectangle to fit the pan. Brush each rectangle with a slightly beaten egg white to prevent the dough from getting soggy. Place a layer of the dough in the pan and spread half of Filling I over it. Cover with a second layer of the dough and spread half of Filling II over it. Continue in this manner with Filling III, topping with the fourth layer of the dough. Fill the other pan in the same way. Cover and let the loaves rise in a warm place until double in bulk. Perekladnets takes longer to rise than babka. Give it time. Brush the top with melted butter or a beaten egg. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 325°F. and continue baking for 50 minutes longer. If necessary, cover with aluminum foil to prevent scorching. Remove the loaves from the oven and let them stand in the pans until slightly cooled. Tip each loaf gently and carefully from

the pan onto a cloth-covered pillow and remove the paper lining. Do not cut for 24 hours.

(Adapted from the *UKRAINIAN COOK BOOK*, Philadelphia.)

Economical Perekladanets

(Layered Coffee Cake)

(Дешевий перекладанець)

The lightness and sponginess of this economical perekladanets, with a layer of nuts and sugar, will please you. The filling may be increased slightly to make an additional layer.

1 teaspoon sugar	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{4}$ cup melted butter
1 package dry granular yeast	1 teaspoon vanilla
$\frac{3}{4}$ cup scalded milk, lukewarm	2 to $2\frac{1}{2}$ cups sifted flour
$\frac{1}{2}$ cup flour	$\frac{1}{2}$ cup chopped nuts
2 whole eggs	$\frac{1}{2}$ cup brown sugar
3 egg yolks	1 teaspoon vanilla
$\frac{1}{2}$ teaspoon salt	

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Combine with the lukewarm milk and $\frac{1}{2}$ cup of flour. Beat well, cover, and let the sponge rise in a warm place until light and bubbly. Beat the whole eggs and the egg yolks together along with the salt. Add the sugar gradually and continue beating. Beat in the butter and vanilla. Combine with the sponge, add the flour, and knead in the bowl for about 10 minutes, or beat vigorously with a spoon. This dough is very soft. Cover and let it rise until double in bulk. Punch down and let it rise again. Butter a very large tube pan and sprinkle it with fine bread crumbs. Spoon one-half of the dough into the pan. Mix the nuts, sugar, and vanilla. Sprinkle one-half of this mixture over the dough. Cover with the remaining dough and top with the rest of the nut mixture. Let it rise in a warm place until it is more than double in bulk. Bake in a

moderate oven (375°F.) for 10 minutes, then lower the temperature to 325° F. and bake for 35 to 40 minutes longer. If necessary, cover the top with aluminum foil. Allow the cake to stand in the pan for 10 minutes to cool slightly. Remove it from the pan very gently.

(Mrs. M. Warnick, Edmonton, Alberta.)

Puff Ball Perekladanets

(Coffee Cake)

(Булочный перекладанець)

Here is a fine version of perekladanets — inexpensive and so different.

1 teaspoon sugar	1 teaspoon vanilla
$\frac{1}{4}$ cup lukewarm water	$2\frac{3}{4}$ to 3 cups sifted flour
1 package dry granular yeast	$\frac{1}{2}$ cup melted butter
$\frac{1}{2}$ cup scalded milk	1 cup brown sugar
$\frac{1}{4}$ cup butter	1 teaspoon cinnamon
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup or more chopped walnuts
1 teaspoon salt	$\frac{1}{2}$ cup raisins
3 eggs, beaten	
Grated rind of $\frac{1}{2}$ lemon	

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. To the hot scalded milk, add the butter, sugar, and salt. Stir until the butter is melted. Cool to lukewarm and combine with the yeast. Add the eggs, lemon rind, vanilla, and flour. Knead in the bowl until the dough is smooth. Cover and let it rise in a warm place until double in bulk. Punch down and let it rise again. Cut off small pieces of the dough about the size of walnuts and shape them into balls. Butter a large tube pan and sprinkle with some finely chopped walnuts. Dip each ball in the butter and then in a mixture of sugar, cinnamon, and nuts. Arrange the balls in layers and sprinkle with the raisins. Cover and let the dough rise in a warm place until double in bulk. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 350°F. and

continue baking for 30 to 40 minutes longer. Turn out of the pan. Separate the balls with a fork and serve warm.

(Mrs. M. Chwaliuk, Menzie, Manitoba.)

Basic Flaky Dough

(*Исходное тесто*)

Don't overlook this recipe. Flaky dough is unsurpassed for delicate pastries of various shapes.

2 teaspoons sugar	$\frac{1}{2}$ teaspoon salt
$\frac{1}{3}$ cup lukewarm water	$\frac{1}{2}$ pound butter, cold
2 packages dry granular yeast	2 egg yolks
	1 whole egg
$3\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ cup scalded milk, lukewarm
$\frac{1}{3}$ cup sugar	

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Sift the flour, sugar and salt together. Cut in one-quarter of the butter. Beat the egg yolks and the whole egg together. Combine with the lukewarm milk and yeast. Add it to the flour-butter mixture and mix lightly until the dough holds together. Do not manipulate the dough too much at this point. Roll out into a rectangle. Cut the remaining butter into pea-sized pieces. Spread one-third of the butter over two-thirds of the dough. Fold the unbuttered one-third over the butter-covered portion. Then fold it over the remaining one-third to make 3 thicknesses of dough with butter between each layer. Press the edges together and roll out fairly thin. Repeat the same procedure twice to incorporate the remaining butter. Fold the rolled out dough in thirds lengthwise and in thirds crosswise, making a square of 9 layers. Cover with a damp cloth and place in the refrigerator for about 1 hour, or until firm. Cut the dough into 2 parts. While working with one part, keep the other part in the refrigerator. Roll out about $\frac{1}{4}$ inch thick and shape as suggested below. Place the rolls $1\frac{1}{2}$ inches apart on a greased baking sheet, and allow to rise in a warm place until light. Brush the rolls with a beaten

egg diluted with 2 tablespoons of water or milk, and sprinkle the top with chopped nuts, or a mixture of sugar and chopped nuts, or poppy seed. Bake in a moderate oven (375°F.) for about 20 minutes, or until delicately browned and done.

Pyrizhky: Cut the dough into 3 inch squares. Place a generous teaspoon of a desired filling in the centre of the square, bring the two opposite edges together, and seal in a neat ridge, forming an oblong shape. Seal the ends.

Open-Faced Pyrizhky: Cut the dough into 3 inch squares. Place a teaspoon of a desired filling (be sure the filling is thick) in the centre of each square. Bring the four corners to the centre and join them. The filling should show in the four openings.

Rohalyky: Cut the dough into 3 to 3½ inch squares. Place a teaspoon of a thick filling in one corner of the square and roll to the opposite corner. Seal the ends and the overlapping corner very lightly. Shape into a crescent.

Kalachyky: Brush the rolled dough with melted butter and sprinkle with a mixture of sugar, chopped nuts, and cinnamon. Fold one-half of the dough over the other half. Cut across the fold into very narrow strips about ⅓ inch in width. Twist the 2 folded strips, shape into a coil, and seal the end underneath.

Orange Zavyvantsi: Prepare the following filling: ½ cup of sugar, ¼ cup of butter, 1 tablespoon of grated orange rind, ¼ cup of orange juice. Mix the ingredients and cook for about 2 or 3 minutes. Cool the mixture. It should be of a spreading consistency when cool. Roll the dough into a long, narrow rectangle. Spread the prepared filling over it. Roll up, beginning at the wide side, and seal the edges. Cut the roll into ½ inch slices. Place the slices, cut side up, on a greased baking sheet.

Almond Coffee Cake: Roll the dough ⅓ inch thick and line

a buttered baking pan with it. Spread with Almond Filling (page 356). Cover and let it rise in a warm place until light. Bake in a moderate oven (375°F.) for 30 to 35 minutes, or until done. Cool and cut into bars or slices.

An attractive touch to this coffee cake is a criss-crossed top. For this, roll the dough thin, cut it into very narrow strips, and arrange them over the filling in a criss-cross pattern. Brush and bake as directed.

Rich Basic Sweet Dough

(Основне солодке тісто)

There are endless ways of using this rich, sweet dough, including coffee cakes, doughnuts, and rolls of various shapes.

2 teaspoons sugar	2 whole eggs
$\frac{1}{3}$ cup lukewarm water	3 to 4 egg yolks
2 packages dry granular yeast	1 teaspoon salt
$\frac{3}{4}$ cup scalded milk, lukewarm	1 teaspoon vanilla
$\frac{3}{4}$ cup flour	Grated rind of 1 lemon
$\frac{1}{2}$ cup butter	$4\frac{1}{2}$ to 5 cups sifted flour
$\frac{1}{2}$ cup sugar	

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand until softened. Combine with the lukewarm milk and $\frac{3}{4}$ cup of flour. Beat well, cover, and let the sponge rise in a warm place until light and bubbly. Cream the butter with the sugar. Beat the whole eggs and the egg yolks together along with the salt. Combine with the butter-sugar mixture and beat thoroughly. Stir in the vanilla, lemon rind and sponge. Add the flour and knead in the bowl for about 10 minutes. This dough should be soft. Cover and let it rise in a warm place until double in bulk. Punch down, knead a few times, and let it rise again. Form into a desired shape or shapes. Bake as directed for the selected shape or shapes.

Makivnyk

(Poppy Seed Roll)

(Маківник)

Makivnyk and a variety of other pastries with a poppy seed filling are traditional at Christmas.

½ recipe Rich Basic Sweet Dough
Poppy Seed Filling (page 355)

Divide the dough into 2 parts for 2 small rolls or make 1 large roll. The small rolls are daintier. Roll the dough into a long and narrow rectangle about ¼ inch thick. Spread the poppy seed filling over it, roll like a jelly roll, and seal the edges. Twist the roll gently to give the filling a more interesting swirl when cut. Place in a greased baking pan and prick with a knitting needle to let out any air. Cover and let it rise in a warm place until double in bulk. Brush with a beaten egg diluted with 2 tablespoons of water or milk. The top may be sprinkled with chopped nuts or poppy seed, if desired. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 350°F., and bake for about 30 minutes longer, or until done. The baking period will depend on the size of the rolls. If necessary, cover with aluminum foil because this dough scorches readily. Let the rolls stand in the pans for several minutes and then remove very gently onto a cloth-covered pillow. Do not cut until completely cool.

Festive Zavyvanets

(Roll)

(Святковий завиванець)

Here is a tempting holiday delicacy with a luscious fruit filling.

½ recipe Rich Basic Sweet Dough (page 347)	½ cup chopped nuts
1 cup raisins, chopped	½ cup sugar
½ cup candied cherries, chopped	Juice of 1 lemon

Prepare the dough as directed. Combine the raisins with the remaining ingredients and keep this filling warm over hot water. Divide the dough into 3 parts. Roll each part into a narrow rectangle. Spread one-third of the filling on each, roll like a jelly roll, and seal the edges. Now braid the 3 filled rolls, starting at the middle. Turn the braid around and finish braiding the other side. Seal the ends neatly. Place on a greased baking sheet or in a loaf pan, cover, and let it rise until double in bulk. Brush with a beaten egg diluted with 2 tablespoons of water or milk, and sprinkle the top with crushed loaf sugar and chopped nuts. Bake in a modern oven (375°F.) for 10 minutes, then lower the temperature to 350°F., and bake for about 30 minutes, or until done. Let it stand in the pan for several minutes and then remove gently onto a cloth-covered pillow. Do not cut until completely cool.

Almond Zavyvanets

(Roll)

(Медоловий завиванець)

$\frac{1}{2}$ recipe Rich Basic Sweet Dough (page 347)	2 tablespoons lemon juice
$\frac{1}{4}$ cup butter	1 egg, slightly beaten
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup candied cherries, if desired
$\frac{3}{4}$ cup blanched ground almonds	

Have the dough ready. Prepare the filling by creaming the butter with the sugar. Add the remaining ingredients and mix well. Roll the dough $\frac{1}{4}$ to $\frac{1}{8}$ inch thick and shape it into a long and narrow rectangle. Spread the filling over it and roll like a jelly roll; seal the edges. Place in a greased loaf pan. Cover and let it rise in a warm place until double in bulk. Brush with a beaten egg diluted with 2 tablespoons of water or milk, and sprinkle the top with a mixture of chopped almonds and sugar. Bake in a moderate oven

(375°F.) for 10 minutes, then lower the temperature to 350°F., and bake for about 30 minutes, or until done.

Pineapple-Almond Zavyvanets

(Roll)

(Завиванець з ананасом і міддлами)

$\frac{1}{2}$ recipe Rich Basic Sweet Dough (page 347)	$\frac{1}{2}$ cup drained crushed pine- apple
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ cup blanched chopped
$\frac{1}{2}$ cup light brown sugar	almonds

Shape the dough into a long, thin roll and coil it in a round, greased baking pan. Prepare the topping by creaming the butter with the sugar until light. Mix in the pineapple. Spread this mixture over the coiled roll and sprinkle the top with the almonds. Cover and let it rise in a warm place until double in bulk. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 350°F., and bake for about 30 minutes longer, or until done.

Almond Rohalyky

(Crescents)

(Міддлови роіаліки)

$\frac{1}{2}$ recipe Rich Basic Sweet Dough (page 347)	1 cup blanched almonds, shredded
	$\frac{1}{2}$ cup sugar

Prepare the dough as directed, but use slightly less flour to make a very soft dough. Mix the almonds and sugar together. Drop the dough by spoonfuls into the almond-sugar mixture and toss lightly until each portion is well coated. Shape each portion into a roll about 3 inches long. Form into a crescent. Place on a greased baking sheet. Let rise in a warm place until light. Bake in a moderate oven (350°F.) for 25 to 30 minutes, or until delicately browned and done.

Almond-Rum Rolls

(*Мідалові віночки*)

$\frac{1}{2}$ recipe Rich Basic Sweet Dough (page 347)	2 tablespoons rum
$\frac{1}{2}$ cup butter	1 cup blanched almonds, chopped fine
$\frac{1}{2}$ cup confectioners' sugar	

Have the dough ready. Prepare the filling by creaming the butter with the sugar and rum. Mix in $\frac{3}{4}$ cup of the almonds, reserving the rest for the topping. Cut the dough into 2 parts. Roll out 1 part to a rectangle. Spread one-half of the filling over one-half of the rectangle. Fold over the unfilled part to cover the filling. Cut with a sharp knife into 1 inch strips. Twist the 2 folded strips together and shape into a ring, joining the ends neatly. Place on a greased baking sheet. Proceed with the remaining dough in the same manner. Cover and let rise in a warm place until light and double in bulk. Brush with a beaten egg diluted with 2 tablespoons of water or milk, and sprinkle lightly with the chopped almonds. Bake in a moderate oven (350°F.) for 25 to 30 minutes, or until delicately browned and done.

Rolls of Various Shapes

Rich Basic Sweet Dough (page 347) may be used for rolls of various shapes. Several methods of shaping rolls are given in the recipe for Basic Flaky Dough (page 345).

Filled Pampushky

(*Doughnuts*)

(*Пампушки з начинкою*)

Pampushky are always a great favorite on Christmas Eve. In free translation the word "pampushky" means puffs.

$\frac{1}{2}$ recipe Rich Basic Sweet Dough (page 347)	Thick sweet filling (poppy seed, jam, or cooked prunes, pitted and sweetened)
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Roll the dough $\frac{1}{4}$ inch thick. Cut into small rounds with a cooky cutter. Place a teaspoon of a desired filling on each round, cover with another round, and seal the edges together securely. Place the pampushky on a lightly floured board, and let them rise until double in bulk. Leave them uncovered to form a crust on the dough. They will absorb less fat when fried. Fry in deep fat (375°F.) for about 3 minutes, turning them over to brown evenly on both sides. Drain on absorbent paper. Sprinkle the pampushky with granulated sugar mixed with cinnamon.

Pampushky without Filling

(Doughnuts)

(Пампушки без начинки)

Prepare $\frac{1}{2}$ recipe of Rich Basic Sweet Dough (p. 347). Roll the dough to the thickness of $\frac{1}{2}$ inch. Cut into rings. Place the rings on a lightly floured board, but do not cover. Let them rise until double in bulk. Fry in deep fat (375°F.) for about 3 minutes, turning them over to brown on the other side. Drain on absorbent paper. Sprinkle the pampushky with granulated sugar mixed with cinnamon.

Sugary Bulochky

(Rolls)

(Цукровані булочки)

Prepare $\frac{1}{2}$ recipe of Rich Basic Sweet Dough (p. 347), but reduce the flour to make a very soft dough of a thick batter consistency. Let it rise as directed. Spoon the batter into buttered muffin pans one-half full. Let rise until the dough reaches slightly above the tops. Bake in a hot oven (400°F.) for 12 to 15 minutes, or until delicately browned and done. Remove the rolls from the pans and, while still

hot, quickly dip them in melted butter. Then roll in a mixture of sugar and cinnamon. Use $\frac{1}{2}$ cup of sugar and 1 teaspoon of cinnamon. Serve warm.

Water-Rising Rohalyky

(*Crescents*)

(*Рогалики водным способом*)

Try this very old water-rising method in its modern form. Besides rohalyky the dough may be shaped into dainty open-faced pyrizhky, twists, rings, coils, or pretzels.

2 teaspoons sugar	$\frac{1}{2}$ cup scalded milk, lukewarm
$\frac{1}{4}$ cup lukewarm water	3 tablespoons sugar
2 packages dry granular yeast	1 teaspoon salt
1 cup butter	1 teaspoon vanilla
4 to $4\frac{1}{2}$ cups sifted flour	4 eggs, well beaten

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. Work the butter into the flour to make a coarse meal. Combine the milk with the remaining ingredients and add the softened yeast to it. Stir into the flour mixture and mix well, but do not knead. Tie the dough in a dampened cloth very loosely to allow for expansion. Place in a large bowl and fill with cool water (75°F. to 80°F.). Let it stand until the dough rises to the top. This will take about 45 to 50 minutes.

Divide the dough into 2 parts for easier handling. Roll $\frac{1}{4}$ inch thick between 2 sheets of waxed paper sprinkled with sugar. Do not use any flour. Cut into $2\frac{1}{2}$ to 3 inch squares. Put a teaspoon of a desired filling (poppy seed filling is usually used for these rohalyky) in one corner and roll to the opposite corner. Shape into a crescent, turning the corners toward the centre. For open-faced pyrizhky, bring the four corners over the filling and seal, leaving the sides open. Place them on a greased baking sheet and let them stand 5 minutes. Bake in a moderate oven (375°F.) for 12 to 15 minutes, or until done.

For other shapes, omit the rolling and filling. Take a piece of dough, dip into a sugar-nut mixture, stretch and shape into a twist, ring, pretzel, or coil. Bake as directed.

(Mrs. A. Swityk, Calgary, Alberta.)

Tender Bulochky

(Rolls)

(Булочки)

There is no taste and no fragrance in the world quite like that of freshly baked rolls, served warm from the oven. These rolls are delightful with coffee or with a dinner course.

1 teaspoon sugar	$\frac{1}{3}$ cup sugar
$\frac{1}{2}$ cup lukewarm water	4 teaspoons salt
1 package dry granular yeast	1 cup cold water
$1\frac{1}{2}$ cups scalded milk	3 eggs, beaten
$\frac{1}{3}$ cup butter or margarine	8 to $8\frac{1}{2}$ cups sifted flour

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. To the hot scalded milk, add the butter or margarine, and stir until melted. Mix in the remaining ingredients except the flour. Stir in the yeast. Add enough flour to make a medium soft dough. Knead until smooth and satiny. Cover and let it rise in a warm place until double in bulk. Punch down and let it rise again. Shape as desired. Place in a greased baking pan and brush with melted butter. For crisp-crust rolls, dip each one in melted butter or margarine before placing it in the pan. Cover and let rise in a warm place until double in bulk. Bake in a moderately hot oven (400°F.) for 10 minutes, then lower the temperature to 350°F., and continue baking for 15 minutes longer, or until done. The baking period will depend on the size of the rolls. Yield: 3 dozen medium-sized rolls.

(Mrs. Malvina Trajanenko, Wroxtton, Sask.)

SWEET FILLINGS FOR ROLLS AND COFFEE CAKES

Poppy Seed Filling

(Макова начинка)

- | | |
|---|--------------------------------|
| 1 cup poppy seed | $\frac{1}{2}$ cup chopped nuts |
| $\frac{1}{3}$ cup honey or sugar, about | 1 egg white |
| 1 teaspoon grated lemon rind | |

Pour boiling water over the poppy seed and drain. Cover with lukewarm water and soak for 30 minutes or longer. Drain over a fine sieve. Grind the poppy seed, using the finest blade. Add the honey or sugar, grated lemon rind, and nuts. Beat the egg white until stiff and fold into the mixture.

Cottage Cheese Filling

(Сирна начинка)

- | | |
|------------------------------|---------------------------------------|
| 1 pound dry cottage cheese | 1 teaspoon lemon juice |
| 2 eggs | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ cup sugar | 1 teaspoon vanilla |
| 2 tablespoons soft butter | $\frac{1}{2}$ cup raisins, if desired |
| 1 teaspoon grated lemon rind | |

Press the cottage cheese through a sieve. Beat the eggs until light, add the sugar gradually, and continue beating. Beat in the butter, flavorings, and salt. Combine with the cheese. Stir in the raisins, if used.

Prune Filling

(Сливкова начинка)

- | | |
|---------------------------------|---|
| 1 pound prunes, cooked | 1 tablespoon lemon juice |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ cup chopped walnuts, if desired |
| $\frac{1}{2}$ teaspoon cinnamon | |

Pit the prunes and chop them. Combine them with the remaining ingredients. If the chopped prunes are thin, cook with the sugar until the mixture thickens, and then add the remaining ingredients.

Almond Filling

(Миндалова начинка)

- | | |
|--|--------------------------|
| $\frac{1}{4}$ cup butter | 1 tablespoon lemon juice |
| $\frac{1}{2}$ cup sugar | 1 egg, slightly beaten |
| $\frac{3}{4}$ to 1 cup blanched ground almonds | |

Cream the butter with the sugar until light. Add the remaining ingredients and mix well. If desired, the almonds may be toasted lightly before grinding.

Walnut Filling

(Начинка з волоських горіхів)

Follow the preceding recipe and replace the almonds with walnuts.

Mixed Fruit Filling

(Овочева начинка)

- | | |
|-----------------------------------|---------------------------|
| 1 cup raisins, cut fine | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup figs, cut fine | $\frac{1}{2}$ cup water |
| $\frac{1}{2}$ cup dates, cut fine | 3 tablespoons lemon juice |

Mix all the ingredients together and cook slowly, stirring constantly, until thickened. This will take about 5 minutes. Cool.

Pineapple Filling

(Ананасова начинка)

- | | |
|----------------------------------|---------------------------|
| $\frac{1}{3}$ cup or more sugar | 2 tablespoons lemon juice |
| 2 tablespoons flour | 2 tablespoons butter |
| A 10-ounce can crushed pineapple | |

Mix the sugar and flour together. Moisten with some pineapple syrup and mix until blended. Add the crushed pineapple. Cook over a low heat, stirring constantly, until thickened. Stir in the lemon juice and butter. Cool.



Pyrohy and Pyrizhky

(Пироги і пиріжки)

Pyrohy and pyrizhky are popular pastries with a filling. The name stems from an archaic word "pyr" meaning a banquet, which indicates that this pastry was featured at banquets in olden days. Pyrohy and pyrizhky are usually made of yeast-raised dough, but for special occasions short or puff pastry may be used. The fillings are innumerable.

- | | |
|--|---------------------------------------|
| 1 teaspoon sugar | 2 eggs, beaten |
| $\frac{1}{4}$ cup lukewarm water | $1\frac{1}{2}$ teaspoons salt |
| 1 package dry granular yeast | $\frac{1}{4}$ cup sugar |
| 1 cup scalded milk | $4\frac{1}{2}$ to 5 cups sifted flour |
| $\frac{1}{4}$ cup butter or shortening | Filling |

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. To the hot scalded milk, add the butter or shortening, and cool to lukewarm. Add the eggs, salt, sugar, and yeast. Mix in enough flour to make a medium soft dough as for bread. Knead on a floured board until smooth and satiny. Return to the bowl, cover, and let it rise until double in bulk. Punch down, knead a few times in the bowl, and let it rise again. Use any favorite filling in the recipes that follow.

To make pyrizhky, cut off small egg-sized pieces of dough, flatten each or roll $\frac{1}{4}$ inch thick. Place a generous portion of the filling in the centre, bring the edges together, and press to seal securely. All the edges must be free of filling. Shape into an oblong with a plump centre and tapering ends. This is the traditional shape of pyrizhky. As

an alternative method, the dough may be rolled $\frac{1}{4}$ inch thick, cut into squares, filled, and sealed as directed.

If a rich and crisp-crustured pyrizhky are desired, dip them after they are filled and shaped into melted butter or other fat. Place, sealed side down, on a greased baking sheet, spacing them 1 to $1\frac{1}{2}$ inches apart. Cover and let them rise in a warm place until light, for about 1 hour. When the pyrizhky are not dipped in fat, brush them with a beaten egg diluted with 2 tablespoons of water or milk. Bake in a moderate oven (375°F.) for 30 to 35 minutes, depending on their size. Remove them from the pan. Serve warm as a soup accompaniment or with coffee.

For pyrohy, use much larger portions of dough and shape as directed. When time does not permit for individual shapes, one large pyrih (singular of pyrohy) may be made. Roll the dough $\frac{1}{4}$ inch thick and cut it into 2 rectangles. Place one rectangle on a greased baking sheet, spread with the filling, cover with the other rectangle, and seal the edges. Prick the top in several places. Cover and let it rise until light. Brush with melted fat or a beaten egg. Bake as directed. Cut into squares and serve warm.

Short Pastry for Pyrizhky

(Короче тісто на пиріжки)

2 cups sifted flour	1 egg yolk
$\frac{1}{2}$ teaspoon salt	2 teaspoons lemon juice
$\frac{1}{2}$ cup plus 2 tablespoons butter or shortening	3 to 4 tablespoons ice water

All the ingredients should be very cold. Sift the flour with the salt. Cut in the butter or shortening with a pastry blender until the mixture resembles a coarse meal. Combine the yolk with the lemon juice and water. Sprinkle the liquid over the flour and mix lightly until the dough holds together. Chill thoroughly. Roll the dough $\frac{1}{4}$ inch thick and cut into squares or rectangles of the desired size. Have the filling ready. Place a portion of the filling in the centre, bring the

edges together, and seal in a neat ridge along the centre. Place, sealed side up, on a greased baking sheet. Brush with a beaten egg diluted with 2 tablespoons of water or milk. Bake in a hot oven (400°F.) for 15 to 20 minutes.

Puff Pastry Pyrzhky

(page 411)

Puff Pastry Pyrih

(page 412)

Potato Pyrzhky

(page 278)

Pyrih with Cabbage Filling, Kharkiv Style

(Пиріг з капустою по-харківськи)

This tender, light, and rich pyrih is truly delightful. Serve it for a luncheon or with coffee.

1 teaspoon sugar	2 tablespoons cream
$\frac{1}{4}$ cup lukewarm water	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ packages dry granular yeast	1 tablespoon sugar
$\frac{1}{4}$ cup scalded milk	$\frac{1}{2}$ pound butter
2 eggs, beaten	$2\frac{1}{4}$ cups sifted flour
	Cabbage Filling (page 365)

Dissolve the sugar in the lukewarm water, sprinkle the yeast over it, and let it stand for 10 minutes. Cool the milk to lukewarm and combine it with the yeast. Add the eggs, cream, salt, and sugar. Mix well. Work the butter into the flour until crumbly. Add the first mixture and mix quickly to form a soft dough, handling it as little as possible. Do not

knead. Place the dough on a floured board and divide into 2 equal parts. Roll each part into a rectangle about $\frac{1}{3}$ inch thick. Place one part of the rolled dough on a greased baking sheet. Spread the cabbage filling over it. Cover with the other part of the rolled dough. Seal the edges well on all sides. Prick the top lightly in several places. Cover and set it in a warm place to rise until light. This will take about 1 hour. Bake in a moderate oven (350°F.) for about 40 minutes. Cut into squares and serve warm.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Pyrizhky with Dried Peas I

(Пиріжки з горохом I)

Here is an old recipe from the Sokal district of Western Ukraine where these pyrizhky are a great favorite, especially during Lent. They are surprisingly good when one is partial to peas.

Yeast-raised dough	Salt and pepper
2 cups dried split peas	1 teaspoon baking powder
1 tablespoon grated onion	2 egg whites

Use the same dough as for Pyrohy and Pyrizhky (p. 357) or bread dough when making bread. Pick the peas over, wash in a sieve under running water, cover with lukewarm water, and soak overnight. Drain and grind the peas 2 or 3 times, using the finest blade. The ground peas should be mealy and free of hard particles. Add the grated onion and season with salt and pepper. There is no fat in this filling. If the mixture is very dry, add a small quantity of water. Beat vigorously until very light and frothy. The success of this filling depends on its lightness. Beat in the baking powder. Beat the egg whites until stiff and fold into the mixture. Have the yeast-raised dough ready.

Cut off small pieces of the dough slightly larger than an egg and flatten each. Place about 2 to 3 tablespoons of the filling in the centre; seal very lightly here and there,

leaving a few open spaces. Do not seal completely because this filling requires open spaces for expansion during baking. Place, sealed side up, 1½ inches apart on a greased baking sheet. Brush with melted fat. Remember, this filling is temperamental and settles down readily, losing its lightness. Do not let the filled pyrizhky rise. Bake them immediately in a moderate oven (350°F.) for about 35 to 40 minutes, or until delicately browned and done. Then brush the crust with melted butter, or bacon fat, and sprinkle the fat generously over the filling. If desired, a crushed clove of garlic may be mixed with the fat before sprinkling the filling.

Instead of making the individual pyrizhky, roll the dough ⅓ inch thick and line a greased baking pan with it. Cover and let it rise until light. Spread the filling over it and bake as directed. When done, sprinkle the filling with fat. Cut into squares and serve warm.

(Mrs. E. Hawryniuk, Edmonton, Alberta.)

Pyrizhky with Dried Peas II

(*Пиріжки з горохом II*)

It is difficult to choose between these and the preceding pyrizhky with a dried pea filling. They are both unusual and tasty. The filling in the following recipe is less troublesome to make.

Follow the preceding recipe with a few changes. Prepare the filling by soaking and grinding the peas. Omit the baking powder and egg whites. Grate 1 small onion and fry it in 3 or more tablespoons of butter or oil until it is tender. Add it to the ground peas and beat thoroughly. Season to taste. Shape, seal and place, sealed side down, on a greased baking sheet. Brush with melted fat. Let the pyrizhky rise until light. Bake as directed.

(Mrs. Mary Zip, Yellow Creek, Sask.)

Onion Pyrizhky

(Пиріжки з цибулею)

Here is a delicious treat for those who enjoy onions. Try this old-time recipe and you will be delighted with the results.

Prepare the dough as for Pyrohy and Pyrizhky (p. 357), or use bread dough when making bread. Chop the required number of onions very finely, add some melted butter and season to taste with salt and pepper. Cook the onions slightly. Use as a filling for pyrizhky.

(Mrs. S. W. Drul, North Battleford, Sask.)

Savory Cheese Pyrih

(Пиріг із сиром)

The savory treatment gives the filling of this pyrih a tempting flavor. Excellent with coffee or at snack-time.

Prepare $\frac{1}{2}$ recipe of yeast-rised dough for Pyrohy and Pyrizhky (p. 357), or use bread dough when making bread. Use Cottage Cheese Filling (p. 366) and add to it about $\frac{1}{2}$ cup of chopped, green onions and 1 teaspoon of caraway seed, if desired. A tablespoon of grated, mature onion may be used in place of the green onions. The cheese should be delicately flavored with onion.

Roll the dough $\frac{1}{2}$ inch thick to fit a 10x15 inch baking pan. Butter the pan and place the dough in it. Cover and let it rise until almost double in bulk. Spread with the cheese filling and sprinkle the top with melted butter. Cover and let it rise for about 20 minutes. Bake in a moderate oven (375°F) for 30 to 35 minutes. Cut into squares and serve warm.

Cottage Cheese Zavyvantsi

(Rolls)

(Завиванци з сиром)

Prepare the dough as for Pyrohy and Pyrzhky (p. 357), or use bread dough when making bread. Prepare Cottage Cheese Filling (page 366). Some chopped green onions may be added to the filling, if desired. Roll the dough $\frac{1}{4}$ inch thick, keeping it in a long and narrow rectangle. Spread with the filling and roll it up like a jelly roll. Seal the edges. Cut into 1 inch pieces. Dip each piece in melted butter and place, cut side up, in a buttered baking pan or buttered muffin pans. Cover and let them rise in a warm place until light. Bake in a moderate oven (375°F.) for 30 to 35 minutes, or until done. Serve warm.

Onion Rolls

(Цибуляні булочки)

Prepare the dough as for Pyrohy and Pyrzhky (page 357). Roll the dough $\frac{3}{4}$ inch thick and cut out rounds with a large cooky cutter. Sprinkle the top of each round with a finely chopped onion. Press the onion pieces into the dough. Place the rolls on a greased baking sheet and brush with melted butter. Let them rise until very light. Bake in a moderate oven (375°F.) for about 25 minutes, or until done. Serve warm with soup or coffee.

FILLINGS FOR PYROHY AND PYRIZHKY

Meat Filling

(Начинка з мяса)

1 medium onion, chopped fine	1 tablespoon flour
4 tablespoons butter	$\frac{1}{2}$ cup soup stock or water
1 pound ground beef, or half	1 teaspoon chopped parsley
pork and half beef	2 hard cooked eggs, chopped
Salt and pepper	

Cook the onion in half of the butter until it is tender. Add the remaining butter and the meat. Brown the meat lightly. Season with salt and pepper. Cover and cook over a low heat until done. Remove the meat. Stir the flour into the drippings. Add the soup stock or water, then cook, stirring, until the sauce comes to a boil. Combine with the meat and cool. Mix in the parsley and chopped eggs. Use yeast-raised dough with this filling.

Cooked Meat Filling

(Начинка з вареного або печеного мяса)

Use any kind of cooked ground meat (pork, veal, beef, chicken). Combine the meat with a chopped or grated onion, cooked in butter or bacon fat. Butter gives a much better flavor. Add a little gravy to moisten the mixture sufficiently. Season to taste with salt and pepper. If desired, a small quantity of any one of the following may be added: Cooked rice, chopped cooked mushrooms, hard cooked eggs, chopped fine. For additional flavoring, parsley or dill may be used.

Liver Filling

(Начинка з печінки)

1 pound veal liver, sliced	$\frac{1}{2}$ cup soft bread crumbs
$\frac{1}{4}$ pound bacon, sliced	$\frac{1}{3}$ cup milk
1 small onion, sliced	Salt and pepper

Scald the liver, drain, and remove the membrane. Cook the bacon until crisp and remove it from the pan. Cook the liver and onion in the hot bacon fat until the liver is browned on both sides and the onion is tender. Grind the liver, onion, and bacon. Soak the bread crumbs in the milk and combine with the liver mixture. Season to taste with salt and pepper. An egg may be added to this mixture, if desired. Chill the filling when using it with a short pastry.

Green Onion Filling

(Начинка з зеленої цибули)

4 cups green onions, cut fine	3 to 4 hard cooked eggs,
3 tablespoons butter	chopped
½ cup chopped dill	Salt and pepper

Cook the onions in the butter until wilted. Stir in the dill and cook for 1 minute. Remove the onions from the range, add the eggs, and season to taste with salt and pepper. Use this filling with yeast-raised dough.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Cabbage Filling

(Начинка з капусти)

1 large head cabbage	1 tablespoon lemon juice
1 tablespoon salt	Salt and pepper
1 large onion, chopped	2 hard cooked eggs, chopped
⅓ cup butter	

Shred the cabbage very finely, sprinkle with salt, and let it stand for 15 minutes. Squeeze it dry. Cook the onion in the butter until tender. Add the cabbage and cook until it is tender but not overcooked. Mix in the lemon juice. Season to taste with salt and pepper. Stir in the hard cooked eggs. If desired, some chopped, cooked ham or chopped, cooked mushrooms may be added to this filling in place of eggs. Use the filling with yeast-raised dough or short pastry. Allow a generous portion of the filling when making pyrizhky because cabbage settles in baking.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Sauerkraut Filling

(Начинка з квашеної капусти)

1½ to 2 quarts sauerkraut	4 to 5 tablespoons fat
1 large onion, chopped fine	Salt and pepper

Rinse the kraut well in warm water, squeeze dry, and chop finely. Cook the onion in the fat until tender. Add the

kraut and cook it for about 15 minutes, or until the kraut is tender but not overcooked. Season to taste with salt and pepper. For a mild flavored filling, add some fresh cabbage that has been cooked, squeezed dry, and chopped. This filling should be dry. Use yeast-raised or short pastry dough. Allow a generous portion of the filling because the kraut settles in baking.

Mushroom Filling

(Грибова начинка)

2 pounds mushrooms	1 cup soft bread crumbs
1 small onion, chopped fine	1 tablespoon chopped dill
4 tablespoons butter	2 hard cooked eggs, chopped
$\frac{1}{3}$ cup sour cream	Salt and pepper

Clean and wash the mushrooms. When using a wild variety of mushrooms, cook them in boiling water for 5 minutes and then drain thoroughly. Cultivated mushrooms need not be boiled. Chop the mushrooms very finely. Cook the onion in the butter until tender. Add the mushrooms and cream; cook over a low heat for 15 minutes. Stir in the remaining ingredients. Season to taste and cool the mixture. If the filling is crumbly, a raw egg may be added. This filling is good with a short pastry.

Cottage Cheese Filling

(Сирна начинка)

1 pound dry cottage cheese	Salt
1 tablespoon thick sour cream	1 tablespoon chopped dill, if
2 eggs, beaten	desired

Press the cottage cheese through a sieve or mash it well. Add the remaining ingredients and mix thoroughly. Use with a yeast-raised dough.





CAKES, TORTES, AND PASTRIES

Ukrainians have a variety of delectable pastries, some of which originated among the common people, while others came down from the renowned pastry cooks of aristocratic Ukrainian families. Outside influences throughout the past centuries, such as royal marriages with various European dynasties, war alliances, trade, and travels abroad have influenced the art of pastry making. A number of delicacies were introduced from western Europe by trained chefs. In the olden days the pastry cooks were specially trained for their job, spending years as apprentices to culinary masters. These contributions from the outside only added variety to the art of baking, but Ukrainian pastry has retained much of its own originality.

For centuries the nobility of Ukraine as well as the wealthier classes of the urban population had a "sweet tooth," a cultivated habit which made its contribution to the national pastries. Ukrainian chronicles say that in bygone days great banquets were topped with a fabulous assortment of delightful pastries, marzipans, nougats, and what not in fancy shapes. Today, the picture has changed. Ukraine is behind the Iron Curtain where sweets have fallen into disrepute as "food for the idle rich."

From old Ukrainian cookbooks, it is interesting to note that recipes for tortes, cookies, and various delicate pastries occupy the greatest number of pages which in itself is a good indication of the importance of pastry in the dietary habits of the people. Many families kept handwritten notebooks of recipes for their commonplace and unusual culinary creations. These treasured family heirlooms were handed down from mother to daughter along with the special secrets for successful results. One characteristic feature of most old recipes is their measurements for some of the listed ingredients which are meaningless to a modern cook. It is not at all uncommon to find a recipe calling for a handful or pinch of this or that. As to flour, enough of it was to be

used to give "just the right consistency." Old cookbooks make us realize how immensely improved are the modern recipes over the old.

As a rule, Ukrainian pastries are rich in butter, egg yolks, and nuts. These essential ingredients are home products available to all. No one would ever dream of saving on eggs unless the family is in very poor circumstances. A recipe may call for as many as thirty to sixty egg yolks. This lavishness is not at all surprising as Ukraine was a wealthy country before private ownership was confiscated. Even the poorest farmer owned a cow and a flock of chickens. Nuts are also a home product. The province of Bessarabia supplies quantities of almonds and walnuts, while hazelnuts are common throughout Ukraine. Ground nuts are used as a thickening in place of flour in a variety of light tortes. This is characteristic of Ukrainian tortes. Pastry bars and cookies are also rich in nuts. Fillings of ground nuts rate high in a variety of baked products.

Extensive bee-culture from the earliest of times, when sugar was not known, stimulated the use of honey in baking. As a result, Ukrainians have a number of age-old recipes for honey cakes, cookies, and other pastries that have become traditional at Christmas.

For flavoring, the Ukrainian homemakers prefer the vanilla bean to vanilla extract because of its rich, aromatic qualities. No artificial flavoring is ever used. Other popular flavorings are lemon and orange peel, cinnamon, cardamon, anise, rum, rose essence, and bitter almonds.

Ukrainians have traditional and significant pastries for special holy days. Honey cakes, honey cookies, poppy seed tortes, crisp dainties, filled crescents, rolls, and filled doughnuts abound at Christmas, while cheese cakes, nut bars, strudels, fancy tortes, and short pastry dainties are the rule at Easter. Along with these come fragrant yeast-raised pastries and various delicate creations. The table on feast days, weddings, christenings, and other festive and gala occasions is generously filled with pastries. Even the poor families try to live up to this tradition. Ukrainian home-

makers take pride in their baking, and they spare no time or effort to achieve perfection. Many hours are spent beating the mixtures by hand. The old country recipes say — "Beat constantly for one hour and in one direction." To a Canadian homemaker that would be an endurance test, deserving of a reward.

The recipes in this book are simplified and brought up-to-date with no sacrifice of quality to the finished product.

Medivnyk or *Medyanyk*: These two names are commonly used for a honey cake. Both names stem from the Ukrainian word "med" or "mid" meaning honey. Plain or fruit medivnyk is the traditional Christmas cake in Ukraine.

Torte: A fancy layer cake with a rich filling. Most tortes are compact and flat as compared to the modern high and fluffy cakes. Eggs add lightness to them and, in place of flour, ground nuts or bread crumbs are used as a thickening. The plain loaf cakes of the pound cake kind are often called "babka" in Ukrainian. The name torte was adapted from either the German "torten" or the French "torte." Most of the Ukrainian tortes are rich, and the richer the better, since no one is calorie-conscious in Ukraine. There are many varieties of tortes. Some of them are truly gastronomical delights and masterpieces in themselves, but, unfortunately, they are far too rich for a Canadian generation of bathroom-scale watchers. This book contains only a limited number of torte recipes that are adaptable to Canadian use.

It was customary in the past to name new torte creations after the national or local heroes. This practice died down and the tortes were named after members of the family or renowned pastry cooks who were responsible for their origin. Today, they carry plain names suggested by the predominating ingredient used in them — chocolate, walnut, bread torte, etc.

Syrnyk: A cheese cake. It is a traditional Easter dessert. The name is derived from the Ukrainian word "syr" which means cheese. Generally speaking, there are three types of this

cake: (1) Cooked as a custard and then molded and refrigerated. (2) Uncooked, molded, and refrigerated. (3) Baked with or without a pastry crust. Each region follows its own favorite method of preparation.

Strudel: This pastry commands a position of high esteem among Ukrainians. It is a delicate creation consisting of many paper-thin layers of dough with a filling between them. Strudel is as popular in Ukraine as pie is in Canada, and yet it is not an everyday dessert for it cannot be whipped up in a jiffy. It takes time and patience to make a strudel.

The original Ukrainian name for a simple type of strudel is "vertuta" which means a roll, while strudel is its sophisticated city cousin with a foreign name. Ukraine is known throughout the world for its high grade glutenous flour. This quality of flour has contributed greatly to the development and perfection of the strudel art.

The strudel dough is stretched to the thinness of onion skin paper. There is a popular humorous saying that if you cannot read through the stretched strudel dough, the strudel is bound to be a failure. The procedure of stretching the strudel dough is most fascinating. It stretches to surprisingly great dimensions.

No one knows how the strudel originated and no country can justly claim its origin. It is a controversial subject. However, there is a popular Ukrainian story about the origin of strudel that may be worth repeating. According to this story, a cook of a wealthy Ukrainian aristocrat was about to make fruit varenyky (dessert dumplings) for dinner when unexpectedly a guest of distinction arrived at the manor. This unforeseen event caused a turmoil in the kitchen. The varenyky dough was rolled, but there wasn't enough of it for an extra serving. To entertain a distinguished guest with a skimpy serving of varenyky would be most improper. The anxious cook quickly stretched the dough to allow for a few additional varenyky. To her great disappointment, it stretched paper-thin. Alas, all was lost!

How can one possibly make varenyky of paper-thin dough, and fruit varenyky at that. A thought flashed through her mind! She brushed the dough with butter, spread the prepared fruit filling, rolled and hurriedly baked the roll in a hot oven. The dish was a sensation. The strudel was born. At least that's how the story goes.

Verhuny or Khrusty: Two popular names for crisp, curly, twig-like dainties fried in deep fat. The name "verhuny" stems from the verb "verhaty" which means to dip or immerse into deep fat. This name is commonly used throughout the larger portion of Ukraine, while Western Ukraine has a regional name of its own — "khrusty," which is derived from an adjective "khrustkay" (brittle or crisp). To avoid confusion, both names are used in this book. Verhuny or khrusty may be shaped into long, knotted fancies, or small triangular curls, or festive rosettes with curled up petals.

Horikhivnyk: A specific name for nut bars. Nuts are called "horikhy" in Ukrainian from which comes the name "horikhivnyk."

Pyrizhky: Filled pastries shaped into oblongs, triangles or other shapes, but an oblong is the traditional shape.

Rohalyky: Plain or filled crescents.

Krendli: Pretzel-shaped pastries.

Medivnychky or Medyanychky: Honey cookies or bars.

Bublyky: Ring-shaped cookies made of plain or rich mixtures. Various types of bublyky, strung on a string, are featured by professional bakers at country fairs and markets in Ukraine. It is a great treat for children when mother brings them a string of bublyky from the fair.

Korzhyky: This name is used for plain biscuits and various types of cookies and tarts.



Christmas Medivnyk

(Honey Cake)

(Різдвяний медівник)

The abundance of honey in Ukraine inspired cooks to experiment with honey baking in the far distant past when sugar was not known. Today, honey cakes and various honey pastries are traditional at Christmas and New Year. The following is a popular Christmas cake among the Ukrainians. All honey cakes and honey cookies require a few days to ripen. Buckwheat honey is preferred.

- | | |
|---|--|
| 1 cup honey | 2 ³ / ₄ cups sifted flour, about |
| 1 teaspoon cinnamon | 2 teaspoons baking soda |
| ¹ / ₂ teaspoon cloves | 1 teaspoon baking powder |
| ¹ / ₂ teaspoon nutmeg | ¹ / ₄ teaspoon salt |
| 1 cup seedless raisins | ¹ / ₂ cup butter |
| ¹ / ₂ cup currants | 1 cup brown sugar |
| ¹ / ₂ cup chopped dates | 4 eggs, separated |
| 1 cup chopped walnuts | ¹ / ₄ cup strong coffee |

Mix the honey with the spices, bring to a boil, and cool. Combine the fruits and nuts; sprinkle with 2 tablespoons of the flour and mix well. Sift the remaining flour with the baking soda, baking powder, and salt. Cream the butter with the sugar. Add the egg yolks, one at a time, and beat well

after each addition. Stir in the lukewarm honey. Add the flour and coffee alternately and mix well. Mix in the fruit-nut mixture. Beat the egg whites until stiff and fold into the batter. Line a baking pan with brown paper and grease it. Spoon the batter into the pan. Bake in a slow oven (300°F.) for about 1½ hours, or until done. Allow it to stand for a few days before serving.

(Adapted from the *UKRAINIAN COOK BOOK*, Philadelphia.)

Sour Cream Medivnyk I

(Honey Cake)

(Медівник на сметані I)

For a light and tender medivnyk, this one is good, especially when baked in a tube pan. Buckwheat honey is best because it gives the cake a deep color and a rich, aromatic flavor.

1 cup honey	½ teaspoon baking powder
½ cup butter	1 teaspoon cinnamon
1 cup brown sugar	¼ teaspoon salt
4 eggs, separated	1 cup thick sour cream
3 cups sifted flour	1 cup chopped walnuts, if
2 teaspoons baking soda	desired

Bring the honey to a boil and then cool it. Cream the butter with the sugar. Add the egg yolks, one at a time, and beat until light and fluffy. Beat in the honey. Sift the flour with the dry ingredients twice; add alternately with the sour cream. Stir in the nuts, if used. Beat the egg whites until stiff and fold into the batter. Spoon into a buttered cake pan. Bake in a moderate oven (325°F.) for 50 to 55 minutes, or until done when tested. In the final stage of baking lower the temperature to 300°F. because honey cakes burn readily. Remove from the pan and place on a cake rack.

(Mrs. M. Nowosad, Edmonton, Alberta.)

Sour Cream Medivnyk II

(Honey Cake)

(Медівник на сметані II)

This recipe is very much like the preceding one but not quite as rich. Buckwheat honey is preferred.

1 cup honey	2 teaspoons baking soda
3 tablespoons butter	$\frac{1}{2}$ teaspoon baking powder
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon or more cinnamon
4 eggs, separated	$\frac{1}{4}$ teaspoon salt
$2\frac{1}{2}$ cups sifted flour	1 cup thick sour cream

Bring the honey to a boil and then cool it. Cream the butter with the sugar. Add the egg yolks, one at a time, and beat until light and fluffy. Beat in the honey. Sift the flour with the dry ingredients twice. Add the flour alternately with the sour cream. Beat the egg whites until stiff and fold gently into the batter. Spoon into a buttered baking pan. Bake in a moderate oven (325°F.) for 50 to 55 minutes, or until done when tested. Remove from the pan and place on a cake rack.

(Mrs. Levna Bahniuk, Krydor, Sask.)

Almond Medivnyk

(Honey Cake)

(Мігдаловий медівник)

Follow the recipe for Sour Cream Medivnyk I, but replace the walnuts with blanched almonds, halved or sliced lengthwise, and toasted. Use tall, round tin cans in place of an ordinary baking pan. Butter the cans generously with soft butter and sprinkle with fine bread crumbs. Fill the cans only half full. Bake in a moderate oven (325°F.)

for about 35 to 40 minutes, or until done when tested. The baking period will depend on the size of the cans. Let cool in the cans for about 10 minutes. Remove gently onto a cloth-covered cushion. Cool thoroughly. This cake is very attractive served in round slices.

Yeast-Raised Medivnyk

(Honey Cake)

(Медовник на дріжджах)

Some of the older honey cake recipes call for yeast as an additional leavener. Dark buckwheat honey is preferable.

1 package dry granular yeast	3½ cups sifted flour
3 tablespoons lukewarm water	1 teaspoon baking soda
2 cups honey	1 teaspoon cloves
4 tablespoons butter	1 teaspoon cinnamon
4 eggs	¼ teaspoon salt

Sprinkle the yeast over the lukewarm water and let it stand until softened. Bring the honey to a boil and cool it slightly. The honey should be warm. Add the butter to the warm honey and beat thoroughly. Let cool to lukewarm. Beat the eggs until light and combine with the honey. Sift the flour with the dry ingredients 3 times. Stir some flour into the egg-honey mixture, add the yeast, and beat well. Stir in the remaining flour. Spoon the batter into a well-buttered loaf pan. Bake in a moderate oven (325°F.) for 1 hour, or until done.

(Mrs. E. Plawiuk, Edmonton, Alberta.)

Never-Fail Medivnyk

(Honey Cake)

(Медівник, що все вдається)

Here is a richly flavored medivnyk that assures success.

1 cup honey	Grated rind and juice of 1
3 cups sifted flour	orange
1 teaspoon baking soda	1 teaspoon vanilla
1 teaspoon baking powder	2 tablespoons butter
1 teaspoon cinnamon	1 cup sugar
$\frac{1}{4}$ teaspoon salt	4 eggs, separated
$\frac{1}{2}$ cup strong cool coffee	1 cup chopped walnuts

Bring the honey to a boil and then cool it. Sift the flour with the dry ingredients twice. Combine the coffee with the grated rind, orange juice, and vanilla. Cream the butter with the sugar. Mix in the honey. Beat the egg yolks until light and blend with the honey mixture. Add the flour alternately with the coffee. Stir in the nuts. Beat the egg whites until stiff and fold into the batter. Spoon into a buttered baking pan. Bake in a moderate oven (325°F.) for about 50 minutes, or until done when tested. Remove the cake from the pan and place it on a cake rack.

(Mrs. H. Dershko, Saskatoon, Sask.)

Butterless Medivnyk

(Honey Cake)

(Медівник без масла)

The baked-on topping on this spongy medivnyk is not only attractive but also very convenient on busy days.

1 cup honey	$\frac{1}{4}$ teaspoon salt
8 egg yolks	6 egg whites
1 cup brown sugar	2 egg whites
2 cups sifted flour	1 cup brown sugar
1 teaspoon baking soda	$\frac{2}{3}$ cup chopped walnuts

Bring the honey to a boil and then cool. Beat the egg yolks until light. Add the sugar gradually and continue beating until light and fluffy. Sift the flour with the baking soda and salt twice. Add the flour and mix well. Beat the egg whites until stiff and fold gently into the mixture. Spoon into 2 ungreased but floured tube pans. Prepare the topping by beating 2 egg whites until stiff; add the sugar gradually and beat until thick. Spread over the batter and sprinkle with the nuts. Bake in a moderate oven (325°F.) for about 45 minutes, or until done when tested. Cool the cakes for a short while before removing from the pans.

Light Medivnyk

(*Honey Cake*)

(*Легкий медівник*)

A light and tender medivnyk. Use buckwheat honey for a richer flavor.

1 cup honey	2 teaspoons baking soda
$\frac{1}{2}$ cup butter	1 teaspoon cinnamon
1 cup brown sugar	$\frac{1}{4}$ teaspoon salt
6 eggs, separated	$\frac{1}{2}$ cup milk
$2\frac{1}{2}$ cups sifted cake flour	

Bring the honey to a boil and then cool it. Cream the butter with the sugar until light. Add the egg yolks, one at a time, and beat until fluffy. Beat in the honey. Sift the flour with the dry ingredients twice. Add the flour to the mixture alternately with the milk. Beat the egg whites until stiff and fold gently into the batter. Spoon into a buttered cake pan. Bake in a moderate oven (350°F.) for about 45 minutes, or until done when tested.

(*Mrs. Lydia Boykouch, Saskatoon, Sask.*)

Chocolate Medivnyk

(Honey Cake)

(Чоколадовий медівник)

A blend of honey and chocolate makes this cake rich, tender-moist, flavorful, and fine-textured. It is very much like a chocolate cake.

3 ounces unsweetened chocolate	$\frac{1}{2}$ cup butter
$\frac{2}{3}$ cup honey	$\frac{2}{3}$ cup sugar
$1\frac{3}{4}$ cups sifted cake flour	1 teaspoon vanilla
1 teaspoon baking soda	2 eggs
$\frac{1}{2}$ teaspoon baking powder	$\frac{2}{3}$ cup sour milk or buttermilk
$\frac{1}{2}$ teaspoon salt	

Melt the chocolate, add the honey, and heat slightly to liquefy it. Mix until well blended. Cool to lukewarm. Sift the flour with the baking soda, baking powder, and salt twice. Cream the butter thoroughly, add the sugar gradually, and cream until light. Stir in the vanilla. Add the eggs, one at a time, beating well after each addition. Blend in the chocolate-honey mixture. Add the flour alternately with the sour milk or buttermilk, a small amount at a time. Spoon the batter into a buttered 8x8 inch baking pan. Bake in a moderate oven (350°F.) for about 40 minutes, or until done when tested. Lower the temperature to 325°F. for the last 20 minutes of the baking period to prevent scorching.

Spice Medivnyk

(Honey Cake)

(Запашний медівник)

A rich blend of spices gives this economical medivnyk a different flavor.

$\frac{1}{2}$ cup honey	$\frac{1}{4}$ teaspoon salt
$\frac{1}{2}$ cup butter	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup brown sugar	$\frac{1}{2}$ teaspoon cloves
1 large egg	$\frac{1}{2}$ teaspoon nutmeg
$1\frac{3}{4}$ cups sifted cake flour	$\frac{1}{2}$ teaspoon ginger
$\frac{1}{2}$ teaspoon baking soda	$\frac{7}{8}$ cup milk
$1\frac{1}{2}$ teaspoons baking powder	$\frac{1}{2}$ cup raisins or currants

Bring the honey to a boil and then cool it. Cream the butter with the sugar. Add the egg and beat well until very light. Beat in the honey. Sift the flour with the dry ingredients twice. Add the flour to the mixture alternately with the milk. Stir in the raisins or currants. Spoon the batter into a buttered cake pan. Bake in a moderate oven (325°F.) for about 45 to 55 minutes, or until done when tested. Remove from the pan and place on a cake rack.

(Mrs. Levia Bahniuk, Krydor, Sask.)

Walnut-Almond Torte

(Горішоуї морм)

Here is an exceedingly good layered nut torte, the queen of all tortes, that immigrated to Canada with the contributor after the Second World War. It is made of two different batter mixtures. The filling is luscious.

Walnut Layers

8 eggs, separated	4 tablespoons fine bread
$1\frac{1}{2}$ cups confectioners' sugar	crumbs
2 cups walnuts, ground	

Beat the egg yolks until light. Add the sugar gradually and beat until thick and fluffy. Stir in the nuts and bread crumbs. Beat the egg whites until stiff and fold gently into the mixture. Butter 2 deep layer pans (shallow pans may cause the batter to run over in the oven) with soft butter and sprinkle with fine bread crumbs. Spoon the batter into the pans. Bake in a moderate oven (350°F.) for 30 to 35 minutes, or until done when tested. Remove from the pans and place on a cake rack.

Almond Layer

3 to 4 eggs, separated	$\frac{2}{3}$ cup almonds, blanched and ground
$\frac{2}{3}$ cup confectioners' sugar	2 tablespoons fine bread crumbs
1 teaspoon grated lemon rind	
1 tablespoon lemon juice	

Beat the egg yolks until light. Add the sugar gradually and continue beating until thick and fluffy. Beat in the lemon rind and juice. Stir in the almonds and bread crumbs. Beat the whites until stiff and fold gently into the mixture. Spoon the batter into a deep, buttered layer cake pan sprinkled with bread crumbs. Bake in a moderate oven (350°F.) for 30 to 35 minutes, or until done. Remove from the pan and place on a cake rack. Prepare the following filling:

$\frac{1}{3}$ cup butter	1 teaspoon instant coffee
$\frac{1}{2}$ cup confectioners' sugar	1 teaspoon hot water
$\frac{2}{3}$ cup almonds, blanched and ground	Thick cream

Cream the butter and sugar together. Stir in the nuts. Dissolve the coffee in the water, cool slightly and stir into the mixture. Add enough cream to give a spreading consistency. Some lemon juice may be added for tartness, if desired. Mix until smooth. Reserve some of the filling for the sides of the torte. Spread the rest between the layers, placing the almond layer in the centre. Cover the sides with the reserved filling and ice the top as desired. Decorate the top and the sides with lightly toasted, slivered almonds.

(Mrs. H. Dershko, Saskatoon, Sask.)

Rich Almond Torte

(Мидаловий торт)

It is a common practice to use ground nuts as a thickening in light tortes in place of flour. Almonds are grown

in Ukraine (Bessarabia) for export and home consumption. This recipe calls for unblanched almonds.

1½ cups unblanched almonds	Filling
3 tablespoons grated unsweetened chocolate	3 egg yolks
½ teaspoon cream of tartar	1½ cups confectioners' sugar
9 egg whites	½ cup or less butter
1 cup confectioners' sugar	3 tablespoons strong cool coffee
½ teaspoon vanilla	½ teaspoon vanilla
1 teaspoon grated orange rind	

Wash the almonds, pat them dry, and allow them to stand for a few minutes to dry thoroughly. Grind the almonds very finely, preferably in a nut grinder, and then combine them with the chocolate. Sprinkle the cream of tartar over the egg whites and beat them until foamy. Add the sugar gradually and continue beating until stiff. Beat in the vanilla and orange rind, and fold in the almond-chocolate mixture. Spoon the batter into 2 deep, unbuttered, layer cake pans. Bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to a slow oven (300°F.), and continue baking for about 30 minutes longer, or until a light touch leaves no impression. Invert the tortes on a cake rack to cool them. Meanwhile prepare the filling by blending the egg yolks with ½ cup of the sugar in a saucepan; cook this mixture over simmering water, stirring constantly, until it thickens. Remove it from the heat and cool. Cream the butter, add the remaining sugar gradually, and continue creaming until smooth. Blend in the yolk-sugar mixture, coffee, and vanilla. Beat thoroughly. Spread this filling between the layers of the torte, on the sides, and over the top. Decorate with toasted, slivered almonds.

(Mrs. Sophia Wasylushyn, Edmonton, Alberta.)

Walnut Torte

(Горизонтал морм)

A light torte — good with any filling.

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|--------------------------------------|---------------------------------|
| 10 egg whites | 1 cup finely ground walnuts |
| ½ teaspoon cream of tartar | 4 tablespoons fine bread crumbs |
| 2 or 3 drops of mapleline | 2 tablespoons flour |
| 8 egg yolks | |
| 1 cup, scant, powdered sugar (berry) | |

Let egg whites stand at room temperature for 1 hour. Line 2 deep layer cake pans with waxed paper and butter them well. Add the cream of tartar and mapleline to the egg whites and beat until stiff and stand in peaks. Then beat the egg yolks well. Add the sugar gradually and beat until light and fluffy. Stir in the nuts, bread crumbs and flour. Fold the egg whites into this mixture. Spoon the batter into the prepared pans. Bake in a moderate oven (325°—350° F) for about 40 minutes, or until done when tested. Allow the cakes to stand in the pans for a few minutes and then remove them to a cake rack. Spread any favorite filling between the layers and over the top. Almond Coffee Filling (page 444) is good with this torte.

(Mrs. D. Maksymuk, Saskatoon, Sask.)

Potato Flour Torte

(Бухантовий морм)

A smooth fine-grained torte with an appealing lemon flavor.

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|---------------------------|--------------------------|
| ⅔ cup sifted potato flour | 2 cups sugar |
| ¼ cup sifted cake flour | Grated rind of ½ lemon |
| ½ teaspoon baking powder | 1 tablespoon lemon juice |
| ¼ teaspoon salt | 8 egg whites |
| 12 egg yolks | |

Sift the first 4 ingredients 3 times and set aside. Beat the egg yolks until light. Beat the sugar in gradually and continue beating until light and fluffy. Mix in the lemon rind and juice. Beat the egg whites until stiff but not dry.

Fold half of the beaten whites into the yolk mixture. Stir in the flour, 2 tablespoons at a time. Fold in the remaining beaten whites. Spoon the batter into 2 deep buttered layer cake pans, or use 3 medium-sized pans. Bake in a moderate oven (325°—350°F.) for about 1 hour. Allow to stand in the pans for a few minutes, and then remove to a cake rack. Spread any favorite filling between the layers and ice the top and sides.

Coffee Torte

(Кашовий торт)

A very light and tender torte with a mild coffee flavor. The filling is satin-smooth and rich. Less butter may be used in the filling, if desired.

1 cup strong coffee (2 table- spoons coffee to 1 cup water)	1 teaspoon baking powder
1 cup sifted cake flour	Few grains salt
	5 eggs, separated
	1 cup sugar

Prepare the coffee and cool it. Reserve $\frac{1}{2}$ cup of coffee for the filling. Sift the flour with the baking powder and salt twice. Beat the egg whites until stiff. Add $\frac{1}{2}$ cup of the sugar gradually and beat constantly until thick. Now beat the egg yolks until light. Add the remaining sugar gradually and continue beating until light and fluffy. Combine both mixtures and beat to blend thoroughly. Add the flour alternately with $\frac{1}{2}$ cup of the cooled coffee. Spoon the batter into an ungreased, deep, round baking pan. Bake in a moderate oven (350°F.) for about 45 minutes, or until done when tested. Invert on a cake rack and cool. Cut the cake into 2 layers. Spread the following filling between the layers, over the top and on the sides:

1 cup butter	2 egg yolks
1 cup brown sugar	Toasted slivered almonds
$\frac{1}{2}$ cup strong coffee	

Cream the butter with the sugar until very light. Add the coffee gradually and beat with a rotary beater until fluffy. Beat in the egg yolks. The filling should be of a spreading consistency. Spread as directed. Decorate with the toasted almonds. Place the torte in a cool place for several hours before cutting.

(Mrs. Paula Danylichuk, Canora, Sask.)

Poppy Seed Torte

(*Маковий торт*)

This very old recipe is as popular today as it was in great-grandma's time. Bake the torte in layer pans or in a tube pan. The contributor prefers a tube pan for a light spongy torte because it may be served without a filling.

1 cup dry poppy seed
8 eggs, separated
1 cup sugar
4 tablespoons flour

1 teaspoon almond extract
 $\frac{1}{2}$ cup walnuts, finely chopped
or ground

Grind the poppy seed, using the finest blade. Do not soak the poppy seed before grinding. Beat the egg whites until foamy. Add half of the sugar gradually and beat until stiff. Beat the egg yolks until light and beat in the remaining sugar. Fold the yolk mixture into the whites. Lightly stir in the flour, extract, nuts and poppy seed. Spoon into an ungreased tube pan. Bake in a moderate oven (350°F.) for about 45 minutes, or until done when tested. Invert on a cake rack and cool. Ice with a Mocha Icing (page 446). For a filled torte, cut the cake into 2 layers and fill with a Walnut Filling (page 445).

(Mrs. M. Gauk, Prince Albert, Sask.)

Chocolate-Almond Roll

(Тортмовий закусаванець)

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|---------------------------------|----------------------|
| 5 eggs, separated | 1/2 teaspoon vanilla |
| 6 tablespoons sugar | 1 cup heavy cream |
| 2 ounces chocolate, melted | 1 tablespoon sugar |
| 1/2 cup blanched ground almonds | 1 teaspoon vanilla |

Beat the egg yolks until light, add the sugar gradually, and continue beating. Beat in the melted chocolate. Mix in the almonds and vanilla. Beat the egg whites until stiff and fold them into the batter. Spoon into a baking pan (8x12 inches) lined with brown paper and buttered. Bake in a moderate oven (325°F.) for about 30 minutes. Turn out on a sheet of waxed paper dusted with confectioners' sugar, and roll while it is hot. Cool.

Beat the cream until stiff; add the sugar and vanilla. Unroll the cake, spread with the cream and roll it again. Allow it to stand in the refrigerator until thoroughly chilled. Serve in slices. This torte should be served the day it is made.

(Adapted from the *UKRAINIAN COOK BOOK*, Philadelphia.)

Bread Torte

(Хлібосуд торт)

Although the name of this recipe lacks glamor, the torte itself is very delicious. The original recipe in the old country cookbooks calls for rye bread crumbs, but white bread crumbs give equally good results.

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|------------------------------------|--|
| 1 cup dry bread crumbs | 1 cup almonds, blanched and chopped fine |
| 2 tablespoons sherry wine | 1 teaspoon baking powder |
| Grated rind and juice of 1/2 lemon | 3 tablespoons sugar |
| 6 eggs, separated | 2 tablespoons water |
| 1 cup sugar | 1/4 cup sherry wine |
| Few grains salt | 1 stick cinnamon |
| | 2 whole cloves |

Mix the bread crumbs with the wine, grated lemon rind, and lemon juice. Beat the egg yolks until very light. Add the sugar gradually and continue beating. Stir in the bread crumbs, salt, almonds, and baking powder. Beat the egg whites until stiff and fold into the batter. Spoon into a buttered 9x12 inch baking pan. Bake in a moderate oven (350°F.) for about 40 minutes. When the torte is about done, prepare the following syrup of the remaining ingredients: Mix the sugar with the water, wine and spices, and heat gently without boiling it. Strain. Pour the hot syrup slowly over the hot baked torte until all of it is absorbed. Cool the torte and then remove from the pan. Ice with a Mocha Icing (page 446).

(Mrs. J. Worobetz Carter, Orillia, Ontario.)

Irene's Torte

(*Topm Ipuuu*)

A tasty trio — short pastry base with walnuts and two luscious fillings. In the past, new torte creations were often named after members of the family. Hence, Irene's Torte.

1 cup butter	Grated rind and juice of 1
1 $\frac{1}{4}$ cups confectioners' sugar	lemon
1 egg	1 cup ground walnuts
	2 cups sifted flour

Cream the butter and sugar together until very light. Add the egg and beat well. Stir in the remaining ingredients; mix thoroughly and chill. Divide the dough into 4 equal parts. Pat each part into a lightly buttered layer cake pan. Bake in a moderate oven (350°F.) for about 15 to 20 minutes, or until delicately browned. Remove from the pans to a cake rack. While the cakes are cooling, prepare the following apple filling:

6 apples, pared and diced
Juice of 1 lemon
Sugar to taste

Cook the apples with the lemon juice and sugar until thick. Do not add any water. Cool. Now prepare the chocolate filling:

3 tablespoons butter	1 egg yolk
5 tablespoons confectioners' sugar	1 tablespoon cocoa

Cream all the ingredients to a smooth paste. Spread the layers with the prepared fillings. Use the apple filling on the first layer and the chocolate filling on the second layer. Spread the third layer with the apple filling. Cover with the fourth cake. Ice the top and the sides with any plain icing. Do not cut for 24 hours. Serve in slices.

(Mrs. H. Dershko, Saskatoon, Sask.)

Prune Torte

(Сливковый торт)

Great-grandma used prunes and prune fillings in many goodies of her own creation. Prune torte is one of them. The filling is even more delicious when made with an equal quantity of dates and prunes.

1 cup butter	1 pound prunes, stewed,
1 cup confectioner's sugar	pitted and ground
1 large egg	1 cup sugar
1/2 teaspoon almond extract	1 teaspoon cinnamon
Few grains salt	1 tablespoon lemon juice
1/2 to 1 cup almonds, blanched and ground	3 to 4 tablespoons prune liquid
2 cups sifted flour	

Butter 5 round, layer cake pans and dust with flour. Cream the butter with the sugar until light. Add the egg and beat well. Stir in the extract, salt, and almonds. Add the flour and mix thoroughly. Divide the dough into 5 equal parts. Roll each of them between 2 sheets of waxed paper to fit the pan, or pat the dough evenly into the pans. Bake in a moderate oven (350°F.) for 20 minutes, or until deli-

cately browned. Remove from the pans while still hot. Prepare the filling by bringing to the boiling point the ground prunes with the remaining ingredients. Put the layers together with the warm filling. Let the torte stand for about a day before cutting it. Serve in slices.

(Mrs. A. Swityk, Calgary, Alberta.)

Meringue Torte

(Білкові торт)

This is an elegant old country dessert torte. Have this recipe in mind when wondering what to do with the many egg whites left over from making babka or other yolk-rich pastries.

6 egg whites
1½ teaspoons lemon juice or ½ teaspoon cream of tartar
2 cups sugar

Beat the egg whites with the lemon juice (or cream of tartar) until frothy. Add the sugar gradually, 1 teaspoon at a time, and beat constantly until very stiff and glossy. Spoon lightly into 2 layer cake pans, about 9 inches in diameter, which have been lined with brown paper and buttered. Raise the edge of 1 layer slightly with the back of a spoon. Bake in a slow oven (275°F.) for 1 hour or longer. Turn off the heat and leave the meringues in the oven until the oven has cooled. This slow cooling prevents shrinkage. Place the layer with the raised edge on a plate. Fill with sweetened, fresh fruit, and top with the other layer. Decorate with fruit or whipped cream.

For individual meringue shells, heap several spoons of the meringue in circles on a baking sheet which has been lined with brown paper and buttered. Hollow out the centre with the back of a spoon. Bake as directed.

Mocha Torte

(Бишофтовоє торт)

The following recipe is for a delicious dessert torte made with lady fingers or thin wafers commonly used for ice cream sandwiches. In Ukraine, these wafers (called "andruty") are sold in plate-sized squares or rounds. Many tempting refrigerator cakes or layered dainties are made with them. Some Canadian stores in the larger centres feature these wafers occasionally. A thinly sliced sponge cake may be used in place of the lady fingers or wafers.

$\frac{1}{3}$ cup sifted cake flour	Few grains salt
$\frac{1}{3}$ cup confectioners' sugar	$\frac{1}{4}$ teaspoon vanilla
1 whole egg	2 egg whites
2 egg yolks	

Sift the flour 3 times. Sift the sugar separately. Beat together the whole egg, egg yolks, and salt until very light; stir in the vanilla. Beat the egg whites until stiff. Add the sugar gradually and beat until the mixture thickens. Fold in the egg-yolk mixture and then fold in the flour very lightly. Shape into $3\frac{1}{2}$ to 4 inch oblongs with a pastry tube on an ungreased paper placed on a baking sheet. If a pastry tube is not available, shape carefully into $1 \times 3\frac{1}{2}$ to 4 inch oblongs by pouring the batter from the end of the spoon. Bake in a moderate oven (375°F.) for 12 minutes. This recipe will make 24 to 30 lady fingers. Prepare the following filling:

$\frac{1}{3}$ cup butter	$\frac{1}{4}$ teaspoon vanilla
1 cup brown sugar	3 to 4 tablespoons blanched,
3 egg yolks	slivered, toasted almonds
$\frac{1}{3}$ cup strong lukewarm coffee	

Cream the butter and sugar together until thoroughly blended. Beat in the egg yolks, one at a time. Add the coffee very slowly, beating constantly. The coffee should be lukewarm, not cold, to prevent the separation of the liquid and fat. Mix in the vanilla and continue beating. Arrange al-

ternate layers of the lady fingers and filling in a small oblong or square pan, ending with a layer of the filling. Garnish with the almonds. Chill for at least 12 hours. Cut into slices and serve well chilled as a dessert.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Confection Ribbon Torte

(Помадковый торт)

This torte consists of three different uncooked mixtures, arranged in layers and chilled. It is a rich, fine-textured and elegant confection usually served after dinner or as a tea dainty. The amount of butter may seem very large, but for a confection of this kind it is just right.

1 cup butter	1 pound semisweet chocolate,
1 cup confectioners' sugar	melted
	1 cup ground walnuts

Cream the butter with the sugar until light. Blend in the cooled, melted chocolate and the ground nuts. Butter a deep, round cake pan with a removable rim; line with waxed paper and butter it again. Spoon the mixture into the pan and spread it evenly. Chill thoroughly before covering it with the following mixture:

$\frac{2}{3}$ cup butter	Few drops of yellow food
1 cup confectioners' sugar	coloring
Juice of 1 lemon	

Cream the butter and the sugar together until light. Add the remaining ingredients and mix thoroughly. Spread evenly over the first mixture and chill well. Now prepare the third mixture:

$\frac{1}{3}$ cup butter	4 tablespoons thick cream
1 cup confectioners' sugar	Few drops of red food
$\frac{1}{2}$ pound almonds, blanched	coloring
and ground	

Cream the butter with the sugar until light. Add the remaining ingredients and mix thoroughly. Spread evenly over the second mixture. Chill well. Remove the rim of the pan, but leave the bottom. Ice with a plain chocolate icing and decorate with toasted almond slivers. Chill and serve in very small slices.

(Mrs. H. Deishko, Saskatoon, Sask.)

Sand Babka

(Cake)

(Піскова бабка)

In popular usage the name "babka" refers not only to yeast-raised cake breads but also to butter cakes and various light, egg-rich dishes. This babka has a fine, grainy texture from which its name is derived.

$\frac{3}{4}$ cup sifted flour	6 eggs, separated
1 cup sifted potato flour	Grated rind of 1 lemon
2 teaspoons baking powder	Grated rind of 1 orange
$1\frac{1}{4}$ cups butter	Juice of $\frac{1}{2}$ lemon
$2\frac{1}{4}$ cups confectioners' sugar	

Sift the first 3 ingredients together 3 times. Cream the butter, add the sugar gradually, and continue creaming until very smooth. Add the egg yolks, one at a time, and beat until the mixture is very light. Beat in the lemon rind, orange rind, and lemon juice. Stir in the flour. Beat the egg whites until stiff and fold them into the batter. Spoon into a buttered cake pan, or tube pan, and bake in a moderate oven (375°F.) for 10 minutes, then lower the temperature to 350°F., and continue baking for about 35 minutes. Remove the babka from the pan and cool it on a cake rack.

(Mrs. W. Zaputowych, Edmonton, Alberta).

Poppy Seed Cake

(Маковый торт)

A popular modern version of an old-time poppy seed torte. The contributor of this recipe always soaks the poppy seed overnight. Her cake is fine-textured and light.

$\frac{3}{4}$ cup poppy seed	2 cups sifted cake flour
$\frac{3}{4}$ cup milk	$2\frac{1}{2}$ teaspoons baking powder
$\frac{3}{4}$ cup butter	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{4}$ cups sugar	4 egg whites
1 teaspoon vanilla	

Pour boiling water over the poppy seed and drain well over a fine sieve. Cover with the milk and soak overnight.

Cream the butter; add the sugar gradually and beat until light. Stir in the vanilla and poppy seed; beat well. Sift the flour with the dry ingredients 3 times. Add the flour gradually to the first mixture, stirring until well blended. Beat the egg whites until stiff and fold into the batter. Spoon into a buttered cake pan. Bake in a moderate oven (350°F.) for about 30 minutes, or until done when tested. Remove from the pan and place on a cake rack. Ice with a favorite chocolate icing.

(Mrs. Lydia Boykowich, Saskatoon, Sask.)

Sour Cream Poppy Seed Cake

(Маковый торт на сметане)

This cake is very light, tender, and tasty. It's fun to make and fun to eat.

$\frac{1}{2}$ cup poppy seed	$2\frac{1}{4}$ cups sifted cake flour
3 eggs	3 teaspoons baking powder
$1\frac{1}{2}$ cups sugar	$\frac{1}{2}$ teaspoon baking soda
$1\frac{1}{2}$ cups thick sour cream	$\frac{1}{4}$ teaspoon salt
$1\frac{1}{2}$ teaspoons vanilla	

Pour boiling water over the poppy seed and drain well over a fine sieve. If necessary, repeat this washing. Spread

the poppy seed on a tea towel or brown paper and dry thoroughly. This should be done the day before baking. Beat the eggs well; add the sugar gradually and beat until light and fluffy. Beat in the sour cream and vanilla. Sift the flour with the dry ingredients 3 times. Add the flour to the cream mixture along with the poppy seed and mix gently with a folding motion. Spoon the batter into 2 layer cake pans which have been lined with waxed paper and buttered. Bake in a moderate oven (350°F.) for 35 to 40 minutes, or until done when tested. Let the cakes stand in the pans for 10 minutes before removing to a cake rack. Put the layers together with a Lemon Filling (page 445) to which some finely cut maraschino cherries have been added. Ice with a plain or cooked white icing.

(Mrs. Mary Kyba, Saskatoon, Sask.)

Favorite Syrnik

(Улюблений сирник)

Here is grandma's favorite recipe for old-country style Easter syrnik with luscious raisins and cinnamon flavor.

Crust

- $\frac{1}{3}$ cup butter
- $\frac{1}{4}$ cup sugar
- 1 small egg
- 1 cup sifted flour
- 1 teaspoon baking powder
- $\frac{1}{4}$ teaspoon salt

Filling

- 1 pound dry cottage cheese
- 3 to 4 eggs
- $\frac{2}{3}$ cup fine sugar

- 3 tablespoons melted butter
- $\frac{1}{2}$ teaspoon salt
- Grated rind and juice of small orange
- Grated rind and juice of half lemon
- 1 teaspoon vanilla
- $\frac{1}{2}$ teaspoon cinnamon
- 2 tablespoons flour
- $\frac{1}{2}$ cup or more raisins

Cream the butter and sugar together and then beat in the egg. Sift the flour with dry ingredients and combine with the creamed mixture. Spread the dough over the bottom and sides of a buttered 9 x 9 inch pan. Bake at 350°F. for 12 to 15 minutes.

Prepare the filling. Press the cottage cheese through a sieve or put it in a plastic bag and crush it with a rolling pin on a table. Beat the eggs. Add sugar and continue beating. Beat in the butter. Combine with the cheese. Stir in the remaining ingredients except the raisins. Mix thoroughly. Add the raisins. Spoon the mixture over the partially baked crust. Bake in a slow oven (300° to 325°) for about 1 hour. Do not remove the syrnyk from the pan.

Pineapple Syrnyk

(Cheese Cake)

(Ананасовый сырник)

A nutritious and tasty syrnyk with a refreshing flavor of pineapple. This syrnyk has no pastry crust.

1½ pounds dry cottage cheese	2 tablespoons flour
5 eggs, separated	1 cup crushed pineapple with juice
1 cup sugar	
¼ teaspoon salt	¼ cup walnuts, chopped fine
Grated rind and juice of ½ lemon	

Press the cheese through a sieve. Beat the egg yolks until light. Add the sugar gradually and continue beating. Beat in the salt, grated lemon rind, and lemon juice. Combine with the cheese and mix thoroughly. Stir in the flour and pineapple. Beat the egg whites until stiff and fold into the

mixture. Butter a glass baking pan very generously with soft butter and coat with fine bread crumbs. Spoon the mixture into the pan and sprinkle the top with chopped nuts. Bake in a slow oven (300°F.) for 1 hour. At the end of the baking period, turn off the heat and let the cake stand in the oven until almost cool. Open the oven door during the last part of the cooling period. Do not remove the cake from the pan. Cool completely before cutting. Keep it in a cool place.

(Mrs. Stephanie Magus, Edmonton, Alberta.)

Cheese Paska, Kiev Style

(Київська сирна паска)

Cheese paska, shaped as a pyramid or block, is a traditional Easter dessert in the central and eastern regions of Ukraine. It may be cooked as given below, or the cooking may be entirely omitted. For an uncooked paska, combine the ingredients, omitting the cooking, and then mold and refrigerate the mixture as directed in this recipe.

2 pounds dry cottage cheese	1/2 teaspoon salt
3/4 cup soft butter	1/2 cup blanched almonds,
1 1/2 cups sugar	chopped fine
4 egg yolks	1/2 cup assorted fruit — raisins,
1 egg	mixed peel
3/4 cup thick cream	1 teaspoon vanilla

Press the cheese through a sieve. Cream the butter with the sugar and then combine with the cheese. Beat the egg yolks and the whole egg together; blend with the cheese mixture. Stir in the remaining ingredients except the vanilla. Put the mixture into the top of a double boiler and heat it over barely simmering water until bubbles form around the edge of the pan. Stir constantly while heating it. Remove from the range and continue stirring until the mixture cools. This is very important. This long stirring gives the paska a smooth and velvety texture. Lastly add the vanilla.

In Ukraine, the cheese mixture for paska is poured into a special mold with a removable rim, shaped like a pyramid. But an ordinary plastic flower pot with a hole at the bottom may serve the purpose. Line the pot with a dampened cheesecloth of double thickness and pour the mixture into it. Cover with a damp cloth, place a small plate on top of the paska, and weight it down with a suitable weight. A clean brick or a heavy iron may be used for a weight. The hole on the bottom of the pot allows the excess moisture to drain off. Let it stand in a cold place for 24 hours. Unmold on a plate and chill thoroughly in the refrigerator. Decorate at the base with fresh berries or a sliced orange. Serve in slices at the table.

The flower pot mold gives a very attractive shape to the paska. But if it is not available, the cheese mixture may be molded into a block. Pour the mixture into a clean, damp 10-pound sugar bag. Tie the open end of the bag securely into a knot, or sew it up. Place between 2 clean boards (not pine) and weight it down with a weight. Let it stand in a cold place for 24 hours. Cut the bag on all sides with scissors, trim the rough edges of the paska, and place on a serving plate. Chill well before serving.

(Mrs. M. T. Mychaliuk, Two Hills, Alberta.)

Uncooked Cheese Paska

(Сирна паска)

The method of making this Easter dessert is much simpler than in the preceding recipe. Some fruit and nuts may be added to the cheese mixture, if desired. Crushed pineapple gives the paska a delicious flavor.

1 pound dry cottage cheese	3 to 4 hard cooked egg yolks
$\frac{1}{3}$ cup butter	$\frac{1}{2}$ cup thick cream
1 cup sugar	$\frac{1}{3}$ teaspoon salt
2 egg yolks	1 teaspoon vanilla

Press the cheese through a sieve. Cream the butter and

sugar together until light. Beat in the egg yolks, one at a time. Press the hard cooked egg yolks through a sieve and beat into the mixture. Combine with the cheese. Add the remaining ingredients and mix thoroughly. Follow the directions for molding the cheese mixture as given in the preceding recipe for Cheese Paska, Kiev Style. Use either the flower pot or the block mold.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Meringue Syrnyk

(Cheese Cake)

(Сырник з маренією)

Do not overlook this recipe. It is a delectable syrnyk that is worth a trial.

$\frac{1}{2}$ cup sifted flour	$\frac{1}{2}$ cup sugar
$\frac{1}{4}$ cup sugar	Grated rind and juice of 1
3 tablespoons butter	orange
$\frac{1}{3}$ cup almonds, blanched	1 teaspoon vanilla
and ground fine	1 teaspoon flour
$\frac{1}{4}$ teaspoon almond extract	Few grains salt
2 cups dry cottage cheese	4 egg whites
4 egg yolks	6 tablespoons sugar

Sift the flour and sugar together. Work in the butter. Add the almonds and extract. Pat evenly into a buttered 6x10 inch pan. Press the cheese through a sieve. Beat the egg yolks well, then add the sugar gradually, and beat until light. Combine with the cheese. Stir in the grated rind, orange juice, vanilla, flour, and salt. Mix thoroughly. Spread over the pastry crust and bake in a moderate oven (350°F.) for about 50 minutes. Prepare the meringue by beating the egg whites until stiff. Add the sugar gradually and continue beating. Spread the meringue over the baked cheese cake. Brown in a moderate oven (375°F.) for 10 to 15 minutes. Do not remove the cake from the pan. If available, use a glass baking pan. Cool before serving.

(Mrs. Mary Warnick, Edmonton, Alberta.)

Cherry Syrnky

(*Cheese Cake*)

(*Сирник з черешнями*)

In this modernized version of a traditional creamy syrnky the usual grandmother's short pastry crust is replaced with a modern one made of a crumb mixture.

$\frac{3}{4}$ cup graham wafer or zwieback crumbs	$\frac{1}{2}$ cup thick cream
2 tablespoons sugar	1 teaspoon grated lemon rind
$\frac{1}{2}$ teaspoon cinnamon	2 teaspoons cornstarch
3 tablespoons soft butter	1 teaspoon vanilla
1 pound cottage cheese	$\frac{1}{4}$ cup candied cherries, cut in halves
3 eggs, separated	$\frac{1}{4}$ cup chopped walnuts
$\frac{1}{2}$ cup sugar	
$\frac{1}{4}$ teaspoon salt	

Mix the crumbs with the sugar and cinnamon. Work in the butter. Pat evenly into the bottom and sides of a buttered 8x8 inch baking pan. Press the cheese through a sieve. Beat the egg yolks; add the sugar gradually and continue beating until light and fluffy. Combine with the cheese. Add the salt, cream, lemon rind, cornstarch, vanilla, and cherries, and then mix thoroughly. Beat the egg whites until stiff and fold into the mixture. Spread over the crumb crust and sprinkle with the chopped nuts. Bake in a moderate oven (325°F.) for 55 to 60 minutes. Open the oven door and let the cake cool for $\frac{1}{2}$ hour.

(Mrs. S. Hordy, Flin Flon, Manitoba).

Pineapple Refrigerator Syrnky

(*Cheese Cake*)

(*Сирник з ананасом*)

Another modernized version of a creamy syrnky — richly flavored and delicate in texture. This syrnky and cheese Paska, Kiev Style, are closely related because both have a custard base.

1 cup graham wafer or
 zwieback crumbs
 2 tablespoons sugar
 $\frac{1}{2}$ teaspoon cinnamon
 $\frac{1}{4}$ cup soft butter
 2 $\frac{1}{2}$ tablespoons gelatine
 $\frac{1}{4}$ cup cold water
 2 egg yolks
 $\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup milk
 1 cup sugar
 $\frac{1}{2}$ teaspoon grated lemon rind
 1 tablespoon lemon juice
 A 10-ounce can crushed
 pineapple, well-drained
 3 cups cottage cheese, sieved
 2 egg whites
 1 cup rich cream, whipped

Mix the crumbs, sugar, and cinnamon together. Work in the butter. Pat this crumb mixture firmly into an 8x10 inch glass baking pan. Soften the gelatine in the cold water. Combine the egg yolks, salt, milk, and sugar in the top of a double boiler. Cook over simmering water, stirring constantly, until the mixture begins to thicken. Add the softened gelatine and stir until dissolved. Remove from the range and chill. Beat until very smooth. Then stir in the lemon rind, lemon juice, crushed pineapple, and sieved cheese. Mix well. Let the mixture stand until slightly thickened. Fold in the stiffly beaten egg whites and whipped cream. Spread over the crumb crust. Chill for 12 hours.

(Mrs. Mary Kyba, Saskatoon, Sask.)



Strudel Dough

(Струдаше тесто)

Strudel is a popular European pastry. It is a delicate creation of many paper-thin layers. The recipe for strudel dough is simple in ingredients and the procedure is not as difficult as it may appear to be. Do not be discouraged with the results on your first trial. Try again. Practice makes perfect. This is a basic recipe for strudel dough. Some recipes call for a small quantity of fat. But successful cooks claim that fat should never be used in the strudel dough because it softens the gluten and weakens the elasticity in stretching. Strudel dough stretches to great dimensions.

1½ cups sifted flour
¼ teaspoon salt

1 egg, beaten slightly
⅓ cup lukewarm water

Sift the flour and salt into a mixing bowl. Make a hollow in the flour, and add the egg and water. Mix into a medium soft dough. Knead on a floured board until the dough is smooth, elastic, and forms blisters as it is handled. Successful cooks handle the dough differently at this point. Some knead continuously, others pound the dough and throw it to the board for 20 minutes. Both methods are good, but kneading is the easier one. This procedure of long kneading or pounding the dough is very important because it develops the elasticity for stretching. This dough will make 1 large strudel roll. For easier handling, the dough may be divided into 2 parts for 2 smaller rolls, if desired. Knead each part into a smooth ball. Sprinkle lightly with flour and cover with a warm bowl. Let the dough stand for at least 30 minutes. As the bowl cools, cover with another warm bowl. While the dough is standing, prepare the filling. Be sure to have the filling ready before stretching the dough.

Cover a large table with a cloth and sprinkle it lightly with flour. Place the dough in the centre and roll it as thin as possible. If desired, the dough may be rolled on a pastry board and then placed on the table. Now flour your hands lightly. Place one hand, palm down, under the dough and

stretch gently with the other hand in all directions towards the edge of the table. While stretching, ease the dough by lifting it gently. Handle the dough very gently to prevent tearing. When stretched to the thinness of tissue paper, trim off the thick edges. These thick edges may be kneaded, rolled, and cut into noodles. Let the stretched dough dry for about 10 to 15 minutes. Some cooks prefer brushing the stretched dough with melted butter as soon as it is stretched. Others brush with butter when it is slightly dry. This is a matter of personal choice. A paper-thin dough dries very quickly and may become too brittle to roll, if left to dry too long. This is worth remembering.

Brush with melted butter and spread with a desired filling. Lift one side of the cloth and tip or fold the edge of the dough over. This will start a roll. Hold the cloth with both hands a little higher and roll the filled dough loosely into a big roll. Trim the ends. Butter a long baking pan. Cut the roll into lengths to fit the pan. Arrange the rolls in the pan, handling them very gently. Brush generously with melted butter. Bake in a hot oven (400°F.) for about 20 minutes. Then lower the temperature to 350°F. and continue baking the rolls until they are crisp and delicately browned. Cut them into slices and serve slightly warm.

Apple Strudel

(Яблочный стрudel)

Apple strudel is a perennial favorite that never loses its popularity. Use tart apples for a refreshing flavor.

Strudel Dough (page 402)	$\frac{3}{4}$ cup walnuts, chopped fine
6 to 8 apples, pared and	$\frac{3}{4}$ to 1 cup sugar
diced fine	1 teaspoon cinnamon
$\frac{1}{2}$ cup raisins, chopped	$\frac{2}{3}$ cup fine bread crumbs
	1 cup melted butter

Prepare the strudel dough as directed. Cover with a warm bowl and let it stand for 30 minutes. Assemble the

ingredients for the filling. Combine the apples, raisins, walnuts, sugar, and cinnamon. Mix the bread crumbs with $\frac{1}{2}$ cup of the melted butter. Reserve the remaining butter for brushing. For a more flavorful strudel, heat the butter until bubbly and light golden in color, add the bread crumbs, and brown very lightly, stirring constantly. Toasted bread crumbs enrich the filling.

Stretch the dough as directed and let it dry for a few minutes. Brush well with the melted butter and sprinkle with the buttered bread crumbs. Spread the apple filling over the crumbs. Now start the roll. Lift one side of the cloth, tip or fold the edge of the dough over, and roll into a big roll. Trim the ends. Butter a long baking pan. Cut the roll into lengths to fit the pan. Arrange the rolls in the pan, handling them very gently. Brush generously with the melted butter. Bake in a hot oven (400°F.) for 20 minutes, then lower the temperature to 350°F. , and continue baking for about 15 minutes more, or until crisp and delicately brown. Cut into slices and serve warm.

Fruit-Nut Strudel

(Овоочево-горіховий струдель)

Here is a different variation of a strudel dough. The contributor of this recipe is well known for her excellent strudels. This is one of her fillings for which she deservedly receives many compliments.

Strudel Dough

$2\frac{1}{4}$ cups sifted flour
 $\frac{3}{4}$ cup lukewarm water

Filling

1 cup sultana raisins,
chopped
2 cups chopped walnuts

1 tart apple, grated coarse
 $1\frac{1}{4}$ cups sugar

Grated rind of $\frac{1}{2}$ lemon
 $\frac{1}{2}$ cup fine bread crumbs
1 teaspoon cinnamon
 $\frac{1}{2}$ cup melted butter for
brushing

Combine the flour and lukewarm water to make a medium soft dough. Follow the directions for working and

stretching the dough as given in the recipe for Strudel Dough (page 402). Let the stretched dough dry a little. Trim the thick edges. Combine the 7 ingredients of the filling. Brush the stretched dough with the melted butter and spread the filling over it. Lift one side of the cloth, fold or tip the edge of the dough over, and roll it loosely into a big roll. Trim the ends. Butter a long baking pan. Cut the roll into lengths to fit the pan. Arrange in the pan, handling the rolls very gently. Brush generously with the melted butter. Bake in a moderate oven (350°F.) for about 20 minutes. To serve, cut into slices.

(Mrs. Emilia Plawiuk, Edmonton, Alberta.)

Elegant Layered Strudel

(Еlegantный листкований струдель)

This is a treasured family recipe brought to Canada by a pioneer family from a western region of Ukraine. The raisins in the original recipe have been replaced with pineapple. This strudel is not rolled but layered. It is flaky, delicious, and dainty.

Strudel Dough (page 402) ½ teaspoon cinnamon
½ cup melted butter

Filling I		Filling II
½ cup melted butter		5 tart apples, pared and diced fine
⅔ cup fine bread crumbs		1 cup (15-ounce can) crushed pineapple, well drained
1 cup walnuts, chopped very fine		½ cup or more sugar
¼ cup sugar		1 teaspoon cinnamon

Prepare the strudel dough as directed. Cover with a warm bowl and let it stand for 30 minutes. Meanwhile prepare the fillings. For Filling I, heat the butter until bubbly and light golden in color, add the bread crumbs, and brown very lightly, stirring constantly. Combine with the nuts, sugar, and cinnamon. Mix the ingredients of Filling II.

Stretch the strudel dough as directed, brush with the melted butter, and let it dry thoroughly. Trim the

thick edges. Butter 2 or more baking pans. Cut the dough into sheets to fit the pan. If the dough becomes brittle, use the flaked brittle parts also. One great virtue of this strudel is that the dry brittle parts may be used with success. Line the prepared pan with a layer of dough, brush with the melted butter, and sprinkle very lightly with Filling I. Continue in this manner until there are about 3 layers. Be sure to brush each layer of dough with butter before spreading the filling. This is very important. From now on use both fillings alternately, brushing each layer of dough with butter first, until the pan is slightly more than half full. There should be about 6 to 8 of these alternate layers, depending on the height of the strudel desired. Finish with 3 layers of dough and Filling I only as in the beginning. Brush the top layer generously with the melted butter. If desired, some finely chopped nuts may be sprinkled over the top for a decorative effect. Fill the other pan in the same manner. Bake in a hot oven (400°F.) for 20 minutes, then lower the temperature to 350°F., and continue baking for 20 minutes longer, or until crisp and delicately browned. This strudel will be drier and flakier than the usual apple strudel. To serve, cut into neat squares. Serve slightly warm.

(Mrs. Stephanie Magus, Edmonton, Alberta.)

Cherry Strudel

(Черешневый стрudel.)

Here is a tempting summer strudel when luscious cherries are in season. Serve in generous portions and watch them disappear. For best results, use large sweet cherries. Drained, canned cherries may be used, but the strudel will not be quite the same.

Strudel Dough (page 402)	$\frac{3}{4}$ cup blanched almonds,
$\frac{1}{2}$ cup melted butter	chopped fine
$\frac{1}{2}$ cup fine bread crumbs	3 pounds fresh cherries,
$\frac{1}{3}$ cup melted butter	pitted
	1 cup sugar

Prepare and stretch the strudel dough as directed and let it dry for a few minutes. Brush with the melted butter. Combine the bread crumbs with $\frac{1}{3}$ cup of melted butter. For a better flavor, toast the bread crumbs very lightly in the hot butter, stirring constantly. Mix them with the almonds and spread this mixture over the stretched dough. Place the cherries over two-thirds of the dough. Remember that the cherries may slide out of place in rolling the dough. To play safe, allow enough additional space for stray cherries. Sprinkle the cherries with the sugar. Now start the roll the usual way, taking care to keep the cherries from falling out. Trim the ends. Butter a long baking pan. Cut the roll into lengths to fit the pan. Brush generously with the melted butter. Bake in a hot oven (400°F.) for 20 minutes, then lower the temperature to 350°F., and continue baking for about 15 to 20 minutes more, or until crisp and delicately browned. Cut into slices and serve warm.

(Mrs. Roma Gauk, Edmonton, Alberta.)

Almond Strudel

(Миндальный стрudelъ)

It is always a pleasure to serve this dainty strudel. In place of raisins, use well-drained, crushed pineapple.

Strudel Dough (page 402)	Grated rind and juice of 1
$\frac{1}{2}$ cup melted butter	lemon
6 eggs, separated	1 cup sultana raisins, chopped
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup fine bread crumbs
$1\frac{1}{4}$ cups almonds, blanched and ground	$\frac{1}{3}$ cup melted butter

Prepare and stretch the strudel dough as directed and let it dry for a few minutes. Brush with the melted butter. Beat the egg yolks with the sugar until light. Stir in the almonds, grated rind, lemon juice, and raisins. Mix the bread crumbs with the melted butter and stir into the mixture. Beat the egg whites until stiff and fold gently into the filling.

Spread the filling over the stretched dough, placing a greater portion of it on the end where the roll is to be started as this filling spreads out. Keep the edges free of filling. Roll quickly into a loose roll, allowing sufficient space for the filling to expand in baking. Butter a long pan. Trim the ends of the roll and cut it into lengths to fit the pan. Arrange the rolls in the pan, handling them very gently. Brush generously with the melted butter. Bake in a hot oven (400°F.) for 20 minutes, then lower the temperature to 350°F., and continue baking for 20 minutes more, or until crisp and delicately browned. This strudel may be served warm or cold.

STRUDEL FILLINGS

Cottage Cheese Filling

(Сирна начинка)

- | | |
|-----------------------------------|--|
| 1 to 1½ pounds dry cottage cheese | ½ teaspoon salt |
| 3 egg yolks | 3 tablespoons thick cream |
| 1 to 2 whole eggs | ½ cup raisins or drained crushed pineapple |
| ¾ cup or more sugar | Cinnamon, if desired |

Press the cottage cheese through a sieve. Beat the egg yolks and the whole eggs together until light, add the sugar and salt, and continue beating until well blended. Stir in the cream. Combine with the cheese and raisins or pineapple. Flavor the mixture with the cinnamon, if used. Use as a filling for strudel.

Poppy Seed Filling

(Макова начинка)

- | | |
|---------------------------------|--------------------------------|
| 2 cups poppy seed | 1 tablespoon grated lemon rind |
| Honey or sugar to taste | |
| 2 tart apples, pared and grated | ½ cup chopped walnuts |
| ½ teaspoon cinnamon | 2 egg whites, beaten stiff |

Pour boiling water over the poppy seed and drain. If necessary, repeat this washing. Cover with warm water and let the poppy seed soak for 30 minutes. Drain well over a fine sieve. Grind the poppy seed and combine with the remaining ingredients. Use as a filling for strudel.

Savory Fillings for Strudels

Strudel with a savory filling makes an excellent luncheon dish. Though somewhat troublesome to make, it is worth the effort because it is unusual and luxurious. Any savory filling may be used. The two most popular fillings are cabbage and cottage cheese. Both may be varied with additional ingredients to suit one's taste.

Cabbage Filling

(page 365)

Cottage Cheese Filling

(page 366)

Puff Pastry

(Листковане тісто)

Ukrainians of the well-to-do classes use puff pastry very extensively for sweet dainties, as well as for savory-filled pyrizhky (pastries) and pashtet (meat or fish cakes encased in puff pastry). The pastry recipes for these different uses vary from the very simplest kinds to the more complicated and professional ones. Some recipes call for egg yolks and lemon juice. For a truly professional product, the butter should be freshly washed and chilled. All good cooks consider this step essential because it makes

the butter elastic and workable, giving the "personality plus" to pastry. Those who wish to experiment with this old method are advised to wash the butter in very cold water, kneading it with the hands until it is elastic and waxy but retains its firmness. Then the butter should be patted to remove all excess water, and thoroughly chilled before using. Puff pastry may be prepared, however, with equally good results without the troublesome task of washing the butter, using part shortening and part butter. Shortening has its advantages in pastry, making it light, tender, and flaky. When preparing puff pastry, it is important to make sure that all the ingredients, the pastry board, and the rolling pin are as cold as possible. The room, too, should be chilled. Before rolling the dough, chill the hands in cold water.

Here is a modernized recipe for puff pastry:

2 cups sifted flour	$\frac{1}{2}$ cup cold butter
$\frac{1}{2}$ teaspoon cream of tartar	$\frac{1}{2}$ cup cold shortening
$\frac{1}{4}$ teaspoon salt	$\frac{2}{3}$ cup ice water

Sift the flour with the cream of tartar and salt. Cut the butter and shortening into $1\frac{1}{2}$ to 2 inch cubes and toss around in the flour until well coated. Do not blend with the flour. Add all the water at once and mix gently with a spoon, using a folding motion, until the paste forms a ball. Do not break up the pieces of butter and shortening. Place on a floured board and pat into a square $1\frac{1}{2}$ to 2 inches thick. Brush off any excess flour. Work quickly and in a cool place to keep the dough firm. Roll into a square about $\frac{1}{4}$ inch thick, keeping the corners square. Roll in one direction only, not back and forth. Fold the dough in thirds lengthwise, pressing the edges together, then fold in thirds crosswise. Wrap in waxed paper and chill thoroughly for at least 1 hour. The success of this pastry depends on thorough chilling. Repeat the same procedure of rolling and folding, a total of 4 times, chilling after each operation for 1 hour. After the fourth rolling and folding, chill for 2 hours or longer. Roll, shape, and bake as directed in various recipes using puff pastry. This pastry should rise in the oven 6 to

8 times its original thickness. It must be baked in a very hot oven (500°F.). After the pastry has risen to its full height, the temperature should be lowered to 425°F. or 400°F.

Puff Pastry Pyrizhky

(Pastries)

(Пиріжки з листкового тіста)

Pyrizhky are popular Ukrainian pastries with a sweet or savory filling. Use any favorite filling.

Puff Pastry (page 409)
Filling, well-chilled

Roll the puff pastry $\frac{1}{4}$ inch thick and cut into $2\frac{1}{2}$ to 3 inch squares for oblongs, triangles, or open-faced pyrizhky. The oblong is the traditional shape. When pyrizhky are to be served as a soup accompaniment, they should be very small in size.

Oblong: Place the filling in the centre of the square, seal the two edges along the centre in a neat ridge, and then seal the ends. This will give an oblong shape. Place, sealed side up, on a baking sheet.

Triangle: Place the filling in the centre of the square and seal the edges neatly to form a triangle.

Open-Faced: Place the filling in the centre of the square, bring the four corners together over the filling, and seal, leaving the sides open.

Line a baking sheet with a double thickness of heavy brown paper, but do not grease it. Arrange the shaped pyrizhky on it and chill in the refrigerator for at least $\frac{1}{2}$ hour or longer. The success of these pyrizhky depends on good chilling before they are baked. Bake in a very hot oven (500°F.) for 10 minutes, then lower the temperature to 400°F., and bake for 5 to 10 minutes.

Puff Pastry Pyrih

(Squares)

(Пирш из листкованого тста)

The most commonly used filling for these squares is the one made of cabbage (page 365), but other fillings may also be used. Be sure that the filling is dry and thick to prevent soginess.

Puff Pastry (page 409)

Filling, well-chilled

Roll the puff pastry $\frac{1}{4}$ inch thick and cut into 2 parts, leaving 1 part an inch wider than the other. Place the narrow part on a baking sheet lined with a double thickness of ungreased, heavy brown paper. Spread the chilled filling over it, keeping a $\frac{1}{2}$ inch border on all sides free of filling. Brush the border with ice water. Cut even gashes in the top pastry in several places. Place over the filling, then seal the edges on all sides by pressing lightly. Chill in the refrigerator for at least $\frac{1}{2}$ hour or longer. Bake in a very hot oven (500°F.) for 10 minutes, then lower the temperature to 400°F., and continue baking for another 10 minutes. For a large pyrih, lower the temperature to 350°F. and bake for 5 minutes longer. Cool. To serve, cut into squares.

Pashtetyky of Brains in Puff Pastry

(page 118)

Puff Pastry Bars with Meringue

(Листковани краянщи з марен'ою)

Puff Pastry (page 409)

2 egg whites

1 cup confectioners' sugar

$\frac{2}{3}$ cup almonds, blanched and
chopped fine

Roll the puff pastry $\frac{1}{4}$ inch thick and cut into 1x3 inch strips. Place on a baking sheet lined with a double thickness of ungreased, heavy brown paper. Chill in the refrigerator for at least $\frac{1}{2}$ hour. Bake in a very hot oven (500°F.) for about 10 minutes, then lower the temperature to 425°F., and continue baking for 5 minutes longer. Prepare the meringue topping by beating the egg whites until stiff; add the sugar gradually and continue beating. Stir in the almonds. Spread the meringue over the baked bars and brown in a moderate oven (375°F.).

Puff Pastry Mushli

(Shells)

(*Мущли з листкового тіста*)

These pastry shells may be filled with a sweet or creamed savory filling and served as a dessert or as a luncheon dish, depending on the filling. The most favorite savory filling in Ukraine is either creamed mushrooms or creamed crayfish, a river shell fish called "rak," which is considered a great delicacy.

Roll the Puff Pastry (page 409) $\frac{1}{4}$ inch thick. Cut into rounds with a 3 inch cooky cutter. Cut the centres from 2 rounds with a smaller cutter to make rings. Moisten the underside of 2 rings and place them one on top of the other over the plain round. Press them lightly together. Proceed in the same manner with the remaining rounds and make as many shells as desired. Place the shells on a baking sheet lined with 2 layers of ungreased, heavy brown paper. Chill them in the refrigerator for at least $\frac{1}{2}$ hour or longer. Bake in a very hot oven (500°F) until the puffs have risen 6 to 8 times their original size. Then lower the temperature to 400°F., and finish baking, decreasing the heat to 350°F. for the final baking. The total baking time is about 25 minutes.

Puff Pastry Trubky

(Horns)

(Трубки з листкового тіста)

The making of these horns is a troublesome task, but the recipe should be preserved for the benefit of those who are accustomed to them from the old country. They make an elegant dessert.

Roll the Puff Pastry (page 409) $\frac{1}{8}$ inch thick and cut into $\frac{1}{2}$ to $\frac{3}{4}$ inch strips. Roll each strip around a funnel form (stiff brown paper) in a spiral fashion to form a horn shape with the edges of the dough overlapping slightly. Place the horns on a baking sheet lined with 2 layers of heavy brown paper. Chill in the refrigerator for about $\frac{1}{2}$ hour or longer. Bake in a very hot oven (500°F.) for 10 minutes, then lower the temperature to 400°F. , and continue baking for 5 to 8 minutes longer. Remove the horns gently from the funnel forms and cool. Fill with sugared fresh fruit with whipped cream or any desired cream filling.

Verhuny or Khrusty

(Dainties)

(Верітуні або хрусти)

Verhuny and khrusty are the two names commonly used for these crispy Ukrainian dainties.

3 eggs	1 tablespoon rum or brandy,
2 egg yolks	optional
1 tablespoon sugar	2 cups sifted flour, about
1 tablespoon rich cream	Confectioners' sugar
$\frac{1}{2}$ teaspoon salt	

Beat the eggs and the egg yolks together until very light. Beat in the sugar, cream, salt, and rum or brandy. Stir in the flour. This dough should be soft. Knead lightly in the bowl. Cover and let it stand 10 minutes.

Roll very thin, about $\frac{1}{8}$ inch or thinner. Use a small amount of dough at a time and keep the rest covered because it has a tendency to dry readily. Cut the rolled dough into long strips about $1\frac{1}{4}$ inches in width. A pastry cutter with a scalloped edge is excellent for this purpose. Then cut the strips into $2\frac{1}{2}$ to 3 inch lengths crosswise or diagonally. Slit each piece in the centre and pull one end through it to form a loose loop. Cover the shaped dough. Fry, a few at a time, in deep fat (375°F.) until delicately browned. Drain on absorbent paper. Sprinkle with confectioners' sugar.

(Mrs. A. Pidruchny, Vegreville, Alberta.)

Rosettes

(*Веригунові рожи*)

A culinary fantasy inspired by summer roses. These rosettes are also known in Ukraine as carnival roses. They are very elegant and dainty.

3 eggs
2 egg yolks
1 tablespoon confectioners'
sugar

1 tablespoon soft butter
 $\frac{1}{4}$ teaspoon salt
 $1\frac{3}{4}$ cups sifted flour, about
Confectioners' sugar
Candied cherries or red jelly

Beat the eggs and the egg yolks together. Beat in the sugar, butter and salt. Add enough flour to make medium soft dough that is easy to handle. Knead lightly in the bowl to incorporate the flour. Cover and let the dough stand for 10 minutes. Roll very thin, about $\frac{1}{8}$ inch or thinner, using a small amount of dough at a time. Cut into circles with small cooky cutters of two different sizes, about $1\frac{1}{2}$ and 1 inch in diameter. Place 2 circles of the same size one over the other, and top them with a smaller circle. Press the centres together tightly with the blunt button point of a knitting needle, or with a finger tip. The knitting needle is preferred as the finger tip leaves a large depression, making the fried rosettes hard in the centre. Make 5 even slits on the outer edge of the circles

to form petals. These petals will curl up in frying, giving a rosette shape. Fry, a few at a time, in deep fat (375°F.) until delicately browned. Drain on absorbent paper. Sprinkle with the confectioners' sugar. Just before serving, place the candied cherry, cut in half, or a dab of red jelly, in the hollow of each rosette.

(Mrs. D. Maksymiuk, Saskatoon, Sask.)

Almond Verhuny or Khrusty

(*Dainties*)

(*Мідалові веріуни або хрусти*)

Here is an interesting variation of verhuny or khrusty which is worth trying. The almonds enrich these crispies and impart a delicate flavor. Follow either one of the two preceding recipes and add ½ cup of blanched, ground almonds to the dough. Be sure to grind the nuts very finely for best results. Proceed as directed in the recipe.

Puff Balls in Honey

(*Веріуновий медяник*)

The following is a stunning version of verhuny or khrusty pastry shaped in tiny balls. Vary the recipe by adding some chopped nuts to the fried balls when combining with honey.

1 cup eggs	3 cups sifted flour
1 teaspoon salt	1 cup honey
1 tablespoon rich cream	¾ cup sugar
1 teaspoon vanilla	

Beat the eggs until very light. Beat in the salt, cream, and vanilla. Stir in the flour and mix well. Knead on a lightly floured board until smooth. This dough should be quite stiff. Cover and let it stand for 10 to 15 minutes. Roll small portions of the dough at a time, ¼ inch thick; cut

into $\frac{1}{4}$ inch strips, then dice the strips into $\frac{1}{4}$ inch lengths. Fry in deep fat (375°F.) until delicately browned. Drain on absorbent paper. Put the balls into a large bowl for easier mixing with the honey. Heat the honey and sugar together, stirring constantly, until the sugar is liquefied and the syrup is clear. Pour the hot syrup over the puff balls and mix thoroughly. Pack very firmly into a buttered pan and let cool. To remove the pastry from the pan, place the pan in hot water for a few minutes, then invert. Cut into squares, bars, or slices.

(Mrs. A. Swityk, Calgary, Alberta.)

Ptysi

(*Cream Puffs*)

(*Imuci*)

The Ukrainian name for cream puffs is "ptysi." How the name originated and what it means is not definitely known. Some say that it is derived from a diminutive form of the Ukrainian word for little birdies, generally used in baby talk. Probably the airiness and lightness of the cream puff shells suggested that name. Others believe that this pastry was named after a renowned Ukrainian pastry cook, Hryts Ptys, whose culinary artistry was unexcelled. Whatever the explanation may be, cream puffs, in their many variations, are popular in Ukraine. Leafing through an old Ukrainian cookbook of the past century, we found some recipes for cream puffs calling for egg yolks only, others for whole eggs. As for the method, the recipes say — "beat constantly and in one direction for one hour." But here is a modernized version of the old recipe that requires less beating.

1 cup water
 $\frac{1}{2}$ cup butter
 $\frac{1}{4}$ teaspoon salt

1 cup sifted flour
4 eggs

Put the water, butter, and salt into a saucepan and

bring to the boiling point. Add the flour and stir vigorously until the mixture leaves the sides of the pan and forms a ball. This will take about 1 minute. Remove the mixture from the range and cool slightly. Add the eggs, one at time, and beat vigorously after each addition. The secret of the tenderness in cream puffs is long and patient beating. The batter should be smooth and velvety. Drop the batter from a tablespoon onto a greased baking sheet, leaving 2 to 3 inches between the puffs. If small puff shells are desired, drop the batter from a teaspoon in small mounds. Bake in a hot oven (400°F.) for about 25 minutes, then lower the temperature to 325°F., and bake for 15 to 20 minutes longer. The small puffs will require a shorter period of baking. The baked shells should be well puffed, golden brown, and dry.

Remove the puffs from the oven and cool. Cut off the tops with a sharp knife, scoop out any filaments of soft dough and fill with a desired filling. Replace the tops.

Suggested fillings for dessert cream puffs: sweetened whipped cream; sugared fresh fruit with whipped cream; Cream Filling (page 443); Chocolate Cream Filling (page 444).

Variations of Ptysi: When the puff shells are to be used with a savory filling for a luncheon dish or as canapés for the appetizer course, add a small quantity of one of the following to the batter: grated cheese, chopped crisp bacon, chopped cooked mushrooms, grated or finely chopped onion, caraway seed.

Oblong Ptysi

(Éclairs)

(Подовиactи nmuci)

Follow the preceding recipe for Ptysi (cream puffs), Shape the batter into 1 by 4 inch oblongs, using a pastry

tube or a spoon. Bake as directed. Fill with a Cream Filling (page 443), or Rich Cream Filling (page 443), or Chocolate Cream Filling (page 444). Ice the tops with a plain, thin chocolate icing.



Almond-Date Horikhivnyk

(Bars)

(Мигдано-даттуківнік тортиєник)

Ukrainians have traditional pastries for special holy days. Among the Easter delicacies are various fruit-nut bars called "horikhivnyk." The following recipe has been in the contributor's family for several generations.

- | | |
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| 1 cup sifted flour | 6 egg whites |
| 2 tablespoons sugar | 2 cups powdered sugar |
| Few grains salt | $\frac{1}{2}$ pound almonds, blanched
and chopped |
| $\frac{1}{4}$ cup butter | $\frac{1}{2}$ pound dates, chopped fine |
| 2 egg yolks | $\frac{1}{2}$ pound chocolate, grated |
| 1 tablespoon rich cream | |
| $\frac{1}{2}$ teaspoon vanilla | |

Sift the flour with the salt and sugar. Cut in the butter. Combine the egg yolks, cream, and vanilla. Add to the flour and mix until the dough holds together. Pat evenly into a buttered 9x12 inch pan. Bake in a moderate oven (350° F. to 375°F.) for about 10 to 15 minutes. While the crust is baking, prepare the filling. Beat the egg whites until stiff,

then add the sugar gradually, and continue beating. Fold in the remaining ingredients. Spread the filling over the partially baked crust. Bake in a moderate oven (325°F.) for about 40 minutes, or until the filling is set. Remove from the oven and cool in the pan. Cut into bars.

(Mrs. O. Wolchuk, Saskatoon, Sask.)

Horikhivnyk

(Bars)

(Горіхівник)

Introduce these luscious bars to your family for Easter or any other occasion.

$\frac{1}{2}$ cup butter	$\frac{1}{2}$ pound dates
$\frac{1}{4}$ cup sugar	$\frac{1}{2}$ pound walnuts
$\frac{1}{4}$ teaspoon salt	Juice of $\frac{1}{2}$ lemon
1 egg	2 eggs
$1\frac{1}{4}$ cups sifted flour	1 cup sugar
$\frac{1}{2}$ pound raisins	

Cream the butter with the sugar and salt; add the egg and beat well. Mix in the flour. Spread the dough evenly in a buttered 9x12 inch baking pan. Bake in a moderate oven (350°F. to 375°F.) for about 10 to 15 minutes. Prepare the filling by chopping the fruit and nuts very finely. Mix in the lemon juice. Beat the eggs, add the sugar gradually, and continue beating until light. Stir in the fruit-nut mixture. Spread the filling over the partially baked crust. Bake in a moderate oven (325°F.) for 30 to 40 minutes, or until set and done.

(Mrs. S. W. Drul, North Battleford, Sask.)

Almond Horikhivnyk

(Bars)

(Мігдаловий горіхівник)

Another old country delicacy with a butter-rich crust, which is typical of Ukrainian pastry, and a luscious almond

filling containing mashed potatoes for an extender. The original recipe calls for rose petal preserves, but a pineapple marmalade gives equally gratifying results. These bars are tasty and delicate in flavor.

2 cups sifted flour	1½ cups almonds, blanched and ground
¼ teaspoon salt	½ cup cold mashed potatoes
1 teaspoon baking powder	Juice of 1 lemon
¾ cup butter	⅛ teaspoon salt
⅓ cup confectioners' sugar	½ teaspoon or more almond extract
2 egg yolks	Pineapple marmalade
1 tablespoon lemon juice	
2 egg whites	
1 cup confectioners' sugar	

Sift the flour with the salt and baking powder. Cut in the butter until the particles are the size of small peas. Combine the sugar, egg yolks, and lemon juice. Cream until smooth. Mix lightly with the flour mixture, just enough to hold the dough together. Press three-fourths of the dough into a very lightly buttered 9x13 inch baking pan and reserve the remainder for the top. Bake in a moderate oven (350°F.) for 10 to 15 minutes. Meanwhile prepare the filling by beating the egg whites until stiff; add the sugar gradually and continue beating. Fold in the remaining ingredients except the marmalade. Spread a thin coat of the marmalade over the partially baked crust. Top with the almond mixture. Roll the remaining dough into a rectangle and cut into ½ inch strips. Arrange the strips over the filling in a criss-cross pattern. Bake in a moderate oven (350°F.) for about 25 to 30 minutes, or until done. While still warm, cut into bars.

(Mrs. A. Swityk, Calgary, Alberta.)

Walnut Horikhivnyk

(Bars)

(Горіхивник)

Most old country pastries are rich in butter. In this

recipe the lard or shortening gives the bars a more tender and delicate texture.

1 cup butter	2¼ cups sifted flour
¼ cup lard or shortening	1 egg, slightly beaten
1 egg	1 cup finely chopped walnuts
½ cup sour cream	¾ cup sugar
Grated rind of ½ lemon	

Cream the butter and lard or shortening together. Beat in the egg, cream and lemon rind. Add the flour and mix thoroughly. Chill the dough for 2 or 3 hours. Roll ⅛ inch thick and place on a baking sheet. Brush generously with the beaten egg and top with a mixture of nuts and sugar. Cut lengthwise into 2 inch strips. Bake in a moderate oven (375°F.) for 25 minutes, or until delicately browned and done. While still warm, cut the strips diagonally into 2 inch bars. Remove the bars from the pan, cool, cover with a tea towel, and keep in a dry place.

(Mrs. Emilia Plawiuk, Edmonton, Alberta.)

Almond-Filled Medivnychky

(Honey Cookies)

(Медівнички з міддалами)

A distinguished kind of Christmas honey cookies with a rich almond filling. The procedure may seem complicated, but it is really quite simple once the ingredients are assembled. Buckwheat honey is preferable.

¾ cup honey	2¼ cups sifted flour
6 tablespoons sugar	½ teaspoon cinnamon
2 tablespoons water	¼ teaspoon cloves
1 teaspoon grated lemon rind	¼ teaspoon ginger
4 teaspoons cognac	1 teaspoon baking powder
¼ teaspoon anise oil	

Bring the honey, sugar, and water to a boil. Remove the mixture from the range and stir in the lemon rind, cognac, and anise oil. Cool to lukewarm. Sift the flour with

the dry ingredients. Pour the honey mixture into the flour and mix thoroughly. Place the dough in a greased bowl, cover, and let it stand for 2 days to blend the flavors. Prepare the filling by combining the following ingredients:

1½ cups blanched ground almonds	2 tablespoons apricot or peach jam
½ cup sugar	1 teaspoon grated lemon rind
2 tablespoons honey	1 tablespoon lemon juice
½ teaspoon almond extract	

Roll the dough ¼ inch thick and shape it into a 9x13 inch rectangle. Cut lengthwise into 3 inch strips of 3 inch width. Divide the filling into 3 parts. Place each portion along the centre of each strip. Bring the sides of the dough over the filling and seal the edges by pressing them together. Cut the filled rolls into 1 inch pieces. Place on a greased baking sheet and brush with an egg white beaten slightly with 1 tablespoon of sugar. Bake in a slow oven (300°F.) for about 20 minutes. Cool and store in a tightly covered container for several days before serving. Yield: 40 cookies.

(Mrs. Sophia Wasylshyn, Edmonton, Alberta.)

Grandma's Medivnychky

(Honey Cookies)

(Бабусині медовички)

This economical recipe for honey cookies with no fat, eggs, or milk in it is commonly used in Ukraine. The cookies are somewhat similar to ginger snaps. They keep indefinitely. Grandma never failed to have a batch of these goodies on hand for her little visitors — the grandchildren and their many pals. If available, use buckwheat honey for a richer flavor and a deeper color.

2 cups honey	1 tablespoon whisky
1½ cups sifted rye flour	½ teaspoon cinnamon
1½ cups sifted white flour	½ teaspoon cloves
2 teaspoons baking soda	1 to 2 drops anise oil
Grated rind of ½ lemon	¼ teaspoon salt

Bring the honey to a boil and keep it hot. Sift the rye and white flour into a frying pan. Heat the flour over a low heat, stirring constantly, until hot. Do not scorch. Mix in the baking soda. Add the rest of the ingredients to the hot, not warm, honey, and quickly stir in the hot flour. Beat vigorously until very thick. For easier handling, remove the dough to a greased bowl. Shape the dough into small balls the size of a small walnut and place them well apart on a greased baking sheet. Flatten them down with the bottom of a tumbler wrapped in a dampened cloth. Bake in a moderate oven (325°F.) for about 15 minutes, or until golden but not brown. This is very important. Even a small amount of browning tends to impart a burnt flavor. Do not judge these cookies too hastily. They need to cool and ripen thoroughly to develop their "snap."

Medivnychky

(Honey Cookies)

(Медівнички)

It is the custom in Ukraine when visiting friends or relatives to take along a batch of medivnychky as a gift for the children. These medivnychky keep indefinitely.

1 cup honey	2 cups sifted flour
1 cup sugar	1½ teaspoons baking soda
2 cups sifted flour	1 teaspoon cinnamon
2 egg yolks	¼ teaspoon salt
2 whole eggs	Walnut halves, if desired

Bring the honey and sugar to a boil. Immediately add 2 cups of flour to the boiling honey and stir briskly until well blended. Cool the mixture until warm to the touch. Add the egg yolks and eggs, one at a time, and beat vigorously after each addition. Sift the flour with the dry ingredients. Add

to the honey mixture and mix thoroughly. Take small pieces of the dough about the size of a walnut and shape into balls. Place them on a greased baking sheet. Press half a walnut into each, if desired. Bake in a moderate oven (325°F.) for about 20 minutes, or until done. Cool and store in a closely covered container for several days. These cookies are hard when baked, but they become soft and mellow after a few days.

(Mrs. E. Wawryntuk, Edmonton, Alberta.)



Fruit-Nut Medivnychky

(Honey Bars)

(Овочесо-горіхові медівнички)

Honey bars are handy at Christmas when the young carollers visit the household to bring Yuletide Greetings.

4 eggs	$\frac{1}{2}$ teaspoon cinnamon
$\frac{1}{2}$ cup cooking oil	Few grains salt
1 cup liquid honey	1 pound assorted fruit (dates, figs, raisins), ground
$1\frac{1}{2}$ cups sifted flour	1 cup chopped walnuts
$\frac{1}{4}$ teaspoon baking soda	

Beat the eggs until light; beat in the honey gradually and then the oil. Sift the flour with the dry ingredients and add to the mixture. Stir in the fruit and nuts. Spread the batter in a greased and lightly floured 9x12

inch baking pan. Bake in a moderate oven (325°F. to 350°F.) for 30 to 35 minutes. Remove from the pan and cool. Cut into bars. Wrap in waxed paper and store for a few days to ripen.

(*Mrs. A. Suttyk, Calgary, Alberta.*)

Nut Medivnychky

(*Honey Cookies*)

(*Горіхові медівнички*)

There are plenty of nuts in these cookies. Reduce this recipe to suit your need.

1 cup butter	$\frac{1}{2}$ teaspoon baking soda
1 cup brown sugar	1 teaspoon cinnamon
1 cup honey, liquefied	Few grains salt
1 egg, well beaten	$1\frac{1}{2}$ to 2 cups chopped walnuts
4 cups sifted flour	

Cream the butter with the sugar until light. Stir in the honey and egg. Sift the flour with the dry ingredients and combine with the honey mixture. Add the nuts. Drop from a teaspoon onto a greased baking sheet, or chill the dough and shape it into small balls about the size of a walnut. Flatten the balls slightly. Bake in a moderate oven (350°F.) for 15 minutes, or until done. Take care not to scorch them. Cool and store in an airtight container. Allow the cookies to ripen for a few days before using them.

(*Mrs. Levia Bahniuk, Krydor, Sask.*)

Short Pastry Bars with Filling

(*Крижки тістечка переложені сиропом*)

Here is a treasured family recipe from a grandmother's

collection. These bars are dainty and rich with a subtle touch of tartness in the filling.

1 cup butter
1 cup sugar
3 egg yolks
Few grains salt
1 teaspoon vanilla

2 cups sifted flour
 $\frac{1}{2}$ cup sugar
Juice of $\frac{1}{2}$ lemon
1 tablespoon water

Cream the butter with the sugar until light. Add the egg yolks, one at a time, and beat thoroughly. Mix in the salt and vanilla. Stir in the flour and mix well. Chill the dough. For easier handling, divide the dough into 2 or 3 parts. Roll each part $\frac{1}{8}$ to $\frac{1}{4}$ inch thick between 2 sheets of floured waxed paper, keeping the dough in a rectangular shape with uniformly even sides. Place on a lightly buttered baking sheet and prick with a darning needle in a few places. Bake in a moderate oven (350°F.) for 15 minutes, or until it becomes straw colored. This dough burns easily on the sides. If this happens, lower the temperature to 325°F. and continue baking. While still hot, trim the rough sides and cut into 1x2 $\frac{1}{2}$ inch bars of uniform size. Put 2 bars together with the lemon syrup. Prepare the syrup by cooking the sugar, lemon juice, and water to a very soft ball stage. To test, drop a little of the syrup into a cup of cold water. When the syrup can be gathered together to hold its shape, it is ready. Do not overcook. Use the syrup while it is hot. If necessary, keep the syrup over hot water to prevent hardening.

(Mrs. H. Worobetz, Saskatoon, Sask.)

Almond Korzhyky

(Tarts)

(Мідалові коржики)

Almond tarts are delectable little morsels. The rose petal preserves may be replaced with a pure strawberry or raspberry jam.

1½ cups sifted flour	½ cup sugar
¼ teaspoon salt	2 tablespoons soft butter
1 tablespoon sugar	1 tablespoon lemon juice
½ cup butter	½ teaspoon almond extract
1 egg yolk	1 cup blanched ground almonds
2 tablespoons cream	Rose petal preserves
1 tablespoon lemon juice	
2 eggs	

Sift the flour with the salt and sugar. Cut in the butter with a pastry blender. Combine the egg yolk with the cream and lemon juice. Add to the flour and mix lightly, just enough to hold the dough together. If time permits, chill well. Roll very thin and line the muffin pans with it. Prepare the filling by beating the eggs with the sugar and butter until well blended; stir in the flavorings and almonds. Drop a teaspoon of the rose preserves into each shell and then fill two-thirds full with the almond filling. Bake in a moderate oven (350°F.) for about 20 minutes.

(Mrs. S. W. Drul, North Battleford, Sask.)

Dainty Pyrizhky

(Filled Pastries)

(Деликатны пирожечки)

The following recipe always meets with favor. These dainties have a rich, buttery crust and a luscious fruit-nut filling.

1 cup butter	⅔ cup thick strawberry jam
3 egg yolks	½ cup crushed walnuts
2 tablespoons sour cream	½ cup blanched almonds
1 teaspoon vanilla	½ cup cocoanut
¼ teaspoon salt	3 egg whites
2 cups sifted flour	

Cream the butter with the egg yolks, cream, vanilla, and salt. Stir in the flour, mix thoroughly, and chill. Combine the jam with the crushed walnuts. Put the almonds and

cocoanut through a food chopper. Beat the egg whites until frothy. Break off small pieces of the chilled dough, about the size of a walnut, and roll flat. Fill with the jam-walnut filling, seal, and shape each into an oblong with tapering ends. That is the traditional shape for pyrizhky. Dip in the egg white and roll in the almond-cocoanut mixture. Place on a baking sheet lined with 2 or 3 layers of brown paper. Bake in a moderate oven (375°F.) for 15 to 20 minutes, or until delicately browned. Yield: 72 pyrizhky.

(Mrs. Mary Kyba, Saskatoon, Sask.)

Cheese-Crust Pyrizhky

(Filled Pastries)

(Пиріжечки із сирного тіста.)

Most homemakers, at one time or another, wonder what to bake for some special occasion. Here is a good recipe for cheese-crust pastries with a prune-nut filling.

½ cup butter	½ teaspoon salt
1 cup cottage cheese	20 prunes, stewed
3 tablespoons sugar	¼ cup chopped walnuts
1 cup sifted flour	1 tablespoon honey
½ teaspoon cinnamon	

Cream the butter with the cottage cheese and sugar. Sift the flour with the cinnamon and salt. Combine both mixtures and mix well. Chill thoroughly. Pit the prunes, split into halves, and fill each half with a mixture of the nuts and honey. Roll the dough ⅓ inch thick and cut into rounds. Place the filled prune-half on each round, bring the edges together, seal, and shape into an oblong. This is the traditional shape for pyrizhky. Place on a baking sheet, brush with melted butter, and make a slit on the top of each for the steam to escape. Bake in a moderate oven (350°F.) for 15 to 20 minutes, or until delicately browned. Yield: 40 pyrizhky.

(Mrs. Sophia Wasylshyn, Edmonton, Alberta.)

Holiday Krendli

(Pretzels)

(Крутки крендли)

This is a popular Christmas or Easter dainty with a subtle flavor of lemon.

1 cup butter	2½ cups sifted flour
1 cup sugar	2 egg whites
2 egg yolks	½ cup almonds, blanched and
1 teaspoon grated lemon rind	chopped fine
1 tablespoon lemon juice	¼ cup sugar
¼ teaspoon salt	

Cream the butter, add the sugar gradually and continue creaming. Add the egg yolks, one at a time, and beat until light. Stir in the lemon rind, lemon juice, and salt. Add the flour and mix thoroughly. Chill for easier handling. Break off small pieces of dough and roll to pencil thickness and about 6 to 7 inches in length. Shape into a pretzel by forming an oval with the ends crossing one another and turning into the circle in opposite directions. Place the krendli (pretzels) on waxed paper on the table. Brush with the slightly beaten egg whites and sprinkle with a mixture of chopped almonds and sugar. Lift with a spatula and place on a greased baking sheet. Bake in a moderate oven (375°F.) for about 12 minutes.

For a variation, shape the dough into small rohalyky (crescents), or bublyky (rings), dip into the slightly beaten egg whites, and then into the nut-sugar mixture. This will give a heavier topping of nuts.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Almond Cookies

(Мідалові тістечка)

Almond pastries are a perennial favorite in Ukraine. This is one of them. Shape them into a variety of dainty forms.

1 cup butter	1/4 pound almonds, blanched
2/3 cup sugar	and ground
1 egg yolk	2 cups sifted flour
1/2 teaspoon almond extract	Blanched almond halves

Cream the butter with the sugar and egg yolk until light. Stir in the remaining ingredients. Shape into small balls and place them on a greased baking sheet. Press half an almond into the centre of each cooky. Bake in a moderate oven (350°F.) for 10 to 15 minutes, or until the cookies are a delicate straw color. This recipe yields about 50 to 60 small cookies.

(Mrs. Irene Worobetz Todd, Toronto, Ontario.)

Almond-Cherry Balls

(Мідалові кульки)

Almond pastry is typical of Ukrainian baking. This recipe is but one of its many variations. Almond balls with a cherry filling make an attractive addition to a large plate of assorted pastries. They are a good standby to have on hand at all times.

1 cup butter	1 cup blanched ground
1/2 cup confectioners' sugar	almonds
1/2 teaspoon almond extract	2 cups sifted flour
1/4 teaspoon salt	Candied cherries
	Confectioners' sugar

Cream the butter, add the sugar gradually, and continue creaming until very smooth. Stir in the extract, salt, and nuts, and blend the mixture thoroughly. Add the flour and mix well. Take a spoonful of the dough, form into a ball,

push in a half of the cherry, and roll into a perfect ball, encasing the cherry completely. Place the balls on a greased baking sheet. Bake in a moderate oven (325°F.) for about 20 to 25 minutes, or until they are of a delicate straw color. While they are still hot, roll them in the confectioners' sugar in a bowl, and place them on a rack to cool. They may be sticky at this stage, but a second dusting with the sugar when the balls are cool but still on the rack will take care of this. For longer storing, keep the balls in a refrigerator.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Hard-Cooked Yolk Bublyky

(Бублики з твердих жовтків)

This is a popular Ukrainian tea dainty. The yolks for these cookies may be poached in simmering water, thus saving the egg whites for other uses. Take care in separating the eggs and poach only the unbroken yolks.

1 cup butter	1/2 cup almonds, blanched and ground
1 cup sugar	2 1/2 cups sifted flour
Grated rind and juice of 1/2 lemon	1 egg white
2 egg yolks	Chopped almonds and sugar
5 hard cooked egg yolks	

Cream the butter with the sugar and lemon rind until light. Add the egg yolks, one at a time, and beat well. Press the hard cooked egg yolks through a sieve and add to the creamed mixture along with the lemon juice. Stir in the nuts, and then the flour; mix thoroughly. Break off small pieces of dough, roll into finger lengths of pencil thickness, and shape them into rings. Dip each ring into a slightly beaten egg white and then into the almond-sugar mixture. Place the rings on a greased baking sheet and bake them in a moderate oven (350°F.) for 15 minutes, or until delicately browned.

(Mrs. Levia Bahniuk, Krydor, Sask.)

Snow Cap Cookies

(Тістечка з шапками)

It is always a pleasure to serve these regal-looking cookies with a baked-on topping.

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| 1 cup sifted flour | 1 tablespoon rich milk or cream |
| $\frac{1}{2}$ teaspoon baking powder | 3 egg whites |
| $\frac{1}{4}$ teaspoon salt | $1\frac{1}{4}$ cups confectioners' sugar |
| $\frac{1}{2}$ cup butter | $1\frac{1}{2}$ cups chopped walnuts |
| 3 egg yolks | 1 cup cocoanut |

Sift the flour with the dry ingredients. Cream the butter; add the egg yolks, one at a time, and continue creaming. Stir in the milk or cream. Add the flour and mix thoroughly. The dough should be light. Chill for easier handling. Roll thin and cut into small rounds. Prepare the topping by beating the egg whites until stiff; add the sugar gradually, beating constantly. Fold in the walnuts and cocoanut. Place the rounds on a greased baking sheet and top each with the meringue. Bake in a moderate oven (350°F.) for about 12 minutes, or until delicately browned.

(Mrs. S. W. Drul, North Battleford, Sask.)

Poppy Seed Cookies

(Макові тістечка)

If poppy seed is your weakness, you will find these cookies delightful.

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| 1 cup butter | $2\frac{3}{4}$ cups sifted flour |
| 1 cup sugar | $\frac{1}{4}$ teaspoon baking soda |
| 2 eggs, well beaten | Few grains salt |
| 2 tablespoons sour cream | $\frac{1}{2}$ cup poppy seed |

Cream the butter; add the sugar and beat until light. Blend in the eggs and sour cream. Sift the flour with the baking soda and salt, then mix in the poppy seed. Add to the first mixture and combine thoroughly. Chill the dough for

easier handling. Roll the dough thin and cut with a floured cooky cutter. Place on a greased baking sheet and bake in a moderate oven (375°F.) until delicately browned.

(Mrs. S. W. Drul, North Battleford, Sask.)

Caraway Krendli

(Pretzels)

(Кминкові крендли)

The aromatic caraway seed gives these pretzels an interesting flavor.

$\frac{1}{3}$ cup butter	1 to $1\frac{1}{2}$ teaspoons caraway seed
$\frac{1}{2}$ cup sugar	2 cups sifted flour
2 egg yolks	1 teaspoon baking powder
1 tablespoon cream	$\frac{1}{4}$ teaspoon salt
1 teaspoon lemon juice	

Cream the butter with the sugar until light and creamy. Beat the egg yolks with the cream, and add to the mixture. Stir in the lemon juice and caraway seed. Sift the flour with the baking powder and salt. Combine with the creamed mixture. Break off small pieces of dough, and roll into 7 inch rolls of pencil thickness. Shape them into pretzels by forming an oval with the ends crossing one another, then turning into the centre in opposite directions. Place the pretzels on a greased baking sheet. Bake in a hot oven (425°F.) for 15 minutes, or until delicately browned.

(Mrs. S. W. Drul, North Battleford, Sask.)

Sugar Wafers

(Деликатні тістечка)

Grandma used to make these crisp and feather-light wafers with success by the "handful-and-pinch" measure.

3 eggs	1 teaspoon vanilla
1 cup sugar	$1\frac{1}{2}$ cups sifted flour

Beat the eggs until light; add the sugar gradually and continue beating. Stir in the vanilla. Add the flour and mix

well. Drop from a spoon onto a greased baking sheet, placing them well apart. Bake in a moderate oven (350°F.) for 15 minutes, or until delicately browned.

(Mrs. S. W. Drul, North Battleford, Sask.)

Lady Fingers

(Биухонни)

These lady fingers may be used as tea dainties singly or put together in pairs with a thin coating of icing between them. They are excellent as a base in refrigerator cakes.

$\frac{1}{3}$ cup sifted cake flour	Few grains salt
$\frac{1}{3}$ cup confectioners' sugar	$\frac{1}{4}$ teaspoon vanilla
1 whole egg	2 egg whites
2 egg yolks	

Sift the flour 3 times. Sift the sugar separately. Beat together the whole egg, egg yolks, and salt until very light; stir in the vanilla. Beat the egg whites until stiff. Add the sugar gradually and beat until the mixture thickens. Fold in the egg-yolk mixture and then fold in the flour very lightly. Shape into 3 to 4 inch oblongs with a pastry tube on an ungreased paper placed on a baking sheet. If a pastry tube is not available, shape carefully into 1x3 to 4 inch oblongs by pouring the batter from the end of the spoon. Bake in a moderate oven (375°F.) for 12 minutes. This recipe will make 24 to 30 lady fingers.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Crunchy Nut Rurky

(Scrolls)

(Горюхи пупки)

These tiny wafer scrolls are a conversation piece for a party. Grandma also molded them over an inverted cup into dainty shells and filled them with luscious berries for

a company dessert in summer. The shaping must be done swiftly while the wafers are warm and pliable.

$\frac{1}{4}$ cup butter	$\frac{1}{3}$ cup flour
1 cup brown sugar	Few grains salt
2 eggs, beaten	$\frac{1}{2}$ cup finely chopped walnuts
$\frac{1}{2}$ teaspoon vanilla	

Cream the butter with the sugar until light. Beat in the eggs and vanilla. Add the remaining ingredients and mix thoroughly. Drop from a teaspoon onto a greased and floured baking sheet, placing them far apart. Spread the batter out with the back of the spoon as far as possible. Leave enough space for spreading during baking. Bake in a moderate oven (325°F.) for 10 to 12 minutes. Remove the wafers from the baking sheet while they are still hot and roll each into a scroll, by hand, or over the handle of a wooden spoon. For berry shells, mold over an inverted custard cup or a muffin pan. If the wafers become brittle, warm them in the oven until they become pliable again.

(Mrs. Irene Worobetz Todd, Toronto, Ontario.)

Horikhivky

(*Nut Dainties*)

(*Горіхивки*)

Here is an interesting recipe for butterless nut dainties. Reduce the recipe to suit your need.

1 pound hazelnuts, walnuts, 2½ cups brown sugar	
or almonds, ground fine	1 teaspoon vanilla
Few grains salt	2 tablespoons fine bread
6 egg whites	crumbs

For best results, grind the nuts in a regular nut grinder. If almonds are used, blanch them first. Sprinkle the salt over the egg whites and beat them until stiff. Add the sugar gradually and continue beating. Beat in the vanilla. Fold in the ground nuts and bread crumbs. Drop from a teaspoon

onto a greased baking sheet, spacing them well apart. The mixture may be shaped into 1 inch balls and rolled in sugar. Bake in a moderate oven (325°F.) for 15 to 20 minutes, or until delicately browned.

(*Mrs. E. J. Kusey, Canora, Sask.*)



Cossack's Kisses

(*Козацькі поцілушки*)

Young folk love these crunchy macaroons. Just watch how quickly they disappear from a plate!

4 egg whites	1½ to 2 cups chopped walnuts
1½ cups sugar	Candied cherries
1 tablespoon lemon juice	

Put the egg whites, sugar, and lemon juice into the top part of a double boiler, and beat over boiling water from 8 to 10 minutes. Remove the mixture from the range and add the nuts. Drop from a spoon onto a greased baking sheet in round mounds. Press a candied cherry into the centre of each macaroon. Bake in a slow oven (300°F.) until set and delicately browned.

(*Miss Zenia Stechishin, Saskatoon, Sask.*)

Poppy Seed Korzhyky

(*Cookies*)

(*Коржики з маком*)

For those who like plain cookies with very little sugar in them, this is the recipe. When the mixture is beaten with an electric beater, the cookies are tender and feather-light.

1 $\frac{1}{4}$ cups sifted flour	1 $\frac{1}{2}$ cup cooking oil or melted
2 tablespoons sugar	butter
1 $\frac{1}{4}$ teaspoon salt	1 $\frac{1}{4}$ cup poppy seed
3 eggs	

Sift the flour with the dry ingredients. Beat the eggs well and then add the oil or butter very gradually, beating constantly until well blended. Add the flour and the poppy seed; beat vigorously for about 20 minutes or for 10 minutes when an electric beater is used. When beating by hand, it may be easier to add the flour in small quantities until all of it is used, beating vigorously after each addition. The lightness of these cookies depends on long beating. Drop the batter from a teaspoon onto a greased baking sheet, allowing 2 inches between the cookies. Bake in a moderate oven (350°F.) for about 10 minutes, then lower the temperature to 325°F., and continue baking for 20 minutes more, or until delicately browned.

(*Mrs. S. W. Drul, North Battleford, Sask.*)

Delicate Bublyky

(*Rings*)

(*Делікатні бублики*)

These puffy rings called bublyky are tender, crisp, and light as a feather. They are just the thing to serve with a cup of afternoon tea or as an accompaniment to cocktails. Some finely ground nuts mixed into the batter will give an in-

teresting variation. For savory bublyky, omit the sugar and add some grated cheese and a few drops of onion juice. Be sure to try this recipe.

1 cup water
½ cup butter
3 tablespoons sugar
¼ teaspoon salt

1 cup flour
4 eggs
Poppy seed

Put the water, butter, sugar, and salt into a saucepan and bring to a boil. Add the flour, all at once, and stir briskly until the mixture leaves the sides of the pan and forms a ball. This will take about 1 minute. Do not overcook. Cool slightly. Add the eggs, one at a time, and beat vigorously after each addition. Thorough beating is extremely important for successful results. Drop the batter from a teaspoon onto a greased baking sheet in well-spaced, round mounds. Form a hole in the centre of each mound with a finger dipped in water or with a greased handle of a spoon. Be sure to make the holes large because the batter will spread in baking. Sprinkle the bublyky with the poppy seed. Place in a moderate oven (375°F.) and immediately lower the temperature to 325°F. Bake for about 25 to 30 minutes or until the bublyky are well puffed, golden brown, and thoroughly dry inside. They should not be soft. The baking period will depend on their size.

(Miss Zenna Stechishin, Saskatoon, Sask.)

Boiled Bublyky

(Rings)

(Запарені бублики)

In Ukraine, bublyky are featured by professional bakers in their shops and at country fairs and regional markets. They are usually strung on a string by the dozen. The following recipe is for plain bublyky prepared by an unusual method of boiling and then baking them.

3 eggs
3 teaspoons sugar
 $\frac{1}{4}$ teaspoon salt
3 tablespoons cooking oil

$1\frac{1}{2}$ cups flour, about
2 teaspoons baking powder
Poppy seed

Beat the eggs with the sugar and salt until light. Add the oil gradually and continue beating until well blended. Sift the flour with the baking powder, stir into the mixture, and mix thoroughly. The amount of the flour will depend on the size of the eggs. Knead on a floured board until smooth. Cover and let it stand for 10 minutes. Roll $\frac{1}{4}$ inch thick and cut into $\frac{1}{2}$ inch strips. Roll each strip to pencil thickness and then cut into 4 to 5 inch lengths. Twist each length slightly and join the ends to form a ring. Drop the rings, a few at a time, into boiling water and cook until they rise to the top. Remove and drain well. Place on a greased baking sheet and sprinkle with the poppy seed. Bake in a hot oven (425°F.) for about 10 minutes, then lower the temperature to 350°F., and continue baking for 20 to 25 minutes longer, or until the bublyky are lightly browned and done.

(Mrs. L. Geleta, Two Hills, Alberta.)

Plain Krendli

(Pretzels)

(Щоденні крендли)

This mixture may be shaped as bublyky (rings) or krendli (pretzels). Take your choice. They are good with an appetizer course or with coffee.

2 cups sifted flour	1 egg, beaten
2 teaspoons baking powder	3 tablespoons rich cream
$\frac{1}{2}$ teaspoon salt	1 egg, slightly beaten
1 to 2 tablespoons sugar	Poppy seed
$\frac{1}{3}$ cup butter	

Sift the flour with the dry ingredients. Cut in the butter to make a crumbly mixture. Combine the egg with the cream and mix lightly with the flour, just enough to hold the

dough together. Break off small pieces of dough and roll them into 7 inch rolls of pencil thickness. Shape into a pretzel by forming an oval with the ends crossing one another and turning into the centre in opposite directions. Place on a greased baking sheet, brush with the beaten egg, and sprinkle with the poppy seed. Bake in a moderate oven (375°) for 20 minutes, or until delicately browned.

(Mrs. S. W. Drul, North Battleford, Sask.)

Crackling Korzhyky

(Biscuits)

(Шваркові коржики)

Flour and fat are staples of even the poorest families. Evidence of this is the popular Ukrainian saying — "Poverty has taught us to be thankful even for crackling korzhyky." Serve these biscuits at a light luncheon or with coffee.

2 cups sifted flour	3 tablespoons melted crack-
3 teaspoons baking powder	ling or bacon fat
1 teaspoon sugar	2 eggs
$\frac{1}{2}$ teaspoon salt	$\frac{1}{3}$ cup cream
$\frac{1}{2}$ cup chopped cracklings or	Caraway seed
crisp chopped bacon	

Sift the flour with the dry ingredients twice. Mix in the cracklings or bacon and the melted fat. Beat the eggs and reserve 2 tablespoons for glazing. To the remaining portion of the eggs, add the cream and stir into the flour mixture with a few swift strokes. Handle the dough as a little as possible. Place on a slightly floured board and pat to about $\frac{3}{4}$ inch in thickness. Cut into diamonds with a knife, or into rounds with a cookie cutter. Place on a greased baking sheet, brush with the reserved egg, and sprinkle lightly with the caraway seed. Bake in a very hot oven (450°F.) for 10 to 12 minutes.

(Mrs. S. W. Drul, North Battleford, Sask.)



TORTE FILLINGS AND ICINGS

Cream Filling

(Кремова маса)

1 cup cream or rich milk	2 egg yolks or 1 egg
$\frac{1}{4}$ cup sugar	1 tablespoon butter
3 tablespoons flour	$\frac{1}{2}$ teaspoon vanilla
Few grains salt	

Scald the cream or milk in the top of a double boiler. Mix the sugar, flour, and salt in a bowl. Stir in the scalded cream or milk. Return the mixture to the top of a double boiler. Cook over boiling water, stirring constantly, until thickened. Let it cook for a while. Beat the egg yolks slightly, spoon some hot mixture into them, blend and return to the rest of the contents of the double boiler. Cook over hot water, stirring constantly, for about 1 minute. Remove from the range. Add the butter and vanilla. Cool thoroughly.

Rich Cream Filling

(Добірна кремова маса)

Follow the preceding recipe with these changes: Replace the flour with 1 tablespoon of cornstarch; use 4 egg yolks, 3 tablespoons of butter, and 1 teaspoon of vanilla.

Almond Cream Filling

(Мідалова маса)

Follow the recipe for Cream Filling with these changes: Reduce the vanilla to $\frac{1}{4}$ teaspoon and add $\frac{1}{2}$ teaspoon of almond extract. Add $\frac{1}{2}$ cup of almonds, blanched, toasted, and ground or finely chopped.

Chocolate Cream Filling

(Чоколадова маса)

Follow the recipe for Cream Filling with these changes: Add 1 to 1½ ounces of grated chocolate to the cold milk and heat in the top of a double boiler. Beat the hot mixture with a rotary beater until smooth. Increase the sugar to ⅓ cup.

Coffee Cream Filling

(Кавова маса)

Follow the recipe for Cream Filling with these changes: Add 1 teaspoon of instant coffee to the hot milk. The vanilla may or may not be omitted.

Almond Coffee Filling

(Миндалово-кафова маса)

3 tablespoons butter	1 teaspoon instant coffee,
½ cup confectioners' sugar	dissolved in 1 tablespoon
½ cup blanched ground	hot water
almonds	Cream

Cream the butter with the sugar. Add the almonds, coffee and enough cream to give a spreading consistency.

Rich Chocolate-Nut Filling

(Чоколадова маса)

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

For best results grind the nuts in a regular nut grinder. Melt the chocolate over hot water. Stir in the sugar and nuts. Add the milk and cook over boiling water until the mixture

is thick and smooth. Remove from the range and add the butter. Allow to cool. Beat until it is very light.

Walnut Filling

(Горизова маса)

1 cup ground walnuts	$\frac{3}{4}$ cup sugar
$\frac{1}{2}$ cup cream or rich milk	1 teaspoon vanilla
$\frac{1}{4}$ cup butter	

Grind the nuts very fine in a nut grinder. Combine with the cream or milk and cook over boiling water until thick. Cool. Cream the butter with the sugar and vanilla. Stir in the nut mixture. Beat until smooth.

Lemon Filling

(Цитринова маса)

$\frac{1}{2}$ cup sugar	$\frac{1}{3}$ cup water
2 tablespoons cornstarch	$\frac{1}{3}$ cup orange juice
Few grains salt	2 tablespoons butter
$\frac{1}{2}$ teaspoon grated lemon rind	2 to 3 egg yolks
$\frac{1}{3}$ cup lemon juice	

Mix the sugar with the cornstarch and salt in the top of a double boiler. Add the remaining ingredients except the egg yolks. Cook over boiling water, stirring constantly, until thick. Cover and cook for 5 minutes. Stir a little of the hot mixture into the slightly beaten egg yolks, and then add to the rest of the contents. Cook for 1 minute. Remove from the range and cool.

Orange Filling

(Помаранчева маса)

$\frac{1}{2}$ cup sugar	1 cup orange juice
2 tablespoons cornstarch	1 tablespoon lemon juice
Few grains salt	2 tablespoons butter
$\frac{1}{2}$ teaspoon grated orange rind	2 to 3 egg yolks

Mix the sugar with the cornstarch and salt in the top of a double boiler. Add the remaining ingredients except the egg yolks. Cook over boiling water, stirring constantly, until thick. Cover and cook for 5 minutes. Stir some of the hot mixture into the yolks and return it to the rest of the contents. Cook for 1 minute. Cool.

Mocha Icing

(Капкова скинця)

$\frac{1}{4}$ cup soft butter	4 tablespoons or more strong hot coffee
$1\frac{3}{4}$ cups sifted confectioners' sugar	$1\frac{1}{2}$ tablespoons cocoa
	$\frac{1}{2}$ teaspoon vanilla

Cream the butter. Add the sugar gradually and beat until creamy. Blend the coffee with the cocoa and add to the mixture. Stir in the vanilla. Beat thoroughly. Cool. Before spreading the icing, beat it again.

Old-Fashioned Chocolate Icing

(Шоколадна скинця)

2 ounces chocolate	1 cup confectioners' sugar
2 tablespoons hot water	$\frac{1}{3}$ cup butter
1 egg	$\frac{1}{2}$ teaspoon vanilla

Melt the chocolate in the top of a double boiler and then stir in the hot water. Beat the egg, add the sugar gradually, and continue beating. Add to the melted chocolate. Remove the mixture from the range, but allow it to stand over hot water, stirring constantly, until thickened. Cool to lukewarm. Blend in the butter, a little at a time, beating well after each addition. Stir in the vanilla. Spread the icing on the torte and then chill.

Apple Foam Icing

(Кремкова скляця з яблуком)

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|---------------------------------|--------------------------------|
| 1 cup sugar | 1 egg white |
| 1 tablespoon honey | $\frac{1}{2}$ teaspoon vanilla |
| Few drops lemon juice | 1 small tart apple, grated |
| $\frac{1}{3}$ cup boiling water | |

Combine the sugar, honey, lemon juice, and water; stir over a low heat until dissolved. Boil without stirring to a temperature of about 238°F., or until the syrup threads when a little of it is dropped from a spoon. Remove it from the heat. Beat the egg white until stiff. Add the hot syrup in a thin stream, beating constantly until thick. Beat in the vanilla and grated apple.

Caramel Icing

(Карамельова скляця)

- | | |
|--------------------------------------|----------------------|
| 2 cups brown sugar | 3 tablespoons butter |
| $\frac{3}{4}$ cup cream or rich milk | 1 teaspoon vanilla |

Combine the sugar and cream or milk, and stir over a low heat until the sugar is dissolved. Then cook without stirring to 238°F., or until the syrup forms a soft ball when a little of it is dropped into cold water. Remove it from the range, and then beat in the butter and vanilla. Cool. Beat until it is creamy and of a spreading consistency.

Crystallized Rose Petals

(Кристалізовані пелюстки рож)

Here is a charming cake decoration for some special occasion.

Select a fresh rose of a deep red color. Wash it and shake off the water. Remove the petals and pat them dry. Cut

off the white base from each petal as it has a bitter flavor. Brush both sides of the petal with a beaten egg white, just enough to moisten the surface, and then sprinkle with granulated sugar. Place the petals on a tray lined with waxed paper; allow them to dry in the refrigerator. Fresh mint leaves may be prepared in the same manner. To decorate a torte or cake, arrange the petals individually or as a rose bud. A combination of mint leaves and rose petals will give a delightful, natural effect.



CONFECTIONS

Nougat

(Hy'am)

Nougat is one of the most popular homemade candies in Ukraine. The cooked mixture is spread between plate-sized sheets of thin wafers somewhat similar to those used for ice cream sandwiches in Canada. These wafers may be replaced with rice paper.

1 cup walnuts, chopped coarse	2 egg whites
1 cup sugar	1 teaspoon vanilla
$\frac{1}{2}$ cup honey	Wafers
2 tablespoons water	

Dry the nuts in a slow oven (250°F.) but do not toast them. Mix the sugar, honey, and water in a saucepan, and cook over a low heat, stirring constantly, until the sugar is dissolved. Then cook, stirring occasionally, until a firm ball is formed when a little of the syrup is dropped into cold water. Beat the egg whites until stiff. Pour one-half of the syrup in a slow stream over the beaten egg whites, beating constantly. Return the remaining syrup to the range, and cook to 290°F., or until a cracking sound is heard when a little of it is dropped into cold water and knocked against the side of a cup. Pour the syrup gradually over the rest of the mixture, beating constantly. Place the bowl with the candy mixture over hot water, and beat constantly until it begins to harden. Beat in the nuts and vanilla. Line a small pan with "andruty" wafers, if they are available, or use rice paper, and spread with the candy mixture. If wafers are used, cover with another wafer and press down firmly. When cold, invert the pan, and cut the nougat into bars. Wrap the bars in waxed paper and store.

Dried Fruit Candy

(Овочеві конфети)

This is grandma's favorite fruit confection. It is very simple to prepare and keeps well. For a larger quantity, double the recipe.

$\frac{1}{4}$ pound prunes, steamed and pitted	$\frac{1}{4}$ pound walnuts or blanched almonds
$\frac{1}{4}$ pound pitted dates	1 tablespoon honey
$\frac{1}{4}$ pound raisins	Confectioners' sugar or 2 ounces sweet chocolate

Put all the fruits and nuts through a food chopper, using a coarse blade. Add the honey, and mix thoroughly. Shape the mixture into small balls, and roll them in sugar, or use the method suggested below.

Line a small pan with heavy waxed paper, extending it well to the sides of the pan. Pack the mixture firmly into the pan to the thickness of about $\frac{3}{4}$ inch. Cover with melted chocolate, and then cut into squares.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Makagigi

(Almond Brittle)

(Макагиги)

A crunchy, nut-rich Christmas confection.

$\frac{1}{4}$ cup sugar	1 pound walnuts, chopped, or
$\frac{1}{2}$ cup honey	almonds, blanched and
$\frac{2}{3}$ cup butter	chopped

Put the sugar into a heavy frying pan. Heat the sugar until melted and delicately browned. Add the honey and butter and simmer slowly for 20 minutes. Stir in the nuts and cook for 10 minutes more. Line a platter with waxed paper and drop the candy mixture from a tablespoon onto it. Allow it to harden.

Marzipan

(Марципану)

Marzipans, classed as a luxury by Ukrainian peasants, found their way into numerous popular sayings and proverbs that express ridicule or mockery when someone aspires to heights beyond his reach or undeservedly expects something for nothing. Mothers often direct the saying to a fussy eater — “Do you expect to be served marzipans?” When a swain courts a maiden of his choice and meets with a refusal, he expresses his bitterness by saying — “Nothing but marzipans would please her.” Among the wealthy classes, marzipans in fancy shapes are often featured at Christmas and gala celebrations. Marzipan paste is equivalent to almond paste. The original recipe calls for a traditional rose water flavoring, which is replaced with orange juice in this recipe.

1 pound almonds

2 cups sugar

1 cup water

6 tablespoons orange juice

Blanch the almonds. Grind them 3 or 4 times in a food chopper, using the finest blade. They should be very fine and oily. Cook the sugar and water just past the soft ball stage (240°F.). Remove from the heat. Mix in the almonds and orange juice. Stir until well blended and creamy. Cover and let the paste stand until cool. Knead it on a pastry board dusted with confectioners' sugar. Store the paste in a closely covered container for future use. Allow one week to ripen.

For a small quantity of marzipan confection, combine 2 cups of marzipan paste with 1 egg white and some confectioners' sugar. If necessary, moisten with a little lemon juice. Knead the paste. Mold it into desired shapes, or roll and cut out dainty stars, hearts, triangles or other shapes. These may be decorated with melted sweet chocolate or food coloring. Cool to harden. Wrap each piece in waxed paper and store in a closely covered container in a cool place until ready to use.



PRESERVES AND PICKLES

Ukraine is a country rich in products of the soil. Its mild climate and fertile soil favor lush growth of fruits and vegetables. Fruit-culture is especially well developed, and it is practised on a large scale in many areas. The southern regions are known for their succulent and aromatic honeydew melons, peaches, apricots, grapes and pomegranates. Even the citrus fruits thrive in the south, but their cultivation is not very extensive. Other commonly known fruits, such as apples, pears, plums, and cherries, are widely distributed over the entire territory of Ukraine. First in popularity is the cherry — plump and juicy. A cherry orchard is as common in every farmyard as a caragana hedge is in Canada. Glorified in many Ukrainian folk songs, stories, and sayings, the cherry tree may well be considered the national tree of that country.

Along with fruit growing, bee-culture has been carried on in Ukraine since ancient times. The ever abundant supply of good quality honey stimulated new adventures in fruit preservation, in the far distant past when sugar was not known, and thus originated numerous fruit preserves and confections of a national character. Today, honey is replaced by sugar.

Ukrainian homemakers stock their pantry shelves with numerous fruit preserves in plentiful quantities each year. Even the poorest families who cannot be lavish with sugar prepare concentrated sugarless preserves that may be used in many ways. This practice was born of necessity in order to utilize the large surplus fruit crops to advantage and to meet the various family needs. Ukrainian pastries alone place a heavy demand on preserves and "povydlo" (thick fruit pulp). At tea time, several kinds of preserves are served in place of sugar or as an accompaniment. They are either eaten with a sip of tea or put in spoonfuls into a cup or glass (many Ukrainians drink tea from glasses) of clear tea. Apart from that, refreshing summer drinks made of

concentrated fruit juices may have a spoonful of preserves added to each glass. These dietary habits may be explained by the fact that fruit is very plentiful in Ukraine. Quite often the surplus crops are so big that the fruit is virtually wasted.

One of the favorite preserves not generally known in Canada is made of petals of a cultivated rose, called "sugar rose." Its aromatic rose flavor is not only delightful but also very unusual and intriguing. Tortes and pastries with a filling of these preserves are highly prized by gourmets. In the wealthier homes concentrated rose petal essence is always available for a refreshing summer drink. It is also sold commercially.

Ukrainians have the so-called "dry-preserves." It is a confection made by cooking the whole fruit in a very heavy syrup over an extended period of time until the fruit is so saturated with sugar that it can absorb no more. The fruit is then dried and used as a confection.

Fruit is canned in Ukraine but not as extensively as in Canada. The average family relies more on home-dried and stored fruit. Ukrainian homemakers have learned to use apples in many ways unknown to Canadians. One of these is the apple "pastila", a national confection that has gained fame at home and abroad. The making of commercial "pastila" is a thriving industry in Ukraine. Another popular method of using apples is fermenting them with sauerkraut or in a special liquid. These tangy fermented apples, firm and almost transparent, with a pleasant tart flavor are served with roast meat, poultry, and game as a relish or as a salad. Foreign travelers in Ukraine are always delighted to be served fermented apples with the meat course.

Ukrainians enjoy sauerkraut, dill pickles, and pickled fruit. Their indoor or outdoor cellar is always stocked with a few barrels of each. Vegetable pickles and relishes are also favored, but their variety is not very great. Pickled and spiced fruit is more popular, and it often takes the place of a pickle or a winter salad.

Ukrainian recipes for preserves, jams, marmalades, butters, pickles, and relishes are very much like those used in Canada. To avoid repeating the well-known recipes for each, this book gives only a few selected ones that are either different or extensively used by the Ukrainian Canadian homemakers.

Strawberry Preserves

(Варення з суниць)

Use firm, tart strawberries of approximately uniform size. Wash them and remove the hulls. Use $\frac{3}{4}$ cup of sugar to 1 cup of strawberries. Put the berries and sugar in alternate layers into a preserving kettle. Cover and let them stand overnight. In the morning, heat the berries slowly, stirring as little as possible, until the sugar is dissolved. Then cook for 10 to 15 minutes, or until the fruit is somewhat transparent. Stir carefully while boiling to avoid crushing the fruit. Skim. Cover and let the fruit stand in the kettle overnight to absorb the syrup and become plump. In the morning, drain the syrup from the berries and boil it rapidly until fairly thick. Pack the berries into hot, sterilized sealers, fill with the boiling syrup, and seal. Store in a cool, dark place.

Cherry Preserves

(Варення з вишень)

Use firm, tart cherries. Wash, stem, and pit the cherries. Weigh the cherries and the sugar; allow $\frac{3}{4}$ pound of sugar to 1 pound of cherries. Put the cherries and sugar in alternate layers into a preserving kettle, cover, and let stand overnight. Boil rapidly, stirring constantly, until the syrup thickens and the fruit becomes clear. Remove from the the range, cover, and let it stand overnight to permit the fruit to absorb the syrup. Drain off the syrup and boil until it thickens. Pack the fruit into hot, sterilized sealers, fill with the boiling syrup, and seal. Store in a cool, dark place.

Rose Petal Preserves

(Варення з рожи)

For preserves with a heavenly flavor and a dominating aroma of roses, this is the recipe. Ukrainian homemakers consider rose petal preserves unequalled as a filling for pampushky (filled yeast-raised doughnuts) and various dainty pastries. A cultivated garden rose of the Hansa and the Betty Bland varieties is used for this purpose. When the early Ukrainian pioneers arrived in Canada, their longing for rose petal preserves stimulated the use of the ever abundant prairie rose with excellent results. Many families still rely on the prairie rose.

To avoid washing the petals, pick them after a good rain or spray the rose bush with a hose to assure cleanliness. Pick the petals of the fully or partly opened rose, pulling them off with one grasp, and while holding them in the hand, cut off the yellow tips that have been attached to the crown of the blossom. These yellow ends must be removed because they have a bitter taste. Spread the petals on a clean wire screen to let the stamens and pollen fall through, and then pick the petals over. Put them into a large bowl, scald with boiling water, and drain over a sieve. As an alternative method, omit the scalding, sprinkle the petals with some sugar and crush with the hand to reduce bulkiness. Sprinkle very generously with lemon juice to add tartness and to bring out the rich color. Without the acid, the petals will turn brown. If desired, the petals may be chopped. Measure the petals by packing them into a cup. Use 1 cup of petals to 2 cups of sugar and $\frac{1}{3}$ cup of water. When lighter preserves are preferred, use equal quantities of petals and sugar.

Combine the sugar and water in a preserving kettle, and bring to a boil. Add the petals and simmer, stirring frequently, for about 10 minutes. Taste for tartness and add more lemon juice, if necessary. Remove from the range, cover, and let the preserves stand overnight. Then bring to a boil and simmer, stirring frequently, until the syrup is

thick and clear. Pack into hot sterilized sealers and seal. Store in a cool, dark place.

(Mrs. O. Wolchuk, Saskatoon, Sask.)

Uncooked Rose Petal Preserves

(*Терма роза*)

The rose aroma is fully retained in these preserves. They are excellent as a filling for pampushky and dainty pastries.

Follow the directions in the preceding recipe for Rose Petal Preserves, but do not scald the petals with boiling water. Sprinkle the petals with some sugar and lemon juice, and crush them well with a wooden spoon or with the hand. Place small quantities at a time on a board and chop very finely with a sharp knife. Measure the petal pulp. Use 2 cups of sugar to 1 cup of pulp. Mix these in a bowl and mash with a wooden spoon until the mixture is well blended and as smooth as possible. Pack into sealers, cover, and store in a cool, dark place.

(Mrs. O. Wolchuk, Saskatoon, Sask.)

Dry Preserves, Kiev Style

(*Варення на суго*)

Although this very old specialty of central Ukraine is called "dry preserves" in literal translation, it is really a candied fruit used as a confection. These preserves are made by the usual method, but the process is extended over a period of several days, and each day the syrup is concentrated with additional sugar. The fruit is allowed to absorb the sugar gradually until completely saturated.

Use firm, undamaged fruit, keeping it as whole as possible. Allow 1 pound of sugar to 1 pound of fruit. Follow the directions in the preceding recipes for preserves,

allowing the fruit to stand in the syrup overnight. In the morning, drain the syrup, add a little more sugar to it, and bring it to a boil. Cook the fruit in this syrup for about 10 minutes. Cover and let it stand overnight. Repeat this procedure of concentrating the syrup with additional sugar and cooking the fruit in it for a short time over a period of 5 to 6 days, or until the fruit is so saturated with sugar that it can absorb no more. When this stage is reached, spread the fruit on a clean wire screen to drain. The fruit should retain its shape. Dip in confectioners' sugar and place the fruit on trays to dry. The drying may be done in a barely warm oven with the heat turned off. The fruit should be dry on the outside but soft and moist inside. Press the fruit; if no syrup comes out, it is ready to be stored. Dip it in confectioners' sugar again and arrange in a suitable container in layers with waxed paper between them.



Plum Povydlo

(Повидло з сливок)

Povydlo is a fruit pulp cooked with or without sugar to a very thick consistency. It is popularly used as a filling for various kinds of pastries. When made of a medium consistency, it takes the place of jam. Povydlo may be made of any fruit, but plums are considered the best for this purpose. A combination of an equal quantity of plums and pears or plums and apples is excellent. Sugar may or may not be used, depending on the tartness of the fruit and on personal preference. In Ukraine, every home is well provided with a plentiful supply of povydlo for baking and table use. Many interesting stories have been handed down from the povydlo-making days of the past. It was a gay affair with friends and young people meeting to help gather the fruit and prepare it for cooking. Amid singing, chatting, and joking, the fruit was ready in no time. Quite often the cooking was done outdoors, adding to the merriment of the occasion. Young folk awaited these neighborly gatherings with anticipation. Those who had no orchard of their own received a generous portion of the povydlo in return for their services.

Use fully ripe plums that are beginning to form wrinkles at the stems. At this stage the plums are sweet and less juicy. Wash, pit, and cut the plums into quarters. Put them into a preserving kettle and add a very small quantity of water — just enough to prevent burning. Cook slowly, stirring frequently, until fairly thick. Sweeten the fruit to taste. Place the fruit in a moderate oven (350°F.) and cook, uncovered, stirring occasionally, for about 4 to 6 hours, or until the pulp is so thick that when cut across with a spoon it remains separated. Pack into hot sealers and cover. The povydlo is well concentrated and requires no sealing, but it may be sealed, if desired.

Apple Pastila

(Confection)

(Пастила з яблука)

In order to utilize the surplus apple crop from year to year, Ukrainian homemakers concocted this delicious confection now made commercially in Ukraine for home use as well as for export. Pastila requires good quality white-fleshed, tart-flavored apples that are slightly underripe but not acid. Mature, sweet Canadian apples do not give good results.

2 cups apple pulp

1 cup sugar

2 egg whites

**1/4 teaspoon vanilla or 1/2 tea-
spoon rum**

Bake enough apples with the skin and core to make 2 cups of apple pulp. The apples should be baked in a covered container without any water. Press the apples through a sieve while they are still hot. If the fruit lacks tartness, add some lemon juice. Beat the pulp vigorously for 20 minutes, or until it is very light. This is very important. Beat in the sugar and continue beating for another 10 minutes. Beat the egg whites until stiff, and fold into the mixture along with the flavoring. Fill small, paper baking cups and place them on a baking sheet. Bake in a moderate oven (375°F.) for about 15 minutes, and then lower the temperature and finish baking in a slow oven for 6 to 8 hours, or until the pastila is firm inside when cut with a knife. It should be dry enough to remove from the paper cups. Dip in confectioners' sugar and store. Pastila keeps well.

(Mrs. E. Rudewska, Saskatoon, Sask.)

Brandied Cherries

(П'яна вишня)

A drunken cherry is the Ukrainian name for this confection.

Cherries with stems
4 cups sugar
1½ cups water
Brandy

Use perfect, undamaged, plump cherries of a good flavor and with stems. Wash the cherries carefully without breaking the stems. Spread them on a cloth to drain. Combine the sugar with the water and boil until the syrup is fairly thick. Cool the syrup slightly and measure it. Add the brandy, allowing 1 cup of brandy to 1 cup of syrup. Arrange the cherries, stems up, in a sterilized sealer, taking care not to overcrowd them. Fill with the brandy syrup and seal. Store in a cool place for about 3 months. Drain off the syrup (use it in pudding sauces) and remove the cherries carefully. Spread them on absorbent paper and dry slightly. Dip each cherry individually in melted semisweet chocolate to coat evenly and form a seal. Place on a lightly buttered waxed paper and allow to harden. Store the cherries in a cold place and use as a confection.

Sweet Pickled Cherries

(Пукровані вишні)

These cherries keep well without cooking. They may be used in salads or as a garnish.

4 to 4½ pounds tart cherries
3 cups vinegar
4 pounds sugar

Wash and pit the cherries. Place in a crock, cover with the vinegar, and let them stand overnight. Then drain the liquid and mix the cherries with the sugar. Let them stand for about a week, stirring them each day. Pack into sealers, seal, and store in a cool place.

Sweet Pickled Crab Apples

(Райські яблука в оцті)

Sweet pickled fruit is prepared in Ukraine in much the same way as in Canada. It is served with meat as pickles. When fresh vegetables are not available during the winter months, pickled fruit takes the place of a salad. If tart apples are desired, use less sugar.

6 pounds crab apples

3 cups vinegar

3 cups water

6 to 8 cups sugar

2 teaspoons whole cloves

3 inch stick cinnamon

Wash the crab apples, cut out the blossom ends but leave the stems. Prick each apple in several places with a darning needle. Put the vinegar, water, sugar, and spices (tied in a bag) into a preserving kettle. Bring the syrup to the boiling point and let it boil for 5 minutes. Simmer the apples gently in this syrup until tender, but still whole, cooking as many as the kettle will hold easily in one layer. Pack the apples into hot sterilized sealers, cover with the boiling syrup, and seal.

Sweet Pickled Pears

(Грушки в оцті)

Follow the preceding recipe for Sweet Pickled Crab Apples. Wash the pears, pare, cut into halves, and remove the core. Proceed as directed.

Sauerkraut I

(Квашена капуста I)

Choose mature, firm heads of cabbage. Use 1 pound of coarse salt for 40 pounds of cabbage, or 2 teaspoons of salt for 1 pound of cabbage. Remove the outside leaves of the cabbage head, quarter it, and cut out the core. Shred the

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

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

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

(2) Use either fully matured kraut or one that is about 2 weeks old which is still crisp and not too sour. Test the sealers for leakage. This is important. Pack the kraut into the sealers, cover with the kraut brine to within $\frac{1}{2}$ inch of the top, and seal. Process the kraut in a boiling water bath for 10 to 15 minutes for quart sealers. This brief period of processing checks fermentation without overcooking the kraut. Process the separated leaves of the fermented whole head of cabbage in the same manner. This method is considered the best as the kraut keeps well, retaining its flavor, crispness, and mild acidity.

(3) Kraut stores well by freezing. Pack the kraut in containers for freezing, seal and freeze. When a home freezer or a community locker is not available, use the old-fashioned method of keeping the crock with the kraut in a shed or in an unheated garage during the winter months.

Variations: The cabbage may be mixed with a small quantity of mixed whole spices or a few peppercorns and some caraway seed. One or more of the following shredded or chopped vegetables may be added to the cabbage: onions, carrots, green or red peppers (sweet), celery. A small addition of cranberries imparts a delicate flavor to kraut and colors it lightly. Another interesting variation may be obtained by placing a few whole apples with the cabbage. This is one of the most popular additions. Apples fermented in cabbage make a delicious meat accompaniment.



Sauerkraut II

(Квашена капуста II)

Follow the preceding directions for sauerkraut. Allow the kraut to stay in the crock for 2 to 3 days only. Pack into the sealers but not too firmly, cover with the kraut brine, leaving a $\frac{1}{2}$ inch head space, and seal. Keep at a temperature of 60°F. until the fermentation has ceased. This kraut will continue fermenting in the sealers. If packed too firmly, some of the brine may escape, leaving the top without any liquid. When this happens, open the sealers, remove some of the kraut, and fill them with a weak solution of salt and water, using 2 tablespoons of coarse salt to 1 quart of water. When the fermentation has ceased, seal tightly and store in a cool place.

Sauerkraut III

(Квашена капуста III)

Shred the cabbage and pack tightly into quart sealers. Add 2 teaspoons of coarse salt to each quart sealer, fill with boiling water, and seal. Keep at room temperature for about 3 to 4 weeks. Tighten the lids and store in a cool place. This method is good for small quantities. The kraut will be slightly more acid than the one made by the usual method.

Sauerkraut IV

(Квашена капуста IV)

Here is a different method for sauerkraut, using cooking oil as a protective covering which helps to exclude air and prevent spoilage.

Shred the cabbage and mix it with chopped onion and coarse salt, allowing 2 teaspoons of salt for 1 pound of cabbage. The onion is added for flavor, but it may be omitted, if desired. Cook another chopped onion (1 onion to 5 pounds of cabbage) in some cooking oil until it is barely

tender, and then mix it thoroughly with the cabbage. For a spiced product, add some whole or ground mixed spice. Pack the mixture into sterilized sealers, leaving a $\frac{3}{4}$ inch head space. Cover with a layer of cooking oil. Seal and store in a cool place.

(Mrs. E. Koziar, Canora, Sask.)

Dill Pickles

Ukrainian homemakers make dill pickles by the old-fashioned fermentation method, placing the freshly picked cucumbers and the required amount of their ingredients in a sealer, sealing it and allowing to stand until ready to use. A crock or barrel may also serve as a container. In this method the cucumbers are covered with a plate or board and weighted down with a suitable weight. However, modern homemakers prefer sealers. A few cherry, grape, currant, or horseradish leaves are usually placed in the container to help retain the color and crispness of the cucumbers. For additional crispness, the cucumbers may be soaked overnight in very cold water with a speck of alum added to it. Some homemakers prefer adding alum to the brine. The use of alum is not generally favored. Scalding the cucumbers with hot brine also adds crispness to them.

In the standard method of making dill pickles the flavorings are usually limited to fresh dill, garlic, and a small piece of a horseradish root. Caraway seed is often added for enhanced flavor. No vinegar or spices are used. When the active fermentation has ceased, the brine of the dills cured by this method makes a refreshing drink favored by many gourmets.

Brine for Dill Pickles

(Росіл до оуірків)

Brine for dill pickles may be made in a large quantity, allowing $1\frac{1}{2}$ cup of coarse salt to 3 quarts of water. Brine

of this strength is generally used for mild-cured dill pickles. For a stronger brine, allow 1 cup of coarse salt to 1 gallon of water. Bring the brine to a boil and use it hot or cold.



Standard Dill Pickles

(Квашені огірки)

This is the standard fermentation method for dill pickles commonly used by Ukrainian homemakers. Use small or medium-sized cucumbers freshly picked from the garden. Wash them well, cover with cold water, and let them stand while preparing the sealers. Wash the quart sealers thoroughly in hot suds and rinse well. Place in each sealer:

A few cherry or currant leaves
Sprigs of fresh dill with seeds
1 to 2 cloves garlic

Fresh horseradish root,
about 2 inch piece
1½ tablespoons coarse salt,
level

Prick the cucumbers with a fork and pack closely into the sealers. Fill with either boiled water cooled to lukewarm, or boiling water. When using boiling water, take care not

to crack the sealers. Cover the top with sprigs of dill and seal. Invert the sealers and shake them to dissolve the salt. If the pickles are to be used soon, keep them at room temperature; they will be ready in 2 to 3 days. For winter use, store in a cool place.

Spice Dill Pickles

(Ароматичні квашені огірки)

The spices give these pickles a mildly piquant flavor. Use small or medium cucumbers freshly picked from the garden. Wash them well, cover with cold water, and let them stand while preparing the sealers. Wash the sealers in hot suds and rinse well. Place in each quart sealer:

A few cherry or currant leaves	1 teaspoon whole mixed
Sprigs of fresh dill with seeds	spices
1 to 2 cloves garlic	Fresh horseradish root,
4 to 6 peppercorns	about 2 inch piece
1 bay leaf	1½ tablespoons coarse salt,
	level

Prick the cucumbers with a fork and pack closely into the sealers. Fill with hot boiled or boiling water, taking care not to crack the sealers. Cover the top with sprigs of dill and seal. Invert the sealers and shake them to dissolve the salt. Store in a cool place.

(Mrs. P. Dowhanuk, Two Hills, Alberta.)

Winter Dill Pickles

(Довготривалі квашені огірки)

These keep well, retaining their flavor and crispness. Use freshly picked cucumbers. Wash them, cover with cold water, and let them stand while preparing the sealers and brine. Wash the quart sealers and place in each:

Sprigs of fresh dill with seeds	6 peppercorns
1 to 2 cloves garlic	½ teaspoon mustard seed
1 bay leaf	1 small stalk celery

Prepare the following brine and bring to the boiling point:

14 cups water	$\frac{1}{2}$ cup sugar
$\frac{3}{4}$ cup vinegar	1 cup coarse salt, scant

Pack the cucumbers closely into the sealers. Fill with the hot brine and cover with sprigs of fresh dill. Seal tightly. Store in a cold place. Allow the dills to stand 2 months before serving them.

(Mrs. M. Pawchuk, Rossburn, Manitoba).

Sweet and Sour Dill Pickles

(Занарювані квашені огірки)

Use freshly picked cucumbers. Wash the cucumbers, cover with cold water, and let them stand while preparing the sealers. Wash the quart sealers thoroughly and place in each:

Sprigs of fresh dill with seeds	1 small carrot
1 clove garlic	$1\frac{1}{2}$ tablespoons coarse salt,
1 bay leaf	level
4 peppercorns	1 tablespoon or more brown
$\frac{1}{2}$ teaspoon mustard seed	sugar

Pack the cucumbers closely into the sealers. Bring to a boil 4 cups of water and 1 cup of vinegar. Fill the sealers with it. Cover with sprigs of dill and seal. Place the sealers in a warm water bath and heat slowly until the water gets hot and the cucumbers begin to turn slightly yellow in color. Do not boil. Remove immediately, seal, and let cool. Store in a cool place.

(Mrs. Anna Mazur, Dauphin, Manitoba).

Dill Tomatoes

(Квашені помідори)

Green or partially ripe tomatoes may be pickled by the same method as dill pickles. For pickling, select tomatoes of

uniform maturity. When green tomatoes are used, they are best when the inside is slightly red in color. At this stage the tomatoes have a better flavor. Follow the recipe for Standard Dill Pickles or Spice Dill Pickles. Tomatoes require a little longer period to cure and develop a pickled flavor.

Fermented Apples

(Яблука в нічці)

Fermented apples, a regional specialty of central Ukraine, are used as a relish or an accompaniment to roasts, poultry, and game. They are somewhat similar to apples cured in sauerkraut but of a more delicate flavor. Although they are considered a delicacy by the old country gourmets, one has to be accustomed to them to enjoy their piquant taste. Ukrainian Canadian homemakers seldom, if ever, make them, but the recipe is worth preserving. When trying this recipe, select undamaged apples of a good quality and tart in flavor.

5 pounds apples
5 quarts water
2 cups rye flour

4 tablespoons sugar or honey
2 teaspoons salt

Select ripe, undamaged apples with a tart flavor. Wash the apples thoroughly and remove the blossom ends. Place the apples in a crock. If cherry or currant leaves are available, arrange the apples and leaves in alternate layers. Bring the water to a boil. Pour half of the water over the flour and stir briskly until smooth. Add the remaining water and strain the mixture. Stir in the salt and sugar. Cool to lukewarm. Pour over the apples, allowing enough liquid to rise several inches above the apples. Cover with a plate and weight down with a suitable weight to keep the apples completely submerged. Keep at room temperature for 1 week and then store them. It will take 5 to 8 weeks for the apples to ferment, depending on the variety used. During the process of fermentation, a scum will form on the surface.

It should be removed and the plate washed as often as necessary. Store in a cold place.

Apples may also be cured in a slightly sweetened water. For this method, use 5 quarts of boiled water to 1 cup of sugar or honey and 2 teaspoons of salt. This method is less troublesome, and the results are equally good.

Beet and Horseradish Relish

(Буряки з хрінном)

This is a traditional Easter relish served with ham and roast suckling pig. The amount of sugar and horseradish may be varied in this recipe to suit one's taste. Some homemakers prefer dicing or slicing the beets. Take your choice.

10 medium beets	2 cups mild vinegar
$\frac{1}{2}$ cup freshly grated horse- radish	$\frac{1}{2}$ cup sugar
2 teaspoons salt	1 tablespoon mixed spices

Cut off the stems 1 inch above the beets and leave the roots intact. Wash the beets thoroughly and cook in boiling water until tender. Drain and cover with cold water. Slip off the peel and cut off the stems and roots. Grate the beets on a coarse grater and mix with the horseradish. Combine the salt, vinegar, sugar and spices, and bring to a boil. Strain over the beet mixture. Mix and pack into sterilized sealers. Seal and store in a cool place. Allow the relish to stand for 24 hours before using.

Old-Time Cabbage Beet Pickle

(Капуста з буряками і хрінном)

1 quart raw chopped cabbage	3 cups mild vinegar
1 quart cooked diced beets	$1\frac{1}{2}$ cups sugar
1 cup freshly grated horse- radish	1 tablespoon coarse salt
	$\frac{1}{3}$ teaspoon pepper

Mix the cabbage with the beets and horseradish. Combine the vinegar with the sugar, salt, and pepper, and bring

to a boil. Pour over the vegetables and mix thoroughly. Pack into sterilized sealers and seal. Store in a cool place.

Pickled Horseradish

(Хрін в оцті)

2 cups grated horseradish	1/4 cup sugar
1 teaspoon salt	2 cups mild vinegar

Mix all the ingredients together very thoroughly. Pack into sterilized pint sealers, leaving about 1 inch of space at the top. Fill this space with sugar. Seal and store in a cool place.

Pickled Beets

(Буряки в оцті)

These pickles are very elegant when baby beets are used. For a superior flavor, let the spices remain in the syrup overnight.

Small beets	2 cups water
1 tablespoon whole cloves	2 cups vinegar
1 tablespoon mustard seed	1 1/2 cups sugar
1 tablespoon whole allspice	1 tablespoon coarse salt
1 stick cinnamon	

Use small, young beets. Cut off the stems 1 inch above the beets and leave the roots intact. Wash the beets thoroughly and cook in boiling water to cover until tender. Drain and cover with cold water. Slip off the skins and cut off the roots and stems. Place the spices in a loose cheese-cloth bag and tie it. Make a syrup of the water, vinegar, sugar, and salt; boil the spices in it gently for 10 minutes. Let it stand for several hours or overnight. Remove the spice bag, bring the syrup to a boil, add the beets to it, and then simmer for 10 to 15 minutes. Pack the beets in sterilized sealers, cover with the syrup, and seal. Store in a cool, dark place.

(Mrs. A. Michalenko, Saskatoon, Sask.)

Cucumber Pickle

(Маринада з огірків)

2 quarts cucumbers	2 cups sugar
1 medium onion	$\frac{1}{2}$ teaspoon turmeric
1 sweet red pepper	$1\frac{1}{2}$ tablespoons mustard seed
$\frac{1}{4}$ cup coarse salt	$1\frac{1}{2}$ teaspoons celery seed
3 cups mild vinegar	6 peppercorns

Select cucumbers 3 to 4 inches in length. Wash them and cut, unpeeled, into thin slices. Cut the peeled onion into thin slices. Remove the seeds and fibrous membrane from the pepper. Shred the pepper. Mix the vegetables with the salt. Place a heavy plate over the vegetables. Keep in a cold place for about 3 hours. Drain the vegetables, wash in cold water, and drain thoroughly. Bring the vinegar with the remaining ingredients to a boil. Add the vegetables very gradually. Heat to the simmering point. Do not boil. Pack into hot sterilized sealers and seal at once.

Green Tomato Pickle

(Маринада з зелених помідорів)

This pickle is popularly called "winter salad" in Ukraine.

4 quarts green tomatoes, sliced	4 cups sugar
6 medium onions, sliced	$\frac{1}{2}$ tablespoon whole cloves
$\frac{1}{2}$ cup coarse salt	2 tablespoons celery seed
1 cup vinegar	2 tablespoons peppercorns
1 quart vinegar	2 tablespoons mustard seed
	2 sticks cinnamon

Mix the tomatoes and the onion slices with the salt and let them stand overnight. In the morning, drain and cover with 1 cup of vinegar with an equal quantity of water. Let them stand for 1 hour and then drain. Combine 1 quart of vinegar with the sugar and add the spices, tied loosely in a bag. Bring to a boil and add the vegetables. Simmer slowly for 3 minutes. Remove the spice bag. Pack into sterilized sealers and seal. Store in a cool place.

To Dry Wild Mushrooms

(Як сушити гриби)

Most Ukrainian Canadian homemakers are acquainted with the edible species of wild mushrooms that grow in showery weather in Canadian woods and fields. Besides the common meadow mushrooms (pecherytsya) which is related to the cultivated one, there are a number of other wholesome varieties highly prized by connoisseurs. Dried mushrooms of the wild species are exceptionally rich in flavor and aroma. There is no taste and no flavor quite like that of cooked dried mushrooms. A few of them will change a commonplace dish into a gourmet's specialty. It is good to have some dried mushrooms on hand to enhance the flavor of soups, sauces, and various dishes.

The following species are the ones most commonly used for drying:

1. Morel (smorzh).
2. Boletus (white hryb).
3. Boletus with a rough and scaly stem (kozar)
4. Many-cap clitocybe (pidpenyok).
5. Lactarius (khrysch or varga).
6. Gray or pink russula (holubka).

Many species of mushrooms are quick-growing and become readily infested with insects in hot weather. They should be picked when they are young. It is extremely important to be able to distinguish between the poisonous and non-poisonous species. An amateur should not venture on a mushroom-hunting trip without an experienced guide. When picking mushrooms, cut off the stem ends that have sand and grit on them because it will then be easier to clean them.

For drying, select young tender mushrooms as they are less fibrous. Clean the mushrooms well with a damp cloth. Do not wash them. Inspect each mushroom carefully for insects. Peel or scrape the cap, gills, and stem. Some species do not peel. These should be scraped. For a superior product, use the caps only because the stems become hard and

fibrous when dried. Cut the mushrooms into quarters, or eighths, or slices, depending on the variety used and on the size of pieces desired. Dry the mushrooms by one of the following methods:

(1) Use a home-made dehydrator (drying cabinet), if available. This is the best and the surest way of having a clean and uniformly dried product.

(2) Spread the mushrooms in a thin layer on a heavy brown paper in a sunny spot on a scorching hot day. Cover them with thin cheesecloth and weight it down with suitable weights to keep it in place. This method requires several days. It has its disadvantages as an unexpected shower or dust storm may do a lot of damage. Once the mushrooms are partially dry, they may be placed in a warm oven with the oven door partly opened to dry completely.

(3) Spread the mushrooms in a thin layer on a framed wire screen. Rest the screen on kitchen utensils on top of the range about 10 inches above the heating surface. Keep the heat low and steady for several hours. The final drying may be done in a warm oven. This method is quicker, safer, and more sanitary than drying in the sun.

When the mushrooms are thoroughly dry and very brittle, they are ready to be stored. Store in tightly covered containers in a dry place. To use dried mushrooms, wash them in fairly hot water, drain and soak in lukewarm water for 30 minutes or longer. Cook in the same water in which they were soaked.

Mushroom Powder

(Грибовый порошок)

Mushroom powder, especially of the boletus (white hrib) variety, is a quick way of flavoring soups, sauces, and various meat dishes. Pound the dried mushrooms to a fine powder in a mortar or in a sturdy cloth bag. Sift through a fine sieve and use as desired.

Canned Mushrooms

(Гриби заварювані в слоїках)

Pick over the mushrooms, clean, and wash them thoroughly. Peel, if necessary. Cut the large mushrooms into coarse pieces, but leave the small ones whole. Cover with boiling water and add 1 teaspoon of salt and 1 tablespoon of vinegar to each quart of water. Bring to a boil and cook 5 minutes. Drain. When using a wild variety of mushrooms that has a tendency to develop a thick viscous liquid on standing, repeat the precooking in fresh boiling water and then drain. Pack hot into tested sealers, add 1 teaspoon of salt to each quart, fill with freshly boiled water, and seal partially. Process in a boiling water bath for 2½ to 3 hours, or for 40 minutes at 10 pounds of pressure in a pressure cooker. Seal and cool. Label the sealers and store them in a cool, dark place.

(Mrs. A. Skořobolach, Saskatoon, Sask.)

Pickled Mushrooms

(Мариновані гриби)

Use cultivated or wild mushrooms for pickling. Of the commonly known wild edible mushrooms, the autumn variety of the many-cap clitocybe (pidpenky) is most frequently used for this purpose. It abounds in the autumn, growing singly or in large clusters around old stumps and fallen trees. Pickled "pidpenky" are considered a delicacy by mushroom gourmets. Other varieties of wild mushrooms may also be pickled, if enough of them can be found.

A subtle onion flavor is desirable in pickled mushrooms. Use sliced onions or small pickling onions. Sprinkle them generously with coarse salt and allow to stand for a few hours. When the mushrooms are ready to be put into sealers, wash off the salt from the onions.

Select tender young mushrooms with stems. Pick them over, clean, and wash thoroughly. Leave about an inch of stem attached to the cap and use the trimmed ends for various mushroom dishes. Cover the mushrooms with boiling water and add 1 tablespoon of vinegar and 1 teaspoon of salt to each quart of water. Bring to a boil, cover, and cook for 30 minutes. Drain and rinse several times to prevent the development of a thick, somewhat viscous liquid in the pickled mushrooms as is often the case with pidpenky. This thick liquid is harmless but unattractive. Cook in fresh boiling water for 30 minutes. The second cooking assures safe keeping. While the mushrooms are cooking, prepare the sealers and the vinegar solution. Use 2 cups of mild vinegar to 1 cup of water and $\frac{1}{2}$ cup or more of sugar. Add 1 tablespoon of mixed spice to each quart of the vinegar-water solution. Bring these to a boil and let them simmer for 3 to 5 minutes. Strain and keep hot until ready to use. If milder mushrooms are preferred, use equal quantities of vinegar and water.

Drain the mushrooms and pack hot in tested, sterilized sealers. Place some of the prepared onions among the mushrooms for flavor. A few peppercorns and a small piece of bay leaf may also be added, if desired. Add 2 teaspoons of salt to each quart. Bring the vinegar solution to a boil again and fill the sealers with it. Seal partially. Process in a boiling water bath for about 10 minutes. Seal tightly. Store in a cool place. Allow the mushrooms to stand for at least 2 weeks before using them. Pickled mushrooms are served as a relish or as an accompaniment to a number of dishes.

(Mrs. A. Skorobohach, Saskatoon, Sask.)

Quick Pickled Mushrooms

To pickle mushrooms by the quick method, see the Appetizer section, page 41.

Preserved Dill

(Сушения : соления крону)

When used with discretion, dill imparts a delightful flavor to many dishes. Some herb gourmets find cooking dull without it. For cooking purposes, dill may be used fresh, dried, salted, or frozen.

Pick the dill for preserving when it is tender and before it comes to flower. Wash thoroughly and drain well on absorbent paper. Remove to a tea towel and pat it dry. For drying, spread the sprigs of dill on a large tray lined with paper. Keep in a warm, airy room until it dries thoroughly and becomes brittle. Never dry dill in the sun because it loses its aroma and color. To hasten the process of drying, place the tray with the well-wilted and partially dried dill in a barely warm oven, leaving the oven door partly open. When the dill is completely dry and very brittle, store it in an airtight container, preferably one that is light-proof. Keep it well covered all the time. If a sealer is used, wrap it in tinfoil to preserve the color of the dill. Add the dried dill, crushing it slightly, to the food at the very last minute of cooking in order to preserve the essential aromatic oils which evaporate very rapidly in cooking.

For salting, place the washed, well-drained and patted dry dill in a sealer in alternate layers of $\frac{1}{2}$ inch of salt and $\frac{1}{2}$ inch of dill. Press down or pound each layer of dill very firmly before adding the next one. Finish with a heavy layer of salt. Cover tightly. Store in a refrigerator or in a cool, dark place. Before using the salted dill, wash it well several times and then soak very briefly in fresh water. The salted dill will retain some degree of saltiness. This is worth remembering when using it in food already seasoned.

For freezing, arrange small quantities of dill in piles and wrap each one separately in aluminum foil. Put them in a plastic bag and freeze. Chop the frozen dill before adding it to food.

COMMON FOOD EQUIVALENTS

Almonds	1 cup chopped	$\frac{3}{4}$ pound shelled
Butter	2 cups	1 pound
Chocolate	1 square	1 ounce (5 table- spoons grated)
Corn meal	3 cups	1 pound
Cottage cheese	2 cups	1 pound
Dates	2 cups pitted	1 pound
Eggs	5 whole eggs	1 cup
Egg whites	8	About 1 cup
Egg yolks	16	About 1 cup
Bread flour	4 cups	1 pound
Cake flour	$4\frac{1}{2}$ cups	1 pound
Lemon	1 juiced	About 2 to 3 tablespoons
Meat	2 cups diced	1 pound
Noodles	1 cup raw	$1\frac{1}{4}$ cups cooked
Nut meats	4 cups coarsely chopped	1 pound
Orange	1 juiced	6 to 8 tablespoons
Pecans	3 cups chopped	$2\frac{1}{2}$ pounds un- shelled
Prunes	$2\frac{1}{2}$ cups dried	1 pound
Prunes	4 cups cooked	1 pound
Raisins	3 cups seedless	1 pound
Rice	$2\frac{1}{3}$ cups uncooked	1 pound
Rice	1 cup uncooked	3 to 4 cups cooked
Sugar, brown	$2\frac{1}{4}$ cups firmly packed	1 pound
Sugar, confec- tioners'	$3\frac{1}{4}$ cups	1 pound
Sugar, granulated	2 cups	1 pound
Walnuts	4 cups	1 pound shelled

For Use in Translating Foreign Measurements

	equals	Approximately	30 grams
1 ounce	"	"	454 grams
1 pound	"	"	
$\frac{1}{2}$ cup less 1 tablespoon butter (7 tablespoons)	"	"	100 grams
$\frac{3}{4}$ cup less 1 tablespoon of all-purpose flour (11 tablespoons)	"	"	100 grams
$\frac{1}{2}$ cup less 1 tablespoon sugar (7 tablespoons)	"	"	100 grams

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