



UKRAINIAN

COOK BOOK

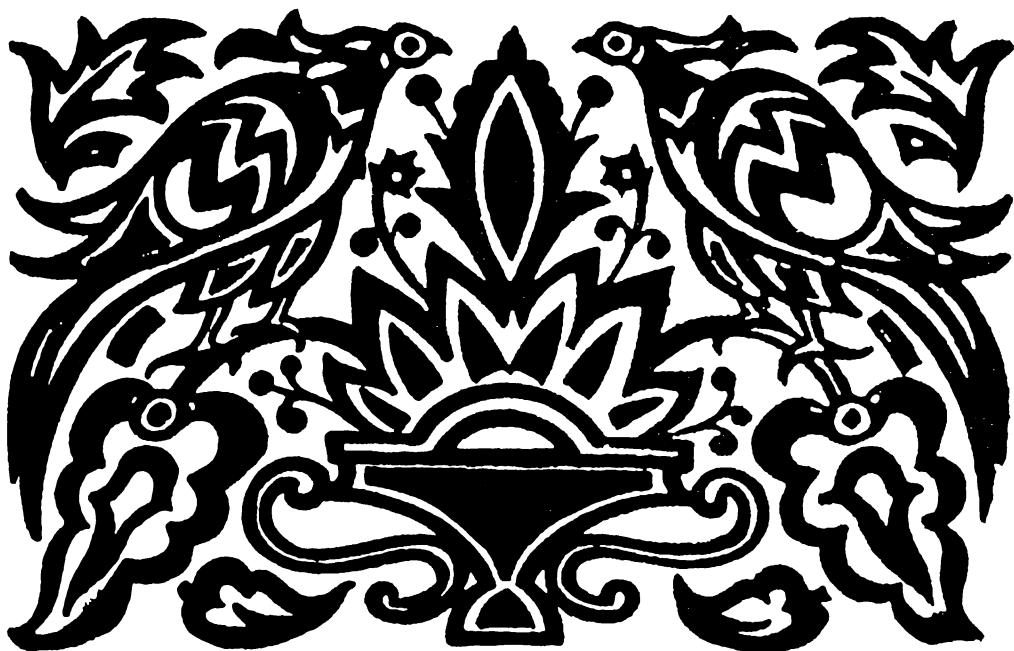
76 TRADITIONAL
RECIPES FOR
TO-DAY'S LIVING





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TO-DAY'S LIVING



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Ukrainian Culinary Heritage Project
SEEDS AND ROOTS

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FOREWORD

Food, like music, is a common denominator. "Without a song, the day would never end" may be paraphrased by saying "without good food, the day would not begin." People must eat to live; others are said to live to eat. Food is a genuine pre-occupation of mankind and eating a necessity which can be a source of great pleasure, as well as a means of adventuring into the customs of other lands.

The more than forty International Institutes in various American industrial cities have been described as being among the "eatingest" places ever known, for food and fellowship go together whether in the home or in community life. During the past quarter century, these non-sectarian social service agencies have been concerned with the special needs of immigrants in adjusting to American ways and in helping their children accommodate their old world heritages to their American environment. Nationality dinners and cooking demonstrations, as well as food sales at festivals have been popular parts of their programs. With the breaking of bread together and the sharing of different ways of preparing and serving foods, many a friendship has been born and many a heritage group has discovered that it has values to contribute to America's gustatory tastes.

Among these heritage groups are the Ukrainian-Americans who have perfected a healthful, appetizing, but economical cookery which has enabled their forebears to retain their vitality and strength in spite of successive invasions of their rich and fertile land. Philadelphia has a Ukrainian community 22,000 strong, which is a significant center of Ukrainian cultural traditions in North America. This community has recently been joined by many skilled professional people brought to America by the Displaced Persons Commission and among these "delayed pilgrims" is a well-known Ukrainian home economist, Natalie Kostecka. She has assembled the recipes in this book, the first of a series of nationality cook-books to be published by the Philadelphia International Institute.

Madame Kostecka is a graduate of a college of home economics in the Ukraine and for a number of years taught this subject in the high schools of her native land. She introduced new and simplified methods of cookery both in her teaching and in the books and magazines of home making which she edited. During the long years of war, when food was scarce, she taught her people how to make the most nutritious meals of what was available. Before coming to America, she was manager of the kitchen in a large "Displaced Persons" camp run by the International Refugee Organization.

The traditional Ukrainian recipes offered in this book have been adapted for American kitchens and should provide what every home maker constantly seeks--**VARIETY**- the spice of good eating as well as of life!

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BARLEY SOUP—(Serves 6)

- 1 T. bacon fat
- 1 cup assorted vegetables, cut fine
- $\frac{1}{4}$ lb. barley
- 6 cups water
- 1 cup diced, raw potatoes
- 1 T. butter
- Salt and pepper to taste
- 1 T. chopped parsley

Brown vegetables, except potatoes, in bacon fat until golden brown.

Add water, barley and potatoes.

Simmer until barley is soft ($\frac{3}{4}$ to 1 hour).

Add butter, salt, pepper, parsley and serve.

CLEAR BORSCH--(Serves 6)

$\frac{1}{2}$ lb. soup bone
6 cups water

$\frac{1}{4}$ head cabbage, shredded
1 small stalk celery, diced
1 medium onion, chopped fine
1 lb. raw peeled beets, cubed
 $\frac{1}{2}$ tsp. chopped parsley

1 clove garlic
1 T. sugar
 $\frac{1}{2}$ tsp. lemon juice or sour salt
Salt and pepper to taste

Simmer bone in the water for 1 hour.
Add the cubed, chopped and shredded vegetables.
Simmer another hour.
Crush the garlic into the sugar and lemon juice.
Add to soup.
Strain through a sieve.
Salt and pepper to taste.
Serve hot or cold.

COLD SOUP—(Serves 6)
(uncooked)

- 1 cup cooked, peeled and chopped beets
- 1 carrot, peeled and grated
- 1 cucumber, peeled and chopped fine
- 2 hard boiled eggs, peeled and chopped fine

- ½ cup sour cream
- 2 cups milk or buttermilk
- 1 T. chopped parsley
- 1 T. chopped dill or dill pickle
- Salt and pepper to taste

Boil, peel and chop the beets — cool.

Add the other vegetables and chopped eggs.

Blend sour cream and milk (or buttermilk).

Add the parsley, dill, salt and pepper to taste.

Chill and serve.

If this soup is too thick, it may be thinned with ice cold water.

COLD FRUIT SOUP*—(Serves 6)

6 cups water
2 cups fresh fruit—(one kind or mixed, such as cherries,
plums, apples, strawberries, peaches, etc.)
 $\frac{1}{2}$ cup sour cream
1 T. flour
Juice of 1 lemon
Sugar to taste
Grated rind of 1 lemon or 1 orange

Wash fruit and simmer for 1 hour in the water.

Strain through a sieve.

Blend flour into sour cream.

Add to soup and boil for 5 minutes.

Add lemon juice and sugar.

Chill thoroughly.

Serve in well-chilled soup cups or dishes with a bit of the lemon or orange rind sprinkled on top.

* This fruit soup is quite different from Swedish fruit soup and Ukrainians always use it as a first course and serve it with crackers.

POTATO SOUP—(Serves 6)

- 6 cups water
- $\frac{1}{2}$ lb. soup bone
- 1 medium carrot, cut in pieces
- 1 small stalk celery, cut up
- $\frac{1}{4}$ head (medium) cabbage, shredded
- 1 small onion, cut up

- 1 cup diced, raw potatoes
- $\frac{1}{2}$ cup sour cream
- 1 T. flour
- Salt and pepper to taste
- 1 T. chopped parsley

Simmer vegetables and soup bone in the water for $1\frac{1}{4}$ hours. Strain. Add cubed, raw potatoes to stock and cook until they are tender.

Blend flour and sour cream and add to soup.

Bring to a boil, add salt, pepper and parsley and serve.

SPRING BEET SOUP—(Serves 6)
(Borsch without meat stock)

- 4 cups water
- ¼ head medium-sized cabbage, chopped fine
- 1 medium carrot, cubed
- ½ tsp. chopped parsley
- 1 small stalk celery, diced
- 1 medium onion, grated

- 1 lb. raw spring beets, peeled and grated

- 1 clove garlic (or more, if you really like garlic)
- 1 T. sugar
- Juice of 1 lemon, or ½ tsp. sour salt

- 1 cup sour cream
- 1 T. flour
- Salt and pepper to taste

Wash and cut up vegetables, except beets, and simmer for ½ hour.

Add grated beets, and cook 15 to 20 minutes.

Crush garlic in the sugar and lemon juice and add to soup.

Blend flour into sour cream, add to soup and bring to a boil.

Salt and pepper to taste.

SORREL SOUP—(Serves 6) (sour soup)

- 6 cups water
- ½ lb. soup bone
- 1 lb. (2 cups) assorted raw vegetables, chopped—
(carrots, cabbage, celery, onion, etc.)
- 1 cup sorrel, chopped fine

- ½ cup sour cream
- 1 T. flour
- Salt and pepper to taste

- 1 T. dill (fresh or dried) * chopped fine
- 1 T. parsley, chopped fine
- 3 hard boiled eggs

Simmer soup bone and assorted chopped vegetables for 1 hour.

Add sorrel and boil for 10 minutes.

Remove bone, saving small pieces of lean meat and returning them to soup stock.

Blend sour cream and flour and add to stock.

Bring to a boil again.

Add salt and pepper to taste, dill and parsley.

Place ½ hard boiled egg, yolk side up, in bottom of soup plate, and serve soup hot or cold.

* 1 T. of dill pickle, chopped very fine, may be substituted for fresh or dried dill.

If you serve soup cold, be sure to chill the cups or plates well.

SAUERKRAUT SOUP—(Serves 6)

1 cup sauerkraut juice
1/2 lb. smoked, * or fresh, spareribs
6 cups water

1/2 cup mushrooms, ** fresh or canned
1 cup diced, cooked potatoes
1 T. bacon fat or butter
1 onion, diced
Salt and pepper to taste
1 T. chopped parsley

Simmer spareribs, sauerkraut juice and water for 1 hr.

Remove bones, cut meat into small pieces and add it to the soup stock.

Also add mushrooms (if canned) and potatoes.

Brown onion slightly in fat and also fresh mushrooms, if they are used.

Add to soup, together with salt, pepper and parsley.

* Smoked spareribs are available and add a great deal to the flavor of this soup. If fresh spareribs are used, be sure to use bacon fat in place of butter for the flavor.

** If fresh mushrooms are used, simply wash them well and slice them, stems and all. They need not be peeled.

TOMATO SOUP*—(Serves 6) **(with meat stock)**

- 6 cups water
- $\frac{1}{2}$ lb. soup bone
- 1 medium-sized carrot, cubed
- $\frac{1}{4}$ head medium-sized cabbage, shredded
- 1 small stalk celery, diced
- 1 small onion, cut up

- 1 lb. fresh tomatoes, quartered
(or 1 16 oz. can of tomatoes)

- $\frac{1}{2}$ cup sour cream
- 1 T. flour
- Salt and pepper to taste
- 2 tsp. chopped parsley

Simmer slowly the vegetables (except tomatoes) with soup bone in the water for $1\frac{1}{2}$ hours.

Add tomatoes and cook for another half hour.

Put this mixture through a sieve.

Blend flour with sour cream, add to soup mixture and bring to a boil. Add salt and pepper and chopped parsley and serve piping hot. **

* This is a much more interesting tomato soup than Americans are accustomed to eating.

** A typical Ukrainian touch is to serve a tablespoon of fluffy rice in the bottom of each dish.

VEGETABLE SOUP—(Serves 6)

6 cups water
½ lb. soup bone

2 cups mixed, cubed raw vegetables—
(carrots, peas, tomatoes, celery,
onions, string beans, etc.)
¼ lb. wide noodles, broken into pieces

½ cup sour cream
1 T. flour

Salt to taste
1 tsp. chopped parsley
½ tsp. dill, fresh or dried *

Simmer bone in the water for 1 hour.

Add the cubed, raw vegetables and boil for 30 minutes.

Blend flour and sour cream and add to soup and bring to a boil. Season to taste.

Just before serving add dill and parsley.

* If fresh or dried dill is not available, you may use 1 tablespoon very finely chopped dill pickle.



STRING BEANS—(Serves 6)

2 lbs. fresh string beans (either green or wax beans)
1 T. sugar
 $\frac{1}{2}$ T. salt
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup cream (or milk)
1 T. flour
Juice of 1 lemon
Pepper to taste

Wash, string and cut beans into 1 inch pieces.

Add water, sugar and salt and boil for 20 minutes (or until tender).

Blend flour and cream, add lemon juice and pour over beans.

Simmer slowly for a few minutes. Pepper to taste.

This dish is delicious served with chicken or any boiled meat.

BEETS WITH APPLES---(Serves 4-6)

1 lb. beets

1 T. fat or butter

1 T. flour

$\frac{1}{2}$ cup sour cream

$\frac{1}{2}$ lb. peeled and shredded apples *
(about 3 medium apples)

1 tsp. sugar

Salt and pepper to taste

Wash and boil whole beets until tender (about $\frac{3}{4}$ of an hour).

Skin and grate beets.

Melt fat and blend in flour, stirring constantly, until slightly browned.

Add the sour cream and stir until smooth. Bring to a boil.

Add beets.

Add shredded apples and sugar.

Season to taste.

Serve hot.

* If apples aren't tart enough, add a little lemon juice.

CABBAGE WITH TOMATOES

- 1 medium head cabbage, shredded
- 1 cup boiling water
- 1 lb. fresh tomatoes, scalded, peeled and quartered
(a 16 oz. can of tomatoes may be substituted)
- 1 medium onion, chopped fine
- 1 T. bacon fat or butter

½ cup sour cream

1 T. flour

Salt and pepper to taste

Boil cabbage in the water for 20 minutes. Drain well.

Melt fat, and brown onions in it slightly.

Add the tomatoes and simmer for 10 minutes.

Add the well-drained cabbage and bring to a boil.

Blend sour cream and flour and add to mixture and again bring to a boil.

Season to taste and serve.

RED CABBAGE WITH WHITE WINE (Serves 6)

1 medium head red cabbage, shredded
½ cup water
1 T. fat
½ tsp. salt
Pepper to taste

Juice of 1 lemon

1 T. butter
1 T. flour
½ cup white wine

Boil cabbage, fat, salt and pepper in the water.
Stir often and keep heat low so that it will not burn.

When cabbage is tender (about 20 minutes) add the lemon juice.

In another pan, melt the butter and blend in the flour and brown slightly. Add the wine and bring to a boil and boil for 1 minute.

Pour this over the cabbage and mix thoroughly.
Cook slowly for about 5 minutes and serve very hot.

CABBAGE WITH APPLES—(Serves 4-6)

1 medium-sized head of cabbage, shredded
1 cup water

$\frac{1}{2}$ lb. pared, sliced tart apples *
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ cup sour cream
1 T. flour

Salt and pepper to taste
1 T. chopped parsley

Boil cabbage in water for 20 minutes. Drain well.
In another saucepan, cook the apples and water.
Combine with the drained cabbage.

Blend the sour cream and flour and add to the cabbage
and apple mixture.
Season to taste.
Sprinkle the chopped parsley over the top.

* If apples aren't tart enough, add a little lemon juice.

CREAMED MUSHROOMS—(Serves 6)

1 lb. fresh mushrooms
1 T. butter
1 small onion, chopped fine
1 tsp. salt
Pepper to taste

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

$\frac{1}{2}$ cup sour cream
1 T. flour

Wash mushrooms, but do not peel. Cut in pieces (use the stems too).

Melt butter and saute mushrooms, salt, pepper and chopped onion for about 5 minutes.

Add water and simmer for about 15 minutes.

Blend flour and sour cream and add to mushroom mixture and simmer slowly until mushrooms are tender.

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PEAS AND CARROTS

- 1 cup diced, raw carrots
- 2 cups fresh peas
- 1 cup water
- 1 tsp. sugar
- ½ tsp. salt

- 1 T. flour
- 1 T. butter

- 1 T. chopped parsley

Boil carrots, peas, sugar and salt in water for ¾ of an hour.

Save the juice as you drain the vegetables.

Over the vegetables allow the butter to melt. Sprinkle the flour over them and stir slightly.

Add the water in which the vegetables were cooked and bring to a boil.

Sprinkle the chopped parsley over the top and serve hot.

STEWED FRESH TOMATOES—(Serves 6)

2 lbs. fresh tomatoes

1 T. butter

1 medium onion, chopped fine

1 medium stalk of celery, cut fine

Salt and pepper to taste

½ tsp. paprika

½ cup water

½ cup sour cream

1 T. flour

1 T. chopped parsley

Blanch tomatoes in boiling water and skin.

Melt butter and add whole tomatoes and the other vegetables and simmer until liquid is almost all absorbed.

Add water, salt, pepper and paprika and boil until tomatoes and vegetables are tender.

Blend flour and sour cream. Pour over the tomatoes and simmer for 10 minutes.

Serve hot, garnished with chopped parsley.

CREAMED SPINACH—(Serves 6)

2 lbs. fresh spinach
1 cup water

1 T. butter
1 T. flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{2}$ cup cream
 $\frac{1}{2}$ tsp. salt

1 clove garlic * (or 1 small onion grated)

Wash the spinach leaves in several waters, separating the leaves by cutting the roots off.

Bring the water to a tumbling boil and add the spinach. Boil for 7 minutes in uncovered pan. **

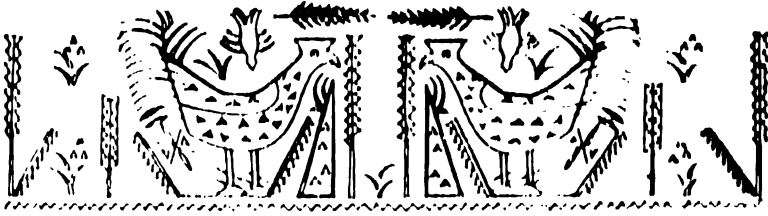
Drain in sieve and chop fine. (The finer the spinach is chopped, the better it will taste).

Melt fat and blend in flour, add gradually the milk, and then the cream, stirring until it is smooth. Boil for 1 minute.

Add chopped spinach. Mix thoroughly and heat through. Crush the peeled clove of garlic into the salt, add to the mixture and stir well.

* The garlic gives a very unusual touch to this dish, but if you don't like garlic, you can substitute the onion.

** If you cook green vegetables in an open dish, they stay greener.



BEEF A LA VENISON—(4-6 servings)

- 2 lb. beef (rump, round or pot roast)
- 2 cups vinegar
- 1 cup water
- 1 large onion, sliced
- $\frac{1}{8}$ tsp. pepper
- 1 bay leaf
- 1 tsp. salt

- 2 T. fat
- 1 T. flour
- 1 cup sour cream
- 1 T. flour

Mix vinegar and water and bring to a boil. Remove from fire, add sliced onion, pepper, bay leaf and salt, and when cool pour over meat in a glass dish. Leave in cold place 2 or 3 days. When ready to use, heat fat in deep skillet, wipe off meat, dredge in flour and brown in fat. Add 1 cup liquid in which meat soaked and bake in 300° oven for 1½—2 hours. Add more of liquid if necessary. Stir 1 T. flour into sour cream and pour over meat, leaving in oven until cream bubbles. Remove meat, slice, and arrange on platter. Strain gravy and pour over meat.

This is nice served with macaroni or noodles.

MEAT BALLS IN GRAVY—(4-6 servings)

(With Horseradish)

½ lb. ground pork	2 T. ground horseradish
½ lb. ground beef	2 T. dry bread crumbs
½ lb. ground veal	½ cup water
1 slice white bread	½ cup sour cream
1 egg	1 T. flour
1 onion	Paprika
1 tsp. salt	4 T. fat
¼ tsp. pepper	2 T. dried bread crumbs

Blend meats by kneading in bowl.

Cut slice of bread into cubes and soak in a bit of milk.

Chop onion and add to meat.

Squeeze out excess milk from bread and add bread to meat.

Add whole egg to meat and mix well. Add salt and pepper and knead again.

Make balls out of meat mixture and flatten out.

Mix horseradish with 2 T. dried bread crumbs and place small amount in center of each meat pattie. Carefully turn up edges of patties over the filling and re-roll into balls again. Roll each ball in the 2nd portion of finely chopped dry bread crumbs and drop into hot fat and brown on all sides. Add water and simmer 20 minutes.

Blend flour into sour cream and add to mixture and simmer another 10 minutes over moderate flame.

Serve with macaroni or fluffy rice.—See page 46.

HAM IN BATTER—(4-6 servings)

- 1½ lbs. of ham—cut half inch thick and
divided into individual portions
- 3 egg whites
- 3 T. flour
- 3 egg yolks
- Salt
- 5 T. frying fat

Beat egg whites stiff; add flour to beaten salted yolks. Fold this mixture lightly into beaten whites. Dip ham portions thoroughly in this batter and fry in hot fat. Handle the turning carefully as the batter forms a delicious crust which will fall off unless handled gently.

RICE WITH HAM—(Serves 4-6)

- 2 cups rice
- 1 T. butter (or bacon fat)
- 2 cups water

- 1 onion chopped
- 1 T. butter
- ½ lb. boiled ham cut fine

Pour boiling water over rice and then boil until tender in the 2 cups of water with butter added. Stir frequently. Brown onion in butter and add to cooked rice and ham. Put in buttered casserole and bake for 45 minutes at 300°.

Serve with tomato or mushroom sauce.

ROAST LAMB (6-8 servings)

2 to 3 lb. leg of lamb

1 clove garlic

2 tsp. salt

1 T. flour

3 T. fat

1 onion

$\frac{1}{8}$ tsp. pepper

1 cup water

2 T. chopped parsley

Wash meat and dry thoroughly.

Crush garlic into salt and rub on meat.

Sprinkle flour over all.

Melt fat in roasting pan and place meat in it.

Roast 30 minutes in 400° oven. Baste with fat 3 times.

Chop onion and add to fat around the roast and allow to brown; then add the water and pepper; reduce temperature to 300° and roast in covered pan for 1½ hours, basting 3 times more.

Slice meat and arrange on platter. Strain gravy and pour over top of sliced meat. Garnish with chopped parsley.

Macaroni, red cabbage or beets are good served with this.

ROAST PORK WITH CARAWAY

2 lbs. loin of pork
Salt and pepper
1 T. flour
2 T. fat
2 medium sized onions
1 tsp. caraway
1 cup water
Parsley

Salt and pepper the meat well. Sprinkle with flour.

Melt fat in roaster until very hot. Add the seasoned meat, chopped onions and caraway. Bake 30 minutes in 400° oven. Add water. Cover roaster and bake at 300° for 1 hour basting 3 times.

Remove meat to platter and slice.
Strain gravy and pour over meat.
Garnish with parsley.

Delicious with sauerkraut.

COLD VEAL PLATTER—(8-10 servings) (in aspic)

- 2 cups mixed fresh vegetables, cubed
- 1 onion chopped
- 1 bay leaf
- 6 cups water
- 1 tsp. salt
- $\frac{1}{4}$ tsp. pepper
- 3 lb. leg of veal
- 2 tomatoes, sliced or quartered
- 2 hard boiled eggs sliced or quartered
- 1 envelope (or 1 T.) plain gelatine
- 2 T. cold water

Bring to boil the vegetables, onion, bay leaf, salt and pepper in the water. When boiling * add the leg of veal which has been wiped thoroughly, and boil slowly about $1\frac{1}{2}$ hrs. or until liquid is reduced about one-half.

Remove meat and cool; put stock through a sieve or food mill.

Soak gelatine in the cold water and when dissolved add to 3 cups of the hot strained stock.

Arrange the cold sliced veal attractively on a platter and garnish with tomatoes and eggs.

Pour small amount of gelatine mixture over arrangement and place in ice box to congeal. When firm, pour remaining gelatine mixture over all and again place in ice box to harden.

* If the veal is dropped into liquid which is boiling it doesn't lose as much of its natural moisture in the cooking.

VEAL STEW—(4 servings)
(Goulash)

1 lb. cubed veal
1¹/₂ flour
1 onion chopped fine
1 T. fat
Salt and pepper to taste
¹/₂ cup water
¹/₂ cup sour cream
1 tsp. paprika

Roll cubes of meat in flour until well covered and fry in the hot fat until golden brown. Add chopped onion, salt and pepper and brown slightly.

Add water and simmer in covered skillet 30 minutes, stirring often.

When ready to serve stir in sour cream and paprika.

Serve with fluffy rice * or macaroni.

* See recipe page 46.

ROLLED STUFFED VEAL--(4 servings)

- 1½ lb. veal steak
- 1 clove garlic (or more, if you really like garlic)
- ½ tsp. salt
- ½ lb. ground boiled ham
- 4 slices white bread pulled apart, soaked in water, and then squeezed dry
- ¼ tsp. pepper (no salt as the ham is salty enough)
- 1 egg
- 1 onion chopped
- 1 T. fat
- 2 T. fat
- 1 chopped onion
- 1 cup water

Place meat on bread board and pound well until thin enough to roll.

Crush garlic into salt and pat evenly over the flattened veal steak.

For the filling:

Brown onion in fat and add to the bread squeezed dry, the whole egg and pepper. Mix and knead well into ground ham. Spread this mixture over meat. Roll up tightly and tie in several places. Roll well in flour and place in a very hot pan in which the second amount of fat has been melted and the onion browned. Roast at 400° until meat is well browned. Add the cup of water and reduce heat to 300°. Cover and roast 1 hour basting two or three times.

Serve on hot platter covered with the juices from the roasting pan.

FRIED CHICKEN WITH TOMATO GRAVY (6-8 servings)

1 stewing chicken, cut into pieces
2 T. flour
1 tsp. salt
 $\frac{1}{2}$ tsp. pepper
Fat for frying

1 onion, chopped
 $\frac{1}{2}$ cup water

$\frac{1}{2}$ lb. tomatoes
 $\frac{1}{2}$ cup sour cream
1 T. finely chopped dill
(or 1 T. finely chopped dill pickle)
Parsley

Place flour salt and pepper into paper bag. Shake each piece of chicken in the bag until well floured.

Heat the fat and fry the floured chicken in it until the pieces are golden brown. Remove chicken to roasting pan, and brown the onion in the fat, removing it to roaster when it is brown. Add the water, cover roaster and bake 30 minutes in moderate oven (300°).

Remove skins from tomatoes, cube and add to chicken. Bake another 20 minutes or until chicken is tender. Add sour cream, chopped dill and parsley and mix well. Serve with fluffy rice.—See page 46.

CHICKEN IN ASPIC WITH ORANGE SLICES

1 lb. mixed vegetables
Water to cover
1 tsp. salt
1 stewing chicken

1 envelope gelatine
Oranges
Grapes

Cube vegetables and cover with water. Bring to a boil and add chicken which has been washed and cleaned thoroughly. If necessary add water to cover chicken. Boil for 1½ hours.

Remove chicken from stock; remove skin and cut meat off bones in nice slices, and arrange on platter. Garnish with slices of oranges and grapes.

Strain stock and boil down to 2 cups.

Dissolve gelatine in 2 T. cold water and add to hot stock. Mix thoroughly and be sure it is seasoned enough.

Pour a thin layer of gelatine mixture over chicken and garnishings. Allow to chill, then add rest of gelatine and chill again.

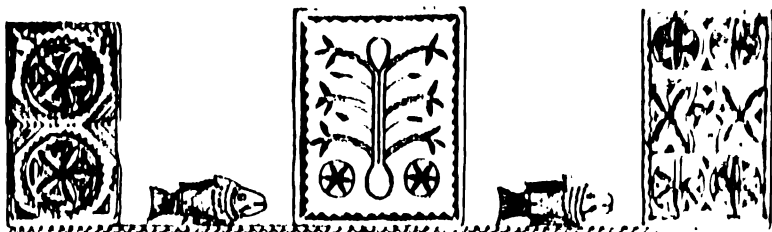
UKRAINIAN TURKEY STUFFING—(12-15 lb. bird) (with dill)

- 1 large loaf white bread, cubed and soaked
in water and squeezed dry
- ½ cup melted butter (¼ lb.)
- 5 eggs separated
- 2 T. salt
- ½ tsp. pepper
- Turkey liver, heart, gizzard and neck
- 1 onion chopped fine and browned in
- 1 T. fat
- 1 T. chopped parsley
- 1 T. green dill (or 2 T. chopped dill pickle)

Boil liver, heart, gizzard and neck of turkey, in water to cover, until tender. Remove meat and chop fine, (save the broth for gravy stock).

Add egg yolks, one at a time, to melted butter and stir well with each addition. Add the browned onion, squeezed bread cubes, cubed meat, seasonings and stir well.

Beat egg whites until stiff and fold into mixture. Stuff bird lightly, allowing room for stuffing to swell.



BAKED FISH WITH GOLDEN SAUCE (4-6 servings)

3 lb. fish * sprinkled with salt and pepper

2 T. butter

2 T. flour

2 cups milk

Juice 1 lemon

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

$\frac{1}{8}$ tsp. pepper

1 egg yolk

2 tsp. chopped parsley

Clean fish and season; place in generously buttered baking dish. Bake at 300° for 15 minutes. Brown the butter and add the flour. Stir in milk, add lemon juice, salt and pepper—stir in egg yolk. Pour over fish. Advance oven to 400° and bake 5 to 8 minutes.

Garnish with chopped parsley.

* Fresh lake trout, or thick steaks of cod fish or salmon may be used.

BOILED FISH AND VEGETABLES

2 cups mixed diced fresh vegetables
4 cups water
1 bay leaf
 $\frac{1}{4}$ tsp. pepper
1 tsp. salt

1½ lbs. fresh fish *

2 T. butter

Cook vegetables in water until done with bay leaf, salt and pepper. Remove vegetables to warm place and reserve bouillon.

Clean fish, and boil in bouillon, either whole or cut in individual portions, for ten minutes. Remove fish to platter and garnish with the cooked vegetables. Brown butter and pour over fish.

Boiled new potatoes are a nice accompaniment to this dish.

* Do not use too oily a fish; rather one with dryer flesh such as, pike, halibut, bass, cod, flounder, or perch.

COLD STUFFED FISH -(6-8 servings)

- 2 cups mixed diced fresh vegetables
- 1 bay leaf
- $\frac{1}{4}$ tsp. pepper
- 1 tsp. salt
- 4 cups water
- 3 lb. fresh whole pike
- 4 slices white bread minus crusts
- 1 small onion chopped fine
- 1 T. butter
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- 1 tsp. chopped parsley
- 4 T. water
- 1 egg
- 1 envelope gelatine (1 T.)
- 2 T. cold water

Boil the vegetables and seasonings in water until thoroughly done. Put through sieve. Remove head, clean and wash fish. Carefully remove flesh, keeping skin whole. Remove bones and shred fish flesh. Soak bread in a bit of milk, squeeze dry, and add to fish flesh with onion, butter, salt, pepper, parsley, water and whole egg. Mix well and form into a roll. Stuff skin and sew up. Boil in the strained bouillon for 20 minutes.

Remove fish and allow to cool on serving platter. Soften gelatine with the cold water and add to hot bouillon. Allow to cool and thicken slightly; then spread over fish and chill. Garnish with hard boiled eggs, tomatoes, or water-cress or all three.

RAW POTATO PANCAKES—(Serves 8-10)

- 6 large potatoes
- 2 eggs, beaten separately
- 1 T. flour
- 1 small onion (grated)
- $\frac{1}{8}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper

Fat for frying

Peel and grate potatoes and place in sieve over a bowl to drip. When dry, add flour to water which has dripped from potatoes and combine with well beaten egg yolks, grated potatoes, onion, and seasonings. Fold in stiffly beaten egg whites.

Place small portions of mixture into hot fat and brown well on both sides until potatoes are done.

These may be served with sour cream.



POTATO DUMPLINGS

4 cups mashed potatoes
2 cups flour
1 egg—beaten
 $\frac{1}{2}$ teaspoon salt
3 T. butter

Combine potatoes with flour, add egg, salt, knead 3 minutes.

Make small balls and place them in vigorously boiling salted water. Let them boil 3-4 minutes after they float to top of water. Very delicious served with a stew or a creamed meat or fowl.

FRIED POTATO ROLLS

3 cups mashed potatoes
1/2 cup grated cheese
2 eggs
Pinch salt
Pinch pepper
1 T. flour

Combine potato with cheese, add eggs, salt, pepper, and flour.

Knead thoroughly and shape into small round rolls. Fry in hot fat till golden brown.

Delicious with a roast in place of potatoes. Serve with gravy.

POTATO AND CHEESE DUMPLINGS

- 3 cups mashed potatoes
- 1 cup cottage cheese
- 1 T. vegetable shortening
- 1 onion—chopped
- 1 tsp. salt
- Pepper
- 3½ cups sifted flour
- 1 egg—beaten
- 1 cup water
- ½ tsp. salt

- 5 slices fried bacon—chopped

Add cottage cheese to potatoes. Brown onion in shortening, add salt and pepper and mix with potatoes and cheese.

Make dough by combining flour, egg, water and salt. Roll thin on floured board and cut into circles about 3" in diameter. In center of each circle place 1 Tbs. of potato mixture and form into dumplings. Place dumplings into 3 quarts of boiling salted water and continue to boil them 4 minutes after they float. Remove into a colander and spray with a little cold water to set them. Garnish with chopped bacon and serve immediately.

These are delicious served with sour cream.

CHEESE BLINTZES

$\frac{1}{2}$ cup milk
1 egg
1 cup flour
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ tsp. salt

$\frac{1}{2}$ pt. cottage cheese
2 egg yolks
3 T. sugar
1 tsp. vanilla
3 T. butter or oleo for frying

Combine milk—beaten egg—sifted flour—water and salt in order given. Mix well. Make pancakes of this mixture on well greased griddle (veg. shortening will do). Enough for 10 medium size cakes.

Add to well mashed cottage cheese, egg yolks, sugar and vanilla. Place a portion of this mixture on each pancake and roll up. Fry rolled pancake on hot greased (with butter this time) griddle on all sides. Dredge with sugar and serve hot. Delicious!

FLUFFY RICE—(Serves 4-6)

2 cups water

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

2 tsp. butter

1 cup rice

Wash rice in cold water to remove excess starch. Bring water to a rolling boil, add salt, and butter and the rice. Allow to come to a boil again, stirring 2 or 3 times. Cover tightly, remove from flame and allow to stand in warm place for 30 minutes. Do not remove lid or stir again until ready to serve. The rice will have used up all the water and will be dry and fluffy.

STUFFED CABBAGE—(Serves 4-6)

- 1 large head of cabbage
- 2 cups rice
- 2 cups water
- ½ tsp. salt
- 1 large onion chopped
- 1 T. fat (oleo or bacon)
- ½ lb. ground pork (sausage may be substituted)
- Pepper to taste

Pour boiling water over cabbage and bring to boiling point—then cool. Take cabbage apart one leaf at a time and cut away hard center stem from all but two (large) leaves.

Put rice in a colander and pour some boiling water over it then add the rice to the 2 cups of rapidly boiling salted water in a large covered sauce pan. Bring to boil and turn heat off allowing rice to absorb all the water.

Brown onion in fat then mix with ground meat and cooked rice. Put 1 Tbs. of this mixture on each cabbage leaf and roll up. Place large cabbage leaf in bottom of pan and pile rolled cabbage on top. Cover all with another large leaf and bake 1¼ hours * at 300°

Delicious served with chopped bacon or mushrooms or a mixture of both.

* Fall cabbage is harder and requires 1½ hrs. of baking.

MACARONI WITH CABBAGE—(Serves 4-6)

1 head of cabbage
1 onion chopped
3 T. butter (or oleo)

$\frac{1}{2}$ lb. elbow macaroni
 $\frac{1}{2}$ tsp. salt
Pepper
2 or 3 T. of butter melted
2 T. of bread crumbs

Boil cabbage until soft. Cool—then grind or chop fine. Brown onion in fat. Add chopped cabbage and fry lightly or until thoroughly blended.

Boil macaroni until tender. Drain and add salt and pepper, mix with melted butter. Put layer of cabbage mixture—then layer of macaroni in greased casserole having layer of macaroni on top. Dredge with bread crumbs and bake at 300° for 30 or 40 minutes.

EGGS WITH MUSHROOMS—(Serves 4-6)

1 lb. mushrooms peeled and cut in half
6 eggs
Salt and pepper
Chopped parsley

Butter thoroughly an oven proof serving dish and put halved mushrooms into it. Place dish in 500° oven for 5 minutes. Remove dish from oven and break the eggs over the mushrooms, sprinkle with salt and pepper and replace in oven. Bake until whites of the eggs are firm but not hard. Garnish with chopped parsley and serve in same dish.



BABKA (Sweet Egg Bread)

- 2 oz. fresh yeast (or 2 pkgs. powdered yeast)
- 1 tsp. sugar
- $\frac{1}{2}$ cup milk
- 2 T. flour

- 10 egg yolks
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup milk
- 4 cups unsifted flour
- 1 tsp. vanilla
- 1 tsp. salt
- $\frac{1}{4}$ lb. butter

- Grated rind 1 lemon
- 1 cup seedless raisins

If powdered yeast is used prepare as directed on package. Combine flour, sugar and yeast in warm milk. Leave in warm place to rise. Beat yolks of eggs, add sugar beating to blend. Stir in yeast mixture, flour, salt, vanilla, warm milk and melted but not hot butter. Leave in warm place to rise until twice the bulk. Knead dough 20-30 minutes adding raisins and lemon rind while kneading. Shape in loaf, place in well-greased long loaf pan or divide in half and place in two well-greased bread pans. Again put in warm place to rise until increased in bulk 50%.

Bake at 300° for 40 minutes then decrease heat to 275° for 20 more minutes.

SWEET POPPY SEED ROLLS—(24 rolls)

1	yeast cake (or 1 package of dry yeast)	5	T. melted butter
			Pinch salt
¼	cup scalded milk		
2	T. flour	½	cup poppy seed
1	T. sugar		Boiling water
		4	T. sugar
3	egg yolks	1	T. lemon rind
1	egg	4	T. raisins
4	T. sugar	4	T. chopped nuts
1	tsp. grated lemon rind	3	egg whites (beaten stiff)
2½	cups sifted flour		

Dissolve yeast in scalded milk—add flour and sugar. Mix well and set pan in another pan of warm water. This will rise while you are preparing the next step.

Beat egg and egg yolks with sugar. Add lemon rind, flour, salt and melted butter.

Combine these two mixtures and knead until thoroughly mixed—about 5 minutes. Leave in a warm place to rise until double in bulk (about 1½ hours).

Meanwhile pour boiling water over the poppy seeds—drain and allow them to dry partially. To these add sugar, lemon rind, raisins, nuts and fold into stiffly beaten whites.

Divide dough in half and roll to ¼ inch thickness. * Spread your poppy seed mixture evenly on surfaces of dough and roll tightly. Cut into 1 inch slices, place on greased baking sheet and bake 45 minutes at 300°.

* This dough is fun to handle. It looks very sticky but works well on lightly floured board. Same dough suitable for a cinnamon, sugar and raisin mixture.

COTTAGE CHEESE COOKIES

(Delicious)

2 cups flour
½ lb. soft butter (1 cup)
½ lb. cottage cheese (8 oz.)
1 egg yolk

4 T. minced blanched almonds
4 T. granulated sugar
Some melted butter

Cut butter into flour; add the cheese and cut it in well too. Stir in slightly beaten egg yolk and mix well. Knead dough on board, roll thin and cut with cookie cutter. Brush each round with melted butter. Sprinkle generously with sugar and minced almonds. Bake 20 minutes in moderate oven (350°) or until golden brown. Remove from pan. (These cookies keep well in your cookie jar).

FRUIT AND NUT ZWIEBACK

- 4 eggs separated
- 1½ cups sugar
- 2 cups minced figs, raisins, nuts and almonds
- 2 cups flour

Blend egg yolks and sugar and beat for 10 minutes. Add minced fruit and nuts. Stir in flour and fold in stiffly beaten egg whites.

Bake in long, shallow greased pan at 300° for 45 min. When done, cover with dry cloth before removing from oven and leave covered until cool. Cut with a sharp knife. Good with tea.

HONEY CAKE

- 4 T. butter or oleo
- 4 eggs, separated
- 1 lb. honey
- 2 cups unsifted flour
- 1 tsp. each of cinnamon, ground cloves, nutmeg
- 1 tsp. baking soda
- 1 T. water

Cream butter, adding egg yolks one at a time, beating well after each. Add honey and beat well. Sift flour and spices together and add. Mix soda with water and add. Fold in stiffly beaten egg whites. Put in well-greased 12 x 6 inch loaf pan, or two small bread pans. Bake at 300° for 1 hour. Cover with dry cloth before removing from oven and leave covered until cool. Your cake may appear underdone at the end of 1 hour, but covering with cloth takes care of this. This is good served with whipped-cream.

HOLIDAY HONEY CAKE

- 1 cup honey
- 1 tsp. cinnamon
- ½ tsp. ground cloves
- 1 tsp. nutmeg

- 2 T. butter or oleo
- 3 eggs, separated
- 1 cup sugar
- 4 cups sifted flour
- 1 tsp. baking soda
- 1 T. water
- 1 cup seedless raisins
- ½ cup each diced dates and figs
- 1 cup diced mixed nuts

Mix honey, cinnamon, cloves and nutmeg and bring to boil. Set aside to cool. Cream butter, add yolks of eggs one at a time beating well after each. Add sugar and beat well again. Sift flour into mixture and stir well. Add baking soda dissolved in the cold water, and the minced nuts and raisins. Beat egg whites stiff and add, stirring thoroughly to mix.

Grease a long baking pan well and line with waxed paper. Bake at 300° for 2 hours.

This cake is especially prepared for Christmas as it retains its freshness for a long time.

LEMON ALMOND PASTRIES

(Delicious with afternoon Tea)

4 cups flour
½ lb. butter (1 cup)
⅔ cup powdered sugar
4 T. ground blanched almonds
4 T. lemon juice
2 egg yolks

Sift dry ingredients.
Cut in the butter.

Add lemon juice, ground almonds and slightly beaten egg yolks.

Stir well. Knead dough slightly.

Turn out on a floured board; roll into a sheet ½ inch thick; cut out rounds with a cookie cutter and bake in a moderate oven (300°) until golden brown.

RUM NUT COOKIES—(40-45 cookies)

1 lb. hazel nuts, ground *
1 cup sugar
4 T. water
1 tsp. vanilla
1 T. rum
marmalade

* Other nuts may be substituted

Put nuts through meat-grinder. Place sugar and water together in pan over medium fire and allow to boil a few minutes to make a syrup. Remove from fire and add ground nuts (reserving about 4 tsp. to sprinkle on top of cookies), vanilla and rum. Mix well. Place on greased cookie sheet in balls the size of a walnut. Flatten into circles about 2 in. across. Spread with a dab of orange marmalade and sprinkle with remaining ground nuts. Bake 10-15 minutes at 350°. These cookies are very crisp.

HOLIDAY FRUIT FILLED LAYER CAKE

(Five Layers)

Make the following fillings and set the bowls in warm place while you make the batter.

Filling #1

- ¼ lb. dried peaches or apricots which have been soaked over night, dried on a paper towel, and cut fine
 - ½ lb. assorted candied fruits, cut fine
- Mix well

Filling #2

- ¼ lb. dates chopped fine
 - ¼ lb. figs chopped fine
 - 4 T. minced walnut meats
- Mix well

Filling #3

- ¼ lb. almonds, scalded, skinned and chopped fine
 - ¼ lb. powdered sugar (½ cup)
 - Juice of 1 lemon
 - 1 egg white
- Mix to form uniform mass

Filling #4

- 1 cup poppy seed, scalded and put through meat-grinder twice
- ½ cup sugar
- 4 T. raisins
- 1 egg white

BATTER

3 oz. dry yeast
4 T. flour
2 T. sugar
 $\frac{1}{2}$ cup scalded milk

Combine dry ingredients and add to warm milk. Stir well and allow to stand in warm place while you measure the following:

1 cup butter ($\frac{1}{2}$ lb.)
 $\frac{1}{2}$ cup sugar
2 whole eggs
Rind of 1 lemon
 $\frac{1}{8}$ tsp. salt
 $\frac{1}{2}$ cup milk
10 egg yolks
6 cups flour

Cream butter and sugar. Add the whole eggs one at a time beating with each addition. Then add the lemon rind and salt with the milk and stir well. Add well beaten egg yolks, yeast mixture and lastly the flour. Allow to rise to double bulk.

Divide batter into 5 parts, and roll each to layer cake size. Brush the top of each generously with egg white (beaten just to a froth with a fork).

Place first round on cookie sheet and spread with first filling (remember, the filling should be warm).

Place 2nd round on top of first and cover it with 2nd filling, etc. topping all with 5th round.

Set in a warm place to rise.

When ready to bake, brush top layer with egg white and bake for 1 hour in 325° oven.

Remove carefully to cloth covered board. Do not cut for 24 hours.

Happy Holidays!.

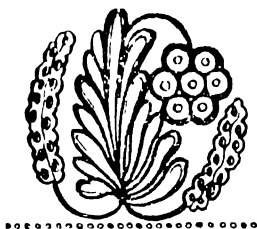
SWEET RUM BRITTLES

2 cups flour
1 T. baking powder
1 T. butter
2 egg yolks
2 T. sour cream
1 T. rum

1 lb. fat for frying

2 T. powdered sugar

Sift flour and baking powder and cut in the butter. Add egg yolks, sour cream and rum. Stir well. Knead dough slightly; roll into a thin sheet. Cut in diamond shaped strips $1\frac{1}{2}$ " x 6". With a knife make a slit across center of each strip and slip one corner through it. Deep fry in boiling fat, until golden brown. Remove to brown paper to drain and sprinkle with powdered sugar. These are fragile so handle carefully after they are cooled.



RED CABBAGE SALAD—(4-6 servings)

- 1 small cabbage—finely shredded
- 1 tbs. vinegar
- 1 apple—pared and cut fine
- Juice of $\frac{1}{2}$ lemon
- 1 small onion—minced
- 3 T. salad oil
- Salt, pepper to taste

Cover raw shredded cabbage with boiling water to cover—add vinegar and salt to taste. Drain after 5 minutes. Add the rest of the ingredients in order given. Prepare 1 hour before serving. Delicious with poultry or pork.

MAYONNAISE SALAD—(6-7 servings)

- 1 lb. cooked mixed vegetables cut fine
(carrots, cabbage, celery, peas)
- 1 dill pickle—pared and sliced thin
- 1 apple—pared and sliced thin
- 1 potato—boiled and cubed
- 4 T. mayonnaise
- Juice of $\frac{1}{2}$ lemon
- $\frac{1}{2}$ tsp. sugar
- Salt, pepper to taste

Mix all ingredients in order given. Prepare an hour or more before serving. It should be thoroughly chilled.

GREEN SALAD—(4-6 servings)

2 medium-sized lettuce heads
Juice of $\frac{1}{2}$ lemon
2 T. water
1 tsp. salt
2 eggs—hard boiled
4 T. sour cream

Wash and shred lettuce. Mix lemon juice, water, sugar and salt and pour over lettuce. Toss lightly. Garnish with the sour cream and sliced eggs. Prepare just before serving.

CARROT SALAD—(4-6 servings)

2 medium carrots
2 apples
Juice of 1/2 lemon
2 tsp. sugar
2 T. sour cream
Salt to taste

Scrub carrots thoroughly with a brush and grate (not too fine). * Peel and grate apples **. Add other ingredients and mix. Prepare about 1 hour before serving to allow time for it to chill. Delicious with veal.

* Do not peel carrots as skins are full of minerals.

** Apple skins may be left on for added color and minerals.

RED BEET SALAD—(6-8 servings)

1 bunch of beets (about 4 or 5)

Salt

2 T. sugar

4 T. vinegar

1 T. horseradish

Boil beets in salted water until soft. Skin and cool the beets—then grate them. Add rest of ingredients. Prepare the day before and serve thoroughly chilled.

SAUERKRAUT SALAD—(6-8 servings)

1 lb. sauerkraut
1 medium onion—minced
3 T. salad oil
1 tsp. sugar
Pepper to taste

Place sauerkraut in colander and run some cold water through it. Chop fine and add rest of the ingredients. Prepare shortly before serving and chill. Very good with pork.

POTATO SALAD—(4-6 servings)

- 4 medium white potatoes
- 1 small onion—minced
- 2 stalks celery—chopped fine
- 1 T. butter or margerine
- 1 T. flour
- $\frac{1}{2}$ pint cream
- Juice of 1 lemon
- Salt, pepper
- 1 T. minced parsley

Boil potatoes unpeeled—then skin and cut in small squares and cool. Brown flour lightly in fat. Add cream—bring to boiling point then stir mixture till smooth. Add lemon juice, salt and pepper. To this mixture add diced potatoes, onion and celery. Add parsley last of all. Chill before serving. Delicious with cold meats.

ASPARAGUS SALAD—(4-6 servings)

1 bunch of asparagus*
1 tsp. salt
1 tsp. sugar

1 apple—pared and minced
4 T. mayonnaise
4 T. sour cream
2 T. parsley—finely chopped

Wash asparagus and remove tough ends. Boil until tender with salt and sugar. Remove carefully and drain. Place stalks on individual salad plates to cool.**

Combine apple, mayonnaise, sour cream and parsley. Garnish asparagus with this mixture.

* Canned asparagus may be substituted, but fresh will be better.

** Place lettuce under asparagus if desired.

UKRAINIAN MAYONNAISE*

1 egg yolk
½ pint salad oil—chilled
Juice of ¼ lemon
Salt

Beat egg yolk in bowl. Beat in salad oil a few drops at a time until mixture begins to thicken. Continue to beat steadily while adding lemon juice, then rest of oil a little at a time. Add salt last.

* Although one finds many good brands in the markets there is a very different and distinctive taste to home made mayonnaise. It is fun to make and a joy to eat. Be sure oil is chilled.

TARTAR SAUCE

(for cold salads)

2 hard boiled egg yolks
2 tsp. mustard
 $\frac{1}{2}$ pint bouillon
Green parsley
 $\frac{1}{2}$ pint mayonaise

Mash egg yolks with fork and add mayonnaise. Heat bouillon and add mustard and parsley. Mix thoroughly and cool. Add to first mixture.

Very good with chicken.



APPLE DUMPLING DESSERT—(Serves 4-6)

(These are also good as an accent to pork or fowl)

3 medium sized apples, peeled and cored

1 egg

1 T. sugar

3 T. flour

1 tsp. baking powder

1 tsp. vanilla

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

$\frac{1}{4}$ lb. fat ($\frac{1}{2}$ cup)

Slice apples into $\frac{1}{2}$ inch thick rounds.

Make a batter by beating egg until light and adding mixed dry ingredients; milk and vanilla.

Heat the fat.

With a fork dip apple slices into batter and place in hot fat. When brown on one side and ready to turn, drop additional spoon of batter on slice, turn and brown other side.

Drain on paper and sprinkle with powdered sugar and serve hot.

In America we would use these dumplings with pork roast or fowl. If so used omit sprinkling with powdered sugar.

CARAMEL CUSTARD

(made on top of the stove)

3 eggs well beaten

3 T. sugar

3 cups milk

2 T. sugar

4 T. hot water

1 tsp. vanilla

Gradually add the sugar to the beaten eggs, then the milk.

Carmalize the sugar by melting it in a heavy skillet over a low flame, stirring constantly. When a nice brown, add the hot water and bring to a boil and remove from stove. Add milk and egg mixture and vanilla, pour into large or individual casseroles and set them in a pan of hot water 1 inch deep and return to flame. After the water boils, simmer for 15 minutes. Chill before serving.

CHOCOLATE ROLL WITH ALMONDS

- 5 eggs, separated
- 5 T. sugar
- 2 oz. baking chocolate
- 1/4 lb. almonds, blanched and ground

- 1 cup heavy cream
- 1 T. sugar
- 1 tsp. vanilla

Beat egg yolks and add sugar gradually.

Melt chocolate in saucer over hot water and add to egg yolk mixture.

Stir in ground almonds.

Beat egg whites until stiff and fold into above mixture.

Bake in well greased pan (8 x 12) for 30-40 minutes at 300°.

Turn out on a piece of wax paper, roll up and allow to cool.

Beat cream until stiff; add sugar and vanilla. Unroll pastry, spread with cream and roll up again. Allow to stand in ice box until thoroughly cold. Serve in slices. (This does not keep too well, so serve the day it is made).

CRISPY COOKIES WITH PLUMS

- 4 cups sifted flour
- $\frac{1}{4}$ lb. butter ($\frac{1}{2}$ cup)
- 1 T. sugar
- 2 T. lemon juice
- 2 egg yolks
- 1 tsp. vanilla
- 2 egg whites

- 1 lb. fresh plums
- 3 T. dry breadcrumbs
- $\frac{1}{2}$ cup sugar
- 1 T. cinnamon
- 2 T. butter

Cream butter with flour. Add sugar, lemon juice, beaten egg yolks, vanilla and work with hands in bowl until well blended—about 10 minutes. Roll very thin.* Remove in one piece to greased cookie sheet. Brush top with slightly beaten egg whites.

Remove stones from plums and cut in quarters.**

Place evenly over dough, skin side down. Mix breadcrumbs, sugar and cinnamon and sprinkle over top. Dot with butter. Bake at 300° for about 50 minutes. When done, dust with powdered sugar. Cut in squares to serve.

* We recommend rolling these between two sheets of wax paper or on a pastry cloth as these are best when very thin.

** Any fruit you desire may be substituted.

FRESH FRUIT CUP WITH WINE—(4-6 servings)

2 oranges
1 grapefruit
1 banana
1 pear
 $\frac{1}{2}$ cantaloupe
1 apple
Juice of 1 lemon
 $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup dessert wine (sherry, port,
muscatel or tokay)

Peel and cut fruit into pieces. Add sugar and lemon juice and mix well, being careful not to mash the fruit.

Pour wine over all and allow to stand several hours in ice box, stirring once or twice.

LEMON SOUFFLE—(Serves 6-8)
(Baked)

4 eggs, separated
4 T. sugar
Juice of 2 lemons
Grated rind of 1 lemon
4 T. dried bread crumbs

Beat egg yolks until light, add sugar gradually, then the lemon juice and grated rind and 2 T. of the dry bread crumbs.

Beat egg whites until stiff and fold into above mixture.

Pour into a buttered casserole, sprinkling remaining 2 T. of bread crumbs over the top, and bake in a 300° oven for 40 to 50 minutes.

Serve hot with either plain or whipped cream.

MARMALADE ROLY POLY

- 4 eggs separated
- $\frac{1}{2}$ cup sugar
- 2 T. lemon juice
- 3 T. flour
- 1 lb. (or $1\frac{1}{3}$ cups) marmalade or any favorite jam

Beat egg yolks slightly.

Sift sugar with flour and add to egg yolks.

Add lemon juice and mix well.

Fold in stiffly beaten egg whites.

Bake in well greased shallow pan (8" x 12") for 30 minutes in moderate oven (300°).

Turn out on a piece of wax paper.

Spread marmalade over entire cake and roll up tightly. Wrap in wax paper and allow to cool—cut in slices and serve.

FRESH SPICED PEACHES IN GELATINE

6 fresh firm peaches, peeled and halved.
(save the pits)

2 cups water
4 T. sugar
2 whole cloves
Juice of $\frac{1}{2}$ lemon

1 pkg. raspberry jello

Put water, sugar, cloves, lemon juice and peach pits into sauce pan.

Bring to a boil and simmer 5 minutes.

Add peach halves and simmer until tender.

Remove peaches to individual moulds or arrange in large mould.

Strain syrup and add enough water to make 2 cups.

Pour over jello and stir until thoroughly dissolved.

When cool, pour a small amount around peach halves and allow to set. Then add remaining jello and chill again.

This may be used as a dessert and served with whipped cream or as a salad served with mayonnaise.

PEARS IN CUSTARD—(6 servings)

6 fresh pears (12 halves)
3 T. sugar
2 cups water
Juice of $\frac{1}{2}$ lemon

2 egg yolks
2 T. sugar
1 cup milk
3 T. cornstarch
1 tsp. vanilla

Peel, halve and core pears and drop into boiling syrup made of the sugar, water and lemon juice. Cook until tender.

Remove pears to serving dish.

Beat egg yolks until light and add the sugar.

Dissolve the cornstarch in 3 T. of the milk.

Heat remaining milk in double boiler. Add syrup that pears were cooked in. Add beaten yolk mixture and cook five minutes or until thickened, stirring constantly.

Add vanilla and pour over pears and chill.

(If canned pears are used, add lemon juice to their own syrup and allow to stand while making custard, but do not cook them. Use this syrup in place of the sugar and water, adding enough water to make 2 cups).

PLUM POTATO DOUGHNUTS

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

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

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

PRUNE PUDDING—(4-6 servings)
(with a clove flavor)

1 lb. prunes
2 cups water
2 whole cloves

$\frac{1}{2}$ cup water
2 T. cornstarch
 $\frac{1}{2}$ cup sugar

Grated rind of $\frac{1}{2}$ lemon

Wash and boil prunes in the water with the cloves until tender. Remove cloves and put prunes and juice through a sieve.

Mix cornstarch in the water and add to prune puree, bring to boil and cook 5 minutes. Add sugar, grated lemon peel, stir and chill.

Other dried fruits may be used in place of prunes.

RHUBARB GELATINE

- 1 lb. rhubarb cut in 1 inch pieces
- ½ cup water
- 1 envelope gelatine (1 T.)
- 1 T. cold water
- 3 T. boiling water
- 4 egg whites
- 1 cup sugar

Cook rhubarb in water until tender and allow to cool.

Dissolve gelatine in the cold water. Add the boiling water and stir well. Then add to the cooled rhubarb and allow to thicken.

Beat the egg whites until stiff and gradually add the sugar beating well between each addition. Fold in the rhubarb mixture and chill. Serve with whipped cream.

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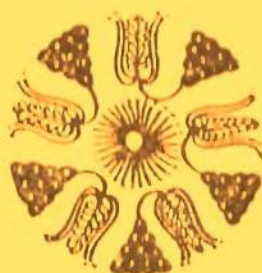
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