



Favorite Recipes



School of Ukrainian Studies
St. Michael's Ukrainian Catholic Church
Yonkers, New York

DEDICATION

The school gratefully acknowledges the hard work of the directors, staff and Parents' Committee, as well as the support from both parents and students. Special thanks also go out to all, who had the foresight to create a school where our children can learn about their culture and heritage.

May this cookbook be a precious resource for us and future generations.

APPRECIATION

I would like to thank all the families of the Yonkers School of Ukrainian Studies for all their favorite recipes. Special thanks go to Justina Skalski and Lesia Kozlicky for their artwork. As well as Irka Bundziak and Dzvinka Burchak for their contributions. Very special thanks to Oksana Duda and Stefania Szkafarowsky for their editing and helping with everything and helping with everything else needed to get this cookbook off the ground. Without them it wouldn't have been possible!

Tracey Kuzemczak

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ШКОЛА УКРАЇНОЗНАВСТВА ПРИ ПАРАФІЇ СВ. МИХАІЛА

«Все починається в житті з малого:
З колосся – хліб , з промінчика – зоря,
З зернини – квітка , з крапельки – вода.
А школа починається - із книжки , із
читанки , із вара.
І школа вас веде по східних, до кращого і
до зрок,
Та й приведе вона вас , ви побачите,
У мудрий світ реальності й казок.»

Нація – це велика, стала група людей, об'єднаних спільним походженням та історією, мовою, культурою, самосвідомістю та певними інтересами. І не залежить це і на яких землях проживають люди, важливо, щоб усіх їх згуртувала головна ідея підтримувати власні національні якості. Існує багато різних чинників, які допомагають об'єднуватися і розвиватися, а саме: громадські, релігійні організації, проведення фестивалів, спортивно-відпочинкових заходів. Та найбільш необхідним і важливим фактором є – створення та підтримка цих існуючих дитячих навчальних закладів. Бо тільки дитячий розум є найбільш сприйнятливий, щоб посіяти «зерна», які принесуть у майбутньому «зрілий урожай» - добра і любові. І наша громада може бути гордою, що ми маємо школу Українознавства, яка надає можливість підлітківському поколінню не тільки поглиблювати і вивчати мову, культуру, історію але й мати необхідне товариство, спілкування, привчатися зростати у власній сім'ї, щоб в майбутньому бути надійною опорою української родини.

А, щоб нація зростала здоровою та міцною, необхідно здорово та смачно їсти. І завдяки нашому комітету, який створив цю кулінарну книжку, ви зможете швидко знайти необхідну страву та дізнатись про таланти наших господинь, які збирали свої рецепти від своїх мам та бабусь. Смакуйте надзоров'я.

Директор школи
Світлана Хмурковська.

Everything in life starts from small things: from wheat stalks—bread, from a ray of light—a star, from a seed—a flower, from a droplet—water.

And school starts with a book, a reader, a primer. And, step by step, school leads you to a better life and to the fulfillment of your dreams. And you will realize that it will lead you into the world of wisdom.

A nation is a large group of people who share a common heritage and history, a common language, culture, identity, and similar interests. It does not matter where and in what part of the world they live in. What is important is that they share the desire to maintain their national identity. There are a number of ways, which promote the process of unification and cultural development: community and religious organizations, festivals, sports and entertainment. The most indispensable aspect, however, is the creation and the support for educational facilities for children since children have an innate ability to turn the planted seeds into future harvests of goodness and love. Our community can be proud that we have the School of Ukrainian Studies, which gives the future generations an opportunity not only to study the language, culture and history, but also to develop meaningful friendships and relationships and learn to be part of society so as to become useful and productive members of the Ukrainian community.

To promote a healthy lifestyle, one needs to eat healthful and tasty food. Thanks to our committee, which created this culinary book and collected the recipes from their mothers, friends and grandmothers, you will be able to find readily any particular recipe and explore the talents of our chefs. Bon appétit!

Svetlana Khmyrkovska, Director

HISTORY of THE School of UKRAINIAN STUDIES in YONKERS

It is hard to believe that in two years, the School of Ukrainian Studies will be celebrating its 60th Anniversary here in Yonkers. Actually, if one counts from its early infant days, the school is a lot older, more like 111 years old! The School of Ukrainian Studies dates back its actual origins to the year of 1898 with the simultaneous building of St. Michael the Archangel Ukrainian Catholic Church and establishment of evening classes dedicated solely to the study of the Ukrainian language. As the education of Ukrainian children gained momentum, there came a need to organize and build a school of Ukrainian studies. On November 15, 1952, the School of Ukrainian Studies opened its doors to students and began teaching its first lessons and by 1955, Ukrainian studies were conducted at St. Michael's Ukrainian Catholic Elementary School.

By 1957, the school began to follow a curriculum set forth by the Educational Council (Shkilna Rada) of the Ukrainian Congress Committee of America. The students began what would become annual traditions of various performances and/or celebrations in school events. Having attained official status of an 11-grade school, students take comprehensive exams (Matura) in literature, history, geography and culture. With such dedication and hard work, it is no wonder the since 1978, graduating students have also taken New York State Regents exams in Ukrainian.

The School of Ukrainian Studies has a long history of community activism and teaches students to be proactive and active members in the Ukrainian community. Students participate in protest marches and disseminate educational materials and information to the public via exhibits and shows (Holodomor: Famine-Genocide of 1923-33).

Unfortunately, after surviving and educating Ukrainian child for 30 years, St. Michael's Ukrainian Catholic Elementary School closed its doors in 1985 and Ukrainian studies began to be conducted at St. Michael's Church. As enrollment grew, the upper grades were moved to the Ukrainian Youth Center. Current enrollment has reached 120 students and classrooms space is rented at the Sacred Heart High School.

Today, as in its early beginnings, the school is supported not only by students' tuition but by various fundraisers and donations from various organizations. The Parents' Committee plays vital roles in the financial affairs of the school. A very important yearly fundraiser is the Kollada or Christmas caroling, which stems from an age-old Ukrainian Christmas tradition. During the Christmas season, students from the school go from house to house caroling and bestowing greetings to families. These events help in keeping tuition affordable and books accessible to all.

Over the past 58 years, the School of Ukrainian Studies has been a major contributor to the Yonkers community. Together, with the parents and the Church, the school hopes to continue this mission of education - instilling future generations with spiritual values and teaching appreciation for ones' Ukrainian ancestry here in America.

CHRISTMAS EVE

One of the most beloved holidays for Ukrainians is Christmas Eve. On Christmas Eve, the main feature is the evening meal called *Svyata Vecherya*, or "Holy Supper." According to custom, all members of the family should be home that night for a family reunion.

Twelve dishes are prepared for *Svyata Vecherya*, symbolizing the twelve Apostles who gathered at the Last Supper. Since Christmas Day is preceded by a period of fasting, the dishes prepared for *Svyata Vecherya* omit all meat and animal fat as well as milk and dairy products. The types of dishes eaten and the order in which they are served vary from region to region based on the agricultural character of that part of the country.

The table is traditionally strewn with a small handful of fine hay representing the manger of the Christ Child and then covered with a white tablecloth representing Christ's swaddling clothes. At the center of the table, a round braided bread called a *kolach* (*kolo* = "circle") symbolizes Christ as the center of everything, with no beginning and no end. One candle in the *kolach* represents the Star of Bethlehem and Christ as the light of the world. In some regions, a braided bread called a *shtrutzlya* serves as the centerpiece. The braiding itself represents the swaddling of the baby Jesus. The father of the household brings in a sheaf of finest wheat, referred to as a *didukh* or *did* ("grandfather"). The *didukh* symbolizes our ancestors and the bounty of the earth and is placed in the corner of the dining room, where it remains until the New Year.

The appearance of the first star in the eastern sky signifies that it is time for the meal to begin. *Svyata Vecherya* begins with the Lord's Prayer and the first dish, *kutya*, made of cooked wheat dressed with honey, ground poppy seed, and chopped nuts. It is a ritual dish specially prepared for Christmas Eve, although its origins date back to 3,000 B.C., when our ancestors cultivated wheat in the land that is now Ukraine. *Kutya* garlic slivers with salt. The soup is a clear, meatless borsch served with tiny mushroom dumplings (*vushka*). A variety of other traditional dishes may follow: *holubtsi*, or cabbage rolls filled with rice or buckwheat; *varenyky*, or dumplings with potatoes or sauerkraut; baked stuffed fish; jellied stuffed pike; fish in aspic; sauerkraut with peas or lima beans; baked beets; and mushroom sauce. The meal ends with desserts that include compote of dried fruit, dried fruit *varenyky*, and various nuts, as well Christmas pastries such as honey cakes, poppy seed cakes, *khrusty* and *pampushky*. Recipes for some of the above-mentioned dishes can be found in this cookbook.

EASTER

One of the most beautiful of all Ukrainian Easter traditions is the decorating of eggs with artistic designs of a symbolic nature. The decorated eggs are called *pysanky*, from the Ukrainian word *pysaty*, which means “to write.” The design is usually begun on a clean white egg with a stylus called a *kistka* dipped in wax, after which follows a series of dye baths and incremental work with the *kistka*. The art of painting Easter eggs is still practiced in Ukraine and by Ukrainians abroad. The children at the School of Ukrainian Studies get together for a *pysanky* class each year before Easter.

One of the many observances of Holy Week is the blessing of the Easter breakfast food on Holy Saturday. Ukrainians bring a basket of traditional Ukrainian foods to be blessed and eaten on Easter Sunday after church services. Families greet each other with the Easter greeting of “*Khrystos voskres!*” (“Christ is risen!”) and, in response, “*Voistynu voskres!*” (“He is risen indeed!”). The Easter breakfast consists of some of the following dishes: cooked eggs, *paska* or *babka*, ham, *kovbasa* (cold sausage), freshly grated horseradish, beet and horseradish relish, salads, cheese, butter, and a number of delectable Easter breads and pastries. You can find some of these recipes in this cookbook.

Table of Contents

Ukrainian Foods	1
Breakfast.....	49
Appetizers & Beverages	57
Soups & Salads.....	73
Vegetables & Side Dishes	93
Main Dishes.....	111
Desserts	143
Cookies & Candy	175
Index	185



Ukrainian Foods



Helpful Hints

- Never overcook foods that are to be frozen. Foods will finish cooking when reheated. Don't refreeze cooked, thawed foods.
- When freezing foods, label each container with its contents and the date it was put into the freezer. Always use frozen, cooked foods within 1–2 months.
- To avoid teary eyes when cutting onions, cut them under cold running water or briefly place them in the freezer before cutting.
- Fresh lemon juice will remove onion scent from hands.
- To get the most juice out of fresh lemons, bring them to room temperature and roll them under your palm against the kitchen counter before cutting and squeezing.
- Add raw rice to the salt shaker to keep the salt free flowing.
- Transfer jelly and salad dressings to small plastic squeeze bottles no more messy, sticky jars!
- Ice cubes will help sharpen garbage disposal blades.
- Separate stuck-together glasses by filling the inside glass with cold water and setting both in hot water.
- Clean CorningWare® by filling it with water and dropping in two denture cleaning tablets. Let stand for 30–45 minutes.
- Always spray your grill with nonstick cooking spray before grilling to avoid sticking.
- To make a simple polish for copper bottom cookware, mix equal parts of flour and salt with vinegar to create a paste.
- Purchase a new coffee grinder and mark it “spices.” It can be used to grind most spices; however, cinnamon bark, nutmeg, and others must be broken up a little first. Clean the grinder after each use.
- In a large shaker, combine 6 parts salt and 1 part pepper for quick and easy seasoning.
- Save your store-bought bread bags and ties—they make perfect storage bags for homemade bread.
- Next time you need a quick ice pack, grab a bag of frozen peas or other vegetables out of the freezer.



has liquefied. Add nuts and mix well so there are no lumps of nuts, This mixture should be the consistency of sour cream. Allow to cool slightly. Place wafer on a flat surface such as the bottom of a baking sheet. Spoon or ladle the mixture into the middle and work your way out to the sides. Start with less and add more if needed. Continue to add another wafer on top and spread with mixture. Continue alternating and end with a wafer. Wrap in foil and place in refrigerator with a weight on top. You can make as many layers of the wafers and mixture or as few that you want. This can be refrigerated for up to two months. Smachnoho!!!

Stefania Tchoryk Szkafarowsky

BABA VALYA'S PYRIH

(MAKES 2-9" PIES)

2-½ cups all purpose flour (plus 4 tsp. flour for kneading)	3 Tbsp. sour cream
½ tsp. salt	1 tsp. almond extract
3 tsp. baking powder	¼ lb. butter or margarine (1 stick), melted
2 eggs and 1 yolk	2 (10-oz.) jars apricot preserves or Lekvar (prune butter)
5 oz. sugar (¾ cup)	

Grease two 9-inch cake pans (cooking spray can be used). Preheat oven to 350°F. Mix 2-½ cups flour, salt, and baking powder. In a separate bowl, beat eggs, yolk, and sugar together. Add sour cream, almond extract and butter to the egg mixture. Then add the liquid mixture to the flour. Mix with a wooden spoon. Knead lightly on table. Divide the dough into 3 parts: 2 bottoms and the lattice work. Pat the dough into pans and spread the filling on top. Roll the third part into strips like thick spaghetti and form a lattice on top of the filling. Press the edges to the bottom crust. Bake for about 35 minutes. Cool before cutting.

*Zhenia Vukosa
Natalka Newmerzhicky*

BABCHI STECIUK'S PASKA

(EASTER BREAD)

1 doz. eggs, room temp	1-¼ cups sugar, plus 1 tsp
3 cups milk	3 (1.4-oz.) env. dry active yeast
1 lb. margarine	¼ cup warm water, plus 2 Tbsp.
5 lbs. sifted flour	2 egg yolks

Mix yeast with 1 tsp sugar and ¼ cup warm water (tap water, warm enough to almost burn you). Let sit and activate in large mug. Pour
(continued)



flour into large bowl and make a well in the center. Add milk mixture and mix. Next add eggs and yeast. Mix till hands come clean. (I do this in a Kitchen Aid mixer, making 4 smaller batches with the dough hook, about 7-10 minutes each. (You can tell it's done when it pulls away from the sides and when you touch it, dough releases from you fingers.) Cover dough with kitchen towel, and place in a warm spot and let it rise for about 1 to 1-½ hours until twice its size. (I put it on top of the stove.) Punch down dough and form into shapes. (I like to braid mine and place in a loaf pan sprayed with Bakers Joy.) Cover with towel and let rise again, 1 to 1-½ hours. Mix 2 egg yolks with 2 Tbsp. warm water and brush over the risen bread. Place loaves in a cold, unheated oven and bake at 350°F for 45 minutes. Makes 5 loaves.

*Tracey Kuzemczak
I/M/O Maria Steciuk*

BABKA

1 cup milk	½ cup butter, softened
2 pkgs. active dry yeast	5 eggs
¼ cup warm water (~105-110°F)	4-½ cups all-purpose flour
1 cup sugar	½ cup seedless raisins
1 tsp. salt	

Heat milk in a small saucepan until bubbles form around edge. Remove from heat & cool to lukewarm. In a large mixing bowl, add warm water, sprinkle yeast, & stir until dissolved. After yeast has activated, add lukewarm milk, sugar, salt, butter, eggs, & 3 cups flour. Beat with electric mixer until smooth & blended. Gradually add remainder 1-½ cups flour & beat well until dough leaves side of bowl. Mix in raisins. Cover with towel. Let rise in warm place (~85°), free from drafts, until double in bulk, ~ 1 hour. Grease & flour a 9-inch springform or Bundt pan. Turn out dough into prepared pan. Cover with towel. Let rise in warm place again, free from drafts, about 1 hour until dough is ½ inch from top of pan. Preheat oven to 350° F. Bake for 1 hour, or until wooden toothpick inserted in center comes out clean. Cool in pan on wire rack.

Vira M.

BARANYNA V RULETI **(Lamb Roulade)**

lamb cutlets	basil leaves
sun-dried tomatoes, chopped	pine nuts

(continued)



Pound lamb cutlets flat. Combine the next ingredients and lay a spoonful onto each cutlet. Roll each individual cutlet into a roll entwined by a bacon strip. In a skillet, brown meat rolls on all sides. Preheat oven to 450°F. Place browned lamb rolls onto a baking sheet or pan and place in oven. After placement, immediately lower heat setting to 350°F and continue baking until meat is fork-tender.

Maria Zarudna Zaulychny

BEET HORSERADISH

1 lb. cooked peeled beets
2 oz. fresh horseradish
2 Tbsp. vinegar
1 tsp. sugar

1 tsp. salt
½ cup hot water
pepper to taste

Grate the cooked beets and horseradish by hand or in a food processor. Combine vinegar, sugar, salt, pepper and water. Stir until spices dissolve. Pour over beets and horseradish & mix well. Refrigerate.

Traditional

BORSCH **(BEET SOUP)**

1 oz. dried mushrooms
1 chopped onion
4 medium beets, sliced

1 bay leaf
1 Tbsp. lemon juice
2 Tbsp. tomato paste

Simmer mushrooms in 3 cups water for one hour. Strain, but save stock. Wash mushrooms and set aside. Sauté onion in 2 tablespoons oil until golden. Add sliced beets and cook for 5 minutes. Add 6 cups boiling water, bay leaf, lemon juice and tomato paste. Simmer for 20 minutes. Add mushroom stock and salt to taste. Cool to let flavors blend. Reheat to serve. Add mushrooms and ½ teaspoon sour cream to each serving.

Olga Zahnijnyj-Colon



BURACHNYKY (OR ZELENI HOLUBTSI)

(A side dish TO MEAT AND VEGETABLES)

DOUGH & BEET LEAVES

½ cup warm water (110° F)
1 tsp. sugar
2 Tbsp. dry granular yeast
½ cup sugar
½ cup lard

3 eggs, well-beaten
1 tsp. salt
2 cups warm water (110°F)
5 - 7 cups all-purpose flour

To prepare dough, dissolve sugar in water then sprinkle yeast over it and set aside until softened and activated. In a bowl of an electric mixer, cream sugar and lard. Add flour and water alternately and mix with dough hook until ready for kneading. Turn onto a lightly floured surface and knead for 10 minutes until dough is smooth and no longer adheres to hands. Place dough in a greased dish, cover with plastic wrap and let rise until doubled in bulk. While waiting for the dough to rise, prepare beet leaves and mushroom sauce. After dough, sauce and beet leaves have been prepared, generously butter a casserole dish with a cover. Punch dough down and form into walnut-size balls. Roll each ball into 1 beet leaf (not too tightly) and stand upright. Continue until dish is filled. Cover with a tea towel and let rise until dough is visible and beet leaves are nicely filled. Afterwards, cover and bake in a preheated 350°F oven for ½ hour or until golden. Pour hot mushroom sauce over the burachnyky and serve with meat and vegetables. Be prepared to make buns or bread with excess dough since there may be more dough than beet leaves used or needed.

BEET LEAVES & MUSHROOM SAUCE

beet leaves
2 Tbsp. butter
1 medlum onion, chopped
½ lb. sliced mushrooms
1 Tbsp. flour

2 cups milk
**1 (10¾-oz.) can condensed
mushroom soup**
pepper, to taste

To prepare leaves, rinse beet leaves carefully, cutting off stems and thickened spines. Wipe leaves dry and set aside until dough is ready. To prepare mushroom sauce, sauté onions in butter until translucent. Add mushrooms and sauté until mushroom liquid has evaporated. Remove pan from heat, sprinkle mushroom mixture with flour and blend well. Add milk in small amounts and mix well. Add mushroom soup, pepper and mix again thoroughly. Set mushroom sauce aside and reheat before serving.

Oksana L. Werbowsky Duda



with egg wash and bake as you normally would bake the paska. *Note: You may substitute a few shakes of cinnamon for the rum.

Adrianna Rudyk-Odomirok

CHYHYRYNSKA PASKA (CHYHYRYN STYLE EASTER BREAD)

(TASTY WAY TO GET RID OF ALL THE EGG WHITES)

1-½ cups cake flour
1-¾ cups sugar, divided
12 egg whites, beaten
1-½ tsp. cream of tartar

1 tsp. vanilla
½ tsp. almond extract
¼ tsp. salt
powdered sugar

This is a "white" paska developed in the region of Chyhyryn, in the Kyiv Province, an area embroiled in many historical events. It is believed to symbolize the spirit and soul of the Kozaks and the famous fortress that once stood there. ***** Sift flour and sugar separately, then sift flour with ½ cup sugar. Beat egg whites until foamy. Add cream of tartar and fold in vanilla, almond extracts and salt. Whip egg white mixture until glossy but not dry. Gradually beat in remaining sugar, a little at a time. Sift some of the flour-sugar mixture over the beaten egg whites and fold gently. Continue in same manner until all flour is used. Butter a tall can (eg. 1x34.5-oz. or 2x26-oz empty coffee cans) and pour spoon batter into can. Bake in a preheated oven at 350°F for 30-40 minutes. When done, remove can from oven, invert onto wire rack immediately and allow to set, about 1 hour. Paska will drop out as she cools. Remove paska and place on platter. Sprinkle top with powdered sugar. Serve sliced paska with additional powdered sugar or drizzle with fruit syrup.

Oksana L. Werbowsky Duda

DRY FRUIT COMPOTE

(REFRESHING STEWED FRUIT DESSERT & DRINK)

½ cup EACH dried prunes,
apples & raisins
½ cup all or combo of dried
peaches, apricots, pears

1-½ qts. cold water
1 cup brown sugar, to taste and
syrup consistency
1-2 Tbsp. lemon juice, to taste

Wash and drain fruit. If using a total of 2 cups dried fruit, start with 1 cup sugar and 1 tablespoonful of lemon juice in 1-½ quarts water. Bring to boil and simmer covered for about ½ hour, until fruit has softened and liquid has become syrupy. If it is too sweet for your taste, simply add water and lemon juice. If it's too thin for your liking, add more sugar

(continued)



and cook a little more. We prefer compote on the slightly tart side in a medium light juice. It's very refreshing.

Oksana L. Werbowsky Duda

EASTER BABKA

20 egg yolks	1 lemon peel
1 cup sugar	1 tsp. vanilla
1 cup heavy cream	1 tsp. rum
1 cup sour cream	½ cup water
1 cup oil	10 cups flour
3 pkgs. active dry yeast	

Dissolve yeast in ¼ cup warm water. Beat egg yolks and sugar until light and fluffy. Add oil little at a time. Add heavy cream, sour cream, water, lemon peel, vanilla, yeast and flour. Knead the dough for about 10 to 15 minutes. Let rise. Put babkas in greased pans ½ full. Let rise and bake at 350° F until done.

Elizabeth Gardasz

"FAST" BORSCH

(NO-MEAT AND DAIRY-FREE, AND RELATIVELY QUICK)

3 medium beets	4 oz. dried mushrooms (shitake, porcini, others)
1 onion, chopped	
¾ lb. mushrooms (combination shitake, white, others)	½ cup oil (canola or corn)
	4 cups water

Peel beets and place on aluminum foil. Drizzle some oil on beets and sprinkle them with salt and pepper. Wrap the beets in this foil and roast in 350°F oven for 1-½ to 2 hours. In a hot pan, fry onions until browned (and bottom of pan is brown). Add chopped mushrooms and fry for short additional time. Then add water and dried mushrooms and boil for ½ hour or so. Chop the roasted beets and add to the borsch. Boil for only a few minutes more and then season to taste with salt and pepper.

Bohdan Ozaruk



FRESH CABBAGE IN TOMATO SAUCE

1 large onion, chopped
1 Tbsp. oil
1 Tbsp. butter
1 medium head cabbage,
shredded

3-4 Tbsp. Ketchup, to taste
dash salt and pepper, to taste

In a large skillet, sauté onion in oil and butter. Add shredded cabbage, salt and pepper. Continue to sauté, stirring often and making sure cabbage does not burn. If there is not enough moisture in the pan, add a little water. When cabbage is wilted, add ketchup and continue to cook until cabbage is soft. Great as a side to pork or schnitzel.

Marie Hywel

FRESH FRUIT PLIATSOK

(Cake with fresh fruit)

1-½ cups sugar
½ lb. sweet butter (2 sticks)
5 egg yolks
3 cups sifted flour
2 heaping tsp. baking powder

**1 tsp. vanilla or grated rind of 1
lemon**
5 egg whites, beaten
**fresh fruit (blueberries, cherries,
Italian plums, peaches...)**

Preheat oven to 325° F. Cream butter with sugar. Separate egg yolks from egg whites. Add the egg yolks, one at a time to the butter mixture, beating well after each addition. Combine flour with baking powder and add to the mixture. Add vanilla (or lemon rind). In a separate clean stainless bowl, beat egg whites stiff and fold into the batter. Grease a 9" x 13" baking pan. Pour in the batter and place any rinsed fresh fruit such as blueberries, cherries, Italian plums (the oval ones) or peaches on top of the batter. Bake for about 1 hour. Pliatsok is done when toothpick inserted in center comes out clean.

Father Philip Weiner

FRUIT SOUP

**2 cups fresh fruit (blueberries or
cherries)**
5-6 cups boiling water
**1 tsp. flour or a little more
sugar to taste**

½ cup sweet cream (or more)
lemon juice (optional)
grated lemon rind (optional)
elbow pasta (optional)

If you use cherries, remove pits. Cook fruit in boiling water until tender. Purée in blender or food processor. You can also pour through a sieve
(continued)



to remove any seeds (optional). Blend the flour with a few tablespoons of cold water to make a smooth paste & stir into the soup and bring to a boil. Depending on the fruit, you may need to add sugar to taste & some lemon juice for tartness. Cool slightly. Then stir in enough cream to get the desired creamy consistency. Chill or enjoy at room temperature. Serve either in a bowl with elbow pasta or enjoy as a refreshing drink out of a cup.

Stefania Tchoryk Szkafarowsky

HOLUBTSI #1

(Stuffed CABBAGE ROLLS WITH MEAT)

CABBAGE

1 large head of cabbage **water to cover**

In pot large enough to hold a head of cabbage, bring salted water to a boil. Reduce heat to simmer and submerge the head of cabbage. Simmer until leaves are pliable enough to remove from the head, but not too soft. Remove cooked cabbage from water, drain and cool until it can be handled. Gently remove cabbage leaves from its head to get ready to fill.

FILLING

½ cup fat back or salt pork, cubed	1 heaping Tbsp. tomato soup
1 large onion, chopped fine	1 heaping Tbsp. mushroom soup
2 lbs. ground pork and beef	1-2 tsp. salt
2 cups cooked, long grain rice, cooled	1 tsp. ground pepper

In frying pan, melt the salt pork cubes and brown lightly. Add the chopped onion and sauté until soft and golden. Set aside and let cool. Afterwards, in a large bowl mix all the ingredients together and mix lightly until well blended. Fill cooked cabbage leaves with about 2 - 3 tablespoonfuls of filling (depending on size of leaves). Roll-up the cabbage leaves, tucking in the sides. Lay the stuffed cabbage rolls into the pan prepared with the gravy. Simmer covered over low heat for 1 to 1-½ hours.

GRAVY

2 cans tomato soup	1 can water
½ can mushroom soup	

(continued)



Blend the tomato soup, mushroom soup and water in a large Dutch oven pot.

*Lisa Bybel
Anna Bybel*

HOLUBTSI #2

(Stuffed CABBAGE ROLLS WITH MEAT)

2 heads green cabbage	1 sprig parsley, chopped
2 cups Carolina rice (or other sticky rice)	1 medium onion, chopped & sautéed
1-½ to 2 lbs. meatloaf mix (combo. beef, veal & pork)	salt and pepper, to taste
1 env. Lipton onion soup mix	6 slices bacon
	1 (28-oz) can tomato sauce

Core the cabbage with a sharp knife. Boil the cabbage heads until tender. Drain and let cool. In medium pot, boil water and dissolve onion soup mix. Add 2 cups rice and cook according to package directions. (I like Carolina rice because it is stickier than Uncle Ben's, but you can use either). In a mixing bowl, mix together meat, rice, sautéed onion, parsley, salt and pepper. Separate the cabbage leaves and using a small knife, slice off the thick ridge at the base of each leaf. Holding the leaf in your palm, fill 1-2 scoopfuls of the meat-rice mixture into the leaf and fold in the sides. Roll each leaf closed and place into a deep baking or Corning ware type dish. Pour tomato sauce over the holubtsi and lay slices of bacon on top. Cover and bake at 375°F for 2 hours.

Lesia Kozicky

HOLUBTSI #3

(Stuffed CABBAGE ROLLS)

SAUCE

2 Tbsp. olive oil	1 Tbsp. honey
2 cloves garlic, minced	kosher salt, to taste
2 cans whole tomatoes, crushed	freshly ground black pepper, to taste
2 Tbsp. red wine vinegar	

Pour 2 tablespoonfuls of olive oil in a saucepan over medium heat. Add garlic and sauté for 1 minute. Add the tomatoes and cook, stirring occasionally for 5 minutes. Add vinegar and honey and simmer until the sauce thickens, about 5-10 minutes. Season with salt and pepper and remove from heat.

(continued)



FILLING

2 Tbsp. olive oil

1 onion

2 cloves garlic, minced

2 Tbsp. tomato paste

splash sherry

2 Tbsp. chopped fresh parsley

2 lbs. meatloaf mix (combo of
ground beef, pork & veal)

1 egg

2 cups cooked white rice

Place a skillet over medium heat and coat with 2 Tbsp. of olive oil. Sauté the onion and garlic for about 5 minutes, until soft. Stir in the tomato paste, a splash of sherry, parsley, and ½ cup of the prepared sauce. Mix to incorporate and then remove from heat. Combine the meatloaf mix in a large mixing bowl. Add the egg, cooked rice, and the sautéed onion mixture. Toss the filling together with your hands to combine. Season with a generous amount of salt and pepper.

ROLLS

2 large heads of green cabbage

2 Tbsp. olive oil

Bring a large pot of salted water to a boil. Remove the large, damaged outer leaves from the cabbages and set aside. Cut out the cores of the cabbages with a sharp knife. Put cabbage in boiling water and after about 5 minutes start removing the outer leaves carefully when they become pliable. Next carefully cut out the center vein from the leaves so they will be easier to roll up. Put a couple ladles of sauce on the bottom of a Dutch oven. Take the reserved big outer leaves and lay them on the bottom of the Dutch oven. This insulation will prevent the cabbage rolls from burning on the bottom when baked. Use all the good looking leaves to make the cabbage rolls. Put about ½ cup of the meat filling in the center of the cabbage and starting at what was the stem end, fold the sides in and roll up the cabbage to enclose the filling. Place the cabbage rolls side by side in rows, seam-side down, in the Dutch oven. Top with a few more ladles of sauce. Drizzle top with 2 Tbsp. of olive oil. Bake in a 350°F oven for about an hour or until meat is cooked.

Tom DeBruin

HRUBY

(LENTEN MUSHROOMS)

ZAPRASHKA (Roux)

4 Tbsp. butter

¼ cup flour

½ cup water (more or less as
needed)

(continued)



Melt the butter in a pan over medium heat. Stir in the flour and cook until it starts to turn brown. Add water to form a fairly thick but smooth, creamy roux. Cook for about 10 minutes. This roux should be of a nice brown color. Remove from heat and set aside to add to the mushrooms.

HRUBY (Mushrooms)

**2 (10-oz.) boxes mushrooms,
cleaned and chopped**

**water to cover
salt and pepper, to taste**

In a large sauce pan, cover the clean, chopped mushrooms with water. Bring to boil and simmer until plump and water reduces a bit. Add the roux and whisk until it is well mixed in and no lumps remain. Season with salt and pepper to taste.

*Lisa Bybel
Anna Bybel*

IKRA

(Eggplant side dish)

**1 medium eggplant
1 yellow onion, chopped**

**1 (8-oz.) can tomato sauce
2 Tbsp. vegetable oil**

Cut stem off eggplant. Place eggplant on dish and microwave on HIGH for 5 or 6 minutes, or until eggplant is soft to the touch. Let it cool, then peel and chop finely. Add oil to frying pan and sauté $\frac{7}{8}$ of the chopped onion. When onion is translucent, add the chopped eggplant and sauté for 2 minutes, stirring once. Add the tomato sauce and cook on medium-low heat for 5 minutes until sauce bubbles. Remove from heat and stir in remaining chopped onion. Ikra can be eaten warm or cold and goes well with a cheese omelet in the morning or with meatloaf in the evening.

Natalie Newmerzhycky

KABACHKY V SMETANKOVIM SOSI

(A side dish of zucchini in a light cream sauce)

**1 - 2 carrots
1 medium green bell pepper
1 medium red bell pepper
1 large onion, sliced
1-2 cloves fresh garlic, chopped
vegetable or olive oil
3 - 4 green zucchinis (do not peel)**

**1 large fresh tomato (or 2-3 Tbsp.
tomato sauce)
 $\frac{1}{2}$ to 1 cup broth
 $\frac{1}{2}$ to 1 cup sour cream (or more if
needed)
salt and pepper, to taste**

(continued)



Clean, core and remove seeds from vegetables. Dice tomato. Slice vegetables into long ¼-inch strips. Cut zucchini in half lengthwise and remove seeds if needed. Cut diagonally into ¼-inch slices. Sauté tomato, garlic and all vegetables (except zucchini) in a little oil until almost soft. Add zucchini, tomato sauce and broth and mix together. Cook for 1-2 minutes, or until you see the zucchini becoming soft. Zucchini cooks very quickly, so do not overcook! Remove from heat. Add sour cream, stirring gently to blend, removing any lumps. *Note: Not needed but if you desire to have more body, thicken with a little flour or add more sour cream. Adjust seasonings with salt and pepper. Reheat. Serve as a side dish to meat and potatoes or noodles. Also goes great served over pasta.

*Oksana L. Werbowsky Duda
Anna Werbowsky*

KAPUSNYAK **(SAUERKRAUT SOUP)**

- | | |
|--|---|
| 1 to 1-½ lbs. pork meat, (ribs or smoked ham bone) | 10 whole black peppercorns |
| 2 sticks carrots, chopped | 2 bay leaves |
| 1 large onion, chopped | 1 Tbsp. sugar, or to taste |
| 2 to 3 cloves garlic, chopped | salt and pepper, to taste |
| ¼ to ½ head cabbage, shredded fine | 1 can pork & beans or vegetarian (optional) |
| 1 (14-½ oz.) can stewed tomatoes or 3-4 fresh tomatoes | 1 bunch fresh parsley, to taste |
| 2 large potatoes, peeled, quartered | 1 bunch fresh dill, to taste |
| 1 (28-oz) can sauerkraut (about 2 lbs) | 2 Tbsp. flour |
| | oil or butter |

Place pork ribs or other pork meat (except smoked ham bone) into large pot and fill with enough cold water to fill a little more than half a pot. Bring to boil, reduce heat, cover and simmer meat for 1 to 1-½ hours or until meat is very tender and coming off the bone. *Note: If using a smoked ham bone, you may add all vegetables from the beginning. In the meantime, lightly sauté carrots, onions, garlic and cabbage in some butter (or oil). When the meat becomes tender, add the sautéed vegetables, tomatoes, potatoes, bay leaves, salt, pepper and sugar to the pot with meat. Bring to boil again. Reduce heat and simmer soup for about another ½ hour, until everything is tender and cooked through. Add pork and beans, if you desire. To give your soup some body, make a roux (arras) with flour and oil (or butter) and mix in skillet over medium-low heat. After flour browns, add water or beef broth to the roux and

(continued)



mix well. It should be smooth and without lumps. Add this mixture to the soup, while stirring and cook for another 10-15 minutes to heat through. Adjust seasonings and add more parsley and dill, if desired. Smachnoho!

Oksana L. Werbowsky Duda

KAPUSTIANYKY

(CABBAGE CAKES)

1 head cabbage	½ cup milk
1-½ tsp. salt	canola oil
1 cup flour	lots of paper towels
½ tsp. white pepper, or to taste	½ cup sour cream
1 large onion, chopped	1 Tbsp. mayonnaise
¼-½ tsp. baking soda	2 Tbsp. Ketchup
4 eggs	chopped dill for garnish

Shred or cut cabbage. Sprinkle with salt and crunch down in large bowl with hands for about 5 minutes (this can be done the day before). Add eggs, milk, pepper and baking soda. Mix together well. Add flour until mixture thickens. Consistency should be like thick pancake batter. Heat oil in frying pan. Pour a ladle full of cabbage batter into pan and fry. Turn to brown both sides. Remove and put on paper towels, then put another towel on top & press down to absorb all oil. Arrange on serving platter and sprinkle with a little chopped dill. Serve with the following dressing: Mix together sour cream, mayonnaise and ketchup. Voila!

*Zhenia Vukosa
Natalka Newmerzhycky*

KAVIAR (IKRA) Z BAKLAZHANU

(EGGPLANT "Mock CAVIAR" APPETIZER)

1 large eggplant	1 Tbsp. hot chili sauce or relish (optional)
1 medium onion, chopped	1 tsp. diced green chillies (optional)
2 Tbsp. vegetable oil	cayenne pepper sauce (Frank's RedHot or Tobasco sauce (optional)
1-2 Tbsp. lemon juice or apple vinegar	
1 tsp. each salt and black pepper	
1-2 Tbsp. tomato paste	

Lightly coat eggplant with oil (prevents burning and easier to skin later). Bake whole eggplant at 350°F for about 45-60 minutes or until soft. When cool to touch, cut eggplant in half, lengthwise, scrape out

(continued)



pulp and either mash it with fork or process lightly in a food processor. Sauté chopped onions in oil until translucent and wilted. Add onions, lemon juice, salt and pepper to the eggplant. Then add tomato paste and chili, to taste, and mix well to blend. For more smoothness, add more oil. Cover and refrigerate at least 4 hours before serving to allow the flavors to develop and blend. Adjust for taste and spiciness again with hot chili sauce and/or cayenne pepper sauce or add a bit of diced green chilies. Keeps well for several days and gets better tasting each day. Serve "mock caviar" spread on bagels, toast, crackers or fresh bread or as relish for meat.

Oksana L. Werbowsky Duda

KAVOVYJ TORTE **(Coffee Cake)**

CAKE

1 tsp. ground coffee
1 cup boiling milk
500 gm. unseasoned, unsalted
bread crumbs (4 cups)

2 eggs
1 cup ground nuts

Dissolve coffee in boiling milk and mix well with bread crumbs. Set aside for 20-30 minutes to expand. In the meantime, prepare cream below. Divide the cream into two equal parts. Mix one part with the expanded bread crumb mixture and pour into a cake pan of your choice. Pour the other half of the cream over the cream-bread crumb layer in the pan. Sprinkle nuts evenly over the cake. Refrigerate for 2-3 hours before serving.

CREAM

2 eggs
350 gm. sugar (1- $\frac{3}{4}$ cups)
1 cup milk

200 gm. butter (1- $\frac{1}{2}$ sticks or ~ 13- $\frac{1}{2}$ Tbsp.), softened

Beat eggs with sugar in a cooking pan. Add milk and heat over a medium flame, mixing continuously until it boils. Remove from heat and cool. After mixture cools, beat in butter until creamy and smooth.

Tetyana Kukil



KHRUSTY

(DAINTIES, A DELICATE AND SWEET PASTRY)

4 egg yolks, beaten
1 tsp. vinegar
1 Tbsp. sour cream
½ cup powdered sugar
¼ tsp. salt

1 oz. good brandy or cognac
flour
Crisco for deep-fat frying
additional powdered sugar, as
needed

Beat egg yolks until very light. Beat in vinegar, sour cream, ½ cup powdered sugar, salt and brandy. Stir in flour (enough to make dough as for varenyky - totally blended and not sticking to your hands - such that can be rolled. Start with one cup of flour and add in tiny amounts from here on). Knead on floured board until smooth. Cover and let stand for 10 minutes. Divide into 3 parts. While rolling one part, keep the rest covered with a smooth kitchen towel or saran wrap. Otherwise, it will dry out quickly. Roll dough out very thin. Cut rolled dough into long strips about 1-¼ inches wide. Cut strips diagonally into 3-inch lengths. Slit each piece in the center, pulling one end through to form a loose loop. Fry a few at a time in deep fat (Crisco) 375°F, until delicately browned. Drain on absorbent paper. Sprinkle with confectioners sugar.

Helen Tymocz

KHRUSTYKY #1

(DAINTIES, A DELICATE AND SWEET PASTRY)

6 egg yolks
1 cup flour
1 tsp. vinegar
1 tsp. sugar

pinch salt
oil
confectioners sugar

Beat egg yolks well. Add sugar, vinegar, and flour and mix well. Knead dough until smooth on a lightly floured board. Cover dough with a warm bowl and let stand 10 to 15 minutes. Roll the dough out paper thin and cut into strips measuring 2"L x 1"W. Slit each strip in the center and pass both ends through like tying a bow. Fry in deep fat. Drain and sprinkle with confectioners sugar.

Larysa Filewicz



KHRUSTYKY #2

(DAINTIES, A DELICATE AND SWEET PASTRY)

2 eggs	1-½ cups all purpose flour
3 egg yolks	½ tsp. salt
1 Tbsp. whipping cream	oil for deep-fat frying
1 Tbsp. vanilla extract	confectioners sugar
2 Tbsp. sugar	

In a mixing bowl, beat the eggs, egg yolks, cream and vanilla. Beat in sugar. Combine flour and salt; stir into the egg mixture just until smooth (dough will be soft). Divide dough into 4 portions. On a well-floured surface, roll out 1 portion to ⅛-in. thickness. Cut into 1-½-in. strips diagonally into 3 pieces. Cut a 1-½-in. slit lengthwise into the center of each piece; pull one end of strip through slit to make a loop. Cover shaped pieces while rolling out and cutting the remaining dough. In an electric skillet or deep-fat fryer, heat 2-3 inches of oil to 375°F. Fry pastries, a few at a time, until golden brown, turning once. Drain on paper towels. Dust with confectioners sugar while warm. Yield: 1-½ dozen pastries.

Nataliya Zhara

KLIOUSKY (LOKSHYNA) WITH APPLES

(Noodles with apples for dessert or light lunch)

¼-½ lb. butter, softened	cinnamon or vanilla, to taste
1-lb. bag fine egg noodles, cooked & rinsed	3 Tbsp. buttered, toasted bread crumbs
10 large apples, Fuji or favorite, shredded	powdered sugar
¾ cup seedless golden raisins	¾ cup semi-sweet chocolate chips, melted (optional)
sugar, to taste	

Cook noodles according to directions and rinse in hot water. In a pan, toast bread crumbs in 3-4 Tbsp. butter. Add to noodles along with remaining butter and mix well to coat noodles. Peel, core and shred the apples. Mix apples, raisins, sugar and cinnamon (or vanilla) together, than add them to the noodles and mix well again. Place noodle-apple mixture into a 12"x 9" buttered pan. Pat down well and sprinkle with some more cinnamon on top. Cover lightly and bake in a preheated oven at 350° for about 30-45 minutes or until the apples are soft and baked through. Remove from oven and let cool. It may be served warm, at room temperature or chilled. To eat as a dessert, melt chocolate and

(continued)



drizzle over the noodles. For a light lunch or snack, serve with powdered sugar. Tastes better chilled on the second day. Yield: 12-15 servings

*Oksana L. Werbowski Duda
Anna Werbowski*

KNYDLI WITH PLUMS OR APRICOTS **(Dumplings with fruit (German & Austrian origin))**

PLUM FILLING & OTHER

**6-8 medium baking potatoes,
cooked & mashed**
**1 cup sliced almonds (optional),
toasted**

**16 ripe Italian or small purple
plums, rinsed, dried & pitted**
sugar & cinnamon, to taste

Floury potatoes with a very high starch content must be used. Otherwise, dumplings fall apart when cooked. Prepare and refrigerate mashed potatoes about 12-24 hours before preparing dough. Prepare almonds by browning sliced almonds lightly in an ungreased, clean skillet, turning them so that they color evenly. Set aside. Prepare fresh ripe plums or apricots first by washing, drying and pitting them. If possible, try keeping halves connected. Sprinkle plums with sugar and cinnamon, to taste. Set aside. Prepare potato dumpling dough.

DOUGH

prepared mashed potatoes
1-¼ cups all-purpose flour
2 eggs
1 tsp. salt
¼ tsp. ground nutmeg
prepared almonds (optional)
prepared plum mixture

3-4 Tbsp. bread crumbs
**5 Tbsp. butter, (for toasting bread
crumbs)**
**sugar & ground cinnamon, to
taste**
**additional melted butter for
drizzling**

In a medium bowl, combine mashed potatoes, 1 cup flour, eggs, salt and nutmeg to form a firm but light fluff mixture. If mixture is too moist, add more flour as needed to keep dumplings from falling apart during cooking. Potato dumplings are more potato than flour. If you like, add toasted almonds to dough and mix. Divide dough into 16 portions. Enclose a whole plum or apricot (2 halves) within each portion of dough, sealing it well and shaping it into a smooth round dumpling. Bring a large pot of salted water to a boil. Add dumplings and do not crowd. Simmer dumplings for about 10-15 minutes, or until they float to the top, which indicates readiness. While they are cooking, melt about 5 Tbsp. butter in skillet and toast 3-4 Tbsp. bread crumbs. Remove dumplings and drain. Sprinkle dumplings with toasted buttered bread

(continued)



crumbs. Before serving, drizzle them with additional melted butter and sprinkle with sugar and cinnamon. Smachnoho.

*Oksana L. Werbowsky Duda
Anna Werbowsky*

KUTYA

(RITUAL : EATEN ONLY ON CHRISTMAS EVE)

2 cups wheat	¼ cup honey
4 qts. water, more if necessary	½ cup chopped walnuts (or your favorite)
1 cup poppy seeds	

Rinse wheat and soak overnight in cold water. Bring water and wheat to a rolling boil, then simmer for 1 hour. Add more water if necessary to prevent wheat from sticking to the pan. Texture should be creamy, but not watery. If watery, simmer till water evaporates. Add honey, poppy seed and nuts to warm mixture. Refrigerate till cool. Can be made 2-3 days in advance.

Tracey Kuzemczak

MAKIVNYK #1

(Poppy seed bread)

DOUGH

1 pkg. dry yeast	2 egg whites, lightly beaten
1 tsp. sugar	¼ tsp. salt
½ cup lukewarm scalded milk	½ tsp. vanilla extract
3-½ cups sifted flour, divided	1 tsp. grated lemon rind
¼ cup butter, softened	2 egg yolks
½ cup sugar	

Dissolve yeast and 1 teaspoon of sugar in ¼ cup lukewarm warm water. Let stand for 1 minute. Add lukewarm scalded milk and ½ cup sifted flour. Cream butter, ¼ cup sugar and salt. Then add to yeast mixture. Stir in vanilla, grated lemon, and the remaining 3 cups sifted flour. Knead for 10 minutes to make a soft dough. Place dough into a greased bowl, cover with towel and place in a warm spot until doubled in bulk. Punch down and let rise again. Roll dough out onto a lightly floured surface to a ¼-inch thickness. Brush dough with beaten egg white and then spread poppy seed filling (or nuts) onto dough. Roll the dough in jelly-roll fashion. Place on greased baking sheet and let rise again. Bake for 10 minutes at 350° F. and then reduce setting to 300°

(continued)



F and bake for 50 minutes. For a sheen, brush top of cake with beaten egg yolk just before makivnyk is done.

POPPY SEED FILLING

½ lb. ground poppy seeds or ground nuts	1 Tbsp. orange juice
1 Tbsp. grated lemon rind	½ cup sugar or honey
1 Tbsp. lemon juice	1 egg white, beaten

Beat egg white until fluffy. Fold in lemon rind, juices, sugar or honey and ground poppy seeds or ground nuts.

Olia Zahnijnyj-Colon

MAKIVNYK #2 (Poppy seed bread)

DOUGH

2 tsp. sugar	2 egg yolks
½ cup warm water	1 tsp. salt
2 (1.4-oz.) pkgs. dry active yeast	zest of 1 lemon
1 cup milk, heated	1 tsp. vanilla
1 cup flour	4-½ cups flour
½ cup sugar	2 egg yolks + 2 T. water for egg wash
¼ lb. butter	
2 whole eggs	

Place yeast and sugar in a bowl and add warm water. Let stand 15 minutes till yeast activates. In a large bowl combine warm milk, flour and yeast mixture. In a separate bowl cream butter and sugar until light and add lemon zest. Beat eggs till frothy and add salt and vanilla. Combine butter and egg mixture till smooth. Mix this with yeast in big bowl. Knead until dough is smooth and comes away clean from your fingers or place in a Kitchen Aid mixer with dough hook for 15 minutes. Cover with kitchen towel and set in a warm place to rise, about 2 hours. Punch down and divide dough in 3 parts. Roll each part into a rectangular shape about ¼-inch thick. Spread poppy seed filling over and roll, in jelly-roll style. Cut log in half, cover and set in a warm place to rise again. Brush with egg wash. Bake at 350°F for 15 minutes, then lower to 300° for 40-50 minutes till golden brown. Yield: 6 logs.

POPPY SEED FILLING

4 cups poppy seeds	zest of 2 lemons
1-¼ cups sugar	4 egg whites, stiffly beaten
2 cups chopped walnuts	¼ cup hot water

(continued)



Mix sugar and warm water till dissolved. Add poppy seeds, walnuts and lemon zest. Fold in egg whites.

Tracey Kuzemczak

MAKOVI TISTECHK

(Poppy seed pastries)

½ lb. butter (2 sticks), softened **2 Tbsp. sour cream**
1 cup sugar **4 cups flour**
2 egg yolks

Cream butter and sugar. Then add eggs, sour cream and flour, mixing well. Cover dough and refrigerate for 1 hour. Divide dough into 3 equal portions. Take each portion and roll out into an oval shape. Spread with a thinned poppy seed filling or a thick fruit preserve. Roll dough jelly-roll fashion and place seam-side down onto a greased baking sheet or pan. Continue in same manner with the remaining 2 portions. Bake in a preheated 375°F oven for 35-40 minutes. Remove and cool on wire rack. Cut poppy roll into ½-inch thick slices and sprinkle with powdered sugar. Serve.

Svitlana Khmurkovska

MAMA'S MEDIVNYK

(Honey Cake)

6 eggs, separated **2 Tbsp. sour cream**
1 cup sugar **½ tsp. cinnamon**
1 cup dark honey **½ tsp. ground cloves**
¾ cup vegetable oil **3 cups flour**
2 tsp. baking soda **1 cup chopped nuts**

Prepare two 12" X 3" X 2" pans by greasing generously and dusting bottom and sides with bread crumbs. In large mixing bowl, beat egg yolks with sugar until light, add the honey and mix well. Slowly add the oil. In small bowl, mix baking soda with sour cream and add to the egg mixture. Add cinnamon and cloves to egg mixture and slowly begin adding flour while still mixing lightly making a batter. In another large bowl, beat egg whites until light and fluffy. Gently fold the egg whites into the egg batter while also adding the chopped nuts. Pour the batter into the greased pans and bake in a preheated oven at 300°F for approximately 1 hour. When wooden toothpick inserted into center comes out clean, medivnyk is ready to be removed. Let cool in pans on wire rack. Remove from pans when fully cooled.

*Olga, Stefan, Lillianna
I/M/O Ivanka Szkafarowsky*



Place 1 heaping teaspoonful of prepared cheese filling centrally on each unbaked crust. Fold by pinching dough all around the edge to form a flower-like cup showing a bit of the filling in the middle of the mandryk. Place mandryky on an ungreased cookie sheet and bake in a 350° F preheated oven for 25-30 minutes or until golden. Serve dessert mandryky with a dollop of sour cream. Yield: 30 mandryky.

Oksana L. Werbowski Duda

MAZUROK

(TASTY WAY TO USE UP EGG WHITES)

Bottom Crust

1 ½ cup flour
½ cup sugar
2 egg yolks
1 stick butter

1 whole egg
1 env. Dr. Oetker vanilla sugar
1 grated lemon peel

Mix all the ingredients and spread the dough with your fingers in the bottom of a (9 x 13 Pyrex or other cake pan. You may also roll this dough out between two sheets of wax paper and then transfer to the cake pan. At this point you may bake the crust for 10-15 minutes. Take it out and cool completely before adding the topping.

Topping

8-10 egg whites
1 lb. confectionery sugar
½ lb. walnuts coarsely chopped

1 lb. dates (chopped)
rind and juice of 1 lemon

Beat egg whites until stiff, then add sugar a little at a time. Fold in the rest of the ingredients. Spread topping over the crust and bake for 45 minutes to 1 hour at 350°. Crust should be golden. NOTE: Another combination is cashew nuts with dried cranberries.

*Lubow K. Wolynetz
Stefania Tchoryk Szkafarowsky*

MEATLESS HOLUBTSI FOR CHRISTMAS EVE

(NO MEAT, NO DAIRY CABBAGE ROLLS)

CABBAGE ROLLS

1 head green cabbage
slated water

prepared filling

(continued)



Prepare your desired meatless filling. Fillings can be prepared 1 day ahead. Cut out core from cabbage head and discard wilted leaves. Place head into boiling, salted water and cook about 10-15 minutes until the leaves separate easily. Remove separated leaves and set aside to drain, dry and cool. You may have to return cabbage head several times to pot to further cook and loosen inner leaves. Continue until all leaves are separated. Don't over-cook leaves. An alternative method is steam-cook the head of cabbage in a small amount of water in a microwave-proof bowl with lid. Microwave on HIGH for 6 minutes and remove separated leaves. Repeat if needed. Works great and no hot water burns! When leaves have cooled, cut back the thick rib of each leaf. Prepare a casserole dish or roasting pan by coating with oil and scattering leftover leaves on bottom to prevent scorching. Reserve some leaves for top also. Place a generous amount of filling on each leaf. Roll them up and tuck in the sides. Arrange holubtsi in prepared pan, salting each layer. Pour enough vegetable broth, (bouillon or water) over the holubtsi to immerse them at least half-way. Protect top layer from scorching by covering with a few large cabbage leaves. Cover tightly and bake in the oven at 350°F for about 1 hour or until cabbage is done. You may also cook on top of the stove on LOW for about 1 hour.

BUCKWHEAT, RICE & MUSHROOM FILLING

1 cup dehulled buckwheat groats	2-3 stalks celery, diced
1-½ cups rice (Basmati, Texmati, Jasmine or favorite)	1-2 large onions, chopped fine
1 to 1-½ qts. vegetable bouillon, (or broth or water)	sprigs parsley, chopped
margarine (or butter)	olive or vegetable oil
1 to 1-½ lbs. mushrooms (Portabella or favorite), chopped	salt and pepper, to taste

BUCKWHEAT: *Note: Since buckwheat has a mild flavor, you may desire to toast it briefly before simmering in liquid to perk up the flavor. Spread groats coated in a bit of olive oil in a baking pan. Toast in oven at 350°F, until kernels are lightly browned, while stirring frequently to prevent scorching. To make about 2 cups cooked buckwheat, boil 1-½ cups vegetable bouillon (broth or water) along with 2 tablespoonfuls of margarine (or butter), salt and pepper in a medium saucepan. Quickly stir in 1 cup buckwheat groats and reduce heat to LOW. Cover pan and simmer for 10 minutes until groats are partially tender and liquid is absorbed, being careful not to scorch it. Remove, fluff, adjust seasoning and set aside. **RICE:** *Note: Rinse raw rice before cooking to release the starch and thus decrease the rice from thickening as it cools. To make about 3 cups of cooked rice, bring to boil 1-½ cup vegetable bouillon with margarine and seasonings and add 1-½ cup rice. Cook until rice is partially cooked. Remove from heat, cover and allow

(continued)



remaining liquid to be absorbed. Remove, fluff, adjust seasoning and set aside. **VEGETABLES:** In a large skillet, lightly sauté garlic, onions, celery, mushrooms and parsley. Season to taste. Now for the final step - To the sautéed vegetables, alternate adding rice and buckwheat, adjusting the amounts to your liking. Mix well after each addition. Taste, adjust seasonings and add more fresh chopped parsley if needed. Now you can begin making and baking your holubtsi as noted above. **Serve** with home-made **MUSHROOM-GARLIC SAUCE:** Sauté lots of chopped garlic and mushrooms in margarine (or butter); then simmer in water or vegetable broth, until soft and plump, adding more liquid if needed. Make a roux (zaprashka) by browning flour in some oil or butter over low heat. Then add broth (or water) to roux, mixing and cooking for 10 minutes. Add to the mushrooms and mix until smooth and blended. Adjust seasonings. Serve over holubtsi. Smachnohol

RICE AND DILL FILLING

2 cups rice	4-5 Tbsp. olive oil
2 cups boiling water or vegetable broth	salt and pepper
2 tsp. salt	¼ cup or more chopped fresh dill
1 medium onion, chopped fine	1 small can tomato sauce.

Wash the rice well in a sieve until the water comes off clear. Add to the boiling water and 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 the rice and dill together 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 holubtsi. Cool the filling. Now you can begin making the holubtsi. Place holubtsi in a prepared pan and pour tomato sauce (water or vegetable broth) over them. Cover and bake in a 350°F oven for 45-60 minutes, until cabbage is cooked. Holubtsi can either be served with tomato sauce or mushroom sauce.

*Oksana L. Werbowski Duch
Stefania Tchoryk Szkaferownky*



MEDIVNYCHKY **(HONEY CHRISTMAS COOKIES)**

3 cups flour	½ cup honey
1 tsp. baking soda	1 egg
½ cup sugar	2 egg yolks
½ tsp. ground cinnamon	2 egg whites, refrigerated
¼ tsp. nutmeg	walnut pieces
¼ tsp. ground cloves	

Mix together the dry ingredients. Add honey, egg and egg yolks. Knead with hands. If too thick add a little cold water. Refrigerate for 2 or 3 days in a plastic bag. Roll out with rolling pin to about ¼-inch thickness. Cut out shapes. Smooth on egg white on top. Put walnut piece in middle of cookie. Bake on greased baking sheet in preheated oven at 300°F until golden brown, about 12 minutes.

Jaroslav & Maria Kiciuk

MEDIVNYK Z KAVY **(Honey-Coffee Cake)**

4 egg yolks	3 tsp. baking powder
1 cup sugar	3 cups flour
1 cup honey, liquefied	1 tsp. baking soda
¾ cup corn oil	1 cup strong coffee
½ tsp. salt	4 egg whites, well beaten
¼ tsp. cinnamon (or other spice)	1 cup nuts, chopped

Cream egg yolks with sugar. Stir as you are adding honey and then oil. Sift together all dry ingredients (except nuts) and add them into the egg-honey mixture. Add coffee and mix well. Fold in well beaten egg whites and nuts. Line 2 loaf pans with wax paper. Bake in a preheated oven at 350° F for 1 hour. When top of cake is spongy to touch, cake is done. Yield: 2 loaves.

Nataliya Zhara

MILLIE SHCHUR'S CHRISTMAS BORSCH

8 medium beets	1 can crushed tomatoes
4 dried European mushrooms	sour salt
beet leaves and stems, cut-up	1 lemon
3 leeks, whites only, cut up	1 bunch dill
1 bunch celery, cut-up	1 bunch parsley
4 large carrots, grated	2-3 oz. heavy cream

(continued)



Peel beets and then boil with dried mushrooms, in about 6 quarts of water until tender, about 1 hour. After beets are cooked, remove them and set aside. Reserve beet broth. Meanwhile, cut-up beet stems and tender beet leaves, leeks, celery and grate carrots. Into the reserved beet broth, add the vegetables and crushed tomatoes. Gently cook for about 10 minutes. Remove from heat. Add sour salt, lemon slices, dill and parsley. Season to taste. When all tastes well, add a couple of ounces of cream to the soup. This will give the borsch a beautiful crimson color. Allow the flavors to marry overnight. When ready to serve, gently warm the borsch. *Note: Do not allow finished borsch to boil.

*Sophia Havranlak
Milile Shchur*

MLYNTSI

(Mini appetizer pancakes to Vodka)

½ cup warm water (110°F)	3 egg yolks
1 Tbsp. dry granular yeast	½ tsp. salt
½ tsp. sugar	3 Tbsp. butter, melted
1 cup milk, at room temperature	3 egg whites, well beaten
1-½ cups sifted all-purpose flour	

Mlyntsi are traditionally served on New Year's Eve, (January 13, Julian Calendar). This Shchedryj Vechir (Bountiful Eve) has its origins in the pre-Christian sun cycle of winter holidays. The following toast that is made as mlyntsi are served, stems from ancient fertility rites associated with the cult of the sun in pre-Christian Ukraine: "May the Sun warm the Earth as the Fire heats mlyntsi. May all things grow in Spring and Summer like the dough of mlyntsi". *****
Dissolve sugar in warm water and sprinkle yeast over it. Let stand until bubbly. Into food processor, put milk, flour, egg yolks, salt and butter. Blend for 1 minute. After scraping down the sides, add the yeast and blend again. Pour dough mixture into bowl, cover and let stand at room temperature up to 2 hours. Afterwards, in another bowl, beat egg whites until stiff and fold into the well-rested dough mixture. Lightly butter and preheat a stove-top frying pan or an electric frying pan. Ladle small amounts of batter for bite-size mlyntsi (1 to 1-½-inches in diameter). Brown lightly and turn only once. To serve, top mlyntsi with a teaspoon of sour cream and a dab of black or red caviar or your favorite condiment. Mlyntsi should be served immediately and are traditionally accompanied with ice-cold vodka. Enjoy! Yield: 50 mlyntsi

Oksana L. Werbowsky Duda



MUSHROOM GRAVY **(FOR VARENYKY & HOLUBTSI)**

4 Tbsp. butter, olive oil, margarine or combination
1 (10-oz.) pkg. mushrooms, cleaned & chopped
1 medium onion, chopped

1 (10¾-oz.) can cream of mushroom soup
½ can water
salt and pepper, to taste

Sauté onion in butter or oil until golden. Then add mushrooms and sauté for additional 15 minutes on medium heat, stirring constantly. Mix mushroom soup with water and add to mushroom-onion mixture. Simmer for 10 minutes on low heat.

Jaroslaw & Maria Kiciuk

NOUGAT-FILLED WALNUTS **(WALNUT-SHAPED COOKIES WITH FILLING)**

DOUGH

½ lb. butter (2 sticks)
½ cup sugar
1 whole egg

1 egg yolk
1 tsp. baking powder
2 cups flour

Start on filling first. While filling is cooking, prepare dough and bake dough. Cream butter with sugar. Beat in eggs. Add flour sifted with baking powder and mix well. Take small pieces of dough and mold into a pan with walnut-shaped molds. Bake in a preheated 350°F oven until done golden brown. Remove baked walnut halves and continue until all dough is used up. Make sure you have an even number of walnut halves. Fill walnut halves with filling and assemble together. *Note: You can use any favorite thick filling or make one up. Serve walnuts in a basket and watch your critters devour them. Smachnohol

FILLING

1 can condensed milk
chopped walnuts

1 Halva bar, vanilla or chocolate

Make filling first. Place an unopened can of condensed milk into a pot of water. Bring to boil and simmer for 2-½ hours. Yes, two & one-half hours. In the meantime, make and bake your walnut molds. Remove and cool before opening. Mix in 1 bar of Halva, then add chopped nuts and mix well. Set aside until ready to assemble walnuts.

Oksana L. Werbowsky Duda



OVOCHEVA KAPUSTA

(TASTY side dish of CABBAGE with fruit)

- | | |
|--|---|
| 1 head large cabbage, shredded | 2 sprigs fresh parsley, chopped
(or dried) |
| 3 large apples, (Macs, Fuji,
Cortland), peeled, cored, sliced | 2 cups broth (or water plus
boullion) |
| 1 large onion, sliced | salt and pepper to taste |
| 2 sticks medium carrots,
shredded or sliced thinly | |
| 2 medium fresh tomatoes or 2-3
Tbsp. tomato sauce | |

Into a large pot, place all vegetables and fruit. Add 1 cup of broth, stir, cover and bring to boil. Then reduce heat and simmer for about ½ hour, stirring occasionally, until cabbage is soft and everything is cooked well through. Add more broth as needed to prevent scorching during the cooking process. When done, dissolve about 1 tablespoonful of flour with cold water or broth, removing lumps. Add to the liquid in the pot and cook for another 10-15 minutes. This will give the cabbage-broth liquid more body and less run-off. The flavor of this dish improves with time. Serve either chilled or at room temperature with any type of meat and potatoes. Refreshing during the summer. Smachnoho!

*Oksana L. Werbowsky Duda
Anna Werbowsky*

PAMPUSHKY

(RAISED donuts)

PAMPUSHKY WITHOUT FILLING

- | | |
|------------------------------------|----------------------------|
| 2 tsp. sugar | 2 whole eggs |
| ½ cup lukewarm water | 3-4 egg yolks |
| 2 env. rapid rise granulated yeast | 1 tsp. salt |
| ¾ cup scalded milk, lukewarm | 1 tsp. vanilla |
| ¾ cup flour | grated rind of 1 lemon |
| ¼ lb. butter (1 stick), softened | 4-½ to 5 cups sifted flour |
| ½ to ⅔ cup sugar | |

In a medium bowl, dissolve sugar in lukewarm water and sprinkle yeast over it. Let stand until softened. Combine with lukewarm milk and ¾ cup flour. Beat well, cover, and let sponge rise in a warm place until light and bubbly. In a large bowl, cream the butter with the sugar. In a small bowl, beat the whole eggs and egg yolks with salt. Combine butter mixture with egg mixture and beat thoroughly. Stir in vanilla, lemon rind and sponge. Add flour and knead for about 10 minutes. Dough should

(continued)



be soft. Cover and let rise until double in bulk. Punch down, knead and let rise again. Roll out the dough to a ½-inch thickness. Cut into circles of desired size. Place circles on a lightly floured board but do not cover dough. Let them rise until double in bulk. Combine about 4 cups cooking oil with 1 ounce of rum and heat to 375°F. Note: Rum prevents the pampushky from absorbing excess oil. When placing the pampushky in oil, put the side which was face down on the board into the oil first and cover with a lid. When brown, uncover, flip dough over and do not replace the cover. It takes about 2-3 minutes for each side. Properly made pampushky should have a light colored line running through the middle between the brown fried areas. Drain on absorbent paper. Sprinkle the pampushky with a mixture of sugar and cinnamon. You may also sprinkle with confectioners sugar before serving.

PAMPUSHKY WITH FILLING

**poppy seed filling or
thick fruit filling (eg. jam,
preserves) or
thick rose petal jam or**

**cooked pltted, puréed, sweetened
prunes or
cooked dried, pureéd fruit**

Prepare dough as above. However, roll out the dough to a ¼-inch thickness and cut into circles. Place a teaspoonful of desired filling on a one round and topping with another round and sealing edges securely. Continue until desired amount of pampushky is made. Place on a lightly floured board but do not cover. Let rise and continue as above.

Oksana L. Werbowsky Duda

PAN SHCHUR'S BORSCH

BEEF STOCK AND MUSHROOMS

**3-4 dried European mushrooms
3-4 lbs. beef bones (neck bones
with meat and mater bones if
available)
2 onions**

**1 bunch celery
4 large carrots
2 parsnips
3 bay leaves
1 tsp. peppercorns**

My parents (Walter & Millie Shchur) are well known for their borsch and were frequently called upon to make it for weddings, Ukrainian festivals and other special occasions. Often my father and mother would compete between themselves to see who made the better borsch. My father liked a heartier borsch with the base starting with meat bones. My mother, on the other hand, prefers the true vegetarian style. We were always the happy beneficiaries of this friendly competition. My father was an avid gardener and ingredients for borsch were always

(continued)



PATYCHKY

(MEAT ON A STICK)

2 pcs. pork shoulder, butt, or tenderloin	2 eggs, beaten well
salt and pepper, to taste	1-½ cups bread crumbs (plain or seasoned)
8-10 cloves garlic, crushed	oil for frying (vegetable, canola, etc.)
2-3 Tbsp. Italian dressing (vinaigrette style)	wooden skewers, 4-½ to 5-½ inches
1 cup flour (with salt and pepper)	

The night before making the patychky, cut the pork into 1-½ " cubes. Place them in a large bowl and season with salt, pepper, crushed garlic, and Italian dressing. Toss well, cover and let marinate overnight. The next day, place about 4-5 cubes of pork on each wooden skewer. Roll each skewer in seasoned flour, then dip each in beaten egg mixture, and finally roll them in bread crumbs. Set aside. Pour oil, 2-3 inches deep, into a large skillet and heat over medium high heat until hot. Add meat skewers and fry on all sides until golden brown. Remove from oil and let drain. Preheat oven to 300°F. Place browned skewers on a rack in a baking pan. Bake 300°F for 1-½ hours.

Wooden Skewers

wooden skewers, 4-½ to 5-½ inches	Available sources:
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Note: Short wooden skewers can be purchased from a restaurant supply store or from an on-line source. www.instawares.com (R815 / WS45 ROYAL 4.5" Wood Skewers 1000/box)

*Lisa Bybel
Anna Bybel*

PIQUANT BEETS

2 cups diced or shredded cooked beets	pepper
1 Tbsp. flour	¼ cup water
1 Tbsp. sugar	¼ cup vinegar or lemon juice
¼ tsp. salt	2 Tbsp. butter

Cut off the stems 1 inch above the beets and leave roots intact. Wash beets thoroughly. Cover with boiling water, place a tight fitting lid and cook them until tender. The beets are done when they can easily be pierced with a fork. Drain, cover with cold water and slip off the skins. Dice or shred beets. Mix the flour, sugar, salt and pepper with the water

(continued)



and vinegar or lemon juice to a smooth consistency. Cook this sauce, stirring constantly until thick. Add the beets and butter. Cover and simmer for a few minutes to blend the flavors.

Stefania Tchoryk Szkafarowsky

PLIATSOK Z YAHODAMY

(CAKE WITH BERRIES)

1 cup butter, softened	2 cups flour
1 cup sugar	1 (20-oz.) can cherry or blueberry pie filling
1 tsp. vanilla extract	
2 eggs	

Mix softened butter with sugar. Beat in vanilla extract and eggs. Add flour and stir just to mix. Do not over mix! Grease a glass 13"x9" pan. Spread $\frac{3}{4}$ of the batter evenly in pan. Spread the filling over the batter. Using a spoon, drop remaining batter in a criss-cross pattern. Bake at 325°F for 45 minutes or until light brown. Cool before serving. *Note: Do not cover pliatok when done since the filling will soak through to the bottom. Instead, lightly place foil over the top when taking to Baba's house!

Larysa Filewicz

PLIATSOK Z ABRIKOSIV

(APRICOT CAKE)

CAKE

6 Tbsp. butter	2-½ cups flour
4 egg yolks (save whites for meringue)	3 tsp. baking powder
½ cup sugar	½ cup sweet cream apricot filling

Cream together butter, egg yolks and sugar. Combine flour, baking powder and sweet cream. Mix all ingredients together. Press dough into greased and floured 9"x 12" pan. Spread apricot filling (either from jar or can) over the pliatok. Then spread meringue on top of apricot filling. Bake in preheated 325° F- 350° F oven for 40-50 minutes.

MERINGUE

4 egg whites, beaten	3 Tbsp. sugar
1 Tbsp. water	½ tsp. baking powder
3 Tbsp. cornstarch	1 tsp. vanilla

(continued)



Beat egg whites until stiff. Beat in remaining ingredients. Spread on top of apricot filling.

Father Philip Weiner

PLIATSOK Z MARMOLIADY **(CAKE WITH MARMALADE)**

½ lb. sweet butter (2 sticks)	4 egg yolks
3 Tbsp. sugar (for dough)	4 egg whites, beaten
1 tsp. baking powder	⅔ cup sugar (for egg whites)
2 cups sifted flour	1 Tbsp. vanilla
1 juice and grated zest of 1 lemon	

Cream butter and sugar. Add eggs yolks, flour, baking powder, grated lemon and its juice. Beat well. Place in freezer a tennis ball-sized portion of the dough to be used later. Spread the larger, not frozen portion of the dough onto a baking pan. Spread a filling of your choice (eg. apricot or prune marmalade). Beat egg whites until stiff. Add ⅔ cup sugar and vanilla and beat a little more. Spread foam on top of filling. Remove dough from freezer and grate it. Sprinkle grated dough on the egg whites. Bake in an oven preheated to 350° F for 30 minutes or until golden brown.

Father Philip Weiner

POTATO FILLING FOR VARENYKY

5 lbs. potatoes, peeled and boiled	grated romano cheese to taste
1 lb. sharp cheddar cheese, shredded	

Mash potatoes with cheddar cheese until smooth. Add romano cheese to taste. Cool before filling varenyky. See varenyky recipe for dough. Makes enough for about 150 varenyky.

Jaroslav & Maria Kiciuk

PTASHYNE MOLOKO

DOUGH

150 gm. margarine (1-¼ sticks=10 Tbsp)	1 tsp. baking soda with lemon juice
1 cup sugar	1 cup flour
3 eggs	

(continued)



Melt margarine and 1 cup sugar over medium heat. Let cool. Combine 1 tsp. baking soda with lemon juice (enough to wet and neutralize all the soda). Add 3 eggs and 1 cup flour and beat mixture well. Immediately pour batter into a buttered springform baking pan and bake in a preheated 350°F oven for 30-40 minutes. Remove from oven and let cool completely. Prepare creme filling. Split cake layer in half. Place one split cake layer on a large plate and spread with ½ of the creme filling. Top with second cake layer and spread with remaining creme filling. Refrigerate torte for 2-3 hours. Afterwards, drizzle chocolate-butter glaze over the finished torte.

CREME FILLING

40 gm. gelatin (6 Knox env., 7 gm, 6 egg whites
each) 2 cups sugar
1 cup milk ½ tsp. fresh lemon juice

Soak gelatin in milk for 1 hour and set aside. Combine 6 egg whites with 2 cups sugar and ½ tsp. lemon juice and beat to form stiff but not dry peaks. Refrigerate. After 1 hour of soaking, heat gelatin on low heat and stir to dissolve but do not boil. Cool a little and add to beaten egg whites. Do not stir. Refrigerate for 5 minutes then beat egg white-gelatin mixture again. Spread between torte layers.

CHOCOLATE BUTTER GLAZE

150 gm. chocolate (5 oz baking 150 gm. butter (1-¼ sticks=10
choc. squares) Tbsp)
50 gm. sugar (¼ cup)

Melt all ingredients in saucepan or a double boiler. Drizzle over finished torte.

Nadla Tsybul'ska

PYSHNA ZUPA

(Pickle soup)

8 tsp. chicken flavored instant 2 cups diced very, very sour
bouillon pickles
8 cups boiling water 1 cup sour cream
2 cups precooked rice (room
temperature)

In large pot of boiling water, dissolve chicken bouillon. Divide the cooked rice, pickles and sour cream evenly among 4 soup bowls. Pour 2 cups of chicken broth over the rice and serve.

*Olla Rudyk
Stefan Rudyk*



QUICK 'N EASY VINIHRETTE **(Pickled Vegetable Salad)**

- | | |
|--|---|
| 1 medium onion, chopped | 2 medium dill pickles, chopped |
| 1 Tbsp. vegetable oil | 1 can red kidney beans, drained & rinsed |
| 2 medium white potatoes, boiled, peeled & cubed | 1 jar pickled beets, cubed |

Sauté onion in vegetable oil until translucent. Put aside and let cool. In large bowl, combine potatoes, pickles, beans, beets, and onions. Add a small amount of either the pickled beet juice or dill pickle brine to give extra flavor without making the salad soggy. Refrigerate for 2 hours and serve.

Natalie Newmerzhucky

RHUBARB PLIATSOK

DOUGH

- | | |
|---|-----------------------------------|
| 2-½ cups flour | ½ cup sugar |
| 1 env. Oetker baking powder | 4 egg yolks |
| 1 env. Oetker vanilla sugar | 1 Tbsp. sour cream |
| grated lemon rind of 1 lemon | 4 egg whites, refrigerated |
| ¼ lb. unsalted butter, softened | rhubarb |
| ¼ lb. unsalted margarine, softened | |

Mix flour with baking powder and vanilla sugar. Add butter and margarine and mix with the palms of your hands. Mix in the remaining ingredients (except egg whites and rhubarb) to make the dough. Freeze ½ of the dough. Spread the rest of the dough into a buttered baking pan. Spread rhubarb filling on dough. Pour prepared topping on top of rhubarb filling. Grate the remaining frozen dough on top layer. Bake in a preheated 350° F oven for about 30 minutes or until golden. *Note: Bake for 45 minutes if using an apple filling.

RHUBARB FILLING

- | | |
|----------------------|------------------------|
| fresh rhubarb | sugar, to taste |
|----------------------|------------------------|

Cut fresh rhubarb into ½-inch pieces, and add sugar to taste. Cook over low heat until it thickens. (Thickens upon refrigeration in about 2 days). Refrigerate or freeze unused portion for future use. May substitute rhubarb with your favorite preserves or marmalades, eg. apricot preserve or with 3-4 grated sour apples.

(continued)



TOPPING

4 egg whites, refrigerated

1 Tbsp. sugar

Beat egg whites with sugar.

Maria Kicluk

RUGALKY (Jelly Rolls)

½ lb. butter (2 sticks)

2 cups flour

1 egg yolk

½ cup sour cream

preserves, any flavor (apricot is

best)

Mix together flour and butter, then add egg yolk and sour cream and mix well. Separate into 4 sections, wrap and refrigerate for at least 2 hours. Working with one section at a time, roll each one into a round flat circle. Spread preserves evenly onto the dough (it should look like a pizza.) Then cut into slices about two inches wide. Roll each slice from the outside in (like a crescent.) Place cookies on a cookie sheet and bake in a preheated oven at 350°F for 25 minutes.

Marika Shmotolocha

SCHNITZELS WITH EGG NOODLES

1 lb. ground pork, veal & beef
combo

1 medium Vidalia onion

1 egg

1 tsp. sea salt

1 tsp. black pepper

1 cup seasoned bread crumbs

½ cup grated parmesan cheese

1 (12-oz.) jar brown beef gravy

1 (4-oz.) pkg. shitake mushrooms

1 (16-oz.) pkg. egg noodles

In a large mixing bowl combine the ground meat, salt, pepper, egg, cheese, breadcrumbs and finely chopped onion. Bring a skillet to medium heat and add 2 tbs. olive oil. Using your hand, take the ground meat mix and form into 3" potato shapes and place in skillet. 1 lb. ground meat yields about 8 schnitzels. Brown on both sides. Add shitake mushrooms and 1 large jar of brown beef gravy. Simmer for 15 minutes. In a medium pan, bring water, 1 tsp. salt and 1 tsp. olive oil to boil. Add egg noodles and cook about 6 minutes. Drain noodles in colander. Serve noodles with 2 schnitzels per person and drizzle with mushroom gravy. Enjoy!

Peter Teniuch



STEFA'S FAMOUS KANAPKY

(OPEN FACE SANDWICHES)

Kanapky Spread

- | | |
|---|--|
| 2 (8-oz.) pkgs. cream cheese | 1 bunch radishes, sliced |
| 1-2 sticks butter | 1 (32-oz.) jar dill pickles, sliced in rounds |
| 2-3 slices liverwurst | 2 lbs. shredded cheddar or TexMex blend |
| 1 doz. hard boiled eggs ,sliced | 1 bunch scallions or chives, chopped |
| 2 (2-lbs) loaves rye bread, sliced | |
| 2 (1-½ lbs) hams (Kirkland brand) | |
| 2 lbs. plum tomatoes, sliced in rounds | |

These kanapky have become a tradition for our bake sales. In a food processor or heavy duty mixer, blend together the cream cheese, butter and liverwurst. Depending on brand of liverwurst put in 1 slice at a time and sample the spread. You don't want the liverwurst to be too strong. (*Note: Leftover spread can be frozen. Simply thaw in refrigerator and stir the spread before using again). Prepare and have ready the remaining ingredients. It is best to put these kanapky together "assembly line" style. These kanapky can be made on a whole slice (or half a slice) of bread. Apply spread on bread; top with a slice (or half a slice) of ham, followed by a tomato slice and then a slice of hard boiled egg. Place a slice of radish side by side, followed with a slice of dill pickle. Top each kanapka with cheese and finish with chopped scallions or chives. Smachnoho!

Horseradish Spread

- | | |
|---|---|
| 2 (8-oz.) pkgs. cream cheese | 2 lbs. plum tomatoes, sliced round |
| 1 stick butter | red onion, sliced (optional) |
| 3-5 Tbsp. Jarred horseradish | fresh dill |
| 1-2 loaves Italian bread, sliced | pepper |
| 1 pkg. smoked salmon | |

Mix cream cheese, butter and horseradish (start with 3 tablespoons) well to make the spread. Taste and add more horseradish if you like. (Note: Leftover spread can be frozen. Simply thaw in refrigerator and stir the spread before using again). Prepare the rest of the ingredients. Apply spread on bread: top with salmon, followed by a tomato slice and red onion and finish with a sprig of fresh dill. Sprinkle with pepper on top.

Stefania Tchoryk Szkafarowsky



SYRNA PASKA NA VELYKDEN **(CHEESE PASKA FOR EASTER)**

6 egg yolks	½ to 1 cup almond slivers
1 lb. butter	cheese cloth
2 lbs. farmers cheese	form or clean flower pot with a
1 lb. powdered sugar	hole at the bottom
½ to 1 cup golden raisins	rock or brick as a weight

Best if made a couple of days ahead. Cook 6 eggs to have 6 hard boiled egg yolks. After eggs cool, remove the yolks for this recipe. (The egg whites can be munched on, fed to your pet or discarded). I use a food mill for this paska but you can use a food processor. Mill the butter, farmers cheese and powdered sugar at least two times for a creamier texture. Add the yolks and blend all the ingredients together. Then add raisins and slivered almonds. Measure out, dampen the cheese cloth and line the inside of your containers completely from one side to the other. Spoon the cheese mixture into your lined containers, leaving about ½ inch from the rim for the weight. Cover the cheese with extra cheese cloth. Use a clean your weight, place in a plastic bag and place it on top of the cheese paska. You then need to put this container into another container in which to catch the draining water. Drain dish daily until no more moisture is present. Flip cheese paska out onto serving dish and enjoy.

Stefania Tchoryk Szkafarowsky

TORT Z MIASA **(MEAT TORTE, APPETIZER)**

1 lb. ground beef	salt, to taste
2 Tbsp. chopped onion, sautéed	1 Tbsp. flour
3 egg yolks	3 egg whites, beaten
dash black pepper	

Combine and mix well the first 5 ingredients. Add flour and mix again. Beat egg whites and add to meat mixture, mixing well. Form mixture into one flat patty. In hot oil or other fat, fry meat patty on each side, until done. Turn onto a platter and top meat patty with grated horseradish. Serve in small pieces.

Maria Zarudna Zaulychny



TORTE "MADONNA"

DOUGH

3 eggs	1-½ to 2 Tbsp. honey
1-½ tsp. baking soda mixed with vinegar	1 cup sugar
	1-½ to 2 cups flour

Combine all the ingredients above (except flour) and place in a double boiler over hot water for 15 minutes. Into this hot mixture, add 1-½ to 2 cups flour and knead well. Dough should be as in varenyky. Divide dough into 6-8 equal portions and roll out (one at a time) onto a floured surface. Grease a baking pan and dust lightly with flour. Gently place the rolled out dough flat into a greased and lightly floured baking pan. Bake in a preheated 350°F oven for a very short time until done. Remove and cool on wire rack. Continue likewise with each dough portion. While waiting for layers to cool, prepare filling below. Divide evenly and spread filling on each cake layer (except the top layer) and put cake layers one on top of the other to assemble the torte. Prepare butter-cocoa glaze and drizzle over the top of the torte.

FILLING

2 cups sour cream	1 cup sugar
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Mix together the above ingredients. Spread sour cream filling between cake layers.

COCOA GLAZE

2 Tbsp. unsweetened cocoa	2 cups milk
3-4 Tbsp. sugar	50 gm. butter (3.5 Tbsp)

In a saucepan, combine and cook the above until smooth. Drizzle glaze over the cake.

Maria Zarudna Zaulychny



UKRAINIAN EASTER PASKA

(AS SEEN ON THE MARTHA STEWART SHOW)

- | | |
|---|---|
| 2 (1.4-oz.) env. (or 4-½ teaspoons) | ¾ cup sugar |
| dry active yeast | ¼ tsp. salt |
| 12 cups plus 1 Tbsp sifted all-purpose flour | 1 tsp. pure vanilla extract |
| 1 Tbsp. sugar | zest of 1 lemon |
| 2 cups milk, warm (100° to 110°) | zest of 1 orange |
| 3 large eggs | 3 Tbsp. rum or brandy |
| 8 large yolks | ¼ lb. unsalted butter, melted |
| 3 large eggs separated, room temperature | ½ cup vegetable or sunflower oil |

In a medium bowl combine yeast, 1 tablespoon flour, sugar and 2 to 3 tablespoons warm water (100° to 110°). Mix until smooth. Set bowl aside until mixture is bubbly, 10 to 15 minutes. Add 4 cups flour and milk to yeast mixture. With a wooden spoon, mix until well combined. Cover with plastic wrap and let rise at room temperature until double in size, about 30 minutes. In the bowl of a heavy duty electric mixer fitted with the whisk attachment, beat 3 eggs, 8 egg yolks and sugar until light and pale yellow, about 5 minutes. Add the dough mixture to the eggs. Add salt, vanilla extract, lemon zest orange zest, rum or brandy, melted butter and vegetable oil. Whisk on medium speed until combined. Remove whisk attachment from machine and fit with the dough hook attachment. With the mixer on medium-low speed, gradually add enough of the remaining 8 cups flour until dough comes away from the side of bowl. Transfer dough to a clean work surface. Knead dough, adding any remaining flour if necessary, until smooth and elastic. 5 to 10 minutes. Transfer dough to a large bowl and cover with a cloth or plastic wrap. Place in a warm spot away from drafts and let it rise until double in size, 1 to 2 hours rise for about 30 minutes. Place rack in lower two-thirds of oven, and heat to 350°. Butter two 9-inch saucepans. Cut a piece of waxed paper about 2 inches longer than the circumferences of the saucepan. Fold this in half lengthwise to make a double thickness. Place inside the saucepan, patting it to adhere to the butter. The collar should extend 3 to 4 inches above the rim of saucepan. Seal the 2-inch flap with more butter. When dough has doubled in bulk, punch down and set aside one-third of dough in a medium bowl covered with plastic wrap for decorations. Divide remaining two-thirds dough evenly between saucepans. Place bowl and saucepans of dough in a warm place to rise for 30 minutes. On a clean work surface, shape reserved dough into desired motifs-- solar motifs, crosses, rosettes, birds, braids, scrolls, etc. Keep any dough that is not being used covered with plastic to prevent it from drying out. Brush surface of risen dough in saucepans with 3 lightly beaten egg whites.

(continued)



Attach decorative dough ornaments, using a toothpick if necessary to secure to loaves. Keep in a warm place to rise until it reaches almost the top of pans, 20 to 30 minutes. In a small bowl, whisk together remaining 3 egg yolks and 1 tablespoon water. Brush egg mixture on surface of loaves. Bake for 10 minutes, lower the oven temperature to 325°F, and bake for an additional 50 minutes. Cool paska in pans for 30 minutes. When paska has cooled but is still warm, gently remove from pans, and transfer to a rack to cool.

Lubow K. Wolynetz

VARENYKY

6 cups flour	2-½ cups milk or water
1 tsp. baking powder	3 tsp. oil
1 egg	1 tsp. salt

The ingredients just have to be thoroughly mixed. The potatoes have to be mashed with the added ingredients. Roll the dough out into a thin layer onto a floured surface. Cut out round circles with a glass or small can. Fill each circle with potato or sauerkraut filling and close the edges with your fingertips. Boil in hot water until varenyky rise to the top. Serve with butter, sautéed onions and sour cream or mushroom gravy.

Oksana Kulynych

VELYKODNYJ HRINOVYJ SOS

(EASTER HORSERADISH SAUCE)

1 med. mayonnaise (regular or low fat)	salt & pepper to taste
2 (16-oz.) ctn. sour cream	sugar to taste
2 jars horseradish	½ to 1 cup chives or scallions, finely chopped
2 Tbsp. mustard (yellow or your favorite)	

Best to prepare this recipe Wednesday before Easter. This recipe makes about 3 quarts and can be divided in half. If you use scallions, start with less and add more later so as not to make it too strong. Mix all ingredients in a bowl with a lid. Refrigerate. Do a taste test after ingredients have had time to blend. Make any adjustments to taste. This sauce is great with Easter ham, kovbasa, sausage, etc..

*Stefania Tchoryk Szkafarowsky
I/M/O Tanya Reynarowycz*



VYSHYVANKA

(Rich cake resembles embroidery after cutting)

DOUGH #1

1 cup flour
½ stick margarine
2 Tbsp. cocoa powder
2 Tbsp. sour cream

Beat together well 1 cup flour, ½ stick margarine, 2 Tbsp. each of cocoa powder and sour cream. Refrigerate dough. Prepare dough #2.

DOUGH #2

1 whole egg
2 egg yolks
½ cup sugar
5 Tbsp. sour cream
2-½ cups flour
½ tsp. baker's ammonia (OR use
baking soda + powder)
½ tsp. baking soda
1 tsp. baking powder
½ liter cherry preserve (2 cups)
4 egg whites
1 cup sugar

Beat 1 egg and 2 yolks with ½ cup sugar and 5 Tbsp. sour cream. Combine dry ingredients and add to egg mixture. Beat well. Divide dough into 2 portions. Roll out each portion into a round and place on a griddle or appropriately sized round baking pan or baking sheet. On top of each unbaked round, spread a thin layer of cherry fruit preserve. Beat 4 egg whites with 1 cup sugar to form stiff peaks. Spoon half of this mixture on top of each round but do not mix with preserves. Remove dough #1 from refrigerator and grate all of it quickly over the egg whites. This will result in an embroidered appearance. Place both rounds into a preheated 350°F oven. Beware, dough will rise quite high. Bake until egg whites are well browned and then remove them from oven, to prevent dough from falling. Let cool. When completely cooled, spread and cover each cake round with the sweet sour cream topping. Yield: 2 cakes.

SOUR CREAM TOPPING

2 cups sour cream
1 cup sugar

Combine sour cream and sugar. Mix well. Spread on top of baked cake rounds after they've cooled.

Halya Holovata



YAPCHANKA

(Apple-Fruit Soup - Refreshing Drink)

8-10 large apples, (Fuji, or favorite), peeled, cored & cut up	2 cups blueberries
5 large peaches, cored & cut up	½ cup sugar, to taste
20 Italian plums, pitted and cut up	1 Tbsp. cinnamon, to taste
4 cups rhubarb, fresh or frozen, cut into 1-inch pieces	4 oz. heavy cream, to taste (optional)

This recipe has never been written down exactly to a "tee". I guess you can say that it's made the "old fashion way". Like my mother, I make this soup by "Eye-balling" the amounts or in other words, "Na Oko"! So, here it is. ***** The amount of ingredients can be easily varied to individual taste and soup consistency. However, there should be proportionally a greater number of apples, hence the name. Above will make a large pot but fear not because it will disappear quickly. Place cut-up fruit (except blueberries) and sugar into a large pot and fill with water about 2 inches above the fruit. You can also throw a few apricots or nectarines but the ones above are the main fruits. Cover, bring to boil and simmer until the fruit is tender. Add the blueberries and simmer for an additional 10-15 minutes. Purée the mixture to your liking, leaving some chunks, if you prefer, and then return soup to pot. Add additional boiled water to the pot if you need to make it thinner and mix well. Adjust to taste with sugar and cinnamon. Mix thoroughly and chill overnight for best results. *Note: Since soup thickens upon standing and chilling, and since these amounts are approximates, I suggest that you also boil a pot of water and set aside to have ready if you need to thin the soup the next day. **Note: If you find that you need to sweeten the soup more after it has been thinned and/or chilled, dissolve sugar in a small amount of hot boiled water. Add heavy cream or other sweet cream to soup and mix well. Soup should not be too sweet or excessively creamy. Serve chilled as a refreshing, healthy drink with or without a slice of your favorite buttered bread (eg. pumpernickel, rye, Lithuanian). Smachnoho!

*Oksana L. Werbowsky Duda
Mykola & Teresa's summer favorite*



ZAVVYANETS WITH RICH FILLING

(FESTIVE RICH PASTRY ROLL)

DOUGH

400 gm. butter (3-½ sticks) **1 cup sour cream**
1 whole egg **4 cups flour**
1 egg yolk

Cream butter. Beat in whole egg, yolks and sour cream. Add flour and mix well. Refrigerate dough overnight. Prepare your 4 fillings. Divide dough into 2 equal portions. Roll out one portion of dough into a thin layer. Spread each of the first 3 fillings (red jam, poppy seeds and nuts) on one rolled out layer. Top with the second rolled out dough layer and spread prepared chopped apricots on this top layer. Now roll both layers together in jelly-roll style and place seam-side down in a buttered baking sheet or pan. Brush the top with egg yolk-water wash. Preheat oven to 350°F and bake zavvyantsi for about ½ hour or until inserted toothpick comes out clean. Remove from oven and cool on racks.

FILLINGS: 1.Fruit 2.Poppy 3.Nut 4.Apricot

½ cup any favorite red fruit jam	sugar to taste
½ cup poppy paste (or poppy seeds)	½ cup walnuts, chopped
1 egg white	½ cup milk
	dried apricots

Use any favorite red fruit jam as the first filling. You can prepare a poppy seed filling in one of 2 ways: Scald fresh poppy seeds in a very small amount of boiling water and let soak for 1 hour. Drain and combine them with a slightly beaten egg white and sugar to taste. Or you can simply obtain the commercial poppy paste and combine it with a slightly beaten egg white and sugar to taste. To make a nut filling, bring milk to a boil. Remove from heat and soak chopped nuts in hot milk for about 10 minutes. Drain and add sugar to taste. To prepare an apricot filling, chop dried apricots. Bring water to boil and remove from heat. Soak apricots in hot water for about 5 minutes to soften them and then drain.

Maria Zarudna Zaulychny



RECIPE FAVORITES



Breakfast



Helpful Hints

- When baking bread, a small dish of water in the oven will keep the crust from getting too hard or brown.
- Use shortening, not margarine or oil, to grease pans when baking bread. Margarine and oil absorb more readily into the dough.
- To make self-rising flour, mix 4 cups flour, 2 teaspoons salt, and 2 tablespoons baking powder. Store in a tightly covered container.
- One scant tablespoon of bulk yeast is equal to one packet of yeast.
- Hot water kills yeast. One way to test for the correct temperature is to pour the water over your wrist. If you cannot feel hot or cold, the temperature is just right.
- When in doubt, always sift flour before measuring.
- Use bread flour for baking heavier breads, such as mixed grain, pizza doughs, bagels, etc.
- When baking in a glass pan, reduce the oven temperature by 25°.
- When baking bread, you can achieve a finer texture if you use milk. Water makes a coarser bread.
- Fill an empty salt shaker with flour to quickly and easily dust a bread pan or work surface.
- For successful quick breads, do not overmix the dough. Mix only until combined. An overmixed batter creates tough and rubbery muffins, biscuits, and quick breads.
- Muffins can be eaten warm. Most other quick breads taste better the next day. Nut breads are better if stored 24 hours before serving.
- Nuts, shelled or unshelled, keep best and longest when stored in the freezer. Unshelled nuts crack more easily when frozen. Nuts can be used directly from the freezer.
- Enhance the flavor of nuts, such as almonds, walnuts, and pecans, by toasting them before using in recipes. Place nuts on a baking sheet and bake at 300° for 5–8 minutes or until slightly browned.
- Overripe bananas can be frozen until it's time to bake. Store them unpeeled in a plastic bag.
- The freshness of eggs can be tested by placing them in a large bowl of cold water; if they float, do not use them.



BREAKFAST

BABA'S PASKA FRENCH TOAST

1 loaf homemade Ukrainian Paska ¼ cup whole milk
1 doz. brown eggs 2 sticks fresh cinnamon, grated
¼ lb. salted butter (1 stick) clover honey or maple syrup

Cut Paska into slices ½"-¾" thick. In a medium bowl, beat 6 eggs. Add milk and beat until frothy. In a large skillet, one that accommodate 2-4 slices, add 2 Tbsp. fresh salted butter. Dunk Paska slices into egg mixture, covering both sides. Preheat large skillet and melt 2 tablespoons of butter. Brown the bread slices on each side. Serve Paska French toast slices dusted with freshly grated cinnamon and drizzled either with clover honey or maple syrup. This is also great when served with Billy's best Easter shyinka (fresh smoked ham).

Peter Teniuch

BANANA BREAD #1

1-¾ cup all-purpose flour ½ cup shortening, margarine or
¾ cup sugar butter
¼ tsp. salt 2 Tbsp. milk
2 tsp. baking powder 2 eggs
½ tsp. baking soda ¼ cup chopped walnuts
1 cup mashed ripe bananas (2-3
medium bananas)

In a large mixer bowl, combine 1 cup of the flour, the sugar, baking powder, baking soda and salt. Add mashed bananas, shortening, margarine or butter; and milk. Beat with an electric mixer on low speed until blended, then on high speed for 2 minutes. Add eggs and remaining flour; beat until blended. Stir in nuts. Pour batter into a greased 8 x 4 x 2-inch loaf pan. Bake in oven at 350 degrees for 55-60 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes on a wire rack. Remove from pan and cool thoroughly on a wire rack. Wrap and store overnight before slicing. Makes 1 loaf (16 servings).

Oksana Tomaszewsky



BANANA BREAD #2

2 cups flour
½ tsp. baking soda
1 cup sugar
1 egg
5 Tbsp. milk

1 tsp. baking powder
½ tsp. salt
½ cup ripe mashed bananas
½ cup walnuts

Sift together flour, baking soda, baking powder, and salt. In a large bowl, cream sugar and butter. Beat the egg slightly, and mix into the creamed mixture with the bananas. Mix in sifted ingredients until combined. Stir in milk and nuts. Spread batter into one greased and floured 9"x 5" loaf pan. Bake at 350°F (175°C) until top is brown.

Melania Kowalczyk Hrabovsky

BANANA-BLUEBERRY PANCAKES

2 eggs, slightly beaten
2 cups pancake mix
1 (8-oz.) container fruit yogurt

1 cup milk
1 mashed banana
1 cup blueberries, fresh or frozen

Mix all ingredients except the blueberries. Pour ½ a ladle of batter onto hot greased pan. Sprinkle 4 or 5 blueberries onto each pancake. Cook on medium heat. Flip onto other side when bubbles start to form and are done when color is golden. Serve warm with maple syrup

Sonia Smith

BILLY'S OMELETTE

2 large eggs
1 Tbsp. sour cream
1 slice Spanish onion, diced
1 slice Canadian bacon, diced
¼ cup shredded Jarlsburg lite cheese

few drops Tabasco sauce
canola oil
salt and pepper, to taste

In an omelette pan, sauté diced onion and Canadian bacon. Separately, whip 2 large eggs with a tablespoon of sour cream. Add Tabasco, salt and pepper to taste. Add egg mixture to the onions and bacon. Sprinkle cheese on top and fold omelette in half once firm enough. Cook thoroughly so omelette is not runny. Can alternate variety of ham, cheeses and /or veggies.

Christine Szpynda



CRANBERRY NUT BREAD

2 cups all purpose flour
1 cup sugar
1-½ tsp. baking powder
1 tsp. salt
¼ cup butter
1 egg

¾ cup orange juice
1 Tbsp. grated orange zest
**1-½ cups fresh or frozen
cranberries**
½ cup chopped walnuts

Preheat oven to 350°F (175° C). Lightly grease an 8"x 4" loaf pan. In a medium bowl, mix together the flour, sugar, baking powder, salt and baking soda. Cut in the butter until the mixture resembles coarse crumbs. Next, in a small bowl, beat the egg, orange juice and orange zest. Blend into the dry mixture. Stir in the cranberries and walnuts. Transfer to the loaf pan. Bake in the preheated oven 65 to 70 minutes, or until a wooden toothpick inserted at center comes out clean. Cool in pan 10 minutes, then remove to wire rack and cool completely before serving.

Helen Tymocz

CREPES

CREPES

1 cup flour
2 eggs
½ cup milk

½ cup water
¼ tsp. salt

Blend all ingredients until smooth. Cover and refrigerate for 1 hour. Heat a non-stick skillet over medium-high heat and spray with cooking spray. Pour one ladleful of mixture into pan, tilting to cover bottom of pan. Cook about 2 minutes, turning once until golden brown. Fill with your favorite jam or cheese mixture.

CHEESE FILLING

2 (7.5-oz) pkgs. farmer cheese
2 egg yolks
2 Tbsp. sugar (to taste)

1 tsp. vanilla
pinch salt

Mix all together and spread 1 Tbsp. of cheese mixture on each crepe. Bake at 350°F for 15 minutes. You can also top with your favorite jam or preserves.

Tracey Kuzemczak



EASY QUICHE

- | | |
|--|---|
| 2 cups milk | 6 eggs |
| 1 (8-oz.) pkg. shredded cheese
(any kind) | 2 cups diced ham, bacon, or
vegetables |
| 2 frozen pie shells | |

Preheat oven to 350°F. Mix all ingredients together and pour into frozen pie shells. Bake at 350°F for one hour. *Note: If crust is getting too dark, cover it with aluminum foil until quiche is fully baked.

Irene Pawliczko

HAM & POTATO PANCAKES

- | | |
|---|--------------------------------|
| 1-2 cups cooked ham, chopped or
pulled | 2-3 Tbsp. flour |
| ½-1 cup whole scallions, chopped | 2 eggs, lightly beaten |
| 2-3 medium potatoes, shredded | dash salt and pepper, to taste |

Mix all the ingredients together. Heat oil in a large, non-stick frying pan. Add mixture to pan in tablespoonfuls and flatten slightly to shape into pancakes. Cook about 5 minutes on each side or until browned. Serve for breakfast with eggs or for dinner with a salad.

Marie Hywel

MORNING FRENCH TOAST

- | | |
|--|-----------------------|
| 1 - 2 Tbsp. butter | ½ cup milk |
| 2 slices country white sandwich
bread | ½ tsp vanilla extract |
| 1 egg | 1 Tbsp. sugar |
| | ½ tsp cinnamon |

In a shallow bowl large enough to fit a bread slice, whisk together the egg, milk, vanilla, sugar and cinnamon. Heat the butter in a large, flat frying pan or flat griddle pan over medium high heat until melted and sizzling. Dip each bread slice into beaten egg mixture, turning until both sides of the bread are covered with the egg mixture. Fry each slice about 2 - 3 minutes on each side until dark golden brown. Transfer to plate and top with maple syrup or jam of your choice. Yield: 1 serving.

Andrea Bybel



NO-KNEAD BREAD

2 cups whole wheat flour
1-½ cups white unbleached flour
1 cup oats or oat flour
1 cup spelt flour or spelt flakes
(both available at health food stores)
½ cup oat bran

1 Tbsp. kosher or sea salt (or to taste)
3-¼ cup warm water
¼ tsp. active dry yeast
¼ cup extra virgin olive oil
corn meal or wheat bran (for absorbing)

Combine dry ingredients in bowl. Microwave water until warm and then add yeast and oil to it. Add this yeast mixture to dry ingredients, stirring well. Cover with towel and sit for at least 18 hours. Preheat oven to 400° F, including a covered cast iron pot or covered glassware cooking dish. Spread corn meal or wheat bran on towel and pour dough onto the towel.* Note: Make sure you have enough corn meal or wheat bran on the towel, as dough will be quite wet. When oven reaches 400° F, spray non-spray oil on inside of hot cooking dish. Spread corn meal on bottom of dish and then place dough into dish. (Helps to have big hands, otherwise it may get a little messy). Bake for 30 minutes covered and additional 30 minutes uncovered. Turn out baked bread out onto towel. Let rest for at least 1 hour before eating.

Bohdan Ozaruk

PANI OLIA'S VEGETABLE QUICHE

1 frozen 9-inch pie crust
2 Tbsp. salted butter
1 cup chopped green peppers
1 cup chopped red peppers
½ cup chopped sundried tomatoes

1 medium onion, chopped
4 eggs
½ cup milk
1 cup shredded cheddar cheese
½ tsp. thyme
¼ tsp. pepper

Prepare pie crust according to package directions. Melt butter in sauce pan and add peppers, tomatoes and onion. Sauté them until vegetables are soft and onion is golden brown. In mixing bowl, beat eggs using a wire whisk. Add milk, cheese, thyme, pepper and vegetables to the egg mixture and mix. Pour into pie crust. Bake at 350° F for 45 minutes. Remove from oven. Serve warm or at room temperature.

Olia Rudyk



PUMPKIN PANCAKES

- | | |
|------------------------------|---------------------|
| 1-½ cups sifted flour | 1 egg |
| 1 tsp. baking powder | ½ cup pumpkin purée |
| 3 Tbsp. sweet butter, melted | ¼ cup milk |

Combine baking powder with sifted flour. Add melted butter, egg, pumpkin purée and milk. Mix together well to eliminate clumps. Heat vegetable oil in pan and add batter into pancake forms. When bubbles start to form on top of batter, flip to other side. Serve with maple syrup.

Switlana Wojcicky

RHUBARB JAM

(Quick, easy, delicious jam)

- | | |
|---|--|
| 8 cups rhubarb, cut-up | 1 tsp. lemon juice (to taste & for tartness) |
| 4 cups sugar | |
| 1 box Jell-O, (strawberry or raspberry) | |

If you have your own rhubarb, cut away the leaves. (Leaves are poisonous) and wash stems. *Note: When using frozen rhubarb, measure first then thaw and drain before using. Cut stems into ¼ to ½-inch pieces. Place rhubarb into large saucepan and cover with sugar. Let it sit for awhile until sugar is dissolved. Cook rhubarb over medium to low heat until soft and thickened. Add lemon juice for tartness and add Jell-O. Cook for another 2-3 minutes. Spoon into sterilized jars and cover. Let cool and refrigerate. Jam will last for many months under refrigeration. This jam is delicious and can be served on pancakes, crepes, French toast, croissants, ice cream or spread on bread with cream cheese.

Oksana L. Werbowsky Duda

SAUSAGE BRUNCH CASSEROLE

- | | |
|---|---------------------|
| 4 cups day old bread | 4 cups milk |
| 1 pkg. sausage roll, cooked, drained and crumbled | 1 tsp. dry mustard |
| ½ cup sliced mushrooms | ¼ tsp. onion powder |
| 2 cups shredded cheddar cheese | 1 tsp. salt |
| 10 eggs | pepper, to taste |

Butter a 9"x13" baking dish. Place cubed bread in dish and sprinkle with cheese. Combine eggs, milk and seasonings and pour over bread. Top with crumbled cooked sausage and sliced mushrooms. Cover and

(continued)



refrigerate overnight. Next day, remove cover and bake for 1 hour at 325°F.

Anna O. Evans

WAFFLES

2 cups flour	1-½ cups milk
1 Tbsp. baking powder	2 eggs, beaten
1 Tbsp. sugar	¼ cup vegetable oil
1 tsp. salt	

While waffle grid is preheating, beat eggs in a small bowl. Add milk and vegetable oil and continue beating. In a large bowl, add all the dry ingredients and then mix in the liquid ingredients. Pour batter evenly on preheated grid according to manufacturers directions. Close the grid and bake until waffle is golden brown.

Skalski Family

ZUCCHINI BREAD

3 eggs	1 tsp. salt
1 tsp. baking soda	3 tsp. vanilla
2 cups sugar	3 cups flour
½ tsp. baking powder	1 cup walnuts, coarsely chopped
1 cup vegetable oil	1 cup raisins (optional)
3 tsp. cinnamon	
2 cups zucchini, grated, (peeled or unpeeled)	

Beat eggs until light and foamy. Add sugar, oil, zucchini and vanilla. Mix lightly but well. Combine flour, salt baking soda, baking powder and cinnamon and add to zucchini-egg mixture. Stir well until blended and add nuts and/or raisins. Pour into a 13"x 9" pan or a square pan that has been sprayed with PAM non-stick cooking spray. Bake for 1 hour in a preheated 350° F oven. Cool on counter before cutting.

*Chrystia Rewak Barankewicz
Ivanka Rewak*



ZUCCHINI QUICHE (Baba Olia's Quiche)

- | | |
|-------------------------------|---|
| 4 eggs | 1-2 cloves garlic (or more),
chopped |
| 3 cups shredded zucchini | |
| ½ cup chopped onion | ¼ lb. margarine, melted |
| 1 cup sharp cheddar cheese | 1 cup Bisquick original pancake &
baking mix |
| 2 tsp. fresh parsley | |
| ½ tsp. oregano (dry or fresh) | |

Preheat oven 350° F. Grease 9"x13" Pyrex glass baking dish. Beat eggs well until fluffy add zucchini, onion, sharp cheddar, parsley, oregano (Note: I've used 2-½ tsp Italian seasoning instead of parsley and oregano), garlic and pepper to taste. Mix the above ingredients and then add Bisquick and melted margarine. Mix well. Mixture will moist. Pour into Pyrex dish and bake for 1 hour until light golden brown. Check after 45 minutes.

Stefania Tchoryk Szkarafowsky

ZUCCHINI-CHEDDAR CHEESE MUFFINS

- | | |
|--|--|
| ¾ cup bread crumbs, Italian or
Plain | 1 (4-oz.) cup shredded cheddar
cheese |
| 1 cup all-purpose flour | 2 eggs, beaten |
| 1-½ tsp. baking powder | ¼ cup butter, melted |
| 1 tsp. salt | 5 oz. evaporated milk |
| ¾ cup sugar | 1-½ cups shredded zucchini, (do
not peel) |
| 1-2 tsp. fresh chopped basil
(optional) | |

Preheat oven to 400° F. In a bowl, stir together bread crumbs, flour, baking powder, salt and sugar. Toss in the cheese. In a medium bowl, beat eggs, butter and milk and then add the zucchini. Now add the zucchini mixture into the flour mixture and stir until moistened. Spoon into greased muffin cups to ¾ full. Bake 20-25 minutes. Yield: about 16 muffins. Note: You can also add shredded carrots to create pretty orange-green-yellow muffins.

Oksana L. Werbowsky Ducta



Appetizers & Beverages



Helpful Hints

- Add flavor to tea by dissolving old-fashioned lemon drops or hard mint candies in it. They melt quickly and keep the tea brisk.
- Make your own spiced tea or cider. Place orange peels, whole cloves, and cinnamon sticks in a 6-inch square piece of cheesecloth. Gather the corners and tie with a string. Steep in hot cider or tea for 10 minutes; steep longer if you want a stronger flavor.
- Always chill juices or sodas before adding them to beverage recipes.
- Calorie-free club soda adds sparkle to iced fruit juices and reduces calories per portion.
- To cool your punch, float an ice ring made from the punch rather than using ice cubes. It appears more decorative, prevents diluting, and does not melt as quickly.
- Place fresh or dried mint in the bottom of a cup of hot chocolate for a cool and refreshing taste.
- When making fresh lemonade or orange juice, one lemon yields about $\frac{1}{4}$ cup juice, while one orange yields about $\frac{1}{3}$ cup juice.
- Never boil coffee; it brings out acids and causes a bitter taste. Store ground coffee in the refrigerator or freezer to keep it fresh.
- Always use cold water for electric drip coffee makers. Use 1–2 tablespoons ground coffee for each cup of water.
- How many appetizers should you prepare? Allow 4–6 appetizers per guest if a meal quickly follows. If a late meal is planned, allow 6–8 appetizers per guest. If no meal follows, allow 8–10 pieces per guest.
- If serving appetizers buffet-style or seating is limited, consider no-mess finger foods that don't require utensils to eat.
- Think "outside the bowl." Choose brightly-colored bowls to set off dips or get creative with hollowed-out loaves of bread, bell peppers, heads of cabbage, or winter squash.
- Cheeses should be served at room temperature—approximately 70°
- To keep appetizers hot, make sure you have enough oven space and warming plates to maintain their temperature.
- To keep appetizers cold, set bowls on top of ice or rotate bowls of dips from the fridge every hour or as needed.



APPETIZERS & BEVERAGES

6 LAYER DIP

- | | |
|---------------------------------|---|
| 1 can refried beans | 1 can petite diced tomatoes,
drained |
| 1 pkg. guacamole | 1 pkg. shredded taco seasoned
cheese |
| 1 (16-oz.) container sour cream | |
| 1 pkg. taco seasoning | |
| 1 bunch scallions, diced | |

In an 8-inch pan, layer all the ingredients in the following order: refried beans, guacamole, sour cream mixed with taco seasoning, tomatoes, scallions and finally, cheese. Refrigerate for 1 hour. Serve with tortilla chips.

Tracey Kuzemczak

7 LAYER BEAN DIP

- | | |
|---------------------------------|---|
| 1 can bean dip or refried beans | 1 bunch green onions chopped |
| 1 ripe avocado | 1 jar salsa |
| 2 Tbsp. lemon juice | ½ can black olives drained and
chopped |
| ½ tsp salt | 1 (8-oz.) pkg. cheddar cheese or
Mexican blend |
| ¼ tsp. pepper | |
| 1 pkg. taco seasoning | |
| 1 (16-oz.) sour cream | |

Prepare ingredients. Mash avocado add lemon juice, salt and pepper set aside. Mix sour cream and taco seasoning set aside. Layer the dip in a container such as a quiche dish or a pie plate. Start to layer with bean dip or refried beans, avocado, sour cream mixture, chopped green onions, salsa, olives and finally with cheese. Chill for a few hours or overnight for the flavors to intensify. Serve with tortilla chips. Enjoy!

Stefania Tchoryk Szkafarowsky



ADIA'S GAME DAY BEAN DIP

- | | |
|---|---|
| 2 Tbsp. olive oil | 1 (29-oz.) can pork and beans |
| 1 large onion, diced | 1 (16-oz.) can black beans,
drained and rinsed |
| 1 large red bell pepper, diced | 1 (16-oz.) can red kidney beans,
drained |
| 1 large green bell pepper, diced | 1 (16-oz.) can garbanzo beans,
drained |
| 1 lb. ground beef (or ground
turkey) | 1 (16-oz.) can pinto beans drained |
| ½ env. taco seasoning | 1 (16-oz.) can refried beans |
| ½ tsp. garlic powder | 1-2 cups shredded sharp cheddar
cheese |
| ½ Tbsp. cumin | 1 bag tortilla chips (Tostitos
Scoops work best) |
| 1 Tbsp. parsley flakes | |
| 1 Tbsp. tomato paste | |
| 1 (8-oz.) can small tomato sauce | |
| salt and pepper, to taste | |

In olive oil with salt and pepper, sweat onions and bell peppers for 10 minutes, until onions are translucent. Add ground beef and cook through. Mix in taco seasoning, garlic powder, cumin, parsley, tomato paste and tomato sauce. Adjust seasoning with salt and pepper to taste. Add the various beans and cook until bubbling. Add cheese and mix until it melts. Serve with your favorite tortilla chips. *Note: This recipe is so easy, affordable and freezable. You can mix in any of your favorite beans. However, do not forget to include the "must haves", the refried beans and the pork and beans. They make the dish creamy.

Adrianna Rudyk-Odomlrok

ARTICHOKE & SPINACH PUFFS

- | | |
|---|---|
| 1 (8-oz.) pkg. cream cheese,
softened | ½ cup frozen chopped spinach,
thawed and drained |
| ¼ cup mayonnaise | ¼ cup shredded mozzarella
cheese |
| ¼ cup grated parmesan cheese | salt and pepper to taste |
| ¼ cup grated romano cheese | puff pastry dough, thawed |
| 1 clove garlic, minced | 1 egg, beaten |
| ¼ tsp. garlic salt | |
| 1 (14-oz.) can artichoke hearts,
drained and chopped | |

Preheat oven to 350°F. Roll out dough to ¼-inch thick. Cut into 3-inch squares. In a medium bowl, mix together cream cheese, mayonnaise, parmesan cheese, romano cheese, mozzarella cheese, garlic, garlic salt, salt and pepper. Gently stir in artichoke hearts and spinach. Place a spoonful of mixture into cut pastry squares and fold up ends to create package. Place squares on greased baking sheet. Brush squares with

(continued)



egg wash and sprinkle with parmesan cheese. Bake squares until golden brown, about 20 minutes. Mixture can also be placed in a lightly greased baking dish and baked for 25 minutes without puff pastry, until bubbly and lightly browned. Serve with toasted pita chips!

Tonya Evans

BACON & TOMATO CUPS

8 slices bacon, crisped and crumbled	½ cup mayonnaise
1 tomato, seeded and chopped	1 tsp. dried basil
½ small onion chopped	1 (16-oz.) can refrigerated buttermilk biscuit dough (reg. size)
3 oz. shredded cheese (your favorite)	

Preheat oven to 375°F. Lightly grease a mini muffin pan. In a bowl, mix crumbled bacon, tomato, onion, cheese, mayonnaise, and basil. Separate biscuits into halves horizontally. Press each half into a mini tin and fill it with the bacon mixture. Bake for 10-12 minutes or until golden. Yield: 15 cups.

Tracey Kuzemczak

BACON WRAPPED DATES **(“A DATE with A Pig”)**

1 can sliced water chestnuts	1 package bacon toothpicks
1 pint pitted dates	

Preheat oven to 350° F. Drain water chestnuts. Stuff each date with a water chestnut. Cut raw bacon strips into thirds. Wrap each date with bacon and seal with toothpick. Lay on baking sheet and bake for 12-15 minutes until bacon is cooked. Serve warm or at room temperature. Repeat recipe when they disappear!

Kelly Rudyk



CERVICHE DE CAMARONES **(ECUADORIAN MARINATED SHRIMP)**

- | | |
|-----------------------------------|---------------------------------|
| 2 lbs. frozen shrimp | ¾ cup fresh lemon juice |
| 1 medium red onion, chopped | ¾ cup fresh lime juice |
| 2 Tbsp. chopped chiles | ½ cup olive oil |
| 2 Tbsp. chopped cilantro | ½ tsp. salt |
| 3 medium tomatoes, finely chopped | lettuce |
| 3 Tbsp. white wine vinegar | 2-½ cups freshly popped popcorn |

Pour the frozen shrimp into a colander and run cold water over them for a minute or two. Drain the shrimp thoroughly and then place them on paper towels to drain. Place the shrimp in a non-reactive bowl (such as Pyrex) and add the remaining ingredients (except lettuce and popcorn). Mix lightly and marinate the mixture in the refrigerator for 2 to 4 hours. To serve: drain the cerviche in a colander and serve on individual plates on beds of shredded lettuce and garnished with the warm popcorn.

Marta Shevchik

CHEDDAR CRISPS

- | | |
|-----------------------------|-----------------------------------|
| ½ lb. butter (2 sticks) | 2 cups flour |
| ½ lb. shredded sharp cheese | ½ tsp. cayenne pepper |
| 1-½ tsp. salt | 2 cups toasted rice crispy cereal |

Cream butter and cheese. Combine flour, salt, pepper and cereal. Add flour mixture a bit at a time to the butter mixture. Place heaping teaspoonfuls of mixture on a baking sheet and flatten with fork. To prevent sticking, dip fork in warm water if necessary. Bake at 350°F for 15-20 minutes. Freezes well.

Martha Iwanczyszyn

CHEESE BALL

- | | |
|---|--|
| 16 oz. cream cheese | 1 cup chopped nuts (pecans or walnuts) |
| 1 can crushed pineapples (well drained) | 1 tsp. paprika |
| ½ cup chopped green peppers | 1 tsp. allspice |
| 2 Tbsp. chopped onion | |

Reserve ½ cup nuts for coating. Beat the cream cheese and mix in the rest of the ingredients. Form a ball and refrigerate for 1 hr. or until

(continued)



hardened. When ready roll the ball in remaining $\frac{1}{2}$ cup of nuts. Serve with crackers or raw vegetables.

Olia Rudyk

CHICKEN BITES

1-$\frac{1}{2}$ lbs. chicken cutlets cut into cubes	$\frac{3}{4}$ cup milk
1 onion, minced	2 eggs
6 cloves garlic, minced	salt and pepper, to taste
1 cup Bisquick (or other pancake mix)	fresh parsley, coarsely chopped
	oil or Crisco for frying

Season chicken with salt and pepper. Place chicken, onion, garlic and parsley in a 1-gallon Ziploc bag. Marinade 2 hours or overnight. Combine pancake mix, milk, eggs, salt and pepper. Batter should be thick but if too thick, thin with additional milk. Dip chicken cubes into batter to coat. Preheat $\frac{1}{2}$ inch deep oil in skillet. Fry chicken in hot oil in batches, turning once. Fry until golden on all sides about 5 minutes. (Using deep fryer will speed the process along). Drain on paper towels. Serve with dipping sauces: barbeque or honey Dijon mustard sauces.

*Chrystia Rewak Barankewicz
Ivanka Rewak*

CHICKEN LIVER & BACON ROLL

$\frac{1}{4}$ tsp. butter or margarine	2 (1-lb.) containers chicken livers
$\frac{1}{2}$ to 1 tsp. margarine	horseradish
1 (1-lb.) pkg. bacon	deli mustard

Use separate skillets for frying bacon and chicken livers. Fry bacon in butter or margarine but not to crispy because you'll be wrapping it around the livers. Place fried bacon on paper towel to remove excess grease. Fry up chicken livers in margarine until cooked through. Depending on the size of chicken livers, you may need to cut bacon strips in half or thirds. Wrap bacon strip around each chicken liver. Secure bacon with toothpick to keep it in place. Keep liver-bacon rolls warm and serve. For dipping sauces, use horseradish or deli mustard.

Maryka Kozicky



CLAM DIP

¼ lb. butter (1 stick)
1 medium onion
1 clove garlic, minced
**2 cans minced clams with their
juice**

Italian seasoning / oregano
hot sauce to taste
½ to ¾ cup bread crumbs

*Note: I usually don't use a whole stick of butter like the recipe calls for...Melt butter in pan. Sauté onion and garlic until onion becomes translucent. Add 2 cans clams with juice. Add seasonings and hot sauce...no specific amount, just judge for yourself. Mix in pan. Add bread crumbs a little at a time until soaked up and bring it together until it's pasty. Put in shallow pie dish or tin. Bake uncovered at 350°F for about 20 minutes. Great with crackers.

Anita Bernert

CLAMS ON THE GRILL

24 Littleneck clams
3 slices prosciutto
¼ cup bread crumbs

hot sauce (if desired)
lemon slices (if desired)

Scrub clams with a stiff brush and rinse. Keep clams on ice until ready to grill. Discard any clams that are open and will not close if you tap them pretty hard with a knife or spoon. prepare charcoal grill or preheat gas grill on high. Put clams on grill and cover. Cook clams 5-10 minutes or until they open. Discard any clams that do not open. Remove top shell and sprinkle clams with bread crumbs. Tear Prosciutto into small pieces and scatter on top of clams. squeeze a little lemon juice and/or a little hot sauce if desired. Great for tail gating.

Tom DeBruin

COCKTAIL SAUCE

2 cups ketchup
2 Tbsp. horseradish
1 tsp. hot sauce

1 tsp. lemon juice
1 jar with a lid

Mix the ingredients in a bowl, once mixed well pour into a jar. Refrigerate up to one week.

Tom DeBruin



CRABMEAT BALL WITH SAUCE

CRABMEAT BALL

11 oz. cream cheese, softened **½ small onion, minced**
¼ cup mayonnaise **juice of ½ lemon**
1 tsp. Worcestershire sauce **7 oz. can of crab meat**

Mix well, form into ball. Refrigerate overnight or for at least 5 hours. Serve with sauce.

SAUCE FOR CRABMEAT BALL

½ cup chili sauce **1-½ Tbsp. Worcestershire sauce**
½ cup ketchup **salt to taste**
2 Tbsp. horseradish **lemon juice, to taste**

Blend together all of the ingredients. Immediately before serving, pour sauce over crabmeat ball.

Martha Szkarowsky

EASY EMPANADAS

1 Tbsp. olive oil **kosher salt and black pepper**
1 small onion **2 refrigerated rolled pie crusts**
½ lb. ground beef **1 egg, beaten**
½ cup golden raisins **½ cup sour cream**
2 Tbsp. ketchup **¼ tsp. lime zest**
¼ tsp. ground cinnamon

Heat oven to 375° F. Heat the oil in a large skillet over medium heat. Add the onion and cook, stirring occasionally, until soft, 5 to 6 minutes. Add the beef and cook, breaking it up with a spoon, until no longer pink, 3 to 4 minutes. Stir in the raisins, ketchup, cinnamon, ½ teaspoon salt, and ¼ teaspoon pepper. Using a 2½-inch round cookie cutter, cut out circles from the pie crusts. Divide the beef mixture among the circles, brush the edges with water, fold in half, and press with a fork to seal. Transfer to a baking sheet and brush with the beaten egg. Bake until golden 20 to 25 minutes. Put the sour cream in a small bowl and sprinkle with the lime zest. Serve with the empanadas. Makes 24.

Luba S. Sydor



FUN FRANKS

½ cup barbeque sauce
½ cup brown sugar
½ cup bourbon or rye

1 pkg. hot dogs cut into bite size pieces

Combine all ingredients and simmer 1 hour until mixture thickens.

Marta Shevchik

GARLIC CHEESE DIP

½ lb. unsalted butter
¾ lb. feta cheese, crumbled
1 (8-oz.) pkg. cream cheese, softened
2 cloves garlic, minced

1 shallot, minced
3 Tbsp. vodka
½ cup pine nuts, toasted
¾ cup pesto sauce

In a food processor, combine the butter, feta cheese, cream cheese, garlic, shallot, vodka, and pepper. Process until smooth. Oil a medium bowl, or gelatin mold, and line with plastic wrap for easy removal. Layer the dip into the mold as follows: Sun-dried tomatoes, pine nuts, pesto, cheese mixture. Repeat. Pat down into the mold, and refrigerate for at least one hour. Turn the dip out onto a serving plate, and remove plastic wrap. Serve with crackers.

Tracey Kuzemczak

GIRLS' NIGHT RED SANGRIA

1 cup brandy
½ cup Triple Sec
1 of each - orange, lime, lemon, chopped
3-4 cups apples, strawberries, blueberries, raspberries, grapes or peaches,

2 bottles favorite red wine
1 bottle seltzer or ginger ale

Prepare 2 days ahead: Dice the apples and peaches, quarter the strawberries. Add the fruit and citrus into a pitcher with brandy and Triple Sec and refrigerate. *Note: The lemons and brandy will preserve the fruit. Prepare 1 day ahead: Pour wine into pitcher and refrigerate overnight. Prepare Day of: Add a splash of seltzer and some ice to each glass when serving and party!

Adrianna Rudyk-Odomirok



GOAT CHEESE STUFFED MUSHROOMS

- | | |
|---------------------------------------|---------------------------------|
| 1 clove garlic, finely chopped | ½ tsp. Italian seasoning |
| 2 shallots, finely chopped | 5 oz. soft goat cheese |
| 2 Tbsp. olive oil | 24 oz. fresh mushrooms |

Peel the garlic and shallots and finely chop. Place the garlic and shallots in a small sauté pan with the oil and Italian seasoning. Cook over medium heat for 5 minutes or until the shallots are soft, stirring frequently. Remove from heat and let cool. Add the goat cheese to the pan and stir until combined. Remove and discard the mushroom stems and fill the cavities with the goat cheese mixture. Place the mushrooms on a baking sheet. Preheat oven to 425°F and bake for 15 minutes, or until the filling is bubbly. Serve immediately.

Monica Sawchuk

HEALTHY BEAN DIP

- | | |
|---|--------------------------------|
| 2 (15-oz.) cans cannellini beans | water |
| 1 heaping Tbsp. pesto | sea salt |
| 2 cloves fresh garlic | ½ cup toasted pine nuts |
| splash lemon juice | |

Drain and rinse well 2 cans of cannellini beans. In a chopper or blender...purée beans in batches with splashes of water and lemon to make smooth consistency. Use water sparingly so that dip is not too watery. Add a generous tablespoon of pesto (use more or less depending on preference). Salt to taste. Then sprinkle toasted pine nuts on top. Serve with thin breadsticks or water crackers.

Christine Szpynda

HOLIDAY CHEESE LOG

- | | |
|---|--------------------------------------|
| 2 (8-oz.) pkg. cream cheese, softened | 1 sm. red pepper, chopped |
| 1 (8-oz.) can crushed pineapple, drained | 2 Tbsp. seasoned salt |
| | 1 small onion, chopped finely |
| | 1 cup chopped walnuts |

Bring cream cheese to room temperature. Drain pineapple. To the cream cheese, add drained pineapple, chopped red pepper and the onion. Stir in seasoned salt. (Any brand is fine). Mix well. Form into a ball or log. Refrigerate so that it gets cold. Then roll mixture in the nuts. Serve with crackers. Can be prepared the night before.

Lisa Shmotolocha-Nepogoda



MARGUERITE'S CLAM PIE

- | | |
|---|------------------------------|
| 2 (6.5-oz.) cans minced clams, (do not drain) | 1 onion, chopped |
| 3 Tbsp. lemon juice | 3 cloves garlic, crushed |
| 2 Tbsp. chopped parsley | 4 Tbsp. butter, melted |
| 1-½ cups crushed buttery-type crackers | ½ cup grated Parmesan cheese |

Mix all ingredients in bowl. Cook uncovered for 15-20 minutes at 350°F in a small pie pan.

Verusha Raguso

MARINATED TOMATOES

(Alcoholic OR GROWN-UP VERSION)

- | | |
|----------------------------------|----------------------|
| 2 pkgs. grape or cherry tomatoes | 1 Tbsp. lemon pepper |
| pepper vodka | 1 Tbsp. sea salt |

Wash tomatoes and make holes in the tomatoes with a toothpick. Place into a container and pour the pepper vodka over them so that they are covered and can marinate. (If you cannot find pepper vodka, make your own by adding at least 2 Tbsp. of red pepper flakes to any vodka). The tomatoes need to marinate for a minimum of 2 hours. Once ready to serve, place them in a dish. Mix sea salt together with lemon pepper and place in a small dish to be used as a "dip" for the tomatoes.

Elizabeth (Ela) Bortkiewicz

MUSHROOM CAPS

- | | |
|--------------------------------|--------------------------------|
| 16 medium mushroom caps | 2 scallions, finely chopped |
| 2 Tbsp. olive oil | ¼ cup grated parmesan cheese |
| 2 slices bacon, finely chopped | 2 Tbsp. finely chopped parsley |
| ½ cup soft fresh bread crumbs | 1 egg, slightly beaten |
| 1 clove garlic, crushed | |

Preheat oven to 475° F. Remove stems from caps: chop the stems finely. Arrange caps on baking sheet. Heat oil in large frying pan; add bacon. Cook over medium heat for 3 minutes. Add chopped mushrooms stems to pan with bacon. Cook over high heat for 2 minutes. Remove pan from heat. Transfer the mixture to a medium bowl. Add bread crumbs, garlic, scallions, cheese parsley and egg: stir until combined. Divide bacon and mushroom mixture evenly into 16 portions. Press mixture into each cap. Bake for 12 minutes or until golden.

Olia Melnychuk



RUBEN DIP

(slow cooker)

- | | |
|--|---|
| 1 (16-oz.) can of sauerkraut,
drained | 2 cups shredded cooked corned
beef |
| 1 (8-oz.) pkg. cream cheese,
softened | ¼ cup Thousand Island salad
dressing |
| 2 cups shredded Swiss cheese | |

In a slow cooker, combine all ingredients. Cover and cook on HIGH for 45 minutes or just until hot and cheese is melted. Stir occasionally. Serve with cocktail rye or crackers. Serves 12.

Tracey Kuzemczak

SPANAKOPITA

(Spinach pie)

- | | |
|---|--|
| ½ cup olive oil | ½ lb. feta cheese |
| 1 small bunch scallions, chopped | 2-3 eggs, lightly beaten |
| 2-3 lbs. spinach, washed and
drained | 1 lb. filo pastry sheets (unrolled
flat and kept covered to avoid
drying) |
| 1 small bunch fresh dill, chopped
pepper, (to taste) | |

Heat oil in pan and sauté scallions until soft. Cook spinach lightly without adding water and drain excess liquid. Add spinach to scallions and stir in dill and very little pepper. Cook gently for 10 minutes and then cool. Using a wooden spoon, stir in feta cheese and eggs. Spray olive oil on a 9"x12"x3" baking pan and cover bottom with 6 filo sheets, brushing each separately with olive oil. Spread spinach filling over filo sheets. Sprinkle with bread crumbs if too liquidy. Spread 6 more filo sheets on top of spinach filling, brushing each filo sheet with olive oil. Tuck filo in and score the top 3 sheets with a knife. Bake in preheated oven at 350°F for 40 minutes or until crisp and golden brown. Remove from oven and let stand for 15 minutes before cutting into squares. Serve warm. Yield: 9 - 12 servings.

Oksana Kulynych



SPINACH AND ARTICHOKE DIP

- | | |
|--|---------------------------------------|
| ¼ lb. butter | 1 cup sour cream |
| 1 medium onion, chopped | 1 (8-oz.) pkg. cream cheese, softened |
| 2 pkgs. frozen spinach, thawed and drained | 1 (8-oz.) pkg. Monterey Jack cheese |
| 1 can artichoke hearts drained and chopped | 8 oz. grated parmesan cheese |

Heat oven to 350°F. Melt butter in a medium skillet and add onion. Sauté onion in butter until soft, about 5 minutes. Combine spinach, artichoke hearts, sour cream and cheeses in a large bowl, stirring in the sautéed onions last. Mix well to combine. Spoon mixture into a decorative, oven safe bowl. Bake for 20 minutes, or until bubbly, browning. Serve with tortilla chips, crackers, or pita chips.

Alina Sysak

SPINACH BALLS

- | | |
|---|------------------------------|
| 2 (10-oz.) pkgs. frozen chopped spinach | ½ cup grated parmesan cheese |
| 2 cups herb stuffing croutons | ¾ cup melted butter |
| 1 large onion, diced | ½ tsp. thyme |
| 4 eggs | 1 clove garlic, minced |

Cook spinach, drain & squeeze out very well. Mix with the remaining ingredients. Chill for 2 hours or longer. Roll into 1-inch balls. Place on undressed sheet pan and bake for 30 minutes in 300°F oven.

Chrystia Rewak Barankewicz

STUFFED CHILI RELLENOS

PEPPER PREPARATION

- 8 fresh dark green releno peppers 2 Tbsp. olive oil**

In a skillet, add releno peppers with 2 Tbsp. olive oil, cover and blister on high heat until skins turn black. Carefully rotate peppers and blister the other side. Place blistered peppers into a paper bag and shake to aid in removal of skin. After peeling skin off the peppers, make a vertical incision in back of each pepper. Remove only the seeds, leaving the stalk attached. Reserve the pepper seeds.

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FILLING FOR RELENO PEPPER

1 (8-oz.) bag yellow rice
1 large Vidalia onion, chopped
1 (12-oz.) pkg. fresh ground turkey
1 (8-oz.) pkg. frozen baby peas
1 (16-oz.) jar salsa, medium-hot

1 (8-oz.) bag shredded sharp cheddar, cheese
2 cloves fresh garlic, chopped
olive oil
sea salt
fresh black pepper

In a medium pot, bring water, sea salt and 1 Tbsp. olive oil to boiling and cook rice till firm. In a skillet, sauté onion, garlic and ground turkey until onions are translucent and turkey has some color. Season with sea salt and black pepper. In another bowl, combine the cooked rice, meat mixture and frozen peas. Mix and season to taste and add reserved pepper seeds for a little heat. Stuff the peppers with the meat-rice mixture thru the incision. Do not over-stuff the peppers or they will break. Into a ramekin, put 2 stuffed relenos. Cover them with salsa and sprinkle with cheddar cheese. Cook in a 350°F oven for 45 minutes. Enjoy as a side dish with grilled steak or as an appetizer. *Note: Releno peppers can be blistered on an outdoor grill. Stuffed peppers may be frozen up to 3 months and require only 3 minutes in a microwave for reheating.

Peter Teniuch

SWEDISH MEATBALLS

1 bag small cocktail meatballs
1 jar grape jelly

1 bottle lime juice
1 bottle chili sauce

Combine grape jelly, lime juice, chili sauce in a small pot. Heat on low temperature until smooth. Add meatballs and cook on low heat for 20 minutes until meatballs are cooked through. Serve warm and with sliced bread. Can also be prepared the night before.

Lisa Shmotolocha-Nepogoda

SWEET & SPICY WALNUTS

¼ cup butter
1 tsp. ground cinnamon
1 tsp. ground cardamom

2 cups walnut halves
¼ cup sugar

Preheat oven to 400°F. Melt butter in a pan. Remove pan from heat and add cinnamon and cardamom and stir until combined. Add walnuts and stir until coated in spice mixture. Spread in a single layer on a baking sheet. Bake for 8 minutes until lightly browned. Remove from

(continued)



oven. Place sugar in a bowl and add hot walnuts. Stir until well coated. Serve warm or cooled as a snack

Olia Melnychuk

SWEET AND SOUR MEATBALLS

1-½ lbs. ground beef	1 tsp. salt
½ cup bread crumbs	¼ tsp. pepper
½ cup minced onion	12 tsp. Worcestershire sauce
¼ cup milk	12 oz. bottle chili sauce
1 egg	10 oz. jar grape jelly
1 Tbsp. parsley	

Mix together ingredients except chili sauce and grape jelly. Roll mixture into 1-inch balls and microwave them for 6 minutes or so until brown (do not overcook, since meatballs will still cook in sauce later). Transfer to a large pot and add grape jelly and chili sauce. Simmer uncovered for 30 minutes. Make about 30 meatballs.

Marta Shevchik

TARTAR SAUCE

2 cups mayonnalse	1 tsp. mustard
4 Tbsp. pickle relish	1 tsp. lemon juice
1 Tbsp. horseradish	lidded jar

Combine all ingredients in bowl and mix well. Pour mixture into a jar with a lid. Refrigerate sauce up to 1 week.

Tom DeBruin

TASTE OF THANKSGIVING SANDWICHES

(GREAT YEAR ROUND!)

1 bag mini croissants	1 lb. sliced turkey (dell meat)
1 (16-oz.) container whipped cream cheese	chives (optional)
1 (16-oz.) can whole cranberry sauce	

Slice croissants and spread with cream cheese. Spread a layer of cranberry sauce on the cream cheese. Place half slice of turkey on sandwich and sprinkle with chives. You can find bags of mini croissants

(continued)



in the bakery section of your supermarket or use pumpernickel and prepare as open faced sandwiches. Enjoy!

Adrianna Rudyk-Odomirok

TORTILLA PINWHEELS

- | | |
|--|---|
| 1 pkg. large flour tortillas | 1 (4-oz.) can green chill's,
chopped |
| 1 (8-oz.) pkg. cream cheese,
softened | 1 can black olives, chopped |
| 1 pkg. Hidden Valley ranch dip | 1 jar pimentos, rinsed and
chopped |
| 3 scallions, chopped | |

Mix cream cheese, ranch dip and scallions in one bowl. In another bowl, mix chilies, olives and pimentos. Microwave one tortilla at a time for 10 seconds. Thinly spread cream cheese mixture on entire tortilla. Spread olive mixture on ½ of tortilla (it will move as tortilla is rolled). Roll tortillas and chill overnight. Before serving slice them into bite size pieces.

Marta Shevchik

VEGETABLE MARINADE

- | | |
|-------------------------------------|--|
| ½ cup vegetable oil | ½ tsp. basil |
| ⅓ cup red or white vinegar | ½ tsp. tarragon |
| ¼ cup minced parsley | Salt and freshly ground pepper |
| 2 garlic cloves, pressed (optional) | Raw or lightly steamed vegetables
(broccoli, asparagus,
cauliflower) |
| 1 Tbsp. Dijon mustard | |
| 1 tsp. honey | |
| ½ tsp. oregano | |

Combine all ingredients (except vegetables) and blend thoroughly. Pour over vegetables and chill at least 2 hours before serving. Makes 1 cup of marinade.

Maria Sawchuk

WHITE BEAN DIP WITH PITA CHIPS

- | | |
|--|--|
| 1 (15-oz.) can cannellini beans,
drained and rinsed | ¼ cup fresh Italian parsley
(loosely packed), chopped |
| 2 cloves garlic, chopped | salt and pepper |
| 2 Tbsp. fresh lemon juice | 6 pita |
| ⅓ cup olive oil, plus 4 Tbsp. | 1 tsp. dried oregano |

(continued)



Preheat the oven to 400°F. Place beans, garlic, lemon juice, ¼ cup olive oil, and parsley in the work bowl of a food processor. Pulse until the mixture is coarsely chopped. Season with salt and pepper, to taste. Transfer bean purée to a small bowl. Cut each pita in half and then into 8 wedges. Arrange the pita wedges on a large baking sheet. Pour the remaining olive oil over the pita. Toss and spread out the wedges evenly. Sprinkle with the oregano, salt and pepper. Bake for 8 to 12 minutes or until toasted and golden in color.

Marta Shevchik

ZHENIA'S APLETINI

2 oz. Vodka (equal to 2 shots)

2 slices Granny Smith apple, thin

**½ oz. sour apple Schnapps (equal
to 1 Tbsp.)**

**cut
ice**

2 oz. apple juice

Chill 2 martini glasses. In a shaker, add the vodka, schnapps, apple juice, and enough ice to fill close to top. SHAKE! SHAKE! for about 15 seconds. Place an apple slice in each martini glass. Pour your shaker contents evenly into each glass & enjoy!

Zhenia Vukosi



Soups & Salads



Helpful Hints

- If the soup is not intended as the main course, count on 1 quart to serve 6. As the main dish, plan on 1 quart to serve 2.
- After cooking vegetables, pour any water and leftover vegetable pieces into a freezer container. When full, add tomato juice and seasoning to create a money-saving “free soup.”
- Instant potatoes help thicken soups and stews.
- A leaf of lettuce dropped in a pot of soup absorbs grease from the top – remove the lettuce and serve. You can also make soup the day before, chill, and scrape off the hardened fat that rises to the top.
- To cut down on odors when cooking cabbage or cauliflower, add a little vinegar to the water and don’t overcook.
- Three large stalks of celery, chopped and added to about two cups of beans (navy, brown, pinto, etc.), make the dish easier to digest.
- Fresh is best, but to reduce time in the kitchen, use canned or frozen broths or bouillon bases. Canned or frozen vegetables, such as peas, green beans, and corn, also work well.
- Ideally, cold soups should be served in chilled bowls.
- Perk up soggy lettuce by spritzing it with a mixture of lemon juice and cold water.
- You can easily remove egg shells from hard-boiled eggs if you quickly rinse the eggs in cold water after they are boiled. Add a drop of food coloring to help distinguish cooked eggs from raw ones.
- Your fruit salads will look better when you use an egg slicer to make perfect slices of strawberries, kiwis, or bananas.
- The ratio for a vinaigrette is typically 3 parts oil to 1 part vinegar.
- For salads, cook pasta al dente (slightly chewy to the bite). This allows the pasta to absorb some of the dressing and not become mushy.
- Fresh vegetables require little seasoning or cooking. If the vegetable is old, dress it up with sauces or seasoning.
- Chill the serving plates to keep the salad crisp.
- Fruit juices, such as pineapple and orange, can be used as salad dressing by adding a little olive oil, nutmeg, and honey.



SOUPS & SALADS

ANDY'S EUROPEAN POTATO SALAD

- | | |
|--|----------------------|
| 4 large potatoes | 4 Polish pickles |
| 4 eggs, hard boiled | 2 tsp. mustard |
| 1 (15-oz.) can white beans,
drained | ½ tsp. sugar |
| 2 cups frozen peas & carrots | 2 Tbsp. sour cream |
| 1 large onion | 6-8 Tbsp. mayonnaise |
| 1 Macintosh apple | salt and pepper |

Boil potatoes and allow to cool. Thaw peas and carrots. Peel potatoes and eggs. Chop the potatoes, eggs, onion, apple and pickles into uniform pieces, placing them all into a large bowl. Add beans, peas and carrots. In a separate, small bowl combine mustard, sugar, sour cream and mayonnaise. Spoon into the vegetable mixture and toss to coat. Add salt and pepper to taste. Refrigerate.

*Marika Shmotolocha
Andy Zurawski*

BABA'S BILA YARUNOVA ZUPA

(VEGETABLE Soup)

- | | |
|---|--|
| 4 qts. water | ½ head cauliflower, soak in salted
water to prevent yellowing |
| 3 carrots, peeled & shredded | 12 "Maggi" bouillon cubes |
| 1 onion, peeled & ends intact
(small slits cut into sides) | dill |
| 3 med. potatoes, shredded | 3 eggs |
| 10 sprigs parsley, (sprigs tied
together for easy removal) | sour cream |
| 1 lb. frozen sweet peas | flour (unbleached) |
| 10 Brussels sprouts, tough outer
leaves removed | |

Add carrots, onion, parsley, Brussels sprouts, celery and peas to water. Cook medium-high heat to bring to a slow boil. Simmer about 2 hours. Remove onion and parsley and add cauliflower and increase heat to boil. In bowl, beat eggs and add flour. Add tablespoon at a time till medium thick and smooth. Slowly drizzle egg mixture into boiling soup, stirring slowly to avoid clumping. Add dill to taste.

Iryna Bundziak



BAKED POTATO SOUP

(MAKES 4 SERVINGS)

- | | |
|--|---------------------------------------|
| ¼ cup butter or margarine | 3 strips bacon, cooked |
| ¼ cup chopped onion | shredded cheddar cheese |
| ¼ cup all-purpose flour | (optional) |
| 1 (14-½ oz.) can chicken broth | sliced green onions (optional) |
| 1 (12-oz.) can evaporated milk | cooked and crumbled bacon |
| 3 medium baking potatoes, baked
or microwaved | (optional) |

Melt butter in large saucepan over medium heat. Add onion and cook, stirring occasionally for 1-2 minutes or until tender. Stir in flour and mix. Gradually stir in broth and evaporated milk. Scoop potato pulp from 1 potato (reserve potato skin) and mash. Add pulp to broth mixture. Cook over medium heat, stirring occasionally, until mixture comes just to a boil. Add 3 strips bacon, broken in pieces. Dice remaining potato skin and potatoes and add them to soup. Heat through. Season with salt and ground black pepper. Top each serving with crumbled bacon, cheese and green onions, if desired.

Michelle Kicluk

BARLEY SOUP

- | | |
|---|--|
| 1-2 chicken legs | 1 onion |
| 1 cup barley | 2-3 carrots, chopped |
| 4-5 whole peppercorns | 2 stalks parsley |
| 1 bay leaf | 1-2 potatoes, peeled and finely
chopped |
| 1 tsp. salt or 1 chicken bouillon
cube | 1 clove garlic, whole |
| 2 stalks celery, chopped | |

Cook first five ingredients in 3 quarts water: Bring to boil, then simmer for 1-½ hours. Add the vegetables and continue cooking until vegetables are tender, about 25-30 minutes.

Jaroslawa & Marla Kicluk



BROCCOLI-LEEK SOUP **(AKA CREAM of Broccoli Soup)**

1-½ lbs. fresh broccoli
1 (8-oz.) leek or bunch of
scallions
½ cup chopped celery
½ tsp. salt
½ tsp. pepper
⅛ tsp. nutmeg

1 bay leaf
2 cans chicken broth
water
3 Tbsp. butter
2 Tbsp. all-purpose flour
2 cups ½ and ½ cream

Clean broccoli and cut lengthwise into 1-inch pieces. Cut leek lengthwise into quarters and place into cold water and let soak for 5 minutes, wash to remove sand. Cut into ½-inch slices both root and green leaves. If using scallions just trim and cut into 2-inch pieces. Put broccoli, leek or scallions, celery, salt, pepper, nutmeg and bay leaf into a heavy Dutch oven. Add chicken broth and enough water to equal 4 cups liquid. Bring soup to boil over high heat. Reduce heat, cover and simmer for 20 minutes or until vegetables are tender. Drain vegetables and reserve liquid along with several florets for garnish. Discard bay leaf. Purée vegetables; add some of the cooking broth, if necessary. In same pot, melt butter over high heat. Stir in the flour and cook for 1 minute, stirring constantly, while mixture bubbles. Remove from heat and gradually stir in reserved broth. Return to medium heat and cook, stirring constantly, until mixture boils. Meanwhile, if you are going to serve this in a soup tureen, warm the tureen by pouring hot water into it and setting it aside. Once soup mixture is boiling, gently add puréed vegetable mixture and ½ & ½ cream. Being careful hot soup doesn't splash. Stir it for 5 minutes over low heat until well blended and very hot. Pour out water from tureen and dry. Pour soup into tureen or individual soup bowls and garnish with reserved broccoli florets. Soup crackers can also be served as a garnish with leftover soup. Enjoy!é

Alexandra Szkarowsky

BUTTERNUT SQUASH BISQUE

1 Large butternut squash, peeled
and cut into 1-inch pieces
2 Tbsp. extra-virgin olive oil
4 cup chicken broth (or vegetable
broth for a vegetarian version)

1 bay leaf
1 heaping Tbsp. curry powder
½ cup heavy cream
Salt and pepper

Preheat oven to 415°. On a large cookie sheet, combine diced butternut squash with olive oil, salt and pepper; toss to coat. Roast squash for 45 minutes to an hour until soft and slightly browned and

(continued)



caramelized. Place squash in large pot with broth, bay leaf, and curry powder, which gives the soup a nice heat and spice. Heat to a simmer, then cover and cook over low heat for 30 minutes to an hour. Turn off burner and purée the soup, either in batches using a blender or in the pot with an immersion blender. Return to pot and stir in the heavy cream and salt and pepper to taste, then heat through over low heat. If the soup seems too thick, add more stock. Serve hot, garnished with chives, if you'd like.

Natalia Horbachevsky

BUTTERNUT SQUASH SOUP

4 Tbsp. unsalted butter
1 large onion, diced
3 celery stalks, diced
3 cups chicken stock
1 cup apple juice

**2 butternut squash (~ 3 lbs),
peeled & cubed**
1 apple, peeled, cored & chopped
salt and pepper to taste

Melt butter in large pot over medium heat. Add onions and celery and cook until soft. Add the chicken stock, squash, apple juice, salt and pepper. Simmer covered until squash is tender, about 20-25 minutes. Cool slightly and process in a food processor until soup is of a smooth consistency. Garnish with croutons.

Switlana Wojcikyj

CAESAR SALAD

SALAD AND CROUTONS

**1-2 slices pumpernickel bread, cut
into ¾" squares** **1 head romaine lettuce**

To make pumpernickel croutons, place the bread slices directly on the middle oven rack and toast at 400°F for 5 minutes per side. Slice into ¾-inch squares and set aside. Wash the romaine lettuce well and pat dry with paper towels. Tear leaves into fork-sized pieces and place in large salad bowl. Pour homemade dressing over the salad. Add croutons at the end and toss well. Serve.

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DRESSING

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|-----------------------------|---------------------------------|
| 1-2 cloves garlic, smashed | ¼ tsp. salt |
| 1 tsp. Dijon mustard | lots of ground pepper, to taste |
| ½ tsp. Worcestershire sauce | ¼ cup olive oil |
| 2 Tbsp. mayonnaise | 3 Tbsp. grated parmesan cheese |
| 2 Tbsp. lemon juice | |

In a small bowl, beat together the smashed garlic, Dijon mustard, Worcestershire sauce, mayonnaise, lemon juice, salt and pepper. Whisk in the oil and continue beating until dressing becomes thick. Stir in the parmesan cheese.

Basia Kuzemczak

CAULIFLOWER SOUP

- | | |
|--------------------------|------------------------|
| 1 large cauliflower head | 2 egg yolks |
| ½ stick butter | 1 cup heavy cream |
| 3 Tbsp. flour | salt, to taste |
| 4 cups chicken stock | white pepper, to taste |

Separate cauliflower and cook in salted water until tender. Drain and reserve 2 cups of the liquid. In a saucepan, melt the butter and stir in the flour. Cook flour without letting it brown. Add in stock and reserved liquid. Stir constantly until bubbles. Meanwhile, chop tender cauliflower into bite size pieces and add into mixture. Cook on low heat for 30 minutes. In a bowl, mix the egg yolks, cream and about 2 tablespoons of the hot soup. Add to soup very gradually. Cook for a little while longer and season with good salt and white pepper. As an option, you can also make some small pasta (i.e. elbow, ditalini) on the side to add to the soup.

Christine Szynda

CAULIFLOWER SOUP

- | | |
|-------------------------|-------------------------|
| 1 head cauliflower | 3 Tbsp. chopped parsley |
| 1 onion, chopped | 3 qts. meat stock |
| 2-3 carrots, sliced | 3 eggs |
| 2 stalks celery, sliced | ¾ cup flour |

Separate cauliflower into bite-size florets. Add all vegetables into meat stock and cook until soft, about ½ hour. Make the "liane tisto": Stir the eggs and flour with a spoon in a bowl until it is smooth and thick, but can still be poured. Pour slowly into the boiling soup, cook for 1 to 2 minutes. Pasta can be used instead of liane tisto.

Maria Kiciuk



CHICKEN ROSIL

(Chicken broth for soup)

½ whole chicken
5-7 cloves garlic, chopped
2 stalks celery, cut-up
2 carrots, cut-up
1 onion, cut-up

1 bunch parsley, chopped
3 bay leaves
salt and pepper, to taste
noodles

Wash and cut chicken. Fill pot with water to cover chicken. Bring water to boil and simmer for 5-7 minutes. Discard fatty water and wash chicken again. Place chicken, cut-up vegetables and herbs into a large pot and fill with about 3 quarts of cold water and season. Cover, bring to boil and then simmer for 1 hour. After cooking, remove bay leaves and adjust seasoning. Cook your noodles separately according to package directions. Serve noodles into individual bowls and ladle broth over them. Smachnoho!

Svitlana Khmurkovska

CHUCHI CINDY'S BARBECUED BEAN SALAD

BEAN PREPARATION

1 (16-oz.) pkg. dried pinto beans **water**

Rinse beans & pick over to remove any grit. Put in large pot with lid, add water to cover by at least 2 inches and soak overnight. (Or bring beans to boil; Cover & remove from heat & let stand 1 hour). Drain and rinse beans. Return to pot & fill with fresh water to cover by at least 2 inches. Bring to boil, then reduce heat slightly and simmer 1 to 1½ hours or until tender but not falling apart. Drain & rinse under cold running water to stop cooking. Drain well again & set aside.

DRESSING

¼ cup Ketchup
¼ cup cider vinegar
¼ cup olive oil
1 Tbsp. Worcestershire sauce
3 Tbsp. brown sugar, packed
1 Tbsp. chili powder

1 tsp. ground cumin
1 tsp. salt
¼ tsp. pepper
¼ tsp. Tabasco sauce
1 ½ Tbsp. Dijon style mustard

In 1 quart non-aluminum saucepan combine ketchup, vinegar, olive oil, Worcestershire sauce, brown sugar, chili powder, cumin, salt, pepper and Tabasco. Bring to boil, then reduce heat to low and simmer 10 minutes. Remove from heat and whisk in mustard. Set aside.

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ASSEMBLING SALAD

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| cooked pinto beans | 1 (11-oz.) can whole-kernel corn, drained |
| 1 medium red bell pepper, diced | |
| 1 medium green bell pepper, diced | 6 oz. corn tortilla chips, crumbled, divided |
| 1 medium white onion, minced | prepared dressing |

In a large bowl, combine cooked beans, bell peppers, onion and corn. Just before serving, fold half of the crumbled chips into the salad. Add dressing and toss. Sprinkle remaining chips over the top of the salad. Serve at room temperature.

*Chrystia Rewak Barankewicz
Cynthia Homick*

COLD ORZO PASTA SALAD

- | | |
|--|--|
| 1 (10-oz.) box Ronzoni Orzo Pasta | ½ (6-oz.) pkg. Frozen Baby Peas |
| 1 medium Red Onion | |
| 2 (4-oz.) pkgs. Shitake Mushrooms | |

Follow directions on Orzo box, bring water to a boil in Sauce Pan, then add Orzo Pasta cook till al-dente. Rinse Pasta in cold water, then place in large mixing bowl. Chop ½ Red Onion, Place bag of Frozen Peas in Microwave 4 min. In skillet sauté Shitake mushrooms with Olive oil, Sea salt and Black pepper to taste. Combine Orzo Pasta, Spring Peas, Shitake mushrooms and Red Onion. Drizzle mix with about ½ cup of Olive oil. Cover with plastic wrap and place in refrigerator for at least 2 hours. Serve with grilled pork chops or BBQ chicken. Scoop Orzo Salad with large spoon and plate, finish with freshly grated Parmesan cheese add Pork chop or BBQ chicken. Options: substitute peas with fresh corn, then add black olives and tomatoes. Fantastic!

Peter Teniuch

CREAM OF ASPARAGUS SOUP

- | | |
|-------------------------------------|---------------------------------------|
| 4 Tbsp. butter or margarine | ¼ tsp. salt |
| 1 medium size onion, chopped | ½ tsp. white pepper |
| 3 cups cut-up asparagus | 1 (14-½ oz.) can chicken broth |
| ¼ cup all-purpose flour | 1 cup half-and-half |

In 3-quart saucepan over medium heat, in hot butter or margarine, cook onion until tender, stirring. Add asparagus and cook 1 minute. Stir in flour, salt and pepper until blended. Gradually stir in broth. Reduce

(continued)



heat to low; cover and simmer 5 to 10 minutes, until asparagus is just tender. Stir in half-and-half. Spoon half of asparagus mixture into blender; cover and blend at low speed until smooth. Pour mixture into a bowl. Repeat with remaining asparagus mixture. Return mixture to saucepan and heat through. Serve soup hot or cover and refrigerate to serve chilled later. Asparagus could be substituted with 4-½ cups of broccoli flowerets.

Maria Sawchuk

CREAM OF CARROT SOUP

½ onion, chopped	3 Tbsp. butter
8-10 carrots, sliced	6 cups chicken broth
3-5 potatoes, diced	½ tsp. thyme
1 bay leaf	1 cup heavy cream
1 cup milk	¼ tsp. Tabasco sauce (optional)
½ tsp. Worcestershire sauce	salt and pepper
½ tsp. sugar	

Sauté onions in butter until golden brown. Add vegetables, chicken broth, bay leaf and thyme. Bring to boil. Reduce heat and simmer 40 minutes until vegetables are tender. Let cool. Put ingredients in a blend and purée. Pour into another pot and add milk, cream, sugar, Worcestershire sauce ,salt and pepper. *Note: This soup can be made a day ahead, can also be frozen.

Irka Krawec-Kennedy

CREAMY ASPARAGUS SOUP

1 lb. fresh asparagus spears	3 Tbsp. cornstarch
½ cup chopped onions	½ cup sour cream
2 (14-½ oz.) cans reduced-sodium chicken or vegetable broth	1 tsp. fresh lemon juice
2 bay leaves	½ tsp. salt
1 cup milk	¼ tsp. ground black pepper

In a large saucepan, combine asparagus, onion and 1 can of broth. Set pan over high heat and bring to a boil. Reduce heat, partially cover and simmer 8-10 minutes or until asparagus is tender. Cut off asparagus tips and reserve for garnish. In a blender or food processor, purée remaining asparagus mixture until smooth. Return purée to pan and add remaining broth and bay leaves and bring to a simmer. Whisk together milk and cornstarch and add to pan, Simmer for additional 2 minutes until mixture thickens, stirring constantly. In a small saucepan,

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gently heat sour cream with a spoonful of puréed asparagus mixture. Add lemon juice, salt and pepper and simmer for 1 minute to heat through. Remove and discard bay leaves. Ladle soup into bowls and top with reserved asparagus tips.

Stefania Tchoryk Szkafarowsky

HEAVENLY SHRIMP BISQUE

- | | |
|---------------------------------------|--------------------------|
| 1 lb. shrimp (with heads if possible) | 1 cup diced carrots |
| 1 cup chopped onions | 1 cup white wine |
| 4 medlum potatoes | 1 Tbsp. olive oil |
| | salt and pepper to taste |

Peel shrimp and set aside. Boil their heads and shells in 6 cups salted water for 10 minutes. Strain the broth (discard heads & shells). Add potatoes and carrots to the broth and cook for about 2 minutes until vegetables are soft. On low heat, sauté onions in olive oil for 8 minutes or until they become translucent. Then add them to the broth with the vegetables. Purée broth mixture in a blender and pour back into pot. Add shrimp and wine. Cook soup over medium heat for a few minutes until shrimp is pink. Sprinkle with chopped parsley before serving.

Natalie Newmerzhycky

ITALIAN RAVIOLI AND SAUSAGE SOUP

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|--|--|
| 2 (15-oz.) cans Italian style diced tomatoes | 1 pkg. mini cheese ravioli |
| 2 (48-oz.) cans College Inn chicken broth | 2 (15-oz.) cans white kidney or cannellini beans |
| 1 lb. sweet Italian sausage | 3 Tbsp. olive oil |
| | 1 Tbsp. parmesan cheese |

Heat olive oil in pot and brown sausage. Add diced tomatoes and chicken broth to pot and bring to boil. Add carrots and celery and cook for 10 minutes. Then add ravioli and cook for another 10 minutes. Finally, add beans and heat through. Sprinkle with Parmesan cheese before serving. Chili tastes even better on the second day.

Marta Shevchik

JAPANESE SALAD DRESSING

- | | |
|--------------------------------|----------------------|
| ½ cup vegetable oil | 2 Tbsp. fresh ginger |
| ¼ cup soy sauce | 2 Tbsp. rice vinegar |
| ¼ cup celery, coarsely chopped | 3 tsp. sugar |
| ¼ cup carrot, coarsely chopped | 1-½ tsp. lemon juice |

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Mix all ingredients in a blender until smooth. Stays fresh for 2 weeks in refrigerator.

Sonia Smith

LILIA'S LAST MINUTE BIG BOWL BEAN SALAD

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|-------------------------------------|--|
| 1 (15-oz.) can red beans | 2 large cucumbers (seeds removed), chopped |
| 1 (15-oz.) can white beans | 1-2 zucchini, chopped |
| 1 (15-oz.) can black beans | 3-4 carrots, chopped or shredded |
| 1 (15-oz.) can chick peas | 1 bunch large leaf parsley, chopped |
| 1 bunch green scallions, chopped | 1 (16-oz.) bottle Italian dressing |
| 1-2 large firm ripe tomatoes, diced | |
| 6 celery stalks, chopped | |

Rinse well and drain all beans to prevent a mushy salad. Place all of your raw chopped, diced and shredded ingredients into a large bowl. Add ½ bottle of the Italian Dressing to the bowl and mix everything to coat well. Add in your beans and mix gently this time, so as not to break the beans. Taste and adjust seasoning with additional dressing if necessary. Cover and refrigerate. Before serving, gently mix ingredients again to redistribute the dressing. *Note: Feel free to reduce or increase the amount necessary for your family or party. The key here is to make sure that all of the ingredients are chopped and diced to be roughly the same size.

Lillianna Szkarowsky Chudolij

LOVE TONIC FROM THE SEA

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|--|-----------------------------------|
| 1-½ Tbsp. olive oil | 1-½ cups clam juice |
| 1 onion, chopped | 1 bay leaf |
| 4 cloves garlic, minced | salt and pepper, to taste |
| 1-½ cups thin egg noodles or vermicelli | ½ lb. mussels in shells |
| 1-½ cups white wine | ½ lb. little neck clams in shells |
| 1 (24-oz.) can crushed tomatoes in juice | |

Heat olive oil in a large soup pot. Lightly sauté onions and garlic until transparent. Add wine, tomatoes, clam juice, egg noodles, bay leaf, salt and pepper. Bring mixture to a boil, then cover and simmer on a low heat for 15 minutes. Meanwhile, prepare mussels and clams according to package directions. Separate the meat from the shells and add to the soup. Heat for just a few minutes more and serve. Enjoy!

Maria Zarudna Zaulychny



LOW CALORIE UKIE DRESSING

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|-----------------------------|---------------------------|
| ½ cup low fat mayonnaise | 1 Tbsp. fresh lemon juice |
| ½ cup reduced sugar ketchup | 1 packet sugar substitute |
| 1 dill pickle chopped fine | jar with a lid |
| 1 mashed garlic clove | |

Mix the ingredients in a bowl. Pour mixture into lidded jar. Refrigerate up to 3 days. Good for use on sandwiches or salad.

Tom DeBruin

MACARONI 'HOROD' SALAD

- | | |
|---------------------------------------|------------------------------------|
| 1 cup mayonnaise | 1 cup cucumber, seeded and chopped |
| 2 Tbsp. cider vinegar | 1 cup cherry tomatoes, quartered |
| 2 Tbsp. fresh dill, chopped | ¼ cup green onions, chopped |
| 1 tsp. salt | |
| dash pepper | |
| 8 oz. elbow macaroni, cooked & rinsed | |

In a large bowl, combine the mayonnaise, vinegar, dill, salt and pepper to make a dressing. Mix well. Cook macaroni according to package directions, rinse under cold water and drain well. Then combine together cooked macaroni, cucumber, tomatoes, and green onions. Add to dressing and toss to coat well. Cover and chill for at least an hour before serving.

Zhenia Vukosa

MANGO COLESLAW

- | | |
|-------------------------------------|-------------------------------------|
| 1 large ripe mango peeled & chopped | 1 small head cabbage, thinly sliced |
| 3 Tbsp. fresh lemon juice | 1 large carrot, grated |
| 2 Tbsp. canola oil | 2 large green onions, sliced |
| 1 tsp. salt | ½ cup chopped fresh parsley |

Place mango, lemon juice, oil, salt in blender. Blend until smooth and set aside. Stir together cabbage, carrot, onions and parsley in a large bowl. Add mango mixture and toss together. Chill 30 minutes before serving.

Margaret Wislocki



ORIENTAL SALAD

- | | |
|---|--------------------------------|
| 1 savoy cabbage, shredded | 1 pkg. slivered almonds |
| 1 bunch green onions, chopped | 1 oz. sesame seeds |
| ¼ lb. margarine | ¾ cup sugar |
| 2 pkgs. Ramen noodles, crushed | 1 cup olive oil |
| in pkg, (discard seasoning packet) | ½ cup white vinegar |
| | 3 Tbsp. soy sauce |

In a large bowl, combine shredded cabbage and chopped green onions. In a skillet, melt margarine and brown the Ramen noodles, almonds and sesame seeds. Add this to the cabbage mix. In a separate bowl, prepare dressing by mixing together sugar, olive oil, white vinegar and soy sauce. Pour into the cabbage and toss well. Ready to serve.

Zhenia Vukosa

ORZO SALAD

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| 1 (16-oz.) box orzo pasta | 8 oz. feta cheese, crumbled |
| ¼ cup extra virgin olive oil | 1 cup Kalamata olives, pitted, diced |
| 3 Tbsp. lemon juice | ½ cup fresh parsley, coarsely chopped |
| 2 Tbsp. red wine vinegar | zest of 1 lemon |
| 2 cloves garlic, minced | salt and pepper, to taste |
| 4 plum tomatoes, seeded, diced | |
| 1 seedless cucumber, diced | |

Cook orzo in boiling water for approximately 8-10 minutes. While pasta is boiling, whisk together oil, lemon juice, vinegar and garlic. Set aside. When pasta is done, drain, rinse under cold water and drain again completely of excess moisture. Cool pasta to room temperature. Then toss pasta in a large bowl with tomatoes, cucumber, cheese, olives and parsley. Pour oil-vinegar mixture over the pasta and toss to coat. Adjust seasoning with salt and pepper. Sprinkle lemon zest on top and serve.

Irka Krawec-Kennedy

OXTAIL ONION SOUP

- | | |
|---|---|
| 4 lbs. fresh oxtail, chopped | ½ lb. sharp Provolone cheese, sliced |
| 8 large Vidalia onions, peeled, sliced | 1 loaf Italian or French bread |
| 1 stick salted butter | 1 bunch fresh chives, chopped finely |
| 2 cloves fresh garlic, chopped | |

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In a large stock pot, place oxtail and garlic. Season with sea salt and black pepper. Cover meat with water and bring to a boil. Then simmer for 2 hours. Sauté all the sliced onions in butter for about 10 minutes or until they look translucent. Season to taste with sea salt and black pepper. Remove meat from stock and set aside. Add the sautéed onions to the stock and bring to a boil one more time. Cover and let cool, Refrigerate the stock and the meat, overnight. Next day, skim yellow fat layer from stock and discard. Remove meat from bones and chop into small pieces. Add oxtail meat to stock, reheat and simmer for 1 hour. Before serving, slice and toast bread. Ladle onion soup into bowls and add 1 slice of bread topped with 2 slices Provolone cheese into each bowl. Brown the cheese just a little bit by placing under a broiler. Watch carefully. Garnish with finely chopped chives.

Peter Teniuch

PORK & BEAN SALAD

2 (2-½ lbs) cans Campbell's pork and beans	4 medium pickles, chopped
4 eggs, hard-boiled and chopped	2 Tbsp. fresh dill, chopped
1 medium onion, chopped	2 Tbsp. Hellman's mayonnaise

Drain and rinse beans. Add chopped eggs, onions, pickles and fresh dill. Mix. Add mayonnaise to taste.

Marie Hywel

POTATO & HAM SOUP

2 Tbsp. canola oil	2 cups chicken broth
2 stalks celery	2 cups milk
2 carrots	2 large potatoes, diced
2 leeks, white parts only	½ cups ham, chopped
1 shallot	3-4 dash hot sauce
3 Tbsp. flour	

Chop all veggies (except potatoes) in food processor or fine dice. Heat oil in large soup pot and sauté veggies until soft, about 5 minutes. Sprinkle flour over veggies and continue to cook for 2 more minutes. Add broth, milk and all potatoes and cook for 20 minutes. Add ham and heat through. Season with salt, pepper and hot sauce. *Note: If you have a leftover ham bone, add with broth for extra flavor.

Tracey Kuzemczak



PUMPKIN SOUP WITH GRUYÈRE **(PETRO'S FAVORITE "COLD WEATHER SOUP")**

PUMPKIN PREPARATION (Baking Method)

5 to 6 lb. sugar or pie pumpkin aluminum foil

For those of you who prefer to use fresh pumpkin, I suggest baking the pumpkin first or using canned pumpkin purée. Baked pumpkin has a nutty flavor and in appearance resembles the commercial solid-packed pumpkin purée. I much prefer baking fresh pumpkin myself, especially since Teresa loves wrestling with the pumpkin to scrape out its interior prior to carving. An alternative to this is to use the canned pumpkin purée. Both are superior and preferred over the method that simply simmers raw pumpkin in the soup. Taste, color and consistency will differ. Either way, soup will be unique tasting and yes, I've done it both ways. ***** Cut a pumpkin in half crosswise and remove the seeds and stringy fibrous material or give a whole pumpkin to your kids to scrape out the insides before carving for Halloween. Cover the cut side of each half with aluminum foil, and place the pumpkin halves on a baking sheet, foil side up. Bake in a preheated 350°F oven for about 90 minutes, or until the flesh is fork tender. Remove from the oven and cool. When the pumpkin is cool enough to handle, scoop out the meat and mash in a food processor, or force it through a food mill or sieve. If the purée is watery, drain it in a cheesecloth-lined colander. Pumpkins yield about one cup of purée per pound (3 lb. pumpkin = 3 cups purée). That's all there is to it.

SOUP

5-6 lb. fresh pumpkin (or 2 x 29-oz cans of purée)	2 Tbsp. fresh orange juice
¼ cup butter (½ stick)	1 Tbsp. fresh lemon juice
1 large yellow onion, finely chopped	¼ tsp. freshly grated nutmeg
6 cups chicken or vegetable broth	¼ tsp. ground ginger
1 bay leaf	½ to ¾ lbs. Gruyère or Swiss cheese, shredded, divided
1-½ cups light cream	salt and white pepper, to taste
2 Tbsp. grated orange zest	2 Tbsp. finely chopped fresh chives

If you prefer not to bake your fresh pumpkin or use canned pumpkin purée, then do the following: Cut pumpkin in half and scoop out any strings and seeds. With a sturdy knife, cut away the hard peel and coarsely chop the flesh, giving you about 8 cups. In a large saucepan, melt butter over medium heat. Add onions and sauté until it begins to turn golden, about 4-5 minutes. Add homemade or canned stock, chopped pumpkin and the bay leaf. Bring to a boil, then reduce heat. Cover pot

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and simmer until tender, about 15-30 minutes. (*Note: If you're going to use canned pumpkin purée, start with 1 can at a time, adding more if needed. Add canned purée during the last 15 minutes of cooking and there's also no need to purée). After cooking, discard bay leaf. In small batches, purée the soup, taking care to avoid splattering. Return the puréed soup to the pan and stir in the cream, zest, juices and spices. Reserve a handful of the cheese and sprinkle the rest into the soup. Stir over low heat continuously until the cheese melts and blends in. Season to taste. Garnish individual bowls with reserved cheese and chives. Yield: 10-12 servings.

Oksana L. Werbowsky Duda

RAMEN NOODLE SALAD

DRESSING

1 cup canola oil

½ cup sugar

½ cup white vinegar

2 pkgs. chicken seasoning from

Ramen noodle soup

Melt sugar in vinegar over a low flame until all sugar is dissolved. Place aside and let cool. Once cooled, whisk together the other ingredients to finish the dressing. Set aside.

SALAD

1 pkg. broccoli slaw or cole slaw

1 cup sunflower seeds

½ cup toasted sliced almonds

1 bunch green onions

2 pkgs. ramen noodles (not

cooked)

Crush ramen noodles and combine with the rest of the ingredients for the salad in a large bowl and mix well. Add the cooled dressing to the salad about 30 minutes before serving. Mix well again to coat salad with the dressing.

Stefania Tchoryk Szkafarowsky

RED CABBAGE WITH RAISINS

2 leeks, sliced

1 onion, sliced

1 head red cabbage, shredded

Juice of 1 lemon

handful of raisins

5 spoons of red wine, sugar, salt,

pepper

oil

Fry leeks and onions in oil. Add cabbage, red wine, lemon, sugar, salt and pepper. At the end add raisins.

Kateryna Chomiak



SHRIMP BISQUE

2 lbs. shrimp, chopped
4 cups chicken broth
2 Tbsp. butter
1 onion, cut-up
1 carrot, cut-up
2 stalks celery, cut-up

2 Tbsp. flour
1 small can tomato paste
2 Tbsp. sherry
½ lemon, juiced
1 cup heavy cream
½ tsp. nutmeg

Shell shrimp, chop and simmer in broth for 30 minutes. Sauté onion, carrot, celery in butter and the tomato paste. Add to broth and simmer for 15 minutes. Add a tablespoon water to the flour and add to the broth. Pour broth into blender or food processor and purée. Pour back into pot. Add cream, sherry, nutmeg and flour. Stir and heat until well blended.

Olia Zahnljnyj-Colon

SPINACH SALAD

3 Tbsp. olive oil
4 slices bacon or pancetta,
chopped
3 shallots, sliced thinly
2 cloves garlic, chopped
3 Tbsp. sherry vinegar
salt and freshly ground black
pepper

freshly grated nutmeg, to taste
4 hard-boiled eggs, quartered
lengthwise
2 lbs. spinach, stems removed (or
baby spinach)
parmigiano-reggiano cheese

Heat the olive oil in a skillet over medium-high heat. Once hot, add bacon to skillet and brown. Reserve the crispy bacon bits and add the shallots and garlic to the pan. Cook 3 to 4 minutes then deglaze the pan with vinegar. Turn spinach into pan and wilt down a bit but do not fully cook the spinach, just give it a few turns with tongs. Season the greens with salt, pepper and nutmeg. Place spinach on a serving dish and top with quartered eggs, shavings of cheese and reserved bacon bits. (For a variation, add mushrooms).

Luba S. Sydor



SPINACH SALAD WITH SPECIAL SAUCE DRESSING

SPECIAL SAUCE DRESSING

½ cup corn oil	1 Tbsp. Worcestershire sauce
¼ cup wine vinegar	½ tsp. salt
juice of 1 lemon	½ tsp. pepper
¼ cup sugar	½ tsp. dry mustard
¼ cup ketchup	½ tsp. paprika
1 clove garlic, crushed	Few drops Tabasco sauce

Combine the ingredients in a container with a lid. Shake well and set aside. Prepare salad.

SPINACH SALAD

1 lb. fresh spinach leaves	½ cup slivered almonds, toasted
½ lb. fresh mushrooms, sliced	
1 (11-oz.) can Mandarin orange segments	

Combine the salad ingredients. Pour dressing on salad before serving.

Chrystia Rewak Barankewicz

SUMMER SALAD

4 cucumbers, sliced very thin	¾ cup white vinegar
2 green peppers, sliced very thin	¾ cup sugar
4 small onions, sliced very thin	½ cup oil
1 small head of cabbage, shredded	¼ cup water
3 carrots, sliced thin	4 tsp. salt

Blanch carrots in boiling water for 3 minutes, rinse in cold water and drain well. To the carrots, gently add the remaining vegetables. Combine the last 5 ingredients & shake dressing well. Pour the dressing over the vegetables & mix well. Refrigerate salad overnight. Enjoy! Courtesy of Panimatka Anastasia Fatenko.

Natalie Newmerzhycky



SUN-DRIED TOMATO PASTA SALAD

PASTA SALAD

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|---------------------------------------|--|
| ½ lb. fusilli (spirals) pasta | 6 sun-dried tomatoes in oil, |
| extra virgin olive oil | drained and chopped |
| 1 lb. ripe tomatoes, diced | sea salt |
| ¾ cup black olives, pitted and | 1 cup freshly grated Parmesan |
| diced | 1 cup fresh basil leaves, packed, |
| 1 lb. fresh mozzarella, diced | julienne-cut |

Cook the pasta in a large pot of boiling salted water with a splash of oil. Boil for about 10-12 minutes. Drain and let cool. Place the pasta in a bowl and add tomatoes, olives, mozzarella, and chopped sun-dried tomatoes. Prepare dressing. Pour the dressing over the pasta. Sprinkle with Parmesan cheese and basil. Toss to coat.

SUN-DRIED TOMATO DRESSING

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|-------------------------------------|------------------------------------|
| 5 sun-dried tomatoes in oil, | 1 tsp. capers, drained |
| drained | 2 tsp. sea salt |
| 2 Tbsp. red wine vinegar | ¾ tsp. freshly ground black |
| 6 Tbsp. olive oil | pepper |
| 1 clove garlic, diced | |

Combine the sun-dried tomatoes, vinegar, olive oil, garlic, capers, salt, and pepper in a food processor until almost smooth. Use in pasta salad.

Melania Kowalczyk Hrabovsky

THICK 'N' CREAMY MUSHROOM SOUP

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|-------------------------------------|--------------------------------------|
| 2 Tbsp. olive oil | ¼ tsp. black pepper |
| 1 lb. fresh sliced mushrooms | 1 cup low-fat milk |
| 2 (14-½ oz.) cans low sodium | 5 Tbsp. all-purpose flour |
| chicken broth | ¼ tsp. browning and seasoning |
| ½ tsp. onion powder | sauce |

Heat soup pot on high heat add olive oil. Add mushrooms and sauté for 4-5 minutes, or until soft, stir frequently. Add the chicken broth, onion powder, and pepper; bring to a boil, then reduce the heat to medium-low. In a small bowl, mix the milk and flour until smooth. Gradually add to the soup, stirring constantly. Stir in the browning and seasoning sauce and simmer for 5 more minutes or until thickened.

Alexandra Szkafarowsky



TOMATO SOUP

- | | |
|--------------------------------|------------------------------|
| 1 onion, chopped | 1-¼ cups Uncle Ben's rice |
| 2-3 carrots, peeled and sliced | 2 (10¾-oz.) cans tomato soup |
| 2 stalks celery, chopped | 1 (15-oz.) can tomato sauce |
| 3 Tbsp. parsley, chopped | ½ cup heavy cream |
| 3 qts. chicken stock | |

Cook vegetables and rice in the chicken stock until soft, about 30 minutes. Stir in the tomato soup, tomato sauce and heavy cream.

Maria Kiciuk

UKIES IN BRAZIL FEIJOADA

- | | |
|--|-------------------------------|
| 1 (16-oz.) pkg. dry black beans | 8 cups water |
| 1 med. onion | salt & black pepper, to taste |
| 1-½ lbs. smoked pork (butt, chops
or ham steak) | fresh garlic, chopped |

Rinse beans and remove foreign objects. In a large pot, soak the black beans in cold water overnight. Using same water, add onion and pork. If using pork butt, cut into several pieces. Bring to boil, cover and reduce heat to a simmer for 1-½ hours. Meat should fall apart during cooking. Add salt and black pepper to taste. Remove 2 cups of the cooked beans. Mash them well and put back into main pot (this acts as a thickening agent). Serve Feijoada over rice. Now the Ukie part... add chopped garlic to individual serving bowls!

*Zhenia Vukosa
Natalka Newmerzhycky*

VEGETABLE PASTA SOUP

- | | |
|--|--|
| 3 Tbsp. olive oil | 1 (16-oz.) can whole tomatoes
with juice |
| 1-½ cup onion, chopped | 2 cup green cabbage, sliced |
| 1 cup carrots, diced | 1 cup zucchini, sliced |
| ½ lb. leeks, washed, trimmed and
sliced | 1 cup small tubular pasta, cooked
and drained |
| 2 cloves garlic, sliced | |
| 8 cup chicken broth | |

Sauté onion, carrot, leeks, and garlic in oil in a large pot over low heat until vegetables are wilted. Add broth and tomatoes with juice. Simmer covered for 30 minutes. Add cabbage and zucchini and simmer

(continued)



for additional 30 minutes, stirring occasionally to break up the tomatoes.
Salt and pepper to taste. Add cooked pasta. Yield: 8 servings.

Sonia Smith



Vegetables & Side Dishes



Helpful Hints

- When preparing a casserole, make an additional batch to freeze for when you're short on time. Use within 2 months.
- To keep hot oil from splattering, sprinkle a little salt or flour in the pan before frying.
- To prevent pasta from boiling over, place a wooden spoon or fork across the top of the pot while the pasta is boiling.
- Boil all vegetables that grow above ground without a cover.
- Never soak vegetables after slicing; they will lose much of their nutritional value.
- Green pepper may change the flavor of frozen casseroles. Clove, garlic, and pepper flavors get stronger when frozen, while sage, onion, and salt become more mild.
- For an easy no-mess side dish, grill vegetables along with your meat.
- Store dried pasta, rice (except brown rice), and whole grains in tightly covered containers in a cool, dry place. Refrigerate brown rice and freeze grains if you will not use them within 5 months.
- A few drops of lemon juice added to simmering rice will keep the grains separated.
- When cooking greens, add a teaspoon of sugar to the water to help vegetables retain their fresh colors.
- To dress up buttered, cooked vegetables, sprinkle them with toasted sesame seeds, toasted chopped nuts, canned french-fried onions, grated cheese, or slightly crushed seasoned croutons.
- Soufflé dishes are designed with straight sides to help your soufflé rise. Ramekins work well for single-serve casseroles.
- A little vinegar or lemon juice added to potatoes before draining will make them extra white when mashed.
- To avoid toughened beans or corn, add salt midway through cooking.
- If your pasta sauce seems a little dry, add a few tablespoons of the pasta's cooking water.
- To prevent cheese from sticking to a grater, spray the grater with cooking spray before beginning.



VEGETABLES & SIDE DISHES

ASIAN COLE SLAW

- | | |
|---------------------------|----------------------|
| 1 pkg. shredded cole slaw | 1 pkg. ramen noodles |
| 1 cup sliced almonds | ½ cup canola oil |
| 4-5 scallions | 8 Tbsp. sugar |

Toast almonds in either pan or oven. Chop scallions and add to cole slaw. Whisk together sugar, oil and vinegar. Be sure to use all the sugar. If you don't, it may be too oily. Add almonds and mixture to the coleslaw. Smash the ramen noodles. Discard flavor packet - you won't need it. Add the noodles at last minute.

Anita Bernert

BABA MELA'S RED KAPUSTA

(CABBAGE IN TOMATO SAUCE)

- | | |
|----------------------------|------------------------|
| 1 head cabbage | 1 Tbsp. sour cream |
| 1 large onion | extra virgin olive oil |
| 1 (8-oz.) can tomato sauce | salt and pepper |

Coarsely chop one large onion and sauté in a large frying pan until onion is almost tender. Add the thinly chopped cabbage in bunches and mix in with the onions. Add can of tomato sauce and mix well making sure all of the cabbage is covered. Cover the pan and let simmer until cabbage is tender. Lastly, add the sour cream and salt and pepper to taste. Kids will love!

*Christine Szynda
Melanie Kowalczyk*

BABY MORKVA

(CARROTS)

- | | |
|---------------------------------|--------------------------|
| 1 bag baby carrots | 2 tsp. sugar |
| 2 Tbsp. butter, cut into pieces | ½ tsp. salt, or to taste |

Place the carrots, butter, sugar and salt in a small pot, with a ½ inch of water. Bring to a boil. Cover and reduce heat to low. Simmer carrots for 7 minutes. Remove lid and raise heat to medium-high, cooking for about 2 minutes or until the water is almost evaporated. Stir and serve.

Zhenia Vukosa



BASIL BUTTER

- | | |
|-------------------------------------|----------------------------------|
| 1 large bunch of fresh basil | 2 cups olive oil |
| ½ bunch of fresh parsley | 1 tsp. oregano |
| ½ cup garlic cloves peeled | ½ tsp. crushed red pepper |
| ½ lb. butter (2 sticks) | |

Wash basil, remove stems and pat dry. Wash parsley, pat dry and remove stems. Add ingredients into a food processor and mix until a slightly coarse paste forms. Pour mixture into a lidded jar and refrigerate up to 1 month.

Tom DeBruin

BROCCOLI CASSEROLE

(ADAPTED FROM OKSANA MAKARENKO)

- | | |
|--|---|
| 2 pkgs. frozen chopped broccoli | 1 small can cream of celery soup |
| 2 eggs | 6 oz. grated cheddar cheese |
| ¾ cup mayonnaisse | |

Preheat oven to 350°F. Thaw and squeeze liquid from broccoli and place broccoli in a large bowl. In another bowl, gently whisk the eggs. Blend into the eggs, the mayonnaisse, cream of celery soup, and cheddar cheese. Pour over broccoli and mix it through. Transfer to a casserole dish, sprinkle lightly with paprika. Bake covered for 40 minutes, then uncovered for 20-30 minutes, until lightly browned and set. Allow to cool 10 minutes. Enjoy!

Daria Horbachevsky

BROCCOLI WITH ALMONDS AND WATER CHESTNUTS

- | | |
|---|---------------------------------|
| 1 bunch broccoli (about 1-½ lbs.) | ¼ cup peanut oil |
| 1 tsp. lemon juice | 3 Tbsp. soy sauce |
| 10 canned water chestnuts,
drained | 1 tsp. wasabi |
| ¼ cup silvered almonds | 1 tsp. capers |
| | ½ cup sake or dry sherry |

Trim the coarse ends from the broccoli stems. Cut the stems lengthwise, through the flowerets into strips about ½ inch wide. Sprinkle the broccoli with the lemon juice. Put the broccoli in a bamboo steamer basket and cover it. Place the basket in a wok or other pan containing 1 to 2 inches of water. The pan should be large enough to allow the water to circulate around the basket. Cover the wok and bring the water

(continued)



to a boil. Steam for 5 minutes. Slice the water chestnuts and add to the broccoli. Add the almonds and steam covered for 3 minutes longer. Remove the steamer from the wok. Pour out the water from the wok and make sure it is dry. Add the oil and heat until just sizzling. Add the broccoli, water chestnuts and almonds and cook, stirring with a spoon for 2 minutes. Combine soy sauce, wasabi and capers and blend. Add to the broccoli mixture and stir well. Add the sake or dry sherry and salt to taste. Cook and stir for about another 2 minutes longer. Serve hot with additional soy sauce if desired.

Stefania Tchoryk Szkafarowsky

CARROT AND ZUCCHINI PANCAKES

2 medium carrots, peeled	½ cup milk
2 medium green zucchini, washed but not peeled	¼ tsp. baking powder
2 eggs	1 tsp. garlic powder
1 cup water	1 cup flour or less

In medium bowl, grate the carrots and zucchini. Add about ½ tbsp. of salt. Mix by hand and let stand about 5 minutes. Then, take handfuls of the mixture and squeeze out the juices as much as possible. In separate bowl, whisk eggs with water, milk and baking powder until smooth. Add flour and whisk again until smooth. Add this to the carrot and zucchini mixtures and mix with spoon, adding garlic powder. Measure out a tablespoon of pancake mixture and fry in oil, smoothing the mixture with the back of the spoon as it fries. Flip pancake once and remove when golden brown. Enjoy.

Maria Uzdejczyk

CORN SALAD

(A LA ODARKA HORBACHEVSKY)

½ cup vegetable oil	1 Tbsp. pickle relish
2 Tbsp. lemon juice	2 (10-oz.) cans golden whole kernel corn
1 Tbsp. vinegar	½ tsp. salt
2 cloves garlic, chopped	½ cup roasted red peppers, coarsely chopped
¼ tsp. salt	½ small red onion, thinly sliced and separated into rings
½ tsp. pepper	
½ tsp. sugar	
1 tsp. fresh parsley, chopped	

Measure oil into a 1-cup measuring cup; add lemon juice, vinegar, garlic, ¼ tsp salt, pepper, sugar, parsley, and pickle relish; mix well. In

(continued)



a medium bowl, place corn, ½ tsp salt, chopped red peppers, and onion rings; toss gently to mix. Add oil and vinegar dressing to corn mixture and toss gently to coat. Refrigerate 2 hours or longer. Enjoy!

Daria Horbachevsky

EASY ZUCCHINI PIE

4 zucchini, diced	1 onion, chopped
½ cup vegetable oil	2 Tbsp. parsley
½ cup grated parmesan cheese	1 carrot, shredded
4 eggs beaten	1 cup fresh mushrooms, diced
1 cup Bisquick	

Place one ingredient at a time into a large bowl and mix well with large spoon. Spread mixture evenly into a greased 9" x 13" pan. Bake at 350° F for 30 minutes. Use toothpick to see if done - Toothpick will be clean.

Skalski Family

FRUIT BAKE

1 (16-oz.) can can pear halves	¾ cup brown sugar
1 (16-oz.) can can peach halves	4 tsp. cinnamon
1 (16-oz.) can pineapple slices	Maraschino cherries, for garnish
½ cup butter	

Preheat oven to 325° F. Drain and completely dry fruit. Melt butter and mix with brown sugar and cinnamon. It will be very thick. * Note: Do not allow pasty to become thin. Arrange fruit in a baking dish and pour brown sugar mixture over the fruit. Bake for 1 hour, uncovered. Garnish with cherries. Best if served with ham and mashed potatoes. Delish!!!

Kelly Rudyk

GREEN BEAN SALAD

3 Tbsp. olive oil	1 Tbsp. sugar
2 Tbsp. mustard seed	1 medium red onion, thinly sliced
½ cup red wine vinegar	1-½ lbs. green beans

Heat 1 tablespoon of olive oil in skillet, add mustard seeds and cook for 2 minutes. Transfer to bowl. Simmer sugar and vinegar till dissolved and then add to bowl. Heat 2 tablespoons of olive oil and sauté onion 8-10 minutes. Add to bowl. Cook green beans in salted water for 5

(continued)



minutes, drain and add to ice bath. Drain beans and toss with onion mixture. Add salt & pepper to taste.

Tracey Kuzemczak

KARTOPLYANYKY

(A.K.A. POTATO PANCAKES)

2 Eggs

1 sm. Onion, quartered

1 tsp. Salt

2 T. Flour

¼ tsp. Baking Powder

3 c. Raw Potatoes, peeled and cubed

Put egg, onion, salt, flour, baking powder, and ¼ cup of potato cubes into blender. Cover and process at LIQUEFY until smooth. Add the remaining potatoes, and process on 2 or 3 cycles of GRIND. Pour scoopfuls of batter onto a hot well-greased griddle or non-stick skillet with vegetable or peanut oil. Drain on absorbent paper. Best when served with applesauce or sour cream. Yield: 12 pancakes.

Zhenia Vukosa

MANGO SALSA

½ medium red onion, chopped

2 large ripe mangoes, peeled, diced

1 medium ripe red tomato, diced

1 bunch fresh cilantro

2 cloves fresh garlic, chopped

olive oil

1 Tbsp. red wine vinegar

½ medium lemon, squeezed for juice

1 tsp. sea salt

½ tsp. fresh black pepper

In a bowl, combine chopped onions, mangoes and tomatoes diced into small cubes. Add garlic and scissor cut fresh cilantro into mango mixture. Drizzle with some olive oil, red wine vinegar and juice of ½ lemon. Season with sea salt and black pepper. Refrigerate for 2 hours. Serve with bison burgers or ribs. Depending on the season, you can also grill pineapple or peaches instead of mangoes.

Peter Teniuch



MAPLE-GLAZED SWEET POTATOES AND APPLES

1 lb. sweet potatoes
1-¾ lbs. green apples
¾ cup maple syrup
¼ cup apple cider

**¼ cup unsalted butter (½ stick),
cut into pieces**
½ tsp. salt

Preheat oven to 375°F. Cut sweet potatoes and apples into ¼-inch thick rounds. In a 13"x9"x2" glass baking dish, alternate potato and apple slices in rows, packing tightly. Combine remaining ingredients in heavy medium-sized saucepan and bring to boil over high heat. Pour hot syrup over potatoes and apples. Cover tightly with foil and bake for 1 hour. Uncover casserole. Reduce temperature to 350°F. Bake until potatoes and apples are very tender and syrup is reduced to thick glaze, about 45 minutes, and basting occasionally. Let stand for 10 minutes (can be prepared 3 hours ahead) and at room temperature, basting occasionally. *Note: This dish can be prepared up to three hours before serving.

Iryna Bundziak

MEDITERRANEAN CHICKPEA SALAD

**2 (15-oz.) cans chickpeas, rinsed
and drained**
2 large roasted red peppers, diced
¼ cup parsley, chopped
**2 Tbsp. basil, chopped or
chiffonaded**
**½ red onion, sliced into half
moons**

2 Tbsp. fresh lemon juice
**2 cloves of garlic, roasted (see
below)**
**4 Tbsp. extra-virgin olive oil
salt and pepper, to taste**

Preheat oven to 400° F. In the meantime, slice off ¼-inch off the top of a head of garlic, exposing the cloves below. Rub the top of the garlic with olive oil and wrap the bulb tightly in aluminum foil. Bake for 35-45 minutes or until garlic is soft. Open the foil carefully after it cools. *Note: This recipe only requires two cloves. You can use the remaining garlic as a spread over butter or as a base for dressings. In a medium bowl, combine chickpeas, roasted red peppers, parsley, basil and red onion. In a small bowl make dressing by whisking together lemon juice, 2 roasted garlic cloves, extra-virgin olive oil, salt and pepper. Pour the dressing over the chickpeas and mix to coat. Refrigerate before serving or overnight. It tastes better the next day after the flavors have had a chance to marry.

Nataika Horbachevsky



NEWMERZHYCKY RICE

4-5 Tbsp. butter/margarine
1 cup white rice
2 cup boiling water
1 med. onion, chopped

**1 lg. tomato, peeled, seeded, &
coarsely chopped**
salt and pepper, to taste
1 Bay Leaf

In medium saucepan, sauté over medium heat 3 Tbsp. of melted butter or margarine and 1 cup of rice. When rice turns crystalline white, add 2 cups of boiling water and 1 tsp. salt. Cover and reduce heat to low. Cook for 20 minutes. In a medium skillet over medium heat, sauté chopped onion in margarine until onion appears clear. Then add chopped tomato. Cook on low heat for approximately 10 minutes. Add salt, pepper and bay leaf while cooking. Combine tomato mixture with the cooked rice. Remove bay leaf. Serve and enjoy. ***For more flavor, chicken stock can be added to water, however, very important to maintain the 1 part rice/2 parts liquid proportion. For a healthier Newmerzhycky rice, try using brown rice (cooking time and possible dry/liquid proportion may change). Another option, substitute a 'no trans fatty acid' buttery spread for the butter/margarine.

Zhenia Vukosa

ONION FLATBREAD

1 cup whole wheat flour
**¼ cup corn meal (or your
favorites: oats, spelt, barley,
etc.)**
1-¼ cup water

salt to taste
**1 onion (yellow, red, shallots, or
scallions), chopped**
oil & butter (for frying)

Preheat oven to 400° F, including a cast iron skillet or pizza stone. Combine dry ingredients and water. Fry onions in a little oil and butter until they just start to brown and add to flour-water mixture. Spray non-stick cooking spray onto the cast iron skillet or pizza stone and pour batter in. Bake for 35-40 minutes, until edges become crisp.

Bohdan Ozaruk



PANI OLIA'S POTATO SALAD

6 medium potatoes	¼ cup half sour pickles, diced
4 eggs, hard-boiled	1 cup mayonnaisse
½ medium sweet green pepper, diced	2 Tbsp. sour cream
½ medium red bell pepper, diced	2 Tbsp. yellow mustard
½ medium yellow bell pepper, diced	3 Tbsp. parsley
1 medium yellow onion, diced	1 tsp. garlic powder
2 stalks celery, diced	1 Tbsp. dill
¼ cup sour pickles, diced	1-½ tsp. salt
	½ tsp. pepper

Wash potatoes well and boil until knife pierces through them easily. Set aside and chill. Boil the eggs until hard. Set aside and chill. In a large bowl, combine the diced peppers, onion, celery and pickles and mix together well with the remaining ingredients. When the potatoes and eggs are completely cooled and can be handled, peel, cube and add them to the diced ingredients. Stir well. Cover and chill for several hours before serving.

Olia Rudyk

PESTO ORZO PASTA WITH ROASTED VEGETABLES

PESTO

¾ cups walnuts &/or pine nuts	1 tsp. pepper
3 Tbsp. chopped garlic (7-10 cloves)	1 cup olive oil
3 cups fresh basil leaves	1 cup grated fresh parmesan cheese
1 tsp. salt	

Place nuts and garlic in food processor and process about 30 seconds. Add basil leaves, salt and pepper. With the processor running, slowly pour in the olive oil until you have a purée. Add parmesan cheese and purée for another minute.

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VEGETABLES

2 small zucchinis, cubed
2 small yellow squash, cubed
1 medium eggplant, cubed
1 container mushrooms,
quartered
2 bell peppers, (green &/or red)
chopped
olive oil, salt & pepper, to taste

prepared pesto, divided in 2 equal
parts
1 container grape tomatoes,
halved
½ cup grated, fresh parmesan
cheese
½ cup pine nuts
1-lb. box orzo pasta

Chop zucchini, squash, eggplant, mushrooms and peppers so they are equal in size, and a little bigger than bite size. Spread them on 1 or 2 sheet pans so they are in one layer. Don't overcrowd the vegetables as they will steam instead of roast. Season with olive oil, salt and pepper and using your hands, coat them with half the pesto. Bake in 400°F oven for 30-45 minutes, turning them with a spatula once or twice. When the vegetables are almost done, cook the pasta according to directions on the box. Combine veggies with the pasta while still warm. Add the remaining pesto, parmesan cheese, halved tomatoes and pine nuts. Serve cold or at room temperature. *Note: You can save time by using store bought pesto but I find them to be too oily.

Adrianna Rudyk-Odomirok

PETEY'S BETTER THEN THE BIRD STUFFING!

(Poultry Stuffing)

1 (12-oz.) bag Pepperidge Farm
cornbread stuffing
1 (12-oz.) bag Pepperidge Farm
sage stuffing
1 large Vidalia onion, chopped
1-lb. pkg. Italian sausage, hot or
sweet (no casing)
1 cup dried cranberries
4 stalk fresh celery, chopped

dates
1 large Red Delicious apple,
peeled & shredded
2 Tbsp. chopped garlic
2 Tbsp. Bell's poultry seasoning
1 (16-oz.) box organic vegetable
stock
1 (16-oz.) box organic chicken
stock

Crumble sausage and sauté with onion. To the skillet, add cranberries, celery and dates, shredded apple, garlic and seasoning and sauté a little more. In a separate sauce pan, heat but do not boil the stocks. In a large mixing bowl, mix together 2 bags of stuffing, the contents of the skillet and enough hot stock to make stuffing stiff but not mushy. Use stuffing in your favorite fowl (chicken, duck, or turkey). *Note: For Christmas, add roasted, peeled and chopped chestnuts to the above

(continued)



recipe. Use a meat thermometer when cooking stuffed poultry. Center of stuffing should reach a temperature of not less than 165°F (165° -180°F).

Peter Tenluch

RATATOUILLE

1 eggplant, chopped into 1" cubes	2 cloves garlic, minced
1 medlum onion, coarsely chopped	2 (15-oz.) cans stewed mushrooms
1 med. bell pepper, coarsely chopped	4 Tbsp. olive oil
1 green zucchini, thinly sliced	1 Tbsp. chopped fresh parsley and basil
8 oz. container mushrooms, thinly sliced	salt and pepper, to taste

Chop, slice or mince vegetables and garlic, as indicated. In large pot, gently heat one Tbsp. olive oil. Meanwhile, in a skillet set at medium-high, heat 1 Tbsp. oil, and fry eggplant for about 5 minutes, while stirring often. Transfer eggplant to the large pot. Add more oil to the skillet and fry/sauté onion and pepper, for about 5 minutes. Then transfer onion mixture to the large pot with the eggplant. Again, add more oil to the skillet and fry mushrooms on medium-high about 3 minutes. Then add zucchini for 5 additional 5 minutes. Add garlic until just warmed through. Transfer contents to the large pot and gently toss all the vegetables. Blend in stewed tomatoes. Bring them to a boil, cover, reduce heat to low and cook for about half-hour. Uncover and heat on low for another 20 minutes. Add parsley and basil, then salt and pepper as desired. Let stand for 10 minutes, then enjoy! Great as a side dish, on a sandwich, or over pasta.

Daria Horbachevsky

RED BEAN CHILI

2-lb. lean ground beef	1 (10¾-oz.) can tomato soup
1 large onion	1 Tbsp. chill powder
2 (15-oz.) cans red kidney beans	1 tsp. salt
1 (12-oz.) can tomato juice	1 tsp. pepper

Cook beef and onion in a large pot over medium-high heat 10-15 minutes, stirring until beef crumbles and is no longer pink. Drain and return beef to the pot. Stir in kidney beans and next 5 ingredients into beef - reduce heat and simmer for 1 hour, stirring occasionally.

Anna K. Kocur



ROASTED SHRIMP AND ORZO

¾ lb. orzo pasta	1 cup minced scallions, white and green parts
½ cup freshly squeezed lemon juice (3 lemons)	1 cup fresh dill, chopped
freshly ground black pepper	1 cup fresh flat-leaf parsley
kosher salt	1 hothouse cucumber, unpeeled, seeded and medium diced
olive oil	½ cup small-diced red onion
2 lbs. shrimp, peeled and deveined	¾ lb. feta cheese, large diced

Preheat oven to 400° F. Fill a large pot with water. Add 1 tablespoon of salt, a splash of oil and bring the to a boil. Add the orzo and simmer for 9-11 minutes, stirring occasionally, until it's cooked al dente. Drain and pour into a large bowl. Whisk together the lemon juice, ½ cup olive oil, 2 tsp. salt and 1 tsp. pepper. Pour over the hot pasta and stir well. Place the shrimp on a sheet pan, drizzle with olive oil and sprinkle with salt and pepper. Toss to combine and spread out in a single layer. Roast for 5-6 minutes until the shrimp are cooked through. Don't overcook! Add the shrimp to the orzo and then add the scallions, dill, parsley, cucumber, onion, 2 tsp. salt and 1 tsp. pepper. Toss well. Add the feta cheese and stir carefully. Set aside at room temperature for 1 hour to allow the flavors to blend or refrigerate overnight. If refrigerated, taste again and adjust seasoning. Serve at room temperature.

Marta Shevchik

ROASTED SWEET POTATO WEDGES

½ to ¾ cup olive oil	½ tsp. ground nutmeg
3 Tbsp. brown cane sugar	4 lbs. sweet potatoes

Preheat oven to 400°F. Peel and cut sweet potatoes into wedges. In a 1-gallon or larger zip-seal plastic bag combine oil, sugar, nutmeg and potato wedges. Seal bag and mix to coat potatoes well. Place coated potatoes in a baking dish. Bake for ½ hour then turn wedges and bake for an additional ½ hour or until wedges can be speared readily. Sweet potatoes can be cut, seasoned and kept in a plastic bag up to 2 hours before baking.

Maryka Kozicky



SCALLOPED POTATOES

(Myron's FAVORITE)

- | | |
|---|--------------------------|
| 1 lb. potatoes, peeled | 1 egg |
| ¾ cup shredded taco cheese
blend | 1 cup milk |
| | salt & pepper |

Preheat oven to 400°F. Slice potatoes to a ¼-inch thickness. Boil for 4 minutes. Drain and layer potatoes and cheese. Whisk egg and milk. Add salt & pepper to taste. Pour over potatoes and bake for 30 minutes.

Tracey Kuzemczak

SESAME NOODLES

- | | |
|--|-------------------------------------|
| 1 lb. linguini, cooked al dente | 1 red bell pepper, match cut |
| ½ cup soy sauce | 1 bunch scallions |
| 1 tsp. ground ginger | 2 carrots, cut-up |
| ½ cup honey | 1 pkg. sugar snap peas |
| ¼ cup sesame oil | 1 Tbsp. toasted sesame seeds |
| ½ cup canola oil | |

Blanche carrots and sugar snap peas for 3 minutes. In a medium bowl, mix soy, ginger and honey together. Add sesame and canola oil. Toss everything with the cooked pasta and veggies. Sprinkle with additional sesame seeds. Serve cold. *Note: Another variation is to make extra sauce and marinate chicken breasts overnight. Grill chicken and slice into strips when cool and add to above mixture.

Marta Shevchik

SLOW COOKER POLENTA

(WE KNEW IT AS MAMALYGA-THIS IS BETTER)

- | | |
|--|---|
| 1 cup corn meal (I use Goya
coarse) | pepper to taste |
| 4 cup water | 2 Tbsp. butter or substitute olive
oil |
| ½ tsp. sea salt or kosher salt | ¼ cup parmesan cheese |

Combine all ingredients in slow cooker. Set on low and leave covered for 2-3 hours. Variation: Mix in sautéed mushrooms and/or vegetables.

Bohdan Ozaruk



SPINACH PIE

1 9" pie crust shell, unbaked	1 tsp. salt
1 (10-oz.) box frozen chopped spinach, thawed & drained	½ tsp. ground pepper
2 cups ricotta cheese	1 tsp. Italian seasoning
2 eggs	1 medium onion, chopped
½ cup grated parmesan cheese	2 cloves garlic, chopped
	2 Tbsp. olive oil

Have ready a 9" pie plate prepared with pie crust (or buy a frozen pie crust). Defrost the chopped spinach in a strainer and squeeze as much water out of it as possible. Set aside. In medium frying pan, heat olive oil and sauté onion and garlic until soft, about 5 - 7 minutes. Add the chopped spinach and sauté for an additional 5 minutes. Let the spinach mixture cool to room temperature. In a bowl, mix ricotta cheese with eggs, parmesan cheese, salt, pepper, and Italian seasoning. Fold cooled spinach-onion mixture into ricotta cheese mixture. Then pour everything into the prepared pie shell. Bake in a 375° F preheated oven for 50-60 minutes. Spinach pie can be eaten hot or at room temperature. Enjoy!

Andrea Bybel

SUMMER ORZO

1 (16-oz.) box orzo pasta	3-4 Tbsp. butter
4-5 Tbsp. olive oil	salt and pepper, to taste
1 onion, chopped	1 (8-oz.) bottle Newman's Italian dressing
½ head garlic, chopped	dill (optional)
chives (optional), chopped	
1 (16-oz.) bag frozen mixed vegetables	

Cook orzo pasta according to package directions. After draining, let pasta sit for ½ hour. In a skillet, sauté onion in olive oil. Add garlic (and chives if desired) and cook for 10 minutes, stirring constantly. Add mixed vegetables and sauté for another 10 minutes, stirring constantly. Season to taste with salt and pepper. Towards the end, add butter and mix throughout. In a large serving bowl, mix sautéed vegetables with the orzo. Pour Newman's Italian dressing and mix to coat. Add optional dill to taste. Serve at room temperature. Enjoy!

*Verusha Raguso
Eugene & Nadia Kruchoway Inspired!*



SUMMER SQUASH AND ZUCCHINI SAUTÉ

- | | |
|---|------------------------------------|
| 3 yellow summer squash,
chopped | 1 (10-oz.) can tomato sauce |
| 3 zucchini, chopped | 2 cloves garlic, minced |
| 1 large Spanish onion, cut-up | mozzarella cheese, shredded |
| 1 pkg. Baby Bella fresh
mushrooms (optional),
cleaned & sliced | olive oil |
| | salt and pepper, to taste |

In a large frying pan, sauté onion and garlic together until tender. Chop yellow squash and zucchini into equally sized pieces and add fresh mushrooms and tomato sauce. *Note: You can also substitute a small can of mushroom pieces & stems. Cover and simmer until all is tender. Season with salt and pepper to taste. Lastly, sprinkle shredded mozzarella on top of the veggies. Allow the cheese to melt and serve.

Christine Szpynda

SWEET POTATOES W/ BROWN BUTTER & PARMESAN

(TASTY & DIFFERENT - GREAT FOR THANKSGIVING)

SWEET POTATOES

- | | |
|--|-------------------------------------|
| 4 lbs. sweet potatoes, peeled &
cut into 1-inch cubes | salt and pepper, to taste |
| 1-2 Tbsp. butter | sprigs fresh sage as garnish |
| 1-¼ cups freshly grated parmesan
cheese, divided | (optional) |

Place potatoes on a steamer rack and set over a steamer pan of boiling water. Do not allow the rack to touch water. Cover and steam until just tender when pierced with a fork, about 15 minutes. Remove from steamer and cool. Butter a 13"x9"x2" baking dish and transfer potatoes into this dish. *Note: Instead of steaming, you can boil the sweet potatoes in their jackets. When just about tender, cool, peel and cut into cubes. Prepare brown butter mixture. Pour the browned butter over the sweet potatoes and sprinkle evenly with ¾ cup of the cheese. Stir to coat. Taste and add more salt and pepper, if desired. Cover dish with aluminum foil. Preheat oven to 400°F and bake until heated through, about 20 minutes. Transfer to a serving platter and sprinkle with remaining ½ cup parmesan cheese. Garnish with sage sprigs, if desired. Yield: 8-10 servings.

(continued)



BROWN BUTTER

¼ lb. butter (1 stick)

¼ cup chopped fresh sage (or 1-½

Tbsp. dried)

salt and pepper, to taste

In a heavy frying pan over medium heat, melt butter and cook, swirling the pan occasionally, until golden brown, about 5 minutes. Add sage, salt and pepper to taste. Continue to cook until butter is deep golden brown, about 2 minutes.

Oksana L. Werbowsky Duda

TETA EWA'S CREAMED SPINACH

5 Tbsp. butter, divided

¼ cup flour

¼ tsp. salt

¼ tsp. pepper

dash of nutmeg

1 cup half & half cream

1 (4-oz.) cream cheese (reg. or low fat), cubed

1 shake small onion minced or shallots

2 (10-oz.) pkgs. frozen spinach thawed and chopped

¼ cup water

¼ cup grated parmesan cheese

In a sauce pan over med/low heat, melt 3 tablespoons butter and stir in flour, salt, pepper and nutmeg. Slowly stir in half & half and cream cheese. Increase heat to medium, stir mixture constantly until thick and smooth. Remove from heat and set aside to cool. In a skillet over medium/high heat, sauté onions in 2 tablespoons butter until translucent. Stir in spinach and water. Reduce to med/med/low heat and cover. Simmer for 8 minutes while stirring constantly. Stir spinach into cream mixture and return to medium heat. Stir often until warmed through. Remove from heat and fold in parmesan cheese.

Danylo Szkafarowsky

THREE CHEESE ZUCCHINI PIE

3 cups shredded zucchini (no peeling necessary)

2 small onions, finely chopped

1 cup Bisquick

½ cup oil (vegetable, canola or corn)

½ cup grated sharp cheddar cheese

½ lb. mozzarella cheese, grated

romano cheese, grated (to taste)
parmesan cheese, grated (to taste)

½ tsp. oregano (fresh or dried)

1 tsp. parsley, finely chopped

4 eggs

salt & pepper, to taste

Mrs. Dash Original (Optional & To Taste)

(continued)



Mix all ingredients together until zucchini is evenly coated. Pour into a buttered pan (or spray with PAM Non-Stick Cooking Spray). Bake 30-45 minutes at 350° F until top is golden brown. Remove and let cool before slicing. Pie can be eaten cold or warmed-up in the microwave for a few seconds.

*Chrystia Rewak Barankewicz
Ann Barankewicz*

UKRAINIAN STUFFED PEPPERS

4 large green bell peppers, cut crosswise in half	1 (8-oz.) can tomato sauce
2 lbs. carrots, shredded	1 cup water
2 yellow onions, chopped & divided in half	3 Tbsp. vegetable oil
	salt & white pepper, to taste

Cut peppers in half crosswise and clean out seeds and core. Steam pepper halves over boiling water until they begin to lose their green color. Remove and line up the 8 halves in a 9"x13" casserole dish. Scrape, wash and shred carrots in a food processor. In a large frying pan, heat 2 Tbsp. oil and sauté 1 chopped onion for 3 minutes. Add shredded carrots and continue cooking on low heat, turning frequently for 15 minutes, or until carrots are golden and thoroughly cooked. Add salt and white pepper to taste while cooking. Spoon filling into pepper halves and pat it in tightly. In same pan, sauté the other chopped onion in oil until translucent. Add tomato sauce and water to onion mixture and bring to a boil. Pour the hot tomato sauce over and in-between the stuffed peppers. Cover with aluminum foil and refrigerate for 1 hour. Tastes just as good on the 2nd or 3rd day.

Natalie Newmerzhycky

ZUCCHINI PIE

½ onion, diced	3 Tbsp. parsley
1 tomato, cut up	salt to taste
1 garlic clove, minced	4 eggs, beaten
2 zucchinis, sliced	½ cup oil (not olive)
1 cup Bisquick	½ cup grated cheese
½ tsp oregano	

In a skillet sprayed with Pam sauté onion, garlic and zucchini slices. Combine eggs, Bisquick, oil, dash of salt and all herbs. Mixture should be of pourable consistency. Gently mix in onion, garlic, zucchini and cut up tomato. Pour mixture into a pie plate and bake for ½ hour in

(continued)



oven at 350° F. Pie is ready when toothpick comes out clean. Spread ½ cup grated cheese and place under broiler for 30 seconds until golden brown and the cheese is melted.

Martha Iwanczyszyn

ZUCCHINI QUICHE WITH BACON

5 bacon strips, cooked and chopped	½ cup parmesan cheese
4 eggs, beaten slightly	1 cup flour
½ cup oil	1 tsp. baking powder
3 cups sliced zucchini	2 Tbsp. parsley
½ cup chopped onion	½ tsp. oregano
1 clove garlic, chopped	salt and pepper, to taste
1 cup shredded cheddar cheese	1 (8-oz.) can tomato sauce

Preheat oven to 375°F. Brown bacon in skillet and chop it. Beat eggs slightly. Combine eggs with bacon and the remaining ingredients (except tomato sauce). Mix well. Coat bottom of baking dish with tomato sauce and spoon the zucchini mixture into the pan. Bake for 45 minutes.

Marta Shevchik



Recipe Favorites



Main Dishes



The quilt block features a central eight-pointed star with a floral-like center. The star is surrounded by a wide border composed of various geometric patterns, including triangles, squares, and zig-zags. The entire design is rendered in black and white.

Helpful Hints

- Certain meats, like ribs and pot roast, can be parboiled before grilling to reduce the fat content.
- Pound meat lightly with a mallet or rolling pin, pierce with a fork, sprinkle lightly with meat tenderizer, and add marinade. Refrigerate for 20 minutes and cook or grill for a quick and succulent meat.
- Marinating is a cinch if you use a plastic bag. The meat stays in the marinade and it's easy to turn. Cleanup is easy; just toss the bag.
- It's easier to thinly slice meat if it's partially frozen.
- Adding tomatoes to roasts naturally tenderizes the meat as tomatoes contain an acid that works well to break down meats.
- Whenever possible, cut meat across the grain; this will make it easier to eat and also give it a more attractive appearance.
- When frying meat, sprinkle paprika on the meat to turn it golden brown.
- Thaw all meats in the refrigerator for maximum safety.
- Refrigerate poultry promptly after purchasing. Keep it in the coldest part of your refrigerator for up to 2 days. Freeze poultry for longer storage. Never leave poultry at room temperature for over 2 hours.
- When frying chicken, canola oil provides a milder taste, and it contains healthier amounts of saturated and polyunsaturated fats. Do not cover the chicken once it has finished cooking because covering will cause the coating to lose its crispness.
- One pound of boneless chicken equals approximately 3 cups of cubed chicken.
- Generally, red meats should reach 160° and poultry should reach 180° before serving. If preparing fish, the surface of the fish should flake off with a fork.
- Rub lemon juice on fish before cooking to enhance the flavor and help maintain a good color.
- Scaling a fish is easier if vinegar is rubbed on the scales first.
- When grilling fish, the rule of thumb is to cook 5 minutes on each side per inch of thickness. For example, cook a 2-inch thick fillet for 10 minutes per side. Before grilling, rub with oil to seal in moisture.



MAIN DISHES

ALEX'S SEAFOOD SALAD

Salad

- | | |
|----------------------------|-------------------|
| 1 pkg. multi colored pasta | 1 med. red pepper |
| 1 ½ lb. fake crabmeat | 1 large cucumber |
| 1 stalks celery | 2 scallions |
| med. green pepper | |

Cook pasta according to package directions set aside and let it cool. Chop all vegetables to bite size pieces. Mix chopped vegetables with pasta and crabmeat.

Dressing

- | | |
|------------------------|--------------------------------|
| 1 cup mayonnaise | 1 tsp. paprika |
| 2 Tbsp. yellow mustard | 1 Tbsp. lime juice |
| ½ cup vegetable oil | ½ tsp. cayenne pepper |
| 1 tsp. garlic powder | 1 heaping Tbsp. mustard powder |

Mix the ingredients for dressing in a small bowl. Add dressing to the salad mixture. Mix well and chill. Best served chilled. Smachnoho!

*Iryna Bundziak
I/M/O Alexander Bundziak*

APRICOT GLAZED SALMON

- | | |
|----------------------------------|-------------------|
| 1 salmon filet | 1 Tbsp. soy sauce |
| 1 (10-oz.) jar apricot preserves | 1 tsp. cinnamon |
| 1 Tbsp. minced ginger | |

Preheat oven to 350°F. Mix apricot preserves, ginger, soy sauce and cinnamon. Brush onto salmon filet. Bake for 15-20 minutes or until salmon is flaky. Enjoy!

Lisa Bybel



BABA'S SECRET BEEF STEW

- | | |
|---|--|
| 2 lbs. lean stew beef cut in small cubes 1 inch. | 2 tsp. salt |
| 3 medium carrots, scraped, cut into 1" pieces | 1 Tbsp. sugar |
| 1 medium turnip, peeled and cubed | 2 Tbsp. Minute tapioca |
| 2 onions, chopped | 20 oz. V-8 vegetable juice |
| 4 stalks celery, cut into same size as meat | splash dry red wine |
| | 4 medium white potatoes, peeled and quartered |

Preheat oven at 300°F. Combine first 5 ingredients into a Pyrex baking dish or other deep ovenware with cover. Season with salt (and pepper if desired) and add, sugar, Minute tapioca, V-8, and wine. Mix to combine evenly. Optional: 1 fresh sage leaf. Bake covered for 3-½ hours. I have cooked it at 275°F for 4 hours with great results. While stew is cooking, boil the potatoes in salted water and drain. When stew is done, add potatoes to it and serve. This is great with garlic bread and a salad. The secret is to cut all the ingredients the same size.

Natalie Newmerzhicky

BAKED COD WITH FRESH VEGGIES

- | | |
|--|------------------------------------|
| 2 lbs. cod fish (or any white fish) | 3 Tbsp. olive oil |
| 1 small onion, diced | fresh basil, thyme, oregano |
| 4 cloves garlic, minced | salt and pepper, to taste |
| 1 green pepper, chopped | |
| 1 (15-oz.) Italian style diced tomatoes (or chopped fresh tomatoes) | |

Preheat oven to 350°F. Quickly sauté garlic, pepper and onion in olive oil. Don't overcook. Add tomatoes, herbs and seasonings. Wash fish, pat dry and salt lightly to taste. In baking dish, lay uncooked fish, drizzle with olive oil and lay the vegetable mixture in a row onto center of fish. Each piece of fish should have a helping of the veggie mixture without covering it entirely. Bake for 35 minutes.

Marta Shevchik



BAKED SALMON DIJON

- | | |
|-----------------------------------|---|
| 1 cup sour cream | 1 ½ lbs. salmon fillet (with skin cut
in center) |
| 2 tsp. dried dill | |
| 3 Tbsp. scallions, finely chopped | ½ tsp. garlic powder |
| 2 Tbsp. Dijon mustard | ½ tsp. pepper |
| 2 Tbsp. lemon juice | cooking spray as needed |

Whisk sour cream, dill, scallions, mustard and lemon juice in small bowl to blend. Preheat oven to 400°F. Lightly oil baking sheet with cooking spray and place salmon, skin side down, on prepared sheet. Sprinkle with garlic powder and pepper, then spread with the sauce. Bake salmon until just opaque in center, about 20 minutes.

Irka Krawec-Kennedy

BAKED SALMON STEAKS WITH TOMATOES

- | | |
|--|--|
| Oil | 1 sprig fresh tarragon broken into
pieces |
| 2 Tbsp. butter | salt and pepper |
| ¼ cup finely chopped shallots | 4 salmon steaks |
| ¼ cup carrots cut into match-like
strips (julienne) | ¼ cup dry white wine |
| ¼ cup leeks cut into match-like
strips (julienne) | ¼ cup heavy or light cream |
| ¾ cup peeled, seeded and diced
tomatoes | fresh tarragon sprigs for garnish |

Cut out 4 squares of foil each large enough to enclose a salmon steak and vegetables. Brush the foil with oil and set aside. Preheat the oven to 350°F. Heat the butter in a skillet and add the shallots and carrots. Cook and stir for about 5 minutes. Add the leeks, tomatoes and tarragon and blend well. Add salt and pepper to taste. Remove from the heat and let cool briefly. Spoon about ⅓ of the vegetable mixture in the center of each foil square. Place salmon steak on top and spoon on the remaining vegetable mixture. Wrap the foil around the salmon and vegetables and seal well. Place foil packages on baking sheet. Bake 12-15 minutes or until the fish is just tender. Do not overcook. Unwrap the packages and place salmon steaks on a warm serving platter and keep hot. Spoon all vegetables and liquid into a saucepan. Add the wine and bring to a boil. Cook down until reduced and thickened. Add the cream and cook down until sauce like. Add salt and pepper to taste. Spoon the sauce over the salmon steaks and garnish with tarragon. Serve with rice.

Stefania Tchoryk Szkafarowsky



BARBEQUE PULLED PORK

3-lb. boneless pork roast, shoulder or loin	¼ cup Worcestershire Sauce
1 onion finely diced	1 Tbsp. mustard
1 cup ketchup	¼ tsp. crushed red pepper
2 cups water	2 Tbsp. canola oil
¼ cup vinegar	½ tsp. salt
½ cup brown sugar	¼ tsp. black pepper
	1 pkg. hamburger or potato buns

Rinse pork roast and pat dry. Sprinkle pork with salt and pepper. Heat oil in Dutch oven and brown pork on all sides. Transfer pork to plate and discard drippings. Combine onion, ketchup, water, vinegar, brown sugar, Worcestershire sauce, mustard, and crushed red pepper in Dutch oven. Return pork to Dutch oven and bring to boil. Then reduce to simmer. Cover and cook 2-½ to 3 hours, turning pork occasionally until it's fork tender. Remove pork from Dutch oven and set aside but continue to boil the liquid for another 5-10 minutes until reduced by half. When pork has cooled slightly, shred meat into bite size pieces. Removing the large chunks of fat, if any. Return shredded pork to Dutch oven. Stir and serve on buns. Any type of pork roast can be used. I use boneless shoulder or loin. Roasts with bone in may take longer to cook and require a little more liquid.

Tom DeBruin

BASA FILET

1-½ lbs. Basa filet	2 Tbsp. Newman's low fat sesame ginger salad dressing
canola oil	fresh lemon
flavored bread crumbs	
½ cup white wine	
½ zucchini, chopped	
1 large portabella or 5-6 mini portabella mushrooms, sliced (optional)	

Dip Basa fillet into bread crumbs to lightly cover. Lightly brown both sides in some canola oil. Put chopped zucchini and mushrooms on top of fish and add white wine. Cook on low for a few minutes, then add some sesame ginger salad dressing on top of fish. Cook for another couple of minutes, covered. Serve with fresh lemon wedges or place slices of fresh lemon on fish. For variety, substitute scallions for the zucchini or mushrooms with scallions.

Lesia Kiciuk Shchur



BEEF AND MACARONI AURORA

- | | |
|---|---------------------------------------|
| 1 lb. ground beef | 1 cup tomato Ketchup |
| 1 medium onion, diced | ½ tsp. garlic powder |
| 1 (8-oz.) box elbow macaroni,
cooked | 1 tsp. sugar |
| 1 (8-oz.) container sour cream | 1 Tbsp. fresh parsley, chopped |

Cook elbow macaroni according to instructions on box and set aside. In skillet, brown meat, about 5 minutes, and move to one side. Add onions, sauté and mix together. Combine sour cream, ketchup, garlic, sugar and parsley. In a lightly buttered 2-quart casserole, place macaroni, meat mixture and sauce in alternating layers. Cover and bake at 370°F for 20 minutes.

Maria Uzdejczyk

BEEF BOURGUIGNON

- | | |
|--|---|
| 8 oz. pkg. bacon, cut into 1-inch
pieces | 2 cloves garlic, crushed |
| 20 sm. white pearl onions (frozen) | 1-½ tsp. salt |
| 3 lbs. beef for stew, cut into 2-in.
chunks | ½ tsp. pepper |
| all-purpose flour | 1 bay leaf |
| 1 large carrot, chopped | 3 cups red wine (Pinot Noir or
Burgundy) |
| 1 large onion, chopped | butter or margarine |
| ¼ cup brandy | 1 lb. mushrooms, sliced |

In a 6-quart Dutch oven over medium-high heat, cook bacon pieces until browned. Remove bacon to paper towels to drain and set aside. Discard all but 3 Tbsp. drippings. In drippings in Dutch oven, cook small white onions until lightly browned, stirring occasionally. Then remove onions and set aside in a small bowl. Meanwhile, coat meat chunks with 3 Tbsp. flour. In drippings in Dutch oven, over medium-high heat, cook meat until well browned on all sides, removing pieces as they brown. In same drippings, add the carrot and onion and cook over medium heat, stirring frequently, until tender, ~5 minutes. Return the beef to the Dutch oven and pour brandy over all. Carefully, ignite a flame with a match. When flame burns out, add reserved bacon, garlic, salt, thyme leaves, pepper, bay leaf and Burgundy wine. Cover and bake in a preheated 325°F oven for 3-½ hours or until meat is fork-tender. About 1 hour before meat is done, heat 2 Tbsp. butter or margarine in a 10-inch skillet and cook mushrooms over medium heat, about 7 minutes or until golden brown. Meanwhile, in a small bowl, mix 2 Tbsp. softened butter or margarine and 2 Tbsp. flour until smooth.

(continued)



Remove Dutch oven from oven and add flour mixture, $\frac{1}{2}$ tsp. at a time, stirring after each addition, until blended. Add reserved onions and mushrooms. Cover and bake until onions are fork-tender. Serve immediately.

Tom DeBruin

BEEF STEW

- | | |
|---|--|
| 2-$\frac{1}{2}$ lbs. sirloin or stew beef, cut into 1$\frac{1}{2}$-inch pieces | 1-$\frac{1}{2}$ large yellow onions, cut into $\frac{1}{2}$-inch dice |
| $\frac{1}{4}$ cup all-purpose flour | 2 celery stalks, cut into $\frac{1}{2}$-inch dice |
| 2 Tbsp. extra-virgin olive oil | $\frac{1}{2}$ lb. button mushrooms, cut into $\frac{1}{4}$-inch slices (can also use cremini) |
| 2 Tbsp. butter | 1 tsp. dried thyme |
| 2 cup dry red wine, (Cabernet or Merlot) | salt and pepper |
| 3 cup beef stock | 4 Tbsp. fresh parsley, chopped |
| 1 bay leaf | |
| 4 carrots, cut into $\frac{1}{2}$-inch pieces | |
| 4-5 large peeled potatoes, cut into $\frac{1}{2}$-inch dice (Yukon Gold or Idaho) | |

In a large bowl, toss the beef with $\frac{1}{2}$ tsp each of salt and pepper, then toss with flour to coat. Heat the oil and butter over medium-high heat in a large skillet, preferably cast iron, until butter foams. Place the beef in a single layer in the pan and cook until browned (about 4 minutes), then flip and brown the other side. Beef will still be raw in the middle; this is fine. Work in batches if you need to and remove beef to a plate on the sides it's finished. Discard the leftover oil. In a large stock pot or Dutch oven, put in browned meat and any juices from the plate. Add the wine and turn the heat to medium-high, boiling until wine is reduced by half, about 8 minutes. At this point, add the beef stock and bay leaf. If beef stock is unavailable, you can substitute chicken stock. Bring this to a simmer, then cover and let cook over low heat for an hour. After an hour, add celery, potatoes, carrots, thyme and mushrooms. Salt and pepper to taste (you may need less salt if you use a store-bought beef stock). Cover pot again and simmer another hour (up to two hours), until vegetables are tender but not mushy and beef is cooked through. Stir in chopped parsley to taste and serve hot. You may also add half a package of frozen peas in the last 10-15 minutes of cooking, if you'd like.

Nataika Horbachevsky



CHICKEN BREASTS WITH LEMON AND PARSLEY

1/3 cup dry vermouth or dry wine	3 Tbsp. Italian-style bread crumbs
1/3 cup lemon juice	2 Tbsp. olive oil
2 whole chicken breasts (boneless and skinned)	1/4 cup fresh parsley
	1 clove garlic, minced

In a measuring cup, combine wine, lemon juice and garlic. Place each chicken breasts between 2 pieces of wax paper. Pound with a mallet or cleaver to about 1/4 inch thick. Lightly coat chicken with bread crumbs. In a large skillet heat olive oil until hot. Add Chicken. Sauté until brown on both sides, about 5 minutes. Stir wine mixture again and pour over chicken. Simmer, uncovered, until chicken is cooked, about 5 minutes. Sprinkle with parsley. Serve with pan juices. *Note: This is made quickly and so good. If you prefer even more tartness, squeeze on lemon juice at the table. Yield: 4 portions.

Bohdan & Irena Kowalyk

CHICKEN FRANCES'

2 eggs, beaten	1 (14-1/2 oz.) can chicken broth
flour	1/2 cup white cooking wine
2 lbs. chicken cutlets	juice of 2 lemons
olive oil	salt, pepper & paprika, to taste
2 tsp. butter	1 lemon, sliced for garnish
1 bunch scallions, chopped	

Dip chicken cutlets in beaten egg and then coat with flour. Brown chicken in hot oil until golden brown. Remove chicken from skillet and lower heat. In same skillet, melt 1 to 2 teaspoons of butter and sauté scallions. Add chicken broth, wine and juice of 2 lemons. Cover until liquid starts to bubble. Return chicken cutlets into skillet. Place lemon slices on top of each chicken cutlet. Cover and continue to cook on simmer for 20-30 minutes. Yield: 5-7 servings..

Irka Krawec-Kennedy



CHICKEN IN HORSERADISH SAUCE

½ cup flour	1 cup chicken broth
½ cup bread crumbs	8 oz. sour cream, warmed in microwave
1 egg, beaten	1 tsp. fresh dill, snipped
1-½ lbs. chicken breasts, flattened	2 Tbsp. prepared horseradish (in a jar)
cooking oil for frying	
1 Tbsp. butter	
1 (8-oz.) container mushrooms, sliced	

Combine flour and bread crumbs. Set aside. Gently flatten cleaned chicken breasts to about ½ inch thickness. Cut each breast into 2 or 3 portions. Dip into egg, then coat with bread-flour mixture. Set aside on waxed paper (makes clean-up easier). Pour a little oil into a skillet and brown chicken on medium-high heat, about 3 minutes per side. Transfer into heavy baking dish and it's okay to overlap the pieces. Melt butter in a skillet and sauté mushrooms for about 4 minutes on high heat. Stir in chicken broth, then sour cream, dill and lastly the horseradish. Feel free to add more horseradish! Season with salt and pepper, if desired. Preheat oven to 350° F. Cover baking dish with aluminum foil and bake for 30 minutes. Remove from oven and let stand for 10 minutes before serving. Enjoy!! Chicken is delicious with potatoes or egg noodles and even tastes better the next day. *Note: Reduce broth and sour cream for a less "saucy" meal.

Daria Horbachevsky

CHICKEN KYIV

4 large chicken breasts	1 egg
dash salt	1 cup bread crumbs
2 Tbsp. parsley	1 Tbsp. water
1 stick frozen butter	2-3 cup canola oil
1 cup flour	toothpicks

Place chicken breast between two pieces of clear plastic wrap and pound from center out to form a thin cutlet. (Be careful not to pound right through the cutlet). Peel off wrap and sprinkle with salt. Repeat with remaining cutlets. Sprinkle each cutlet with parsley. Cut frozen butter into 8 pieces. Place two pieces of butter side by side in each cutlet and roll tucking in the sides. Press seam to seal well. Use toothpicks to ensure a tight seal. Coat each roll with flour; then dip into mixture of a beaten egg with water; then roll in bread crumbs. Chill for at least an hour. Heat oil in deep skillet or deep fryer. Fry rolls in oil for about 5

(continued)



minutes or till golden brown. Remove rolls to oven safe dish and continue heating for about 10 minutes to ensure that chicken is cooked through.

Olia Zahnijnyj-Colon

CHICKEN MARBELLA

4 (2-½ lbs) each, quartered
chicken or chicken breasts)
1 head garlic, peeled, puréed
¼ cup dried oregano
coarse salt, to taste
ground black pepper, to taste
½ cup red wine vinegar
½ cup olive oil
1 cup pitted prunes

½ cup pitted Spanish green olives
½ cup capers with a bit of juice
6 bay leaves
1 cup brown sugar
1 cup white wine
¼ cup Italian parsley or fresh
corlander (cilantro), finely
chopped

Begin at least 24 hours in advance. In large bowl, combine chicken quarters, garlic, oregano, pepper and salt to taste, vinegar, olive oil, prunes, olives, capers with a bit of juice and bay leaves. Cover and let chicken marinate, refrigerated overnight. Preheat oven 350° F. Arrange chicken in a single layer in one or two large, shallow baking pans and spoon marinade over it evenly. Sprinkle chicken pieces with brown sugar and pour white wine around them. Bake for 50 minutes to 1 hour, basting frequently with pan juices. Chicken is done when thigh pieces, pricked with a fork at their thickest, yield clear yellow (rather than pink) juice. With a slotted spoon transfer to a serving platter. Moisten with pan juices and sprinkle generously with parsley or cilantro. Remaining juices can go into a sauceboat if you wish. Yield: 16 pieces. Serves 10 or more.

Anita Bernert

CHICKEN TENDERS

1 pkg. chicken breast tenders
3-4 eggs, lightly beaten

seasoned bread crumbs

Dip chicken pieces in egg, then bread crumbs. Repeat process. Fry in hot vegetable oil over medium heat until golden brown, turning once.

Sonia Smith



CINCINNATI "SKYLINE" CHILI

1 qt. water	4 cloves garlic
2 lbs. ground beef	2 Tbsp. vinegar
2 (8-oz.) cans tomato sauce	1 bay leaf
5 whole allspice or ½ tsp. ground	5 cloves
1 ½ tsp. red pepper	2 tsp. Worcestershire sauce
1 tsp. ground cumin	1 ½ tsp. salt
3-4 Tbsp. chill powder	1 tsp. cinnamon
½ oz. unsweetened chocolate	1 box spaghetti

Note: If you want your Cincinnati Chili even more authentic put the ground beef in a food processor and get it very finely chopped before boiling. Add beef to water in 4 quart pot. Stir until beef separates to a fine texture. Boil slowly for 30 minutes. Add the rest of the ingredients into the pot. Stir to blend, bring to a boil. Reduce heat and simmer uncovered for about 3 hours. Pot may be covered the last hour after desired consistency is reached. Chili should be refrigerated overnight, so that the fat can be lifted from top before reheating. Prepare spaghetti according to package directions.

Toppings

oyster crackers	finely chopped onion
shredded Cheddar cheese	kidney beans

Cincinnati chili lovers order their chili by number. Two-Way Chili: Chili served on spaghetti. Three-Way Chili: Additionally topped with shredded Cheddar cheese. Four-Way: Additionally topped with chopped onions. Five-Way Chili Additionally topped with kidney beans.

Stefan Szkarowski

CLASSIC BEEF CHILI

1 lb. lean ground beef	1 sweet onion, chopped
2 cloves garlic, chopped	¼ cup canned diced green chilies
2 Tbsp. chill powder	2 Tbsp. tomato paste
1 tsp. ground cumin	1 jalapeño pepper, chopped
1 (28-oz) can crushed tomatoes	dash crushed red pepper
1 (15-oz.) can red kidney beans, rinsed and drained	

Cook ground beef and garlic in a nonstick skillet until browned. Drain off excess fat. Add chili powder and cumin and stir to coat the beef. In a slow cooker, mix together tomatoes, beans onion, chilies, crushed red pepper, jalapeño pepper, and tomato paste. Add the beef mixture

(continued)



and mix. Cover and cook on HIGH for about 4-5 hours until the flavors are blended.

Marta Shevchik

CRAB CAKES

- | | |
|---|---------------------------------|
| 6 slices white bread, crusts removed | 1 egg yolk |
| 1 lb. crab meat, cooked | ¾ cup mayonnaise |
| 1 pickle, chopped | salt and pepper to taste |
| 1 celery stalk, finely diced | butter |

To make bread crumbs, grind slightly the dry bread in a food processor, leaving some bread clumps intact and coarse. Set aside. Combine the next 5 ingredients together in a bowl and season to taste. Form rounded patties (crab cakes) and coat both sides in the prepared bread crumbs. Melt a little butter in a pan and fry the crab cakes until both sides are a nice golden-brown. Enjoy!

Maria Zarudna Zaulychny

CREAMY BAKED CHICKEN

- | | |
|--|--|
| 3-½ to 4 lbs. broiler/fryer chicken, cut up & skinned | ½ cup water |
| 1 (10¾-oz.) can condensed cream of chicken soup, undiluted | Portabella mushrooms, sliced & sautéed (optional) |
| 1 (10¾-oz.) can condensed cream of mushroom soup, undiluted | frozen vegetables (optional) |
| 1 cup sour cream | 2 tsp. fresh chives, snipped |
| | ½ tsp. paprika |
| | salt & pepper to taste |

Remove chicken skin & discard. Brown chicken parts (breasts, thighs, legs) in butter & place into a greased 13 x 9 inch baking dish. In a large bowl, combine the soups, sour cream, water, sautéed mushrooms, chives, vegetables, salt and pepper. Spoon over the chicken and sprinkle with paprika. Bake, uncovered, at 350° F for 1 hour or until chicken juices run clear. Serve chicken and delicious sauce over noodles, rice and even boiled potatoes. Enjoy! Yield: 6 servings.

Oksana L. Werbowsky Duda



CREAMY CHICKEN MARSALA

1 whole egg

1 egg white

2 Tbsp. milk

¼ cup flour

1 env. mushroom soup mix

1 cup Italian bread crumbs

½ cup olive oil

**1 lb. chicken tenders or cutlet cut
in half**

Prepare egg mixture by whisking together whole egg, egg white and milk. Set aside. Prepare bread crumb mixture by combining flour, mushroom soup mix and bread crumbs. Dip chicken tenders first in egg mixture, then in bread crumb mixture and set aside. Pour the liquid from the can of mushrooms into the frying pan. Add olive oil and heat on a medium setting. Add chicken and fry until light brown on both sides. While chicken is cooking, make mushroom sauce below. When chicken is done, pour mushroom sauce over the chicken, ensuring that all the chicken is covered. Cook over low heat for about 10 minutes. Serve over wide egg noodles.

MUSHROOM SAUCE

1 (6-oz.) can sliced mushrooms

¾ cup milk

**1 (10¾-oz.) can condensed cream
of mushroom soup**

¾ cup white wine

Mix together condensed mushroom soup, sliced mushrooms, ¾ cup milk and wine. Heat slowly.

Olia Zahnjnyj-Colon

EASY ALFREDO SAUCE

½ cup butter (1 stick)

2 cups milk

1 (8-oz.) pkg. cream cheese

6 oz. grated parmesan cheese

2 rounded tsp. garlic powder

¼ tsp. ground black pepper

In a medium, non-stick saucepan, melt butter over medium heat. Add cream cheese and garlic powder, stirring with wire whisk until smooth. Add milk, a little at a time, whisking to smooth out lumps. Stir in Parmesan and pepper. Remove from heat when sauce reaches desired consistency. Sauce will thicken rapidly, thin with milk if cooked too long. Toss with hot pasta to serve. Makes enough for 1 pound pasta.

Lisa Bybel



EASY CHICKEN & RICE

6-8 pcs. of chicken (or 1 cut-up chicken)
1 cup rice (not cooked)
1 env. dry onion soup mix

1 (10¾-oz.) can Campbell's golden mushroom soup
2 cups water

Mix together soups and water. Add rice and stir to mix. Add chicken pieces. Bake in a 350°F oven for 1-½ hours. Serves 4. This is a super easy recipe, and can be easily doubled. You can add more water for softer rice and cook longer for chicken that falls off the bone.

Helen Tymocz

EASY TURKEY MEATLOAF

(quick AND EASY!)

1 1-lb. pkg. ground turkey
1 box Stove Top stuffing

barbeque sauce

Prepare the as stuffing per package instructions. Combine ground turkey and stuffing. Form into meatloaf shape and place in a covered baking dish. Spread BBQ sauce on top. Bake at 370°F for 45-50 minutes.

Lesia Kozicky

EASY VEGETABLE CHEESE LASAGNA

1 (24-oz.) jar spaghetti sauce
6 uncooked lasagna noodles
1 (15-oz.) container ricotta cheese
1-2 cups shredded raw vegetables, such as mushrooms, broccoli and bell pepper

1 (8-oz.) pkg. shredded mozzarella cheese

Preheat oven 375°F. Spray baking dish with non-stick cooking spray. You can substitute fat-free ricotta and low-fat mozzarella cheese in this recipe. Another vegetable combination is shredded carrots and zucchini, or your favorite vegetable combination. Spread ⅓ of the spaghetti sauce on bottom of dish. Arrange 3 noodles in a single layer over the sauce. Top with another ⅓ of the sauce, all of the ricotta cheese and vegetables, and ½ of the mozzarella cheese. Top with the remaining noodles in a single layer and top evenly with the remaining sauce. Cover dish with foil and bake until noodles are tender and mixture is piping hot, about 1 hour. Remove from oven and sprinkle with remaining mozzarella

(continued)



cheese. Do not cover. Return to oven and bake uncovered 5 minutes longer. Let stand 5 minutes before cutting.

*Stefania Tchoryk Szkafarowsky
Danylo Szkafarowsky*

ENCHILADA CASSEROLE

2 lb. beef stew meat, cut in ½" cubes	¼ cup chopped onion
1 (10-oz.) can beef gravy	8-10 flour tortillas
1 (10-oz.) can mild enchilada sauce	1 cup shredded cheddar cheese
	cooking oil

Brown meat. Add gravy, enchilada sauce and onion. Heat to boiling. Reduce heat. Simmer, covered for 1 hour or until meat is tender. Remove from heat. Dip tortillas in hot oil until limp, about 5 seconds per side. Drain on paper toweling. Using slotted spoon, lift meat from sauce; divide among tortillas. Roll up tortillas; place seam side down in greased 12"x8"x 2" baking dish. Pour sauce over tortillas. Bake uncovered in 350°F oven for 20 minutes. Sprinkle with cheese. Return to oven to melt cheese, about 2-3 minutes. Makes 6 servings.

Sonia Smith

FILET MIGNON WITH TOMATO AND GARLIC SAUCE

4 beef tenderloins (approx. 1-in thick)	3 cloves garlic, minced
½ cup sun-dried tomatoes (not in oil), chopped	½ cup beef broth
1 Tbsp. vegetable oil	¼ cup steak sauce
	salt & pepper, to taste

Heat a large nonstick pan on medium heat. Add the steaks and turning occasionally while cooking. Cook for about 10-12 minutes for medium-rare. Season with salt and coarse black pepper. Remove steaks from pan and cover with foil to keep warm. In the same pan, add the sun-dried tomatoes, vegetable oil, and minced garlic. Cook for about a minute. Then stir in the beef broth. Increase heat to medium-high and stir for 5 minutes or until the liquid is slightly reduced. Remove from heat and stir in the steak sauce. Pour sauce over steaks and dig in.

Zhenia Vukosa



FREEZER MEATBALLS

- | | |
|-----------------------------------|---|
| 3 eggs, beaten | 2 tsp. salt |
| ¾ cup milk | 3 lbs. ground beef (or any combo |
| 3 cups soft bread crumbs | meat: pork, turkey) |
| ½ cup finely chopped onion | |

Preheat oven to 375°F. In a bowl combine eggs and milk. Stir in bread crumbs, onion and salt. Add ground beef or other combination of ground meats and mix well. Shape into 1-inch meatballs. To prevent mixture from sticking to your hands, wet them with cold water before you start. Bake meatballs, half at a time in a large shallow baking pan. Remove from pan and cool. Arrange cooled meatballs in single layer on a baking sheet so the edges do not touch. Freeze till firm. Then place into freezer bags using 24 per package. Seal, label and freeze. Makes three bags of 24-meatballs each. *Note: To serve, I put the frozen meat balls into my favorite sauce and slowly simmer until ready to serve.

Stefania Tchoryk Szkafarowsky

GARLIC SHRIMP PASTA

- | | |
|--|-----------------------------------|
| 1 (16-oz.) box penne pasta | 1 cup chopped green onions |
| 2 Tbsp. olive oil | 1 Tbsp. chopped parsley |
| 3 tsp. minced garlic | |
| 2 lbs. medium sized shrimp,
cleaned | |

Cook pasta according to directions on box. Set aside. In medium pan, heat oil over medium heat. Add garlic and sauté for about 1 minute. Add shrimp and cook until pink & thoroughly cooked. Let cool. While shrimp is cooling, prepare dressing below. Combine pasta with cooled shrimp. Add green onion and parsley. Pour dressing over pasta mixture and toss gently. Serve either as a warm entree or chill in refrigerator for about ½ hour before serving.

DRESSING

- | | |
|-----------------------------|---------------------------------------|
| ½ cup olive oil | ¼ cup lemon juice |
| 1 tsp. minced garlic | ½ cup shredded parmesan cheese |

In a bowl, combine all of the above ingredients and mix thoroughly.

M Kuzmiak



GARLIC SHRIMP

- | | |
|---|---|
| 1 pkg. egg noodles | ¼ c. lemon juice |
| 2 T. olive oil | 1 ½- 2 lbs. medium shrimp, with tails off |
| 3 tsp. minced garlic | |
| 1 stick butter or margarine (½ cup olive oil may be used if making during Lent) | |

Cook pasta according to directions, set aside. Sauté garlic in oil over medium heat (about 1 minute). Add shrimp and cook until thoroughly cooked. Turn heat to low, add butter and lemon juice, stir until butter is melted. Add pasta and mix. Serve immediately. Can also be topped with grated Parmesan cheese if preferred.

Helen Tymocz

GOULASH

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|---|--------------------|
| 1 lb. beef top sirloin | 2 cups beef broth |
| oil | 2 Tbsp. cornstarch |
| 1 can sliced mushrooms or fresh mushrooms sliced thin | 1 cup sour cream |
| 2 large onions sliced thin | salt |
| 4 Tbsp. paprika | pepper |
| | egg noodles |

Cut meat across the grain into ½-inch thick slices. Pour enough oil to lightly cover the bottom of a large skillet and heat. When skillet is hot, add beef and stir-fry until meat is lightly browned, about 3-4 minutes. Remove beef to a bowl. Add mushrooms to pan and stir continuously until browned. Add to beef. Set skillet aside for use later on. In large pot, heat beef broth to a boil. Reduce heat to a simmer and add beef and mushrooms. Cover tightly and simmer for 2 hours. Check periodically to make sure there is enough broth to cover beef. If not, add more broth. When beef has been simmering for about 1- ½ hours, sauté sliced onions in skillet, with a little oil, until softened. Add paprika and stir together well. Mix cornstarch with a little broth, about ¼ cup, and add to onion mixture. Mix onion mixture into beef and cook for another few minutes to thicken. Meanwhile, cook egg noodles according to directions on package. Serve goulash over noodles with a dollop of sour cream.

Olia Zahn/jnyj-Colon



GRILLED MEATBALLS & SAUSAGE

(RECIPE FOR OUTDOOR COOKING)

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|---|---------------------------------------|
| 1 lb. ground turkey meat | 1 egg |
| 2 cloves garlic, chopped | 1 lb. sweet Italian sausage |
| 1 bunch green scallions, chopped | 1 lb. hot Italian sausage |
| 1 cup Italian bread crumbs | 1 1-lb. box penne pasta |
| ½ cup freshly grated Parmesan cheese | 1 (16-oz.) jar Marinara sauce |
| | additional Parmesan as garnish |

In a large bowl, combine turkey, garlic, scallions, bread crumbs, Parmesan cheese and an egg. Mix thoroughly and form into 2-½" round meatballs. Preheat your grill to 350°F. Place meatballs and sausages on grill and cook till sausage are brown and meatballs are well done. Pierce sausages to release stored fat. Simultaneously, use your grill's side burners to heat the Marinara sauce and prepare the pasta, preferably al dente. Put on each plate a serving of pasta, 2 meatballs and one sausage of each type. Add sauce and sprinkle with Parmesan cheese. Bon Appetito!

Peter Teniuch

HEARTY TOMATO MEAT SAUCE

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|---|--|
| olive oil | 1 (6-oz.) can tomato paste |
| ½ medium onion, onion | ½ Tbsp. rosemary (dried/crushed, but fresh is best) |
| 6-12 cloves garlic (or more), chopped | ½ Tbsp. basil |
| ½ lb. ground pork | ½ Tbsp. oregano |
| 1 (28-oz) can crushed tomatoes (not drained) | ½ Tbsp. salt, to taste |
| 1 (28-oz) can diced tomatoes (not drained) | |

Chop onions and garlic, not too small, do not mince. Coat bottom of a large, deep pan with olive oil and set on medium-high heat. Add chopped onions and garlic. When onions are translucent (not brown), add ground pork. Press and stir while frying until meat is cooked and slightly brown, about 3-5 minutes. If too much fat for your taste, drain pan a little. Add crushed and diced tomatoes (with juice). Rapidly stir mixture. Add the rosemary, basil and oregano. If using fresh herbs, be sure to chop into small pieces. Add the tomato paste and stir thoroughly. Evaluate thickness... and add small amounts of water while stirring to get desired thickness (thick sauce needs almost no water). Partially cover and set on medium heat (where an occasional bubble pops up) and cook for about 10 minutes. While stirring well, adjust seasoning with

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additional salt and/or herbs halfway through cooking. Cook uncovered under medium heat for another 10 minutes, stirring occasionally. Ready to serve on pasta of your choice. Smachnoho!

Basil and Lea Newmerzhycky

JAMAICAN STYLE PORK CHOPS

6 loin pork chops (½ lb each)	3 Tbsp. soy sauce
1 Tbsp. olive oil	½ cup ketchup
1 medium onion, thinly sliced	1 cup chicken broth
½ cup red wine	1 tsp. pepper

Trim pork chops of excess fat. Heat oil in large skillet and sauté chops on both sides until lightly browned. Remove and set aside. Sauté onions in the same skillet until lightly browned. Take onions out of skillet and set aside. Deglaze the skillet with red wine. Then add soy sauce, ketchup, chicken broth and pepper and bring mixture to a boil. Return the onions and place the pork chops in one layer on top of the onions. Don't overlap the chops. Cover and bake at 350°F about 1 hour, until chops are tender. Serve with rice.

Switlana Wojcikyj

KARINA'S PERNIL AL HORNO

6 cloves garlic, smashed	3 Tbsp. olive oil
2 Tbsp. oregano, fresh or dried	2 Tbsp. white wine vinegar
4 Tbsp. salt	4-6 lbs. pork shoulder or butt
1 Tbsp. black pepper	

Put the pork with the skin side up in a roasting pan with or without rack insert. Stab the surface of the meat with a sharp knife, making small slits all over top and bottom. In a bowl, mash the garlic, oregano, salt and pepper into a paste and stir in the oil and vinegar and mix well. It may appear like it's separating. Rub mixture all over the pork and into the slits so that it penetrates into the meat. This will make a crispy crust on the outside. Cover meat with plastic wrap and refrigerate it for from 3 hours to overnight. Remove meat from refrigerator and bring to room temperature 30-60 minutes before roasting. Preheat oven to 350°F. Place roast fat side down in a roasting pan and cover pan with foil. Roast for 1 hour. Then, remove foil and carefully turn the roast fat side up. Place the roast, uncovered, back in the oven and roast for another 2-3 hours, or until the roast is very tender and well browned. Baste meat with pan juices from time to time. A meat thermometer

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inserted into the center of the roast should read 165°F when it is done. Remove from oven and let it sit for 15 minutes before slicing.

Tracey Kuzemczak

KOVBASA JAMBALAYA

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|--|--|
| 1 (14-½ oz.) can diced tomatoes, undrained | 1-½ tsp. dried oregano |
| 1 (14-½ oz.) can beef or chicken broth | 1-¼ tsp. salt |
| 1 (6-oz.) can tomato paste | ½ tsp. cayenne pepper |
| 2 medium green peppers, chopped | ½ tsp. hot pepper sauce |
| 1 medium onion, chopped | 1 lb. boneless, skinless chicken breasts, cut into 1-inch cubes |
| 3 celery ribs, chopped | 1 lb. kovbasa or smoked sausage, halved & cut into ¼-inch slices |
| 5 garlic cloves, minced | ½ lb. uncooked medium shrimp, peeled & deveined |
| 3 tsp. dried parsley flakes | hot cooked rice |
| 2 tsp. dried basil | |

In a 5-qt. slow cooker, combine the tomatoes, broth and tomato paste. Stir in the green peppers, onion, celery, garlic and seasonings. Stir in chicken and sausage. Cover and cook on low for 4 hours or until chicken is tender. Stir in shrimp. Cover and cook 15-30 minutes longer or until shrimp turn pink. If using ready-to-serve cooked shrimp, cook them only long enough to heat them through. Serve with rice. Yield: 11 servings.

Oksana L. Werbowsky Duda

LEMON-CHICKEN OVEN BAKE

- | | |
|---|---|
| ¼ cup KRAFT Zesty Italian Dressing | 1 lb. new potatoes (about 8), quartered |
| ½ cup fat-free reduced-sodium chicken broth | 5 cloves garlic, peeled |
| 1 Tbsp. honey | 1 lemon, cut into 8 wedges |
| 1-½ lbs. bone-in chicken pieces (legs & thighs) | |

Heat oven to 400°F. Mix dressing, broth and honey together. Place chicken, potatoes and garlic in a 13" x 9" baking dish and drizzle with dressing mixture. Add lemons. Bake 45-50 minutes or until chicken is done (reaches internal temperature of 165°F) and potatoes are tender. Serve lemons as a garnish for the chicken and potatoes. Yield: 4 servings

Iryna Bundziak



LESIA'S FAVORITE FLANK STEAK

- ½ lemon
- ½ cup low sodium soy sauce
- ½ cup sesame oil
- ½ cup canola oil
- 3-lb. flank steak

In a container or zip-lock plastic bag, mix together the juice of half lemon, soy sauce, sesame oil and canola oil. Place a flank steak into the mixture and marinate up to 12 hours. Place on grill or under broiler and cook to desired doneness.

Elizabeth (Ela) Bortkiewicz

LILIA'S JAM-PACKED MEATLOAF

- ¼ cup olive oil
- 2 Tbsp. vegetable oil
- 1 large Vidalia onion, chopped
- 1 (8-oz.) pkg. sliced Baby Bella Mushrooms, roughly chopped
- 1 head of garlic, smashed & chopped
- ½ carrot, shredded
- ½ yellow squash, shredded
- ½ zucchini, shredded
- ½ bunch dill, chopped
- 1 cup seasoned bread crumbs, divided
- 1 egg
- 2 lbs. ground meat (turkey or beef or meatloaf mix)
- salt and pepper, to taste

In a large skillet, coat pan with olive oil mixed with a bit of vegetable oil so that the oil doesn't burn. Heat well and add the onions. Once onions are soft and golden, add mushrooms, garlic, salt and pepper. Then add the carrots, squash and zucchini. Sauté and stir so that all of the vegetables cook through and are moist. Salt and pepper to taste. Add dill at the end. Remove from heat and stir occasionally to cool mixture. While the vegetables are cooling, beat egg. Put ½ cup breadcrumbs into a large bowl and add meat. Now, gently combine your sautéed vegetables with your meat and mix. Add remaining bread crumbs and mix well. Place mixture into a loaf pan or shape mixture into a loaf and wrap it up in aluminum foil placed on a baking sheet. Bake at 350°F for 1 hour or until done.

Lillianna Szklarowsky Chudolij



MARIKA'S CHILI

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|--|------------------------------------|
| 2 lbs. lean ground beef | 1 sweet onion, chopped |
| 2 garlic cloves, finely chopped | ¼ cup canned diced chillies |
| 2 Tbsp. chili powder | 2 Tbsp. tomato paste |
| 1 tsp. ground cumin | 1-½ cups beer |
| 1 (29-oz.) can crushed tomatoes | |

In large nonstick skillet, cook beef and garlic over medium heat, stirring to break up meat, until browned; drain. Add chili powder and cumin and stir to combine. Combine tomatoes, onion, chillies and tomato paste in a slow cooker; stir in beef mixture. Add beer; stir. Cover and cook on HIGH for 4-5 hours. * This recipe also tastes great with venison.

Marika Shmotolocha

NADIA'S FAVORITE

- | | |
|------------------------|---------------------|
| 1 take out menu | 1 phone call |
|------------------------|---------------------|

Have someone else cook the meal and enjoy eating it!

*Verusha Raguso
In honor of Nadia Palczynski*

OXTAILS

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|---|---|
| salt and black pepper, to taste | 3-4 cloves garlic, chopped |
| 1 tsp. each of dried oregano and thyme | 2-3 tsp. instant beef bouillon |
| ½ tsp each of dried basil, marjoram and mint | fresh parsley, chopped |
| ½-3 lbs. oxtails (See butcher for large-med. pieces) | 1-2 bay leaves |
| bacon drippings or olive oil | freshly ground black pepper, to taste |
| 2 medium onions, chopped | ½ to 1 (8-oz.) can tomato sauce (or 2 med. tomatoes chopped) |
| 2 sticks carrots, chopped | dry red wine |
| 1 large green bell pepper, chopped | 5 Tbsp. bread crumbs (or more) |
| 1 stalk celery, chopped | potatoes, partially cooked (Red or Idaho) |
| | butter or margarine |

Combine herbs, salt and pepper and sprinkle on oxtails. In a Dutch, heat the olive oil or bacon drippings over medium-high heat and brown the oxtail pieces, in batches, for 2 to 3 minutes on all sides, or until nicely colored. Remove the oxtail pieces from the pot with a slotted spoon as they brown and set aside. Pour off all but 2 Tbsp. of the fat and add vegetables, garlic and bouillon. Cover and cook for about 10

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minutes, stirring occasionally, until soft. Add fresh tomatoes or tomato sauce, ox tails and water, or ½ water and wine mixture, about 1-2 cups, adding more only if needed during cooking to prevent scorching. Cover, bring to a boil and simmer over a medium-low flame for about 2-3 hours or until meat is “almost” tender. In the meantime, brown bread crumbs in butter and set aside. When meat is ready, remove from pot and place into a long roasting pan. (Note: If you like, degrease the stock at this point). Spoon the vegetables around the ox tails. Pour a small amount of ox tail stock around the ox tails to cover the bottom of the pan. Sprinkle ox tails with browned bread crumbs. Bake in a 350°F preheated oven for an additional 30 minutes or until meat is tender and nicely brown roasted. Meat is done when it is fork tender and comes off the bones easily. If you like, add partially cooked potatoes (eg. Red potatoes cooked in jackets, or Idaho peeled and cut) drizzled with butter and bake them alongside the oxtails). It is not necessary to thicken stock to make a thick gravy for this dish. Only if you desire, lightly thicken the stock. Pour sauce over oxtails before roasting in the oven or set the sauce aside to be served at the table. Yield: 5-8 servings

SAUCE (optional)

2 Tbsp. bacon drippings

2 Tbsp. flour

2 cups reserved oxtail stock

dash browning sauce

salt, pepper, garlic powder, to

taste

Warm about 2 Tbsp. bacon drippings in a skillet over medium heat and stir in about 2 Tbsp. flour. Cook for 3 minutes, stirring constantly. Slowly, stir in 2 cups ox tail stock and browning sauce. Season to taste and continue cooking and stirring until gravy thickens. Remove from heat.

*Oksana L. Werbowsky Duda
Anna Werbowsky*

PAN FRIED COD **(Crispy, flaky fish)**

1 lb. cod

½ cup flour

½ tsp. salt

⅓ tsp. pepper

4 Tbsp. olive oil

Combine flour, salt, and pepper. Coat fish with flour mixture. Heat olive oil in large skillet over medium heat. Cook fish 4-6 minutes per ½ inch thickness of fish or until fish is golden brown and flakes easily with a fork. Turn the fish over once halfway through cooking time. Serve with mango and avocado salsa or olive tapenade on top and lemon.

Lesia Palytyk



PANI OLIA'S FETTUCCINE ALFREDO

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|--------------------------------------|---------------------------------|
| ¼ lb. salted butter (1 stick) | 1 Tbsp. basil flakes |
| 1 cup shredded cheddar cheese | 1 Tbsp. parsley flakes |
| 1 cup heavy cream | 1 Tbsp. garlic powder |
| 1 cup whole milk | salt and pepper to taste |
| 2 cups ricotta cheese | 1 lb. fettuccini, cooked |
| ½ cup grated parmesan cheese | |

Cook fettuccini according to package directions. Set aside. In a large pot, melt butter and cheddar cheese. Slowly add heavy cream using a wire whisk to make a smooth sauce. Continue adding the rest of ingredients while stirring to maintain a smooth consistency. Allow to cook on low heat for about 10 minutes. Pour over fettuccine.

Olia Rudyk

PENNE A LA 'HOREELKA'

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|-----------------------------------|-----------------------------------|
| 1 medium onion, diced | dash red pepper (optional) |
| 4 Tbsp. margarine | dash grated cheese |
| 24 oz. tomato sauce | parsley flakes (optional) |
| ¾ cup Vodka (aka Horeelka) | 2 lbs. penne macaroni |
| 1 cup heavy cream | |

Cook onion in margarine, approximately 5 minutes, over medium heat. Add tomato sauce and vodka/Horeelka and cook for another 5-10 minutes stirring occasionally. Blend in cream and heat to boil, stirring occasionally. Remove from heat and stir in remaining ingredients except for parsley, which can be sprinkled during serving.

Zhenia Vukosa

PINEAPPLE SWEET AND SOUR CHICKEN

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|---|---|
| 1 (20-oz.) can Dole pineapple chunks | 2 Tbsp. vegetable oil |
| 1 medium bell pepper (green or red), cut into chunks | 1 lb. chicken, skinned & deboned |
| 1 medium onion, cut into chunks | 1 cup prepared sweet and sour sauce |
| ½ cup sliced mushrooms | 2 Tbsp. less sodium soy sauce |
| | hot cooked rice |

Cut chicken into 1-inch pieces and set aside. Drain pineapple and reserve 2 Tbsp. of juice and set aside. In hot oil over medium heat, cook pepper, onion and mushrooms while stirring, until tender crisp. Remove vegetables and set aside. In same pan, cook chicken pieces until browned. Add the cooked vegetables, sauces, pineapple and

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reserved juice to the pan. Heat through. Serve with rice and top with chow mein noodles, if desired.

Maria

PROSCIUTTO AND PEAS PASTA

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|---|---|
| 2 Tbsp. olive oil | 1 can tomato paste |
| ¼ lb. prosciutto, thinly sliced and chopped | 1 shallot, or small onion, chopped |
| ¾ cup frozen peas | 1 clove garlic, minced or more to taste |
| 1 (8-oz.) container light cream | 1 (16-oz.) box pasta, penne |

Cook pasta according to directions on box. Meanwhile, in a nonstick skillet, sauté chopped shallots and prosciutto in olive oil until slightly brown. Add 1-2 Tbsp. tomato paste to shallot mixture and stir. Then add peas and light cream and bring to a light boil. Sauce will thicken after the boil. Toss with pasta and enjoy!

Patricia Bruno

RED SNAPPER WITH MANGO SALSA

MANGO SALSA

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|--|-------------------------------------|
| 1 lime, juice and zest | 1 Tbsp. chopped parsley or cilantro |
| 2 Tbsp. pineapple juice | ½ tsp. salt |
| 1 Tbsp. extra virgin olive oil | ¼ cup diced red bell pepper |
| 2 large ripe mangoes, peeled and diced | 1 tsp. ginger |
| ¼ cup diced red onion | |

To prepare the mango salsa, combine lime juice, zest, pineapple juice and oil in a bowl and whisk together. Add remaining salsa ingredients and stir well. Set aside.

MACADAMIA-CRUSTED FISH

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| 4 (6-oz.) fresh red snapper fillets or other firm white fish | 2 tsp. water |
| ½ tsp. salt | ½ cup flour |
| 2 oz. macadamia nuts | 1 Tbsp. butter |
| 2 eggs | 1 Tbsp. olive oil |
| | ¾ cup panko bread crumbs |

To prepare the fish, sprinkle with salt. Place macadamia nuts and panko bread crumbs in food processor and grind until nuts are finely ground. Place mixture in a shallow dish. Whisk together eggs and water

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in a separate shallow bowl. Sprinkle flour on a separate plate. Dredge fish in flour; dip in egg mixture; dredge in macadamia mixture pressing lightly to make sure crumbs adhere. Melt butter and oil in a large skillet over medium-high heat. Add fish. Reduce heat to medium and cook about two minutes on each side until golden brown. Drain fish on paper towels and serve on plate with mango salsa piled on top.

Olia Zahnijnj-Colon

RIGATONI WITH ROSEMARY CHICKEN

½ cup olive oil	4 thickly sliced garlic cloves
3 Tbsp. balsamic vinegar	2 Tbsp. chopped shallots
1 tsp. salt	½ cup white wine
½ tsp. black pepper	1-½ cups chicken broth
3 Tbsp. finely chopped rosemary	½ cup heavy cream
4 boneless, skinless chicken breast	1 lb. rigatoni pasta
	4 Tbsp. grated cheese

Combine 4 tbsp. olive oil, balsamic vinegar, ½ tsp. salt, ¼ tsp. pepper, and 2 tbsp. rosemary to form marinade. Place chicken breasts and marinade in a one gallon Ziploc bag. Marinate 2 hours or up to overnight (in the refrigerator). Preheat oven to 425°F. Place chicken on rack in roasting pan and cook for 20 minutes. Discard marinade. When chicken is cool enough to handle, cut into ½-inch cubes. Sprinkle with remaining salt and pepper and set aside. Bring water for pasta to boil in a large pot. Heat large sauté pan on med-high heat. Add 4 Tbsp. oil to pan and cook garlic until it begins to sizzle. Add shallot and 1 Tbsp. rosemary. Cook for an additional 2-3 minutes. Add wine and boil until reduced by half, about 2 minutes. Add chicken broth and cream and boil for 10-15 minutes. Add chicken during last 5 minutes. While the sauce is cooking, add the pasta to the water and cook until al dente. When pasta is done, drain, and stir into sauce. Remove from heat and stir in half the grated cheese. Serve with remaining cheese on side.

Tom DeBruin



ROMAN PASTA

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|--|---|
| 1-½ Tbsp. extra-virgin olive oil | 1-½ cup chicken broth |
| ½ lb. Italian sausage, sweet or hot | ½ cup dry white wine (pinot grigio or chardonnay) |
| 1 (15-oz.) can artichoke hearts (not marinated), drained | ½ cup parmesan cheese, grated |
| 1 clove garlic, minced | ¼ cup basil or parsley (optional) |
| 1 cup asparagus, trimmed & cut into 1" pieces | salt and pepper (to taste) |
| 1 (16-oz.) pkg. pasta, preferably farfalle or penne | |

In a heavy pan, heat olive oil over medium-high heat. Add sausage, and cook until browned for about 6-7 minutes, breaking pieces up with a wooden spoon. Remove sausages (or drain onto paper towel) & set aside. Drain the pan of grease, reserving 1 tbsp. Add artichoke hearts, asparagus and garlic to the skillet, and sauté over medium heat for about 2 minutes, being careful not to burn the garlic. Add chicken broth and wine and bring to a boil. Boil for about 10 minutes, until mixture is reduced slightly and the asparagus is tender. In the meantime, bring a large pot of salted water to a boil and cook the pasta until al dente, about 1-2 minutes less than the directions advise, as it will finish cooking in the sauce later. Drain the pasta and add to the artichokes-asparagus-wine mixture, along with the sausages, cheese and herbs. Reheat on low heat, along with the sausage, parmesan and herbs. Season to taste and toss until the sauce is absorbed and cheese is melted. Serve immediately.

Natalia Horbachevsky

ROULADE

(GERMAN BEEF ROULADEN)

PREPARATION OF ROULADE

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|---|---|
| 3 lbs. beef round steaks or sirloin steak tips (can use calf, beef, pork or lamb) | 1 (16-oz.) pkg. American cheese slices |
| garlic granules or fresh garlic, to taste | 1-lb. pkg. bacon strips (or ham slices) |
| paprika, to taste | 1 large onion, diced or sliced |
| salt and pepper, to taste | 1 (16-oz.) jar pickles, sliced lengthwise into 4-6 spears |
| flour | |
| prepared German or brown mustard | |

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This recipe is better when prepared 1 day prior to serving. Pound meat to make very thin, $\frac{1}{8}$ -inch thick slices and cut into 3 to 4-inch long pieces. Dust strips with flour and season well with garlic, paprika, salt and pepper. *Note: At this point, if you desire, you can lightly brown the meat slices before filling. Coat generously one side of each strip with mustard. On the mustard side, place 2-3 slices of bacon, 1-2 slices American cheese, diced onion and 2-3 dill pickle spears. Fill the roulade as much as you can and roll the meat into a tight roll, starting from the narrow end. Tie each roll with cooking string or secure with toothpicks to keep meat from unraveling. Over medium-high heat in vegetable oil, brown the roulade. Remove meat from pan. Add water, stock or wine to pan juices and simmer for 1-2 minutes. Set aside. Prepare sauce.

SAUCE

2 sticks carrots, cut-up	$\frac{3}{4}$ cup wine (dry red or white), water or stock
2 stalks celery, cut-up	1 (8-oz.) mushrooms, sliced and sautéed
1-2 green bell peppers, cut-up	1-2 cloves garlic, minced and sautéed
2 leeks, white parts, cut-up	1 (16-oz.) container sour cream
1 onion, cut-up	
2 bay leaves	
parsley, chopped	
vegetable oil or other fat	

In a large pot, sauté in oil all of the cut-up or coarsely chopped vegetables and herbs. Cover and cook slowly on medium heat until vegetables are soft. Arrange roulade laying down. Add the reserved pan juices but do not totally immerse roulade. Cover and simmer gently on top of the stove for about 2- $\frac{1}{2}$ hours or until meat is fork tender, adding additional liquid only if needed. You can also place in a 450°F preheated oven, and immediately reduce to 350°F. Roast for about 2- $\frac{1}{2}$ to 3 hours until meat is fork tender, adding additional liquid only if needed. Allow to cool and remove strings. Return roulade to pot with liquid and refrigerate for 24 hours. When ready to serve, reheat roulade on the stove or in the oven. While waiting for meat to reheat, sauté mushrooms and garlic. After roulade have been heated through, remove meat from pot again and keep warm on a serving platter. Thicken liquid with sour cream and add the mushrooms. Reheat and adjust seasonings. Pour some of the sauce over the roulade and serve with wide egg noodles or boiled potatoes. Keep additional sauce on the table. Yield: About 15 roulade.

*Oksana L. Werbowsky Duda
Anna Werbowsky*



SAUCY LEMON CHICKEN

1 lb. thinly sliced chicken cutlets	1 lemon, sliced thin
¼ cup flour	4 Tbsp. lemon juice
2 Tbsp. canola oil	1 Tbsp. pepper
2 cup chicken broth	salt

Mix flour and pepper on a plate. Moisten chicken with water, sprinkle lightly with salt and coat with flour mixture. Heat oil in large skillet on medium heat. Make sure oil is hot enough before you put chicken in or the coating will stick to bottom of skillet. Add chicken cutlets and cook till light brown on both sides. Add chicken broth to skillet and bring to a boil. Reduce heat and simmer for about 10 minutes. Then remove chicken to a plate. Bring liquid to a boil and add corn starch or flour. Continue to cook, uncovered, until liquid thickens. Add lemon juice. Return cutlets to skillets and place lemon slices on top of chicken. Cover and simmer for a few minutes until heated through. Serve.

Olia Zahnljnyj-Colon

SHRIMP IN GARLIC OIL

½ cup olive oil	½ tsp. salt
4 cloves garlic, peeled and sliced	3 Tbsp. chopped fresh parsley
½ tsp. crushed dried red pepper	½ lb. pasta
1 lb. shrimp, shelled, coarsely chopped	

Cook the pasta in boiling salted water until tender. Drain. Heat the olive oil in a medium skillet. Stir in garlic and red pepper and sauté over low heat for 1 minute. Raise heat to high. Add the shrimp and sauté, while stirring constantly. Shrimp are done in about 3 minutes, when they become pink. Stir in salt and parsley. Toss in the pasta and serve immediately.

Sonia Smith

SPAGHETTI CARBONARA

1 lb. uncooked spaghetti	½ cup milk
12 oz. bacon	½ cup grated parmesan cheese
2 cloves garlic, finely chopped	salt and pepper
4 eggs	

Bring a large saucepan of salted water to a boil and add the spaghetti. Cook for 10 minutes, or until al dente. Drain the spaghetti in a colander and keep warm. Meanwhile, cut the bacon widthwise into ¼-inch strips

(continued)



Cook in a large sauté pan over medium-high heat, stirring frequently, for 20 minutes, or until it just starts to get crisp. (If it is too crisp, it will break into tiny pieces when you mix it with the pasta.) Drain off the bacon grease. Peel the garlic and finely chop. Add the garlic to the bacon and cook for 2 minutes, or until the garlic just begins to brown. Beat the eggs in a small bowl until completely combined. Add the milk and parmesan cheese and stir well. Add the hot spaghetti and egg mixture to the pan. Remove from the heat and stir until the noodles are coated and the eggs are cooked. Season generously with salt and pepper and serve immediately.

Monica Sawchuk

SPARE RIBS

4 lb. spare ribs	½ tsp. onion powder
½ onion	2 cloves garlic
2 tsp. salt (or to taste)	Bone Sucking Sauce

Put in pot, cover with cold water and cook for 45 minutes to 1 hour. Remove ribs, brush with Bone Sucking Sauce and put on the grill to brown, about 10 minutes per side.

Lesia Kiciuk Shchur

SPICY GRILLED TILAPIA AND PEPPERS

1 lb. tilapia fillets	1 red pepper, seeded, cut into 6 pieces
¾ cup Italian dressing	1-½ Tbsp. grated parmesan cheese
½ tsp. red pepper flakes (or to taste)	1-½ Tbsp. cilantro, finely chopped pieces
1 green pepper, seeded, cut into 6 pieces	

Mix the Italian dressing and red pepper flakes. Pour half the dressing mixture over the tilapia and refrigerate for 15-20 minutes. Pour the rest of the dressing mixture over the cut red and green peppers, making sure the peppers are evenly coated. Grill should be on medium-high heat. Place the peppers on the grill. Place the tilapia on top of the peppers (I recommend using foil to prevent fish from dropping). Discard the fish marinade. Use the remaining pepper marinade and pour over fish. Cook for approximately 6 minutes or until fish flakes easily. Before serving, sprinkle with cilantro and cheese.

Zhenia Vukosa



SWEET & SOUR CHICKEN

- | | |
|--|-----------------------------------|
| 2 Tbsp. butter | 1 Tbsp. vinegar |
| 6-8 chicken drumsticks | 1 Tbsp. soy sauce |
| salt and pepper to taste | 2 Tbsp. firmly packed brown sugar |
| 1 (20-oz.) can crushed pineapple in syrup | 2 tsp. corn starch |
| 1 cup tomato sauce | |
| 1/8 cup finely chopped onion (or 1 Tbsp. instant minced onion) | |

Preheat oven to 425°F. Drumsticks can be with or without skin (your preference). Melt butter and pour into a baking pan. Place drumsticks in pan and sprinkle with salt and pepper. Bake for 30 minutes. Meanwhile, drain the pineapple and reserve the syrup. Combine pineapple, tomato sauce, onions, vinegar, soy sauce and brown sugar in a small sauce pan. Add corn starch to reserved syrup and mix well. Then add this mixture to the sauce pan. Heat sauce to boiling stirring constantly. Reduce heat and simmer gently stirring constantly for 5 minutes or until sauce thickens. Remove drumsticks from oven and drain the fat out. Pour sauce over drumsticks and return to oven. Bake 20-30 minutes more or until drumsticks are well done. Serve over rice.

Alexandra Szkafarowsky

TATIANA'S FAVORITE FRIED RICE

- | | |
|---|----------------------|
| 2-3 cups leftover rice (any amount, any type) | 1-2 eggs |
| 1-2 scallions, (or other onion) | low sodium soy sauce |
| 4-5 cloves garlic | sesame oil |
| 1 piece of fresh ginger | canola oil |

Heat two frying pans. Into one pan, chop scallions and fry in 2-3 tsp. canola oil. Add rice and season well with soy sauce. Into the second pan, chop garlic and peeled ginger. Fry chopped garlic and ginger in oil until crisp. Remove and drain on paper towel. In frying pan where you just fried the garlic and ginger, fry egg(s) and season with soy sauce. Serve rice with scallions, topped with egg and sprinkled with garlic and ginger. Drizzle everything with sesame oil.

Bohdan Ozaruk



THAI THIGHS

1-¼ cup plain yogurt
2 tsp. fresh grated ginger
1-½ tsp. ground coriander
2-3 garlic cloves

cayenne pepper to taste
juice of ½ lemon
2 lbs. chicken thighs

Combine the first 6 ingredients of the marinade in a bowl. Marinate meat up to 24 hours in the refrigerator. (Chicken may be cleaned of excess fat prior to marinating). Place marinated chicken on a foil lined baking sheet and bake in a preheated 350°F oven for 25-30 minutes, until bubbly and golden brown.

Martha Iwanczyszyn

ULTIMATE MONTE CRISTO SANDWICH

4 pre-cooked slices baba's paska
French toast
½ lb. fresh ham, sliced

½ lb. fresh turkey, sliced
½ lb. Swiss cheese, sliced
Thousand Island dressing

Place 2 slices of cheese, ham and turkey on 2 slices of baba's prepared paska French toast. Add dressing and cover with other slice of paska French toast. Place on a hot skillet or griddle and toast each side for about 1 minute. Cut in half and serve with chips and pickle slices. It's worth the work. Enjoy!

Peter Teniuch

WHERE'S THE BEEF CHILI (VEGETARIAN Chili)

1 Tbsp. olive oil
1 med. onion, diced
2 cloves garlic, minced
1 pkg. textured soy protein (found near fresh veggies)
2-3 hot peppers (poblano, jalapeño, other chili peppers), minced
1 green pepper, chopped
2 stalks celery, diced

2 (19-oz.) cans kidney beans (red &/or white), drained & rinsed
1 28-oz can diced tomatoes
3-4 Tbsp. chili powder (or to taste)
½ tsp. black pepper
1 tsp. salt
½ tsp. red pepper flakes, (to taste)
shredded cheddar cheese (optional)

In a large pot, heat olive oil over medium heat. Add the chopped onion and occasionally stir gently for two minutes. Then add the minced HOT peppers, garlic and the textured soy protein (TSP) & stir well. Add the celery and green pepper and stir. Finally, add diced tomatoes,

(continued)



kidney beans, chili powder, black pepper, salt and red pepper flakes and remember to stir! Bring mixture to a boil, then reduce heat and simmer for approximately 45 minutes to 1 hour, stirring occasionally. Serve over rice and topped off with shredded cheddar cheese. This recipe packs quite a bit of heat, so if necessary, adjust your chili pepper quantity as well as the chili powder amount.

Zhenia Vukosa

WHITE CHILI

1 (32-oz.) can cannelloni beans	olive oil
1 (16-oz.) can white pinto beans	sea salt & black pepper, to taste
1 (16-oz.) can white kidney beans	2 (4-oz.) cans green chilies
2 cloves fresh garlic, chopped	1 Tbsp. white chili powder
1 large Vidalia onion, chopped	1 (8-oz.) bag frozen white corn
1 lb. boneless, skinless chicken parts	1 (32-oz.) pkg. organic chicken stock

Place all beans in a large pot along with their liquids. This will help to naturally thicken the stock. Add chicken stock as necessary, throughout the cooking. In a skillet sauté garlic, onion and chicken in olive oil, sea salt and black pepper. Microwave corn for 4 minutes in a bowl. Once chicken is tender, remove from skillet and cut into small cubes. Return chicken to skillet with green chilies and chili powder and simmer for 15 minutes. Then add contents of skillet to the large pot containing all the beans. Add frozen white corn and the remaining chicken stock. Simmer about 1 hour, adding more sea salt and pepper to taste. Serve in bowl with white corn Tostados.

Peter Tenluch



Desserts



Helpful Hints

- Keep eggs at room temperature to create greater volume when whipping egg whites for meringue.
- Pie dough can be frozen. Roll dough out between sheets of plastic wrap, stack in a pizza box, and keep the box in the freezer. Defrost in the fridge and use as needed. Use within 2 months.
- Place your pie plate on a cake stand when ready to flute the edges of the pie. The cake stand will make it easier to turn the pie plate, and you won't have to stoop over.
- When making decorative pie edges, use a spoon for a scalloped edge. Use a fork to make crosshatched and herringbone patterns.
- When cutting butter into flour for pastry dough, the process is easier if you cut the butter into small pieces before adding it to the flour.
- Pumpkin and other custard-style pies are done when they jiggle slightly in the middle. Fruit pies are done when the pastry is golden, juices bubble, and fruit is tender.
- Keep the cake plate clean while frosting by sliding 6-inch strips of waxed paper under each side of the cake. Once the cake is frosted and the frosting is set, pull the strips away, leaving a clean plate.
- Create a quick decorating tube to ice your cake with chocolate. Put chocolate in a heat-safe, zipper-lock plastic bag. Immerse it in simmering water until the chocolate is melted. Snip off the tip of one corner, and squeeze the chocolate out of the bag.
- Achieve professionally decorated cakes with a silky, molten look by blow-drying the frosting with a hair dryer until the frosting melts slightly.
- To ensure that you have equal amounts of batter in each pan when making a layered cake, use a kitchen scale to measure the weight.
- Prevent cracking in your cheesecake by placing a shallow pan of hot water on the bottom oven rack and keeping the oven door shut during baking.
- A cheesecake needs several hours to chill and set.
- For a perfectly cut cheesecake, dip the knife into hot water and clean it after each cut. You can also hold a length of dental floss taut and pull it down through the cheesecake to make a clean cut across the diameter of the cake.



DESSERTS

ALMOND LEGEND CAKE

1 box yellow cake mix (not butter) **chopped almonds (or any type of orange juice nut)**
1 tsp. almond extract **¼ cup apricot preserves**

Mix cake according to label directions, except substitute the amount of water with half orange juice and half water. Add almond extract to the mix. Grease a Bundt pan, but do not flour. Sprinkle the chopped nuts into the bottom of the pan so that there is a thin layer all around the bottom of the pan. Pour the cake batter into the pan and bake as directed. If you want to follow the legend (hence the name), drop one whole almond into the cake mix. Whoever gets the slice with the whole almond is supposed to get good luck. Once the cake is done, invert onto a cooling rack, then place onto a serving dish while it is still lukewarm. In a small bowl, combine apricot preserves with 2-3 tablespoons orange juice and mix with a spoon. Spoon this mixture over the top of the cake and let it set.

Helen Tymocz

ALMOND SQUARES

½ lb. butter, softened **2 cups flour**
¾ cup sugar **1 egg white (room temp.)**
1 egg yolk (room temp.) **2-½ oz. sliced almonds**
½ cup almond filling

Preheat oven to 350°F. Cream butter in a large bowl and gradually add sugar. Beat until light and fluffy. Add egg yolk and almond filling and beat until well blended. Stir in the flour. Spread mixture into a 9"x13" baking pan that has been lightly greased. Beat egg white until foamy. Brush it over surface of dough and sprinkle with almonds. Bake for 35 minutes or until lightly browned. Cool completely and cut into 2-inch squares. Store in an airtight container.

Tracey Kuzemczak



APPLE BERRY CRISP

FRUIT FILLING

- | | |
|--|-------------------------|
| 4 pears, peeled, cored, cut into chunks | 2 Tbsp. orange juice |
| 6 apples, peeled, cored, cut into chunks | 2 Tbsp. lemon juice |
| ¾ cup dried cranberries | ¼ cup all-purpose flour |
| 1 tsp. grated orange zest | ½ cup granulated sugar |
| 1 tsp. grated lemon zest | 1 tsp. cinnamon |
| | ½ tsp. nutmeg |

Preheat the oven to 350°F. Peel and core the pears and apples and cut them into large chunks. Place the fruit in a large bowl and toss with the cranberries, zests, juices, granulated sugar, flour, cinnamon, and nutmeg. Pour into a 9"x12"x2" baking dish and set aside. Prepare topping.

TOPPING

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| 1 ½ cups all-purpose flour | 1 cup old-fashioned oatmeal |
| ¾ cup granulated sugar | ½ lb. unsalted butter (2 sticks),
diced |
| ¾ cup light brown sugar | |

Combine the flour, sugars, oatmeal, and cold butter in the bowl of an electric mixer fitted with a paddle attachment. Mix on low speed for 1 to 2 minutes, or until the mixture is in large crumbles. Sprinkle evenly over the fruit filling, covering the fruit completely. Place the baking dish on a parchment-lined sheet pan and bake for 50 minutes to 1 hour, until the top is brown and the fruit is bubbly. Serve warm. *Note: You can also serve with a scoop of ice cream.

Alexandra Perich

APPLE CAKE

- | | |
|-----------------------|---------------------------------------|
| 2-½ cups sifted flour | 2 eggs |
| 1 Tbsp. baking soda | 3 apples, pared, cored and
chopped |
| 1 cup sugar | confectioners sugar |
| 1 cup sour milk * | |

Preheat oven to 350 °F. Grease and flour an 8-inch square pan. Into large bowl, sift together flour, baking soda and salt. Add sugar, milk, butter and eggs. With electric mixer on low, beat just until blended. With electric mixer on low, beat just until blended. Stir in apples and spread mixture into prepared pan. Bake 55 minutes or until toothpick inserted in center comes out clean. Cool in pan 15 minutes and then remove

(continued)



from pan and cool completely on wire rack. Before serving, sprinkle with confectioners sugar and cut into squares. *Note: Great recipe for when you go apple-picking and don't know what to do with all those apples.

SOUR MILK

1 Tbsp. white vinegar

1 cup milk

* To make sour milk, place 1 tablespoon white vinegar into a 2-cup measuring container. Stir in enough milk to measure 1 cup. Let stand 5 minutes.

Olia Zahnijnyj-Colon

APPLE WALNUT CAKE

1 cup butter

¼ tsp. mace

2 cups sugar

2 tsp. vanilla

3 eggs

3 cups chopped apples

3 cups sifted flour

2 cups chopped walnuts

½ tsp. salt

1-½ tsp. baking soda

1 tsp. cinnamon

Preheat oven to 325°F. In a mixing bowl, cream butter and sugar until fluffy. Add eggs one at a time, beating well after each addition. Mix and sift flour, baking soda, salt, cinnamon and mace. Add gradually to egg mixture. Stir in vanilla, apples and walnuts. Batter will thicken. Spoon into greased and floured 10-inch pan. Bake for 1-½ hours, or until toothpick inserted in the cake comes out clean. Cool for 10 minutes in pan. Then remove to rack to cool.

Christine Williams

BABYN PLIATSOK

1 lb. butter, (4 sticks)

6-7 cups flour

2 cups sugar

3 tsp. Drost baking cocoa

5 eggs, separated

**1 jar marmalade (raspberry,
apricot or other favorite)**

2 Tbsp. sour cream

1 lemon, grated

1 cup walnuts, chopped

1 tsp. salt

Beat butter and sugar until fluffy. Add 1 yolk at a time mixing in well. Then add sour cream, lemon and salt. Slowly add flour. Once blended, split dough into 3 parts. Make one part smaller than the other two. Wrap the smaller part in plastic wrap and place in the freezer. Take one of the larger sections and spread onto the bottom of a greased 11"x17"

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baking sheet. Spread marmalade and sprinkle with walnuts. Next, add Drost baking cocoa into the third section of dough, mixing well with your hands. Take this chocolate section and place in pieces next to one another over the marmalade and walnut layer. Beat egg whites very well until peaks form and spread over the chocolate layer. Finally, grate the frozen section of dough over the egg whites with a cheese grater. Bake at 325°-350° F for 1 hour (bake slowly).

Adrianna Rudyk-Odomlrok

BANANA CREAM PIE

PASTR CREAM FILLING

4 cups milk (not low or nonfat)	½ tsp. salt
8 egg yolks	3 Tbsp. butter
1-½ cups sugar	2 tsp. vanilla extract
¾ cup all-purpose flour	

This step may be prepared a day ahead, if you wish. Scald milk in small heavy saucepan and set aside. Whisk yolks in a bowl until pale and thick and set aside. Mix sugar, flour and salt in another saucepan and slowly add milk to it. Then whisk some of this milk mixture into the yolks. Return yolks to the milk mixture in saucepan and cook over medium heat until it boils and thickens, whisking constantly (5 minutes). Add butter and vanilla and whisk for 2 for more minutes. Pour into a bowl and press a plastic wrap onto surface of filling to prevent skin formation. Cover, and refrigerate until chilled. *Note: This filling is a cream and not a pudding. It can also be used to make a Boston Cream Pie.

NO-ROLL PIE CRUST DOUGH

¾ cup butter (1-½ sticks)	1 Tbsp. powdered sugar
¼ cup sugar	2 cups all-purpose flour

This step may be prepared a day ahead, if you wish. Melt butter in heavy medium saucepan, then remove from heat. Add both sugars and stir to combine. Stir in flour and cool dough only for 15 minutes. It will still be warm. Use dough immediately while warm to prevent crumbling. Spray or butter a 10-inch fluted ceramic tart dish with 2-inch high sides or a glass pie dish. Press dough to ¼-inch thickness onto bottom and sides of dish. Trim edges and crimp. Refrigerate for at least 30 minutes. Position rack in center of oven and preheat oven to 399°F. Bake pie crust until golden brown (about 40 minutes). Cool on rack. Cover, let stand at room temperature. Yield: 1 x 10-inch pie crust.

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ASSEMBLY

7 bananas, ripe & cut into ¼"
thick slices
prepared crust
prepared pastry cream filling

2 cups whipping cream, chilled
3 Tbsp. powdered sugar
2 tsp. vanilla extract

Arrange half of sliced bananas on bottom of crust, overlapping slightly. Spoon pastry cream over the bananas and smooth top. Top with remaining bananas, reserving 8 slices for garnish. To make whipped cream, whip heavy whipping cream, powdered sugar and vanilla to soft peaks. Spoon onto top of pie and refrigerate pie at least 1-4 hours. Served chilled. Before serving, arrange the 8 remaining banana slices on top of the whipped cream. *Note: This is very rich dessert and really does not need whipped cream. If you're not going to use it and/or not serving pie within a few hours, you might not wish to use bananas as garnish for the top because they may brown. Alternative would be to use nothing or use some chocolate shavings for decoration.

Oksana L. Werbowsky Duda

CARROT CAKE

CAKE

2 cups pre-sifted flour
2 cups sugar
2 tsp. baking powder
1-½ tsp. baking soda
1 tsp. salt
1-½ tsp. cinnamon
1 tsp. nutmeg

4 eggs
1-½ cups vegetable oil
1 (8-oz.) can crushed pineapple &
some of the juice
2 cups grated carrots
1 cup raisins (optional)
1 cup chopped walnuts

Preheat oven to 350° F. Grease a 3-inch deep and 10 inches in diameter round pan. (or a 9"x 12" rectangular baking pan) very well with butter and then flour. Mix dry ingredients (flour, sugar, baking powder, baking soda, salt, cinnamon, nutmeg) together. Add all other ingredients (eggs, oil, carrots, pineapple and juice) one at a time and use mixer to blend well for approximately 3 - 4 minutes. Stir in raisins and walnuts. Pour batter into pan and place in the pre-heated oven. After one hour, check for doneness by inserting a toothpick in the center. If it comes out clean, cake is done. If not, continue to bake, checking every 5 minutes until done. Frost the cake after it has cooled.

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FROSTING

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| 1 (8-oz.) pkg. cream cheese | 1 tsp. vanilla |
| 1 (16-oz.) box powdered sugar | chopped walnuts for decorating |
| ¼ lb. sweet butter | |

While cake is baking, use mixer to blend together all ingredients (except walnuts) until smooth and creamy. Wait for cake to cool, then frost. To decorate, sprinkle walnuts over cake.

Steven Wacyk

CARROT CAKE WITH CREAM CHEESE FROSTING

Cake

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|-------------------------------|---------------------------------------|
| 2 c. flour | 1 tsp. salt |
| 2 c. sugar | 4 large eggs |
| 2 tsp. baking powder | 1 ½ c. canola oil |
| 2 tsp. baking soda | 3 c. shredded carrots (about 6 |
| 2 tsp. ground cinnamon | medium) |
| pinch ground nutmeg | 1 c. chopped pecans |

Heat oven to 350°. Butter two 9-inch round cake pans. In a medium bowl, stir together the flour, sugar, baking powder, baking soda, cinnamon, nutmeg and salt. In a large bowl, beat the eggs lightly to combine, and then whisk in the oil. Add the dry ingredients to the wet ingredients and stir to combine. Stir in the carrots and pecans. Bake at 350° for 30 to 35 minutes or until a toothpick inserted into the center of the cake comes out clean. Cool in pans for 5 minutes then remove cakes directly to rack top cool completely.

Cream Cheese Frosting

- | | |
|---|--------------------------------|
| 1 (8-oz.) pkg. cream chesses,
softened at room temperature | 1 stick butter softened |
| 1 (16-oz.) box confectioner's
sugar | 2 tsp. vanilla extract |

In large bowl, beat together the cream cheese, confectioner's sugar, butter and vanilla. Spread the frosting between the layers and on the sides and on the top of the cake.

Olia Zahnijnyj-Colon



CHEESECAKE WITHOUT CRUST

1 qt. sour cream
4 (8-oz.) pkgs. Philly cream
cheese
1 cup sugar

4 Tbsp. vanilla
¾ cup milk
juice of 1 lemon

Blend together above ingredients one by one. Pour into well-greased and floured spring pan. Bake at 375° for one hour. Cool in oven for one hour with door open. Enjoy!

Oksana Melnychuk

CHEESECAKE DREAMS

2 cups flour
¾ cup brown sugar
1 cup chopped walnuts
¾ cup melted butter
2 (8-oz.) pkg. cream cheese,
softened

½ cup granulated white sugar
2 eggs
4 tsp. milk
2 tsp. lemon juice
2 tsp. vanilla extract

Combine flour, brown sugar and walnuts. Add melted butter and mix. Reserve ⅔ of the flour mixture for crumbs. Pat remaining flour mixture into a pan and bake 12-15 minutes at 350°F. Remove from oven. Beat cream cheese and granulated white sugar with an electric mixer until smooth. Then add eggs, milk, lemon juice and vanilla. Beat well. Pour cheese mixture evenly over the crust. Sprinkle the top with remaining crumbs. Bake for 25 minutes at 350°F or until golden brown. Set aside and let cool. When cooled, cut into 2-inch squares and then cut each square in half again.

Maria Fecica

CHEESECAKE WITH FRUIT TOPPING

CRUST

1-½ cups graham cracker crumbs. 5 Tbsp. butter, melted
½ cup brown sugar

Melt butter and mix well into graham cracker crumbs, Lightly butter a 9-inch springform baking pan. Pat bottom and sides with buttered crumbs. Bake for 10 minutes. Remove, cool and set aside. Prepare cream cheese filling. Pour filling into prepared pie crust. Bake in a preheated 350°F oven for 30-35 minutes. Cool. Keep refrigerated.

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Before serving, top cheesecake with cherry pie filling or other favorite fruit filling. Smachnoho!

FILLING

1-½ (8-oz.) pkgs. Philadelphia or Neufchatel cream cheese, softened
½ cup sugar, to taste
½ tsp. vanilla
2 egg yolks
2 egg whites, beaten

Beat together cheese and sugar until smooth. Add vanilla and egg yolks and beat well. Beat egg whites to form stiff peaks. Fold them gently into the cheese mixture.

*Oksana L. Werbowski Duda
VMO Maria Duda*

CHEESECAKE WITH RICOTTA

1 3-lb. Polly-O Ricotta Cheese (drained)
2 cup sugar
8 egg yolks
½ cup sifted all-purpose flour
1 tsp. vanilla
8 egg whites
½ cup heavy cream (whipped)
graham cracker crumbs

Preheat oven to 425°F. Beat drained ricotta until smooth; gradually add 1-½ cups sugar and egg yolks, beating after each addition. Beat in flour, lemon rind and vanilla. Beat egg whites and remaining sugar until stiff. Combine with whipped cream and fold into ricotta mixture. Turn into a 12-inch springform pan which has been well-buttered and sprinkled with graham cracker crumbs. Bake 10 minutes at 425°F. Then reduce oven temperature to 350°F and bake for 1 hour. Turn off heat and allow to cool in oven with door closed. Variations: Add raisins, shopped citron or chopped maraschino cherries to batter. Top cheese cake with crushed sugared strawberries. Cover bottom of crumbed pan with crushed pineapple, applesauce, or sliced apples before adding batter to pan. Pie crust pastry may be used instead of cracker crumbs to line pan.

Slawka Perich



CHERRY PIE

2 cups flour
½ lb. butter
1 cup sugar
4 eggs
3 Tbsp. sour cream

1 tsp. vanilla
1 tsp. baking powder
¼ tsp. almond extract
1 (16-oz.) can of cherries

Beat the butter and sugar until fluffy. Add 1 egg at a time, beat after each egg. Add the rest of the ingredients and mix well. Spread ¾ of the batter on a greased 9"x12" jelly roll pan. Use the decorating bag (or wax paper envelope) to create a design with the remaining batter on top of the pie. Bake in a preheated oven at 350°F for 35 minutes or until golden brown.

Tetyana Kukil

CHERRY SHORTBREAD PLIATSOK

(Mykola's FAVORITE)

½ lb. butter, softened
3 cups flour, sifted
1 cup sugar
1 0.32-oz(9gm.) env. Dr. Oetkers
vanilla sugar

2 tsp. baking powder
1 pinch salt
3 eggs, beaten
2 cans Comstock cherry pie filling

Cream butter and sugar together. Add beaten eggs and mix well. Mix in rest of ingredients. Divide dough into 2 unequal portions (¾ and ¼). Refrigerate the ¼ portion for 30 minutes. Butter a 13" x 9" pan well. Spread the ¾ portion of dough into the pan and spread pie filling on it. Then sprinkle remaining ¼ portion dough on top. Bake at 350° F for 45 minutes.

Irene Pawliczko

CHERRY SQUARES

½ lb. butter, softened
1 cup granulated white sugar
2 eggs
1-½ cups sifted flour

1 tsp. vanilla extract
1 cup walnuts, chopped
1 (19-oz.) can pie filling (cherry,
peach, blueberry or raspberry)

Cream butter with sugar. Beat in vanilla, eggs, flour and vanilla. Stir in the nuts. You will need a 13" x 9" pan. If glass, grease it, if not, don't. Spread ¾ of the batter evenly into the pan. Spread the pie filling over the batter. Drop remaining batter randomly by teaspoonful over the filling. Bake at 325° F for 45 minutes. Note: Leftovers can be stored in

(continued)



refrigerator. Do not cover when storing because filling will soak down to the base.

Jenia Kocur

CHIPPY MACAROON ANGEL CAKE

(TASTY WAY TO GET RID OF YOUR EGG WHITES)

ANGEL CAKE

- | | |
|---|--|
| 1-½ cups egg whites (about 10 eggs) | 1 tsp. vanilla extract |
| 1-½ cups confectioners sugar | ¼ tsp. salt |
| 1 cup cake flour (or 1 cup regular flour minus 2 Tbsp) | 1 cup granular sugar |
| 1-½ tsp. cream of tartar | 6 oz. miniature semisweet chocolate chips |
| 1 tsp. almond extract | ½ cup flaked coconut (sweetened or unsweetened) |

Place egg whites in a large bowl and let stand at room temperature for 15 minutes. Sift confectioners sugar and flour together twice and set aside. Add cream of tartar, extracts and salt to egg whites and beat on medium speed until soft peaks form. Gradually add granular sugar, 1 tablespoon at a time, beating on high until glossy peaks form and sugar is dissolved. *Note: There is plenty of room to decrease amounts of both sugars and chocolate chips and to use unsweetened coconut, if you desire. Then gradually fold in the flour mixture, about ½ cup at a time. Fold in chocolate chips and coconut. Gently spoon into an ungreased 10-in. tube pan or round springform pan or a bottom push-out pan, leaving room about 1 inch at the top. Cut through batter with a knife to remove air pockets. Bake on the lowest oven rack in a preheated 325°F oven for 50-60 minutes or until top springs back when lightly touched and cracks feel dry. Remove from oven and immediately invert the baking pan onto a serving dish. Cool completely and then remove very gently. Serve with topping below. Yield: 12-16 servings.

TOPPING

- | | |
|---|--------------------------------------|
| 1 (8-oz.) cup heavy whipping cream | 2 Tbsp. confectioners sugar |
| | ½ cup flaked coconut, toasted |

In a large bowl, beat cream until it begins to thicken. Add confectioners sugar and beat until stiff peaks form. Serve cake with whipped topping sprinkled with flaked coconut. Refrigerate any leftover topping. Yield: 12-16 servings.

Oksana L. Werbowsky Duda



CHOCOLATE BUNDT CAKE

(ROMA'S FAVORITE)

1 box chocolate cake mix	½ cup vegetable oil
1 (4-oz.) box instant chocolate pudding mix	⅞ cup milk
4 eggs	¼ cup Khalua
	¼ cup chocolate chips

Preheat oven to 350°F. Spray a Bundt pan with non-stick spray. In a bowl, combine all ingredients (except chocolate chips) and mix for 2 minutes. Then fold in chocolate chips. Pour into a prepared baking pan. Bake for 60 minutes or until a toothpick inserted comes out clean. * Note: For more variety, change the flavor of the mix, pudding and alcohol.

Tracey Kuzemczak

CHOCOLATE ZUCCHINI CAKE

¼ lb. soft butter (1 stick)	4 Tbsp. cocoa
½ cup vegetable oil	½ tsp. baking powder
1-¾ cups sugar	1 tsp. baking soda
2 eggs	½ tsp. cinnamon
1 tsp. vanilla	½ tsp. cloves
½ cup sour milk	2 cups zucchini, finely diced
2-½ cups flour	½ cup chocolate chips

Cream butter, oil, and sugar. Add eggs, vanilla and sour milk. Mix together all the dry ingredients (except zucchini and chocolate chips). Add them to the creamed mixture and beat well with mixer. Stir in diced zucchini. Spoon batter into greased and floured 9"x12"x2" pan. Sprinkle top of batter with chocolate chips. Bake in a preheated 325 °F oven for 40-45 minutes or until toothpick or cake tester comes out clean and dry. *Tip: To finely dice large zucchini slice it crosswise in ¾-inch slices. Take each slice and chop it in half. Remove and discard center of pulp and seeds. The remaining half circle of firm flesh ¾-inch thick can be easily diced into ¼-inch cubes.

Sour Milk

1 Tbsp. lemon juice	½ cup milk (whole or skim)
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Combine the lemon juice and milk. Let mixture stand for at least 5 minutes before using.

Margaret Wislocki



CHRISTMAS PISTACHIO CAKE

1 box yellow cake mix	1 ¼ cup water
1 box pistachio pudding (instant)	½ tsp. almond extract
4 eggs	6 drops green food coloring
¼ cup oil	

Set oven to 350°. Mix all ingredients well with hand blender. Pour into greased Bundt Pan of choice. Bake for 50-55 minutes. Sprinkle with powdered sugar once it has cooled.

Christine Szpynda

COCONUT CUSTARD PIE

1 (9 inch) pie crust, baked	1-½ tsp. vanilla
4 eggs	1 cup whole milk
½ cup sugar	1 cup evaporated milk
½ tsp. salt	½ cup whipping cream
1 pinch ground nutmeg	1 cup shredded coconut

Preheat oven to 350°F. In a large mixing bowl beat eggs slightly. Add sugar, salt, nutmeg and vanilla extract. Mix well. Gently whisk in whole milk, evaporated milk and cream. Fold in coconut. Pour mixture into baked pie shell. Sprinkle top with coconut. Bake in preheated oven for 30 to 40 minutes, or until toothpick inserted in center comes out clean. Cool before serving and refrigerate within 1 hour.

Tonya Evans

CREAM PUFFS

PUFF PREPARATION

½ lb. butter	2 cup water
2 cup flour	8 extra large eggs

Mix together water, flour and butter and boil over low heat mixing continuously until no clumps are left. Let cool. Beat mixture adding one egg at a time. Using an ice cream scooper, scoop dough onto a pre-greased cookie sheet about two inches apart. Dip scooper into water after each scoop to ensure that dough does not stick. Bake at 375°F for 35 minutes, until golden brown. When done, let cool.

(continued)



EASY BLUEBERRY CAKE

3 cups flour	1-½ cup milk
4 tsp. baking powder	2 tsp. vanilla extract
1 cup sugar	2 cups blueberries
½ cup vegetable oil	

Sift together flour, baking powder and sugar. Add oil, milk and vanilla. Beat with mixer on medium for 3 minutes. Add eggs and beat with mixer for 2 minutes longer. Turn into a greased 9" x 13" pan. Sprinkle blueberries over batter. Bake at 350° F for 35 to 40 minutes, until golden brown.

Skalski Family

ELLI'S DIET GRAPE SALAD

2 lbs. green grapes, washed	1 (8-oz.) pkg. low-fat sour cream
2 lbs. red grapes, washed	1 tsp. vanilla
½ cup Splenda (or ¼ cup sugar)	1 cup chopped pecans (or walnuts)
½ cup Splenda Brown Sugar (or ¼ cup brown sugar)	
1 (8-oz.) pkg. low-fat cream cheese, softened	

Beat together the white sugar, cream cheese, sour cream and vanilla. Mix the sauce with the grapes. Mix together brown sugar and pecans. Sprinkle nut mixture over grapes and serve.

Tracey Kuzemczak

ELLI'S JELLO BABY

CRUST

2 cups pretzels, crushed	2 Tbsp. sugar
¼ lb. butter, melted	

Preheat oven to 400°F. Spray a 9"x13" pan with cooking spray. Mix all ingredients together and press into the bottom of pan. Bake 8-10 minutes. Cool completely.

FILLING

1 (8-oz.) pkg. cream cheese, softened	1 (8-oz.) ctn. Cool Whip
1 cup sugar	1 large pkg. Jello

(continued)



Mix cream cheese and sugar till creamy. Fold in cool whip. Spread over cooled pretzels. Make Jello as directed. Cool in refrigerator 2-½ hours until still medium set. Break apart with fork and pour over cheese layer. Refrigerate for 1 hour.

Tracey Kuzemczak

FRESH BLUEBERRY PIE

1 9" baked pie crust	¼ tsp. salt
1 qt. fresh blueberries	3 Tbsp. cornstarch
½ cup brown sugar	¼ tsp. almond extract
1 cup water (if using frozen blueberries, then only ½ cup)	1 Tbsp. butter

Cook together 1 cup of the fresh blueberries (1 quart if frozen), the sugar, water, salt, cornstarch and almond extract; crushing some of the berries as they cook. Cook until cornstarch dissolves and fruit is thickening. Stir in 1 tablespoon butter. Let cool 5 minutes. Fold in the remaining fresh berries into the cooked mixture. Pour into a baked pie shell. Chill. Serve with vanilla ice cream.

Nadia Kruchowy

INDIVIDUAL CHEESECAKES

½ cup finely crushed Nilla (vanilla) wafers	2 oz. cream cheese, softened
2 Tbsp. butter, melted	1-¼ cups sugar
¼ cup ricotta cheese	1 egg
	½ lemon, grated for zest

Preheat oven to 350°F. Lightly grease the sides of a the mini-muffin pan with butter. Combine the crushed wafers and the melted butter. Place a tightly packed teaspoon of the wafer mixture into each mini-muffin cup and press down firmly. In a food processor, combine ricotta cheese, cream cheese, ¼ cup sugar, lemon zest and the egg. Blend until smooth. Fill the cups with about 1-½ tablespoons of the cheesecake mixture. Place the mini muffin tin in a baking dish and pour enough hot water in the baking dish to come halfway up the sides of the mini muffin tin. Bake for 25 minutes. Transfer the mini muffin tin to a wire rack and let cool for 30 minutes. Refrigerate for 15 minutes. Use a small knife to gently pop the cheesecakes out of the cups

Tonya Evans



IRYNA'S EASY FRUIT SALAD

- | | |
|---|---|
| 1 (20-oz.) can pineapple chunks | 1 (20-oz.) can pears, drained & chopped |
| ½ cup sugar | |
| 3 Tbsp. flour | 3 kiwis, peeled & sliced |
| 1 egg, slightly beaten | 2 large apples unpeeled, chopped |
| 2 (11-oz.) cans mandarin oranges, drained | 1 cup pecan halves |

Drain pineapple & pour juice into a small saucepan. Add sugar and flour & bring to a boil. Quickly stir in the egg and cook until thickened. Remove from heat and refrigerate. Combine all the fruit into a large bowl and pour the dressing over the fruit. Blend well and refrigerate for one hour before serving. Top with pecans right before serving. Yield: 12-16 servings. *Note: I used canned fruit in its own juice, not in heavy syrup. Also, as a time-saver, you can find canned pears already chopped.

Iryna Bundzlak

LEMON CHEESECAKE

CRUST

- | | |
|----------------------------------|------------------------|
| 35 Nilla (vanilla) wafer cookies | ½ tsp. cinnamon |
| 3 Tbsp. sugar | 4 Tbsp. butter, melted |

Into a food processor, add Nilla wafers, sugar & cinnamon and make fine crumbs. Add melted butter and mix well. Press into greased cheesecake pan. Make the cheese filling, below. Preheat oven to 325°F. Pour cheese filling into cheesecake pan and bake for about 1 hour or until cake is almost set. Cool on wire rack for 20 minutes, then run a knife or small spatula along sides of pan to separate cake from pan. Leave cake in pan and refrigerate at least overnight. Best if made 2 days in advance. Remove sides of pan & decorate as desired just before serving

FILLING

- | | |
|--|------------------------------------|
| 2 (8-oz.) pkgs. cream cheese, softened | 1 pt. sour cream |
| 1 cup sugar, divided | 1 Tbsp. flour |
| 6 eggs, separated | tsp. vanilla extract |
| | 1 large lemon (for zest and juice) |

In a large mixing bowl, beat cream cheese with ½ cup sugar. Add egg yolks, sour cream, flour, vanilla & zest of lemon, beating until fluffy. In another bowl, whip egg whites, lemon juice, & ½ cup sugar until stiff peaks form. Fold into cream cheese mixture.

Vira M.



LEMON CHEESECAKE WITH SPECIAL TOPPING

CRUST

6 (3-oz.) whole graham crackers **3 Tbsp. butter, melted**
1 cup walnuts, toasted and **2 tsp. grated lemon peel**
chopped

Preheat oven to 350° F. Grind crackers & walnuts in food processor. Add melted butter and grated lemon peel. Blend until crumbs are moist. Press crumbs into springform pan. Bake until crust is set, about 10 minutes. While crust is cooling, prepare filling.

FILLING

2 (8-oz.) cream cheese **2 tsp. grated lemon peel**
½ cup sugar **¾ cup sour cream**
½ cup frozen lemonade **2 eggs**

In a large bowl, beat cream cheese, sugar, lemonade and grated lemon peel until smooth. Beat in sour cream and add eggs one at time, beating until well combined. Pour filling into cooled crust. Bake at 350° F for about 50 minutes or until center moves only slightly when pan is shaken. Cool for at least 5 minutes before adding a topping.

TOPPING

1 cup sour cream **warm cheese cake**
1 (11-oz.) container lemon curd **2 lemon slices, ¼" thick**
¾ cup whipping cream, whipped **8 mint sprigs**

Whisk sour cream in small bowl until smooth. In another small bowl, whisk lemon curd until smooth. Run sharp knife around sides of cake. Starting from outside edge of cake, spoon small alternating dollops of both ingredients side by side in circles atop of warm cake. Cover cake completely with topping. Gently shake pan to smooth out toppings. Using tip of knife, gently swirl toppings to form a marbled design. Chill cake uncovered overnight. Beat whipping cream until stiff peaks form and spoon cream in gag and form stars. Garnish with lemon slices and mint sprigs.

Irka Krawec-Kennedy



LEMON LOAF

¼ lb. butter (1 stick)
1 cup sugar
2 eggs, beaten
½ cup milk
1-½ cups flour
1 tsp. baking powder

1 tsp. salt
½ cup walnuts, chopped
¼ cup sugar
rind of 1 lemon, finely grated
juice of 1 lemon

Cream butter and sugar. Add beaten egg and milk. Then add dry ingredients, lemon rind and walnuts. Mix well. Bake in 9" x 5" greased loaf pan for 1 hour at 350°F. Remove from oven and cool for 5 minutes. Combine lemon juice and sugar. Pierce the cake with a fork and pour juice mixture over loaf. Allow to stand for at least 1 hour before removing from pan.

Jenia Kocur

LEMON POPPY BUNDT CAKE

(KALYNA'S FAVORITE)

1 box lemon cake mix
1 small pkg. instant vanilla
pudding
¼ cup milk

1 cup water
½ cups canola oil
4 eggs
¼ cup poppy seeds

Preheat oven to 350°F. Mix all ingredients and pour into a Bundt pan sprayed with cooking spray. Bake for 1 hour. Cool in pan for 20 minutes. Turn out and when completely cooled, dust with confectionary sugar.

Tracey Kuzemczak

MARIA'S CHEESECAKE

4 (8-oz.) containers TempTee
whipped cream cheese
5 eggs
¼ lb. sweet butter (1 stick)
1-¼ cups sugar

1 (16-oz.) container sour cream
1 tsp. lemon juice
2 Tbsp. corn starch
1-½ tsp. vanilla

Bring cream cheese, sour cream, butter and eggs to room temperature for about 1 hour. Cream butter and sugar together, then add cream cheese and sour cream. Lastly, add the corn starch, vanilla and lemon juice and beat until very well blended. Beat in one egg at a time until the entire mixture is very smooth, approximately 5 minutes. Pour mixture into a greased 9-½-inch springform pan. Place pan in a large roasting pan, half filled with warm water. Bake at 375°F for 1 hour

(continued)



or until top is golden brown. Turn off oven and let cake cool with oven door opened for 1 hour. Take cake pan out of the roasting pan and let stand at room temperature for 2 more hours. Afterwards, cover and refrigerate. Cheesecake can be frozen for up to two weeks.

Maria Sawchuk

NO CHEESE-CHEESE CAKE

14 oz. can of sweetened
condensed milk
4 egg yolks
4 oz. lemon juice

4 egg whites, beaten
1 pkg. 9-inch graham pie crust
1 can favorite Comstock fruit pie
filling

Separate yolks from whites. Beat egg whites until fluffy and refrigerate. In a large mixing bowl, beat egg yolks until white. Slowly add milk and lemon juice while beating on slow speed. Remove egg whites from refrigerator and fold into egg and milk mixture. Pour mixture into pie crust. Bake at 325° F for 50 minutes. Remove from oven and let cool. Pie will settle. After pie has cooled completely, spoon fruit filling on top. Serve.

*Olia Rudyk
Stephania Rudyk*

OKSANA'S CARROT CAKE

2 cups all purpose flour
1 cup sugar
1 tsp. baking powder
1 tsp. ground cinnamon
3 cups finely shredded carrots

1 cup vegetable/cooking oil
4 eggs
½ cup chopped walnuts (optional)
¼ cup wheat germ or flax seeds
(optional)

In a bowl, combine flour, sugar, baking powder, baking soda, and cinnamon. Add carrot, oil, and eggs. Beat with an electric mixer until combined. Stir in nuts and wheat germ or flax seeds (all are optional but add protein and fiber). Pour into one 13x9x2-inch pan that has been greased and floured. Bake at 350 degrees for 30 to 35 minutes or until a toothpick near the center comes out clean. Cool on a wire rack for 10 minutes. Then, remove cake from pan and cool thoroughly on rack. Makes 12-15 servings.

Oksana Tomaszewsky



PEACH-BLUEBERRY PIE

PIE CRUST FOR 9" PIE AND LATTICE TOP

½ cup whole wheat flour	½ tsp. cinnamon
1 ¼ cups unbleached white flour	10 Tbsp. unsalted butter
¼ cup wheat germ	1 Tbsp. canola oil
¼ tsp. salt	¼ cup ice water

Put in a food processor with metal blade all the ingredients except the oil and water. Pulse-chop until mixture is texture of coarse meal. While machine is running, slowly pour in thru feed tube oil then ice water. Process only until clumps form. *Note: Do not let it form a ball. Separate ¾ cup of dough and form into a rectangle. Pat the rest into a flattened disc. Wrap both in saran wrap and refrigerate dough for 30 minutes. Roll disc on saran wrap to a circle 10" in diameter. Place in pie plate leaving 1" overlap past filling area. Roll rectangle out and cut long strips to use for lattice top.

Pie Filling

1 egg	4 Tbsp. unsalted butter, melted
2 Tbsp. flour	2 cups - 8 fresh peaches, peeled and sliced
1 Tbsp. lemon juice	¾ cup blueberries
½ cup brown sugar, packed	

In a bowl combine egg, flour, lemon juice and brown sugar. Add slightly cooled butter. Add fruit to the pie crust then pour egg mixture over fruit. Criss cross lattice strips on top of fruit. Fold overlap of crust onto end of lattice strips. Pinch edges to form decorative crust. Brush milk over crust to avoid burning. Bake 15 minutes at 400. Reduce heat to 300°F and bake 50 minutes longer.

Nadia Kruchowy

PEANUT BUTTER CHOCOLATE CHIP MUFFINS

2 cup brown sugar	½ cup apple sauce
1 tsp. vanilla	2 cup whole wheat flour
3 eggs	5-6 oz. chocolate chips
1 tsp. baking powder	
½-¾ cup peanut butter (smooth or chunky)	

Preheat oven to 360 degrees. Combine first 5 ingredients with electric mixer. Add flour and apple sauce (add more apple sauce if mixture is too dry and your mixer is straining). Add chocolate chips, mix into batter.

(continued)



Pour batter into muffin pan, bake for around 30 minutes, or until knife poked into muffin comes out without batter sticking to it.

Bohdan Ozaruk

PEARS IN RASPBERRY SAUCE

4 ripe Bartlett pears
juice of 1 lemon
5 Tbsp. sugar

10 Tbsp. water
1 pkg. frozen raspberries

Peel the pears, cut in half remove the core section. Place the water, sugar and juice of lemon in a large pan bring to a boil. Add pears and cook gently for 5-10 minutes depending on the ripeness of the pears. The pears should be firm but tender. Carefully lift the pears out of liquid and add frozen raspberries. Bring to a boil and taste if you need add 1-2 teaspoons of sugar. Place a pear on a plate and pour sauce over it. Sauce can be hot, warm or room temperature.

Olia Melnychuk

PEARS IN RASPBERRY SAUCE SUPREME

(A Duda family FAVORITE AUTUMN DESSERT)

1 (10-oz.) pkg. frozen sweetened raspberries (or mixed berries), thawed
4 firm pears (Bartlett preferred)
2 cups white grape juice

$\frac{3}{4}$ to 1 cup sugar
2 Tbsp. lemon juice
whipping or heavy cream
confectioners sugar
vanilla ice cream (optional)

Beat whipping or heavy cream, adding confectioners sugar to taste. Refrigerate. Place thawed raspberries (or berries mixture) in a strainer and press through strainer/sieve. Strain, reserve the juice and set aside. Discard seeds. (*Note: If using unsweetened raspberries, simply add sugar to taste. To help dissolve sugar, warm the raspberry juice). Wash and core pears from the bottom, leaving stems intact. Peel pears leaving a little of the peel on top with intact stem. Set aside. In a saucepan big enough to hold pears, bring the grape juice, sugar and lemon juice to a boil. Add pears and reduce heat. Cover and simmer for 5-7 minutes (depending on their ripeness) or until pears are tender but firm. (Note: You can also proportionally use less white grape juice, as long as you have enough liquid in which to cook your pears). Drain. Serve hot pears standing upright on individual plates and drizzle with the seedless raspberry sauce. Place a spoonful of whipped cream and/or a scoop of ice cream next to the pear. (*Note: As an alternative to freshly prepared raspberry juice, you can probably use seedless raspberry preserves,

(continued)



thinned out by heating them with a bit of butter and lemon juice). This dessert presents itself beautifully and tastes heavenly too. Enjoy.

Oksana L. Werbowski Duda

PINEAPPLE CREAM PIE

20 oz. crushed pineapple, well
drained
16 oz. sour cream

1 (3-oz.) pkg. instant vanilla
pudding mix
1 9-inch graham cracker pie shell

Mix all ingredients well and pour into prepared graham cracker pie shell. Refrigerate until set.

Olla Rudyk

PISTACHIO MARBLE CAKE

1 pkg. yellow cake mix
1 (4-oz.) pkg. Jello pistachio
instant pudding and pie filling
4 eggs
1 cup water

½ cup oil
½ tsp. almond extract
¼ cup cocoa powder
chopped pistachio nuts (optional)

Preheat oven to 350°F. Grease and flour a Bundt pan. Combine cake mix, pudding mix, eggs, water, oil and extract in large bowl. Mix the ingredients together first, then beat at medium speed with a mixer for 2 minutes. If you desire, sprinkle chopped pistachios onto bottom of pan. Remove and reserve 1-½ cups of batter, stir in cocoa powder and set aside. Pour the other batter into the pan. Now, spoon in the reserved batter with the cocoa powder. Bake for 50 minutes or until toothpick comes out clean. Cool for 15 minutes, then remove from pan and finish cooling on rack. Sprinkle with confectioners sugar, if desired.

Olga Tchoryk

PUMPKIN CAKE WITH CREAM CHEESE FROSTING

CAKE

4 eggs
1-½ cups granulated sugar
1 cup vegetable oil
1 (15-oz.) can pumpkin purée
2 cup sifted all-purpose flour

2 tsp. baking powder
2 tsp. ground cinnamon
1 tsp. salt
1 tsp. baking soda

(continued)



Preheat the oven to 350°F. Combine the eggs, sugar, oil, and pumpkin until light and fluffy. Stir together the flour, baking powder, cinnamon, salt, and baking soda. Add the dry ingredients to the pumpkin mixture and mix until thoroughly combined and batter is smooth. Spread the batter into a greased 13"x10" baking pan. Bake for 30 minutes. Let cool completely before frosting.

FROSTING

1 (8-oz.) oz. cream cheese, softened	3 cups confectioners sugar
2 Tbsp. butter, softened	2 Tbsp. milk
	1 tsp. vanilla

Beat cream cheese and butter in a large bowl until completely smooth. Add the confectioners sugar, milk, and vanilla and mix again until smooth. Spread evenly over your pumpkin cake or anything else you like!

Monica Sawchuk

PUMPKIN CHEESECAKE

CRUST

1-¾ cups graham cracker crumbs	¼ lb. salted butter (1 stick), melted
3 Tbsp. light brown sugar	
½ tsp. ground cinnamon	

In a medium bowl, combine crumbs, sugar and cinnamon. Add melted butter and blend well. Press mixture down flat into a 9-inch springform pan. Set aside. Make cheese filling.

CHEESE FILLING

3 (8-oz.) pkgs. cream cheese, softened	1-½ cups sugar
1 (15-oz.) can pumpkin purée (not ple filling)	½ Tbsp. ground cinnamon
3 whole eggs	¼ tsp. freshly ground nutmeg
1 egg yolk	¼ tsp. ground cloves
¼ cup sour cream	2 Tbsp. all-purpose flour
	1 tsp. vanilla extract

Beat cream cheese until smooth. Add pumpkin purée, eggs, egg yolk, sour cream, sugar and spices. Mix well. Add flour and vanilla and again beat until all ingredients are well combined. Pour filling into prepared crust and spread out evenly. Preheat oven to 350° F. Bake for 1 hour. Remove from oven and let sit for 15 minutes. Cover with plastic wrap and chill in refrigerator for at least 4 hours before serving.

Joanna Swyntuch



QUICK CHERRY PIE

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|---------------------------|-----------------------------------|
| 1 cup butter or margarine | 2 cups flour |
| 1 cup sugar | 2 tsp. baking powder |
| 4 eggs | 1 (21-oz.) can cherry pie filling |
| 1 tsp. almond extract | |

Beat the butter and sugar until fluffy. Add 1 egg at a time, beating after each one. Add remaining ingredients and mix well. Spread $\frac{3}{4}$ of the batter on a greased 9"x13" cake pan. Spoon pie filling into the cake and spread evenly. Use a decorating bag or small plastic sandwich bag. When using a sandwich plastic bag, place remaining batter into the corner of the bag. Cut the corner of the bag and squeeze gently. Create a design with the remaining batter on top of the pie. Bake at 350° F for 45-50 minutes, until golden brown.

Skalski Family

RASPBERRY SQUARES

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|-----------------------------------|-----------------------------------|
| 1 box yellow cake mix | 1 (10-oz.) jar raspberry jam |
| 1 egg | 1 cup confectioner's sugar |
| $\frac{1}{4}$ cup melted butter | 2 Tbsp. water |
| $\frac{1}{4}$ cup nuts (optional) | $\frac{1}{2}$ tsp. almond extract |

Pre-heat oven to 350°F. Combine first four ingredients. Press into a 9"x13" greased baking pan. Spread jam over the top of mixture. Bake at 350°F for 20-25 minutes. Let cool. Combine sugar, water and almond extract. Drizzle over the top and enjoy.

Slawka Perich

RHUBARB SWIRL CHEESECAKE

RHUBARB SAUCE

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|--|-------------------------|
| 2- $\frac{1}{2}$ cups rhubarb, fresh or frozen,
sliced thinly | $\frac{1}{2}$ cup sugar |
| $\frac{1}{2}$ cup sugar | 2 Tbsp. orange juice |

*Note: If using frozen rhubarb, measure while still frozen. Then thaw completely and drain but do not press liquid out. In a large saucepan, bring rhubarb, $\frac{1}{2}$ cup sugar and orange juice to a boil. Reduce heat. Cook and stir until rhubarb is tender and mixture is thickened. Remove from heat and set aside. Prepare crust.

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CRUST

1-¼ cups graham cracker crumbs ¼ cup butter (½ stick), melted

In a bowl, combine cracker crumbs and butter. Press onto the bottom of a greased 9-inch springform pan. Place it on a baking sheet and bake in a preheated oven at 350°F for 7-9 minutes or until lightly browned. Cool on a wire rack. In the meantime, prepare cheese filling. Pour half of the cheeses filling into crust. Top with half of the rhubarb sauce and cut through batter with a knife to gently swirl rhubarb. Layer with remaining cheese filling and rhubarb sauce and again cut through layers with a knife to swirl rhubarb. Preheat oven to 350°F. Place pan on a double thickness of heavy-duty foil (~16-inch square). Securely wrap foil around pan. Place wrapped springform pan into a large baking pan and add 1 inch of hot water to the larger pan. Bake at 350°F for 60-70 minutes or until center is almost set. Remove from oven and cool on wire rack for 10 minutes. Gently run knife around edge of pan to loosen. Cool 1 hour longer. Cover and chill overnight. Remove sides of pan and refrigerate leftovers. Yield: 12-14 servings.

CHEESE FILLING

½ cup sugar	2 tsp. vanilla extract
3 (8-oz.) pkgs. cream cheese, softened	½ tsp. salt
1 (16-oz.) container sour cream	3 eggs, lightly beaten
1 Tbsp. cornstarch	8 (1-oz.) squares white baking chocolate, melted

In a large mixing bowl, beat cheese, sour cream, cornstarch, vanilla, salt and remaining ½ cup sugar until smooth. Add eggs and beat just until combined. Fold in chocolate.

Oksana L. Werbowsky Duda

RING OF COCONUT FUDGE CAKE

FILLING

¼ cup sugar	1 egg
1 tsp. vanilla	½ cup flaked coconut
1 (8-oz.) pkg. cream cheese, softened	1 (6-oz.) pkg. semi-sweet or milk chocolate pieces

In small mixer bowl, beat sugar, vanilla, cream cheese and egg until smooth. Stir in coconut and chocolate pieces. Set aside.

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BATTER

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|--------------------------|-----------------------------------|
| 2 cups sugar | 2 tsp. baking soda |
| 1 cup cooking oil | 2 tsp. baking powder |
| 2 eggs | 1-½ tsp. salt |
| 1 cup buttermilk | nuts, chopped |
| 1 cup hot coffee | prepared filling, divided in half |
| 3 cups all-purpose flour | portions |
| ¾ cup unsweetened cocoa | |

Generously grease and lightly flour a 10-inch tube or Bundt pan. In a large mixer bowl, combine sugar, oil and eggs. Beat for 1 minute at high speed. Mix in coffee and buttermilk. Combine dry ingredients (except nuts) and add to mixture. Beat 3 minutes at medium speed. Scraping bowl occasionally, stir in nuts by hand. Pour half of the batter into prepared pan. Carefully spoon the prepared filling on top of batter. Top with the remaining batter. Bake in pre-heated oven at 350° F for approximately 70-75 minutes or when top springs back when touched lightly in center. Cool up-right in pan, then remove and cool completely.

GLAZE

- | | |
|------------------------|------------------------|
| 1 cup powdered sugar | 2 tsp. vanilla extract |
| 3 Tbsp. cocoa | 1-3 Tbsp. hot water |
| 2 Tbsp. butter, melted | |

Combine and mix together dry ingredients. Add 1 to 3 tablespoons hot water and blend to make smooth glaze. Drizzle over cake.

*Chrystia Rewak Barankewicz
In Honor of Ann Harrilchak*

RUM CAKE

CAKE BATTER

- | | |
|---|---------------------|
| 1 pkg. yellow cake mix | ½ cup cold water |
| 1 small pkg. instant vanilla
pudding and pie filling | ½ cup vegetable oil |
| 4 eggs | ½ cup dark rum |

In large mixing bowl beat cake mix, eggs, water, oil and rum for 5 minutes. Grease and flour a Bundt pan. Pour cake mix into Bundt pan and bake in preheated oven at 325°F for about 1 hour. Cake is done when inserted toothpick comes out clean. Once cake is ready, remove from oven and let sit for 10 minutes. Remove cake from Bundt pan by flipping over onto a plate. Once cake is thoroughly cooled, return into
(continued)



Bundt pan. Pour rum syrup on cake and let it sit in the Bundt pan overnight allowing the syrup to soak into the cake.

RUM SYRUP

¼ lb. butter (1 stick), melted **¼ cup water**
1 cup sugar **½ cup dark rum**

Melt butter in saucepan over low heat. Add sugar and water and continue to cook for 5-7 minutes while stirring continuously. Once sugar is completely dissolved and mixture comes to a boil remove from stove and allow to cool for about 15 minutes. Add rum and pour over prepared cake.

*Olia Rudyk
Stephania Rudyk*

SHORT MARBLE CHERRY PASTRIES

2 cups flour **½ cup almonds, crushed**
9 oz. butter (18 Tbsp.), softened **1 pinch of salt**
2 cups sugar **2 Tbsp. cocoa powder**
5 eggs **4 cups canned pitted cherries**
1 tsp. baking powder **1 Tbsp. powdered sugar**
½ cup milk

Cast the cherries in a colander to remove the excess syrup. Beat up the butter with sugar and salt, adding eggs one by one. Then add 4 Tbsp of milk and almonds. Sift the flour with baking powder and add to the mixture. Knead pastry. Divide the pastry into 2 halves. To one half, add cocoa powder and the remaining milk. Line a cookie tray with parchment paper and spoon dollops of the cocoa pastry on it. Then spoon the white pastry over the cocoa pastry and space cherries evenly over it. Bake in the oven at 450°F for 40 minutes. Cool and sprinkle with powdered sugar.

Lesia Prokopiv-Borovik

SIMPLE POUND CAKE

1 lb. butter, softened at room **1-½ tsp. vanilla**
temperature **6 eggs (room temperature)**
1 lb. confectionary sugar **3 cups sifted flour**

Cream butter and mix in sugar till smooth. Add eggs one at a time alternating with a little flour at a time. When done mixing in eggs and flour add vanilla. Bake at 325°F for 1 hour.

Slawka Perich



SLAWKA'S FAMOUS LEMON SQUARES

CRUST

¼ lb. butter (8 Tbsp), softened **1 cup flour**
¼ cup confectioners sugar **pinch salt**
1 tsp. lemon zest

Preheat oven to 350°F. Beat butter and confectioners sugar till creamy. Add zest, flour and salt. Spray 8-inch pan with cooking spray. Press into bottom of pan. Bake crust for 20 minutes. Remove from oven.

FILLING

2 eggs **3 Tbsp. fresh lemon juice**
1 cup sugar **1 tsp. grated lemon zest**
2 Tbsp. flour

Beat together all ingredients. Pour over baked crust and return to oven. Bake for 20-25 minutes until custard is set and the top is barely brown around edges. Cool completely. Cut with a serrated knife into 2-inch squares. Dust with confectioners sugar. You can double recipe and bake in a 9"x13" pan.

Slawka Perich

S'MORES PIE

64 Nilla (vanilla) wafers **1-½ cups Cool Whip, thawed**
5 Tbsp. melted butter **1-½ cups Jet-Puffed miniature**
3 Tbsp. sugar **marshmallows**
3-¼ cups cold milk **½ square of Bakers semi-sweet**
1 (5.1-oz.) pkg. Jell-O chocolate **baking chocolate, grated**
instant pudding (4 serving size)
2 (5.1-oz.) pkgs. Jell-O white
chocolate instant pudding (4
serving size each)

Preheat oven to 350° F. Finely crush 40 of the wafers in a bowl. Add butter and sugar and mix until blended. Press firmly onto bottom of 13" x 9" baking pan. Bake 8 minutes or until lightly browned. Set aside. Pour 1-¼ cups milk into medium bowl. Add dry chocolate pudding mix and beat with wire whisk for 2 minutes or until well blended. Spread pudding mixture over the wafer crust and then top with remaining 24 wafers. Pour the remaining 2 cups milk into a large bowl. Add dry white chocolate pudding mixes and beat with wire whisk for 2 minutes or until well blended. Gently fold in Cool Whip. Spread over wafer layer in pan.

(continued)



Refrigerate at least 3 hours or until set. Preheat broiler just before serving. Top desserts evenly with marshmallows. Broil 1 minute or until marshmallows are puffed and lightly browned. Sprinkle with grated chocolate. Cut into squares and serve immediately. Store leftover squares in refrigerator.

Christina DeBruin

SOUR CREAM CHEESECAKE

1 ½ cup graham cracker crumbs	1 (16-oz.) pkg. cream cheese
¼ cup melted butter	1 dash salt
1 cup sugar, divided	1-½ tsp. vanilla
2 eggs, beaten	1 cup sour cream

Stir together crumbs, butter and ¼ cup sugar. Press into the bottom of a 9" springform pan. Refrigerate while making the filling. Combine eggs, cream cheese, ⅔ cup sugar, salt and ½ teaspoonful vanilla. Beat for about 5 minutes on medium speed. Pour filling into the pan over crust. Preheat oven to 350°F and bake for 40-45 minutes. Cool for 5 minutes. Mix sour cream, 3 Tbsp. sugar and 1 teaspoonful vanilla. Spread on top of cheesecake and bake for 10 additional minutes. Cool to room temperature and place in refrigerator to chill overnight.

M Kuzmiak

STRAWBERRY- RHUBARB COFFEE CAKE

FILLING

3 to 3-½ cups fresh or frozen rhubarb, sliced into 1-inch pieces	2 Tbsp. lemon juice
1 qt. fresh or frozen strawberries, sliced or mashed	1 cup sugar
	⅓ cup cornstarch

In a large saucepan, combine rhubarb, strawberries and lemon juice. Cover and cook over medium heat for about 5 minutes. Combine sugar and cornstarch and stir into saucepan. Bring to boil and while stirring, cook for 2 minutes or until thickened. Remove from heat and set aside.

(continued)



BATTER

3 cups all-purpose flour
1 cup sugar
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt

½ lb. butter, cut into pieces
1-½ cups buttermilk
2 eggs
1 tsp. vanilla extract

In a large bowl, combine flour, sugar, baking powder, baking soda and salt. Cut in butter until mixture resembles coarse crumbs. Beat buttermilk eggs and vanilla and stir into crumb mixture. Spread half of the batter evenly into a greased 13"x 9"x 2" baking dish and carefully spread filling on top. Drop remaining batter by tablespoonfuls over the filling and very lightly flatten to spread a bit. Sprinkle topping over the batter. Preheat oven to 350°F. Place coffee cake on middle rack and lay foil on lower rack to catch any juice fruit spillovers, just in case! Bake for 40-50 minutes or until done. Cool in pan and then cut into squares before serving. Yield: 16-20 servings. *Note: Tastes even better the next day. Because there is sugar in all 3 parts of this cake, I use less sugar in the cake portions (eg. ¾ c.) and in the topping (e.g. ½ c.) or halve the topping amounts (eg. 2T, 6oz, 6oz.). I also like to use more rhubarb and less strawberries but whatever your tastes, it will be a tasty and refreshing treat.

TOPPING

4 Tbsp. butter
¾ cup all-purpose flour

¾ cup sugar

Melt butter in a saucepan over low heat. Remove from heat and stir in flour and sugar until mixture resembles coarse crumbs. Sprinkle over cake.

Oksana L. Werbowsky Duda

TRI-COLORED MINIATURE CAKES

8 oz. almond paste
3 sticks butter, softened
1 cup sugar
4 eggs, separated
2 tsp. almond extract
¼ tsp. salt

2 cups sifted flour
10 drops green food coloring
10 drops red food coloring
10 drops yellow food coloring
1 jar apricot preserves
2 squares semi-sweet chocolate

Break apart almond paste in a large bowl and beat in butter, sugar, egg yolks and almond extract until light and fluffy. Then beat in flour and salt. In a separate bowl, beat egg whites until stiff peaks form. With a wooden spoon or spatula, fold egg whites into almond mixture.

(continued)



Remove 1-½ cups batter and add green food coloring to it. Then spread this evenly into a greased pan, forming a ¼ inch thick layer. Bake at 350°F for 15 minutes or until edges turn brown. Remove from oven and let cool on large cookie tin. Remove another 1-½ cups batter and add yellow food coloring. Spread layer into another greased pan and bake as before. While yellow layer is baking, heat apricot preserves in small pan and spread ½ over first green layer. To the remaining batter, add red food coloring, spread layer and bake as above. When yellow layer is baked and cooled, carefully slide or turn onto green layer. Spread the remaining preserves and top with baked, cooled red layer. Cover with plastic and refrigerate overnight weighing down layers with a thick book. The next day, melt chocolate and spread over top layer all the way to the edges. Let dry 30 minutes. Trim off edges and cut into 1-inch squares with a sharp thin-bladed knife. ***Serve and enjoy the compliments.

Larysa Filewicz

TROPICAL FRUIT TART

- | | |
|--|---|
| 1 (15-oz.) refrigerated pie crust, room temperature | 1 Tbsp. fresh lemon juice |
| 1 level tsp. all purpose flour | ¾ tsp. vanilla extract |
| 1 (8-oz.) pkg. cream cheese, room temperature | ½ small pineapple, peeled halved, cored, thinly sliced |
| ¼ cup sugar, more if you like it a little sweeter | 3 kiwis, peeled thinly sliced |
| ¼ cup whipping cream | 1 large mango peeled, thinly sliced |
| | 2 Tbsp. apricot preserves |

Preheat oven to 425°F. Unfold crust. Using wet fingertips, press together any cracks to seal. Rub crust with flour. Place crust, floured side down, in 9-inch-diameter tart pan with removable bottom. Fold overhang in, press firmly, forming double thick sides. Pierce bottom of crust with fork. Bake until golden, about 14 minutes. Cool completely. Beat cream cheese and sugar in large bowl until smooth. Beat in whipping cream, lemon juice and vanilla. Spread filling in prepared crust. Refrigerate until filling is firm, about one hour. Arrange pineapple, kiwis and mango atop tart. Stir preserves in saucepan over low heat until melted. Brush preserves over fruit. Chill tart up to 2 hours. Any fruit you have handy will work. Strawberries and blueberries add beautiful color.

Patricia Bruno



WALNUT STREUSEL CAKE

(30 MINUTES PREPARATION, 30-35 MINUTES BAKING)

STREUSEL

- | | |
|---|--|
| 1 cup light brown sugar, firmly packed | 3 Tbsp. butter or margarine, melted |
| 1 cup walnuts, chopped | 1 tsp. grated orange zest |
| ¼ cup all-purpose flour | |

Preheat the oven to 350° F. Grease a 9-in. or 10-in. tube pan. In a medium bowl, prepare streusel by mixing together brown sugar, nuts and flour. Stir in the melted butter and zest. Set aside.

CAKE

- | | |
|--|--------------------------------|
| ½ cup butter or margarine, softened | ½ tsp. vanilla extract |
| ½ cup granulated sugar | 2 cup all-purpose flour |
| 1 Tbsp. vanilla sugar | 1 tsp. baking powder |
| 3 large eggs | 1 tsp. baking soda |
| 1 tsp. grated orange zest | ⅔ cup orange juice |

In a large bowl, using an electric mixer set on medium speed, beat together butter and sugar until fluffy. Add eggs, 1 at a time, beating well after each addition. Beat in vanilla and zest. In a large bowl, combine flour, baking powder and baking soda. On low speed, alternately beat in flour mixture and orange juice into egg mixture, beginning and ending with flour. Spoon half of the batter into prepared pan and sprinkle with half of the streusel. Repeat with remaining batter and streusel. Bake 30 to 35 minutes or until a toothpick inserted in center comes out clean. Transfer pan to a wire rack to cool completely (this is very important).

GLAZE

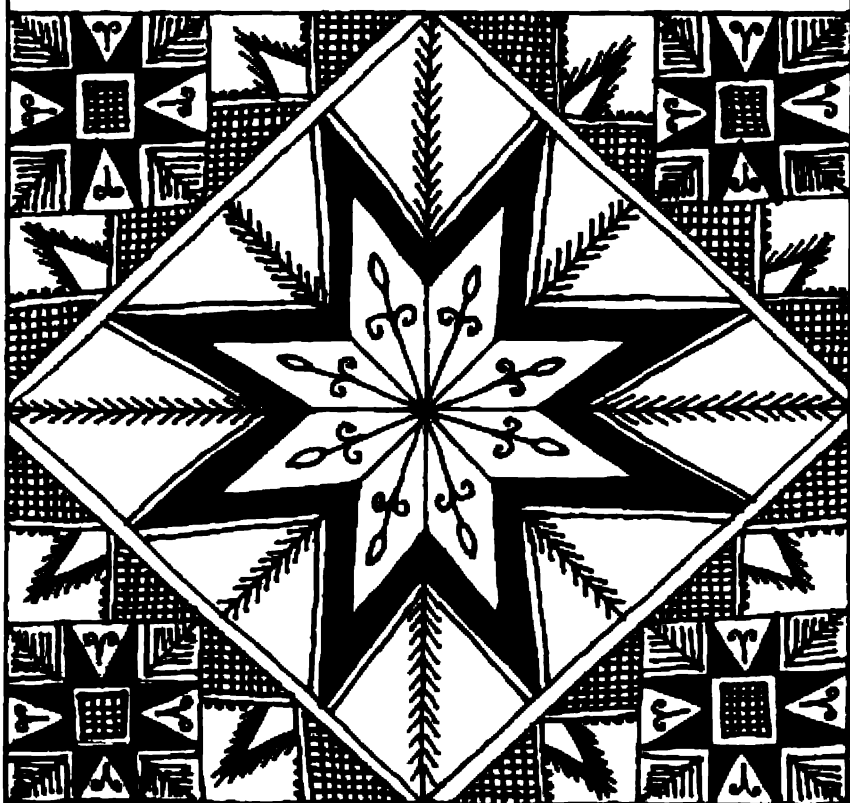
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|----------------------------------|------------------------------|
| ½ cup confectioners sugar | 2-½ tsp. orange juice |
|----------------------------------|------------------------------|

In a cup, stir together confectioners sugar and orange juice until smooth. Turn the cake out onto a serving plate, placing it right-side up. Drizzle with the glaze. Enjoy!

Stefania Tchoryk Szkafarowsky



Cookies & Candy



Helpful Hints

- Unbaked cookie dough can be covered and refrigerated for up to 24 hours or frozen in an airtight container for up to 9 months.
- Bake one cookie sheet at a time on the middle oven rack.
- Decorate cookies with chocolate by placing cookies on a rack over waxed paper. Dip the tines of a fork into melted chocolate and wave the fork gently back and forth to make line decorations.
- Some cookies need indentations on top to fill with jam or chocolate. Use the rounded end of a honey dipper.
- Dip cookie cutters in flour or powdered sugar and shake off excess before cutting. For chocolate dough, dip cutters in baking cocoa.
- Tin coffee cans make excellent freezer containers for cookies.
- If you only have one cookie sheet on hand, line it with parchment paper. While one batch is baking, load a second sheet of parchment paper to have another batch ready to bake. Cleanup will be easier.
- When a recipe calls for packed brown sugar, fill the correct size measuring cup with sugar and use one cup size smaller to pack the brown sugar into its cup.
- Cut-up dried fruit often sticks to the blade of your knife. To prevent this problem, coat the blade of your knife with a thin film of vegetable spray before cutting.
- Instead of folding nuts into brownie batter, sprinkle on top of batter before baking. This keeps nuts crunchy instead of soggy.
- Only use glass or shiny metal pans. Dark or nonstick pans will cause brownies to become soggy and low in volume.
- When making bars, line pan with aluminum foil and prepare as directed. The bars can be lifted out, and cleanup is easy.
- Cutting bars is easier if you score the bars right as the pan leaves the oven. When the bars cool, cut along the scored lines.
- Use a double boiler for melting chocolate to prevent it from scorching. A slow cooker on the lowest setting also works well for melting chocolate, especially when coating a large amount of candy.
- Parchment paper provides an excellent nonstick surface for candy. Waxed paper should not be used for high-temperature candy.



COOKIES & CANDY

BISCOTTI

- | | |
|---|-----------------------------------|
| ½ cup vegetable oil | 3-¼ cups all-purpose flour |
| 3 eggs | 1 Tbsp. baking powder |
| 1 cup sugar | 1 Tbsp. anise seeds |
| 1 Tbsp. anise extract or 3 drops
anise oil | |

Preheat oven 375°F. Grease cookie sheets or line with parchment paper. In a medium bowl, beat together the oil, eggs, sugar and anise flavoring until well blended. Combine the flour, baking powder and anise seeds, stir into the egg mixture. The dough will be heavy and sticky. Wet hands with cold water and divide dough into 2 portions. Form each portion into a roll as long as your cookie sheet. Place roll onto the prepared cookie sheet, and press down to ½-inch thickness. Bake for 25 to 30 minutes, until golden brown. Remove from the baking sheet to cool on a wire rack. When the cookies are cool enough to handle, slice each 1 crosswise into ½-inch slices. Place the slices cut side up back onto the baking sheet. Bake for an additional 6-10 minutes on each side. Cookie slices should be toasted lightly. Store in an airtight container. Enjoy with tea or coffee.

Stefania Tchoryk Szkafarowsky

CARDAMOM DREAMS

- | | |
|-----------------------------|---|
| ⅓ tsp. cardamom | ¼ lb. butter (1 stick), softened |
| ½ tsp. baking powder | ½ cup sugar |
| 1 cup flour | 1 egg |

Sift together cardamom, baking powder and flour. Cream together butter, sugar and eggs. Combine dry and wet ingredients together. Put dough into a pastry bag and press out onto a baking sheet. Place a maraschino cherry (or walnut half) in the center of each cookie. Preheat oven to 350°F and bake cookies for 10 minutes.

Helen Tymocz



CHOCOLATE CHIP & OATMEAL COOKIES

- | | |
|---|---|
| 1 box any-flavored cake mix | 2 eggs |
| 1 cup quick-cook rolled oats,
uncooked | 1 cup semi-sweet chocolate chips |
| ¾ cup softened butter or
margarine | |

Heat oven to 350 degrees. Combine all ingredients in large bowl, except chips. Stir in chips. Drop by rounded teaspoon onto ungreased cookie sheet. Bake 10-12 minutes until lightly browned. Cool on wire racks. Enjoy!

Oksana Tomaszewsky

CHOCOLATE CHUNK OATMEAL COOKIES

- | | |
|--|---|
| 1 ¼ cups all-purpose flour | 4 ounces bittersweet chocolate,
chopped into the size of
chocolate chips |
| ¾ tsp. baking powder | |
| ½ tsp. baking soda | 1 ½ sticks unsalted butter,
softened, but still cool |
| ½ tsp. table salt | 1 ½ cups packed brown sugar |
| 1 ¼ cups old fashioned oats | 1 egg |
| 1 cup toasted pecans, chopped | 1 tsp. vanilla extract |
| 1 cup dried tart cherry, chopped
coarse | |

If you would like to bake two trays at a time adjust oven racks to upper and lower middle positions. Preheat oven to 350 degrees. Line 2 large (18 x 12) baking sheets with parchment paper. If you do not have this size, you will need to use 3. Whisk flour, baking powder, baking soda and salt in medium bowl. In second medium bowl, stir together, oats, pecans, cherries and chocolate. In a standing mixer fitted with flat beater, beat butter and sugar at medium speed until no sugar lumps remain, about 1 minute. Scrape down sides of bowl with rubber spatula; add egg and vanilla and beat on medium-low speed until fully incorporated, about 30 seconds. Scrape down bowl; with mixer running at low speed, add flour mixture; mix until just combined, about 30 seconds. With mixer still running on low, gradually add oat/nut mixture; mix until just incorporated. Give dough final stir with rubber spatula to ensure that no flour pockets remain and ingredients are evenly distributed. Divide dough evenly into 16 portions; about ¼ cup each. Roll between palms into balls about 2 inches in diameter; stagger 8 balls on each baking sheet, spacing about 2 ½ inches apart. Using hands, gently press each dough ball into 1 inch thickness. Bake both sheets 12 minutes, rotate them front to back and top to bottom, then continue to bake until cookies are medium brown and edges have begun

(continued)



to set but centers are still soft (cookies will seem underdone and will appear raw, wet and shiny in cracks), 8 to 10 minutes longer. (I baked each cookie tray individually for 18 minutes). Do Not Over Bake. Cool cookies on baking sheets on wire rack 5 minutes; using wide metal spatula, transfer cookies to wire rack and cool to room temperature.

Olga Tchoryk

CHRISTMAS CHOCOLATE CHIP COOKIES

2 cups butter, softened	1 tsp. salt
2 cups sugar	2 tsp. baking powder
2 cups brown sugar	2 tsp. baking soda
4 eggs	1 (24-oz.) bag chocolate chips (We like mini's)
2 tsp. vanilla	1 (8-oz.) Hershey Bar, grated
4 cups flour	3 cups nuts, chopped
5 cups oatmeal (quick-cooking or old fashioned)	

Cream together the first three ingredients (butter and sugars). Mix in eggs and vanilla. In a blender or food processor, process the oatmeal in small amounts into powder. Mix the powdered oatmeal with the flour, salt, baking powder and baking soda. Mix the dry ingredients with the wet ingredients. Add the chocolate chips, Hershey Bar and nuts. Make golf-ball sized cookies and place them 2 inches apart on ungreased cookie sheets. Bake in a 375° F oven for approximately 6 minutes. Yield: Approximately 112 cookies. Recipe can be halved.

Chrystia Rewak Barankewicz

CINNAMON HAZELNUT BISCOTTI

¾ cup butter, softened	1 tsp. cinnamon
1 cup sugar	¾ tsp. baking powder
2 eggs	½ tsp. salt
1-½ tsp. vanilla	1 cup hazelnuts, chopped
2-½ cups all-purpose flour	½ cup chocolate chips

Preheat oven to 350°F. Grease a cookie sheet or line with parchment paper. In a medium bowl, cream together butter and sugar until light and fluffy. Beat in eggs and vanilla. Sift together the flour, cinnamon, baking powder, salt and mix into the egg mixture. Stir in the hazelnuts. Shape dough into four equal logs approximately 12 inches long. Place logs on baking sheet and flatten them to about a ½-inch thickness. Bake for about 30 minutes or until edges are golden and the center is firm. Remove from oven to cool on the pans. When loaves are cool

(continued)



enough to handle, use a serrated knife to slice the loaves diagonally into ½-inch thick slices. Return the slices to the baking sheet and bake for an additional 10 minutes, turning over once. Melt chocolate chips in microwave and drizzle over cookies. Cool completely and store in an airtight container at room temperature.

Tracey Kuzemczak

CRANBERRY-CASHEW BISCOTTI

BISCOTTI

1-¾ cups all-purpose flour
1 tsp. baking powder
¼ tsp. salt
¼ lb. butter, softened
1 cup sugar

2 eggs
1 tsp. almond extract
1 cup chopped cashews
1 cup dried cranberries

Preheat oven to 325°F. Line two baking sheets with parchment paper. In a medium bowl whisk together the flour, baking powder and salt. Set aside. In a large bowl, use an electric mixer to beat together the butter and sugar until light and fluffy. Add the eggs and almond extract, then beat until well combined. Add the dry ingredients and blend until it produces a heavy very sticky dough. Add the cashew and cranberries to mixture until just combined. Transfer the dough to a lightly floured counter and divide in two. With floured hands shape each piece of dough into a 12-inch log. Transfer the logs to one of the baking sheets, leaving about 3 inches between them. Flatten with your hands until they are about 2 inches wide. Bake on the center rack in the oven for 30 to 35 minutes, or until the logs just begin to brown. Set the baking sheet on a wire rack to cool for 10 minutes. Reduce oven to 300°F. Use a spatula to transfer each log to a cutting surface. Line the baking sheet with fresh parchment paper. Using serrated knife, cut the logs on the diagonal into 1 inch slices. Arrange the slices on their side on the two baking sheets leaving ½ inch between the slices. Bake for an additional 18 to 22 minutes, or until dry and lightly browned at the edges. Halfway through baking switch the baking sheets between the upper and lower oven racks. Transfer the biscotti to a wire rack to cool.

CHOCOLATE

1-½ cups chocolate chips

1 microwave-safe measuring cup

The addition of chocolate chips is optional. The biscotti tastes great even without the chocolate. Once the biscotti are cool, place the chocolate chips in a microwave-safe glass measuring cup. Microwave for 1 to 1-½ minutes, stopping to stir every 20 to 30 seconds, until the

(continued)



chocolate is melted smooth. Dip half of each biscotti into the chocolate, then set them on a wire rack or parchment-lined baking sheet to dry.

Stefania Tchoryk Szkafarowsky

CREAM CHEESE COOKIES

1 dried vanilla bean	3 Tbsp. sugar
2 cups confectioners sugar	1 Tbsp. brandy
1 lb. butter	juice of 1 medium lemon
1-½ lbs. cream cheese	4 cups flour
3 egg yolks	1 Tbsp. baking powder

Prepare vanilla-sugar in advance by placing 1 dried vanilla bean into a container holding 2 cups of confectioners sugar. Cover the container tightly and set aside for a week or more. The sugar will be sufficiently scented by then. Combine flour with baking powder. Cream the butter and cream cheese while adding the yolks, sugar, brandy and juice of the lemon. Slowly add the flour into the butter-cheese mixture and mix well. Refrigerate dough for at least 1 hour. When ready to make cookies, sprinkle cutting board with the vanilla-sugar and roll out the dough. (Don't forget to remove the vanilla bean!) Cut dough into shapes and place on cookie sheet. Bake at 300°F until golden brown.

Olga Rudyk

I/M/O My Mother Ivanka Szkafarowsky

DOROTHY'S CHERRY CENTERS

½ lb. unsalted butter (2 sticks), softened	2 Tbsp. milk
1 cup confectioners sugar	2-¾ cups sifted flour
2 eggs	2 tsp. baking powder
1 tsp. vanilla extract	¼ tsp. salt
	48 maraschino cherries, drained

Preheat the oven to 375° F. Lightly grease two large baking sheets with butter or vegetable shortening. In a large mixing bowl, cream together the butter and sugar. Beat in the eggs, one at a time, mixing well after each addition. Beat in the vanilla extract and the milk, continuing to beat until the batter is smooth. Sift the flour with the baking powder and salt. Gradually work the flour into the batter, ½ cup at a time, until it is smooth. Drop rounded teaspoonfuls of batter onto the baking sheets, about 2 inches apart. Place a cherry in the center of each cookie. Bake for 10 minutes, or until the cookies have browned around the edges. Remove from oven. After the cookies have cooled for 2-3 minutes, but

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PEACH & WHITE CHOCOLATE OATMEAL COOKIES

¾ cup all-purpose flour	¼ cup granulated sugar
½ tsp. baking soda	1 egg
pinch of salt	1-½ cups old-fashioned oats
¼ lb. butter	½ cup dried peaches
¼ cup light brown sugar	½ cup chopped walnuts
¼ cup dark brown sugar	½ cup white chocolate chips

Preheat oven to 350°F with the racks in the upper and lower thirds of the oven. In a small bowl, whisk together flour, baking soda, and salt. In a stand mixer fitted with the paddle attachment, cream butter and sugars until light and fluffy. Slowly add egg and continue mixing. Slowly add flour mixture, oats, peaches, walnuts, and white chocolate chips. Mix until combined. Line 2 sheet trays with parchment. With wet hands make 20 balls from the dough placing evenly among sheet trays. Press down on cookie dough with palm of your hand to make a flat circle. Bake for 10 to 12 minutes or until golden and still a bit tender in the center. Remove from oven and let them cool.

Alexandra Perich

PEANUT BUTTER CUP BARS

½ lb. butter, (2 sticks) softened	3 cups confectioners sugar
1 (18-oz) jar peanut butter (about 2 cups)	12 oz. chocolate chips
1-½ cups graham cracker crumbs (about 12 squares)	

Preheat the oven to 350°F. Place the butter and peanut butter in a large bowl and stir until smooth. Add the graham cracker crumbs and sugar and stir until completely combined. Spread the mixture in a 9"x13" baking pan and bake for 30 minutes. Remove from oven and let stand for 5 minutes to cool slightly. Sprinkle the warm bars with the chips. Allow them to stand for 2 minutes. As the chips melt, spread them evenly over the top. Cool slightly and cut into 48 squares while the chocolate is still warm.

Monica Sawchuk



PIZZELLE RECIPE

6 eggs	1 cup margarine melted & cooled
3-½ cups flour (approx.)	4 tsp. baking powder
1-½ cups sugar	2 Tbsp. vanilla or anise

You need a pizzelle iron to make these cookies. Beat eggs adding sugar gradually. Beat until smooth. Add cooled melted margarine, vanilla or anise. Sift flour and baking powder and add to egg mixture. Dough will be sticky enough to be dropped by spoon. Serve plain or dusted with powdered sugar. While hot, shape into a cone or roll into a cylinder and fill with your favorite cream filling. Store in an airtight container.

CHOCOLATE PIZZELLES

½ cup cocoa	½ tsp. baking powder
½ cup sugar	

Add ingredients to those in recipe for pizzelles. Sift with flour and add to egg mixture.

Stefania Tchoryk Szkafarowsky

ROHALYKY

4 cup sifted flour	3 egg yolks, beaten
½ tsp. salt	¾ cup sour cream
2-½ sticks butter (1-¼ cups)	1 tsp. vanilla
1 (1.4-oz.) pkg. active dry yeast	1 cup powdered sugar

Sift flour and salt in a bowl. Crumble butter and add to the flour and salt mixture. Add the yeast and combine well. (The mixture should resemble cornmeal.) Add beaten egg yolks, sour cream, and vanilla, blending thoroughly. Set the dough aside and prepare filling. Divide dough into 6 balls. Roll out one ball at a time on a board that is covered with powdered sugar. Roll until the size of a pie tin. Cut into 8 wedges and spread one teaspoon of filling on each in the center. Roll one end toward the center and curve into a crescent. Place rohaliky on a greased baking sheet. Bake in a preheated 400°F oven for 20 minutes. When done, remove and let cool. Once cooled, sprinkle with powdered sugar.

FILLING

3 egg whites, beaten stiff	1 tsp. vanilla
1-¼ cups sugar	1 cup ground walnuts

Beat egg whites until stiff. Fold in sugar, vanilla and nuts.

*Czernyk Family
Babcya Halya*



SNOWBALL COOKIES

½ lb. butter (2 sticks), softened **2 cups hazelnuts (or other nuts),
finely chopped**
¼ cup sugar **powdered sugar**
1 tsp. vanilla
2 cups all-purpose flour

Heat oven to 325°F. In large mixer bowl, combine all ingredients except powdered sugar. Beat at low speed until well mixed. Shape rounded teaspoonfuls of dough into 1-inch balls and place them 1 inch apart on a cookie sheet. Bake for 18-25 minutes or until very lightly browned. Cool for 5 minutes and then roll in powdered sugar while still warm. Cool before serving.

Margaret Wislocki

SOUR CREAM MUNCHIES

½ cup brown sugar **1 tsp. vanilla extract**
½ cup white sugar **1 ½ cups pecans or walnut halves**
½ cup sour cream

Cook first 3 ingredients to hard ball stage (250° F-265° F). Remove from heat, add vanilla and nuts. Spread thinly on waxed paper to dry. Great for munching.

Olia Rudyk

SUGAR COOKIES

½ lb. butter **½ cup sour cream**
2 cups flour **1 cup sugar**
1 egg yolk

Cut butter into flour with a knife. Add egg yolk, sour cream and flour and mix together. May need to add more flour so the dough is not too sticky. Cover dough in wrap and refrigerate for about 2 hours. Later, roll out the dough and cut into 2-inch cookie shapes. Using a brush, spread egg white on top of each cookie & then dip into sugar. Place sugar cookies on ungreased cookie sheet and bake in a preheated 325° F for about 20 minutes or until edges are golden brown. Allow the cookies to remain on the cookie sheet for about 1 minute, then transfer to wire racks to cool completely. Store covered at room temperature.

Margaret Wislocki



SUGAR COOKIES WITH CHEESE

2 cups flour
4 egg yolks

½ lb. butter
1 (8-oz.) pkg. cream cheese

Cut butter into flour with a knife. Add egg yolks, cheese and flour and mix together. Rest dough in refrigerator for about 2 hours. Afterwards, roll out the dough & cut out 2-inch cookies. Brush each cookie with egg white and dip into sugar. Place each cookie on ungreased cookie sheet and bake at 325° F for about 20 minutes or until golden. Let cookies stand on cookie sheet for about a minute, then remove to wire rack to cool completely. Store covered at room temperature.

Margaret Wislocki

THUMBPRINT COOKIES

1 cup unsalted butter, softened
¾ cup white sugar
½ tsp. vanilla extract
2 cups all-purpose flour

½ tsp. salt
½ cup seedless jam, raspberry or apricot

Preheat oven to 350°F. Using an electric mixer, cream together butter and sugar until smooth and fluffy, then add vanilla extract and salt. Add flour in batches, mixing after each addition, until the dough comes together. This is a pretty versatile dough and it can also come together well in a food processor if you pulse it until combined. The dough will be slightly crumbly. Roll dough into 1-inch balls and place on ungreased cookie sheet or slat sheet, about 1 to ½-inches apart. Make a small indent into the center of the ball with your thumb. Bake for 14-18 minutes until the cookies are lightly browned. Let cookies cool on sheet. In the meantime, put jam into a microwave container and heat on medium heat at 30-second intervals or until slightly warmed and softened. (You can also heat this in a small pot over low heat). Carefully spoon a small amount of jam into the indent of each cookie, taking care not to overfill. Let filling cool before serving.

Nataika Horbachevsky



INDEX OF CONTRIBUTORS

- B -

Barankewicz, Ann 107
Barankewicz, Chrystia Rewak 55
 61, 68, 78, 89, 107, 167, 177
 180
Bernert, Anita 62, 93, 119
Bortkiewicz, Elizabeth (Ela) 66, 130
Bruno, Patricia 134, 173
Bundziak, Iryna 73, 98, 111, 129
 158
Bybel, Andrea 52, 105
Bybel, Anna 10, 12, 33
Bybel, Lisa 10, 12, 33, 111, 122

- C -

Chomiak, Kateryna 87
Chudolij, Lillianna Szkfarowsky 82
 130
Czernyk Family 182

- D -

DeBruin, Christina 170
DeBruin, Tom 11, 62, 70, 83, 94
 114, 115, 135
Duda, Oksana L. Werbowski 5, 7
 13, 14, 15, 18, 19, 23, 24, 28
 29, 30, 46, 54, 56, 86, 106, 121
 129, 131, 136, 146, 149, 152
 163, 166, 171, 180

- E -

Evans, Anna O. 54
Evans, Tonya 58, 154, 157

- F -

Fecica, Maria 149
Filewicz, Larysa 17, 34, 154, 172

- G -

Gardasz, Elizabeth 8

- H -

Halya, Babcyca 182
Havraniak, Sophia 27, 31
Holovata, Halya 44
Homick, Cynthia 78

Horbachevsky, Daria 94, 95, 102
 118
Horbachevsky, Natalka 75, 98, 116
 136, 184
Hrabovsky, Melania Kowalczyk 50
 90
Hywel, Marie 9, 52, 85

- I -

Iwanczyszyn, Martha 60, 108, 141

- K -

Khmurkovska, Svitlana 22, 78
Kiciuk, Jaroslaw & Maria 27, 29, 35
 74
Kiciuk, Maria 1, 37, 77, 91
Kiciuk, Michelle 74
Kocur, Anna K. 102
Kocur, Jenia 151, 160
Kopcha-Fihel, Mariya 45
Kowalczyk, Melanie 93
Kowalyk, Bohdan & Irena 117
Kozicky, Lesia 11, 123
Kozicky, Maryka 61, 103
Krawec-Kennedy, Irka 80, 84, 113
 117, 159
Kruczowy, Nadia 157, 162
Kukil, Tetyana 16, 151
Kulynych, Oksana 43, 67
Kuzemczak, Basia 76
Kuzemczak, Tracey 2, 20, 21, 51
 57, 59, 64, 67, 85, 96, 104, 128
 143, 153, 156, 160, 177
Kuzmiak, M 125, 171

- M -

M., Vira 3, 158
Melnychuk, Oksana 149
Melnychuk, Olia 66, 69, 163

- N -

Newmerzhycky, Basil and Lea 127
Newmerzhycky, Natalie 13, 37, 81
 89, 108, 112
Newmerzhycky, Natalka 2, 15, 91



- O -

Ozaruk, Bohdan ... 8, 53, 99, 104, 140
..... 162

- P -

Palytyk, Lesia 132
Pawliczko, Irene 52, 151
Perich, Alexandra 144, 181
Perich, Slawka 150, 166, 169, 170
Prokopiv-Borovik, Lesia 169

- R -

Raguso, Verusha 66, 105, 131
Rewak, Ivanka 55, 61, 180
Rudyk, Kelly 59, 96
Rudyk, Olia 36, 53, 60, 100, 133
..... 161, 164, 168, 179, 183
Rudyk, Stefan 36
Rudyk, Stephania 161, 168
Rudyk-Odomirok, Adrianna 6, 58
..... 64, 70, 100, 145, 155

- S -

Sawchuk, Maria 71, 79, 160
Sawchuk, Monica ... 65, 138, 164, 181
Shchur, Lesia Kiciuk 114, 139
Shchur, Millie 27
Shchur, Walter 31
Shevchik, Marta 60, 64, 70, 71, 81
..... 103, 104, 109, 112, 120
Shmotolocha, Marika 38, 73, 131
Shmotolocha-Nepogoda, Lisa ... 65, 69
Skalski Family 55, 96, 156, 166
Smith, Sonia 50, 81, 91, 119, 124
..... 138
Swyntuch, Joanna 165
Sydor, Luba S. 63, 88
Sysak, Alina 68
Szkafarowsky, Alexandra 75, 90
..... 140
Szkafarowsky, Danylo 107, 123
Szkafarowsky, Martha 63, 155, 179

Szkafarowsky, Stefan 120
Szkafarowsky, Stefania
Tchoryk 1, 9, 24, 33, 39, 40, 43
..... 56, 57, 80, 87, 94, 113, 123
..... 125, 174, 175, 176, 182
Szpynda, Christine 50, 65, 77, 93
..... 106, 154

- T -

Tchoryk, Olga 164, 178
Teniuch, Peter 38, 49, 68, 79, 84
..... 97, 101, 127, 141, 142
Tomaszewsky, Oksana ... 49, 161, 178
Tsybulska, Nadia 35
Tymocz, Helen 17, 51, 123, 126
..... 143, 175

- U -

Uzdejczyk, Maria 95, 115

- V -

Vukosa, Zhenia 2, 15, 72, 83, 84
..... 91, 93, 97, 99, 124, 133, 139
..... 141

- W -

Wacyk, Steven 147
Weiner, Father Philip 9, 34, 35
Werbowsky, Anna 13, 18, 19, 30
..... 131, 136
Williams, Christine 145
Wislocki, Margaret 83, 153, 183
..... 184
Wojcickyj, Switlana 54, 76, 128
Wolynetz, Lubow K. 24, 42

- Z -

Zahnijnyj-Colon, Olia ... 4, 20, 88, 118
..... 122, 126, 134, 138, 144, 148
Zaulychny, Maria Zarudna ... 3, 6, 40
..... 41, 47, 82, 121
Zhara, Nataliya 18, 27
Zurawski, Andy 73



INDEX OF RECIPES

UKRAINIAN FOODS

ALMOND TORTE	1	MAZUROK	24
ANDRUTY	1	MEATLESS HOLUBTSI FOR CHRISTMAS EVE	24
BABA VALYA'S PYRIH	2	MEDIVNYCHKY	27
BABCHI STECIUK'S PASKA	2	MEDIVNYK Z KAVY	27
BABKA	3	MILLIE SHCHUR'S CHRISTMAS BORSCH	27
BARANYNA V RULETI	3	MLYNTSI	28
BEET HORSERADISH	4	MUSHROOM GRAVY	29
BORSCH	4	NOUGAT-FILLED WALNUTS	29
BURACHNYKY (OR ZELENI HOLUBTSI)	5	OVOCHEVA KAPUSTA	30
CHEBUREKY	6	PAMPUSHKY	30
CHEESE FILLING FOR BABKA	6	PAN SHCHUR'S BORSCH	31
CHYHYRYNSKA PASKA (CHYHYRYN STYLE EASTER BREAD)	7	PATYCHKY	33
DRY FRUIT COMPOTE	7	PIQUANT BEETS	33
EASTER BABKA	8	PLIATSOK Z ABRICOSIV	34
"FAST" BORSCH	8	PLIATSOK Z MARMOLIADY	35
FRESH CABBAGE IN TOMATO SAUCE	9	PLIATSOK Z YAHODAMY	34
FRESH FRUIT PLIATSOK	9	POTATO FILLING FOR VARENYKY	35
FRUIT SOUP	9	PTASHYNE MOLOKO	35
HOLUBTSI #1	10	PYSHNA ZUPA	36
HOLUBTSI #2	11	QUICK 'N EASY VINIHRETTE	37
HOLUBTSI #3	11	RHUBARB PLIATSOK	37
HRYBY	12	RUGALKY	38
IKRA	13	SCHNITZELS WITH EGG NOODLES	38
KABACHKY V SMETANKOVIM SOSI	13	STEFA'S FAMOUS KANAPKY	39
KAPUSNYAK	14	SYRNA PASKA NA VELYKDEN	40
KAPUSTIANYKY	15	TORT Z MIASA	40
KAVIAR (IKRA) Z BAKLAZHANU	15	TORTE "MADONNA"	41
KAVOVYJ TORTE	16	UKRAINIAN EASTER PASKA VARENYKY	42
KHRUSTY	17	VELYKODNYJ HRINOVYJ SOS	43
KHRUSTYKY #1	17	VYSHYVANKA	44
KHRUSTYKY #2	18	YABLUCHNYJ NAPOLEON	45
KLIUSKY (LOKSHYNA) WITH APPLES	18	YAPCHANKA	46
KNYDLI WITH PLUMS OR APRICOTS	19	ZAVYVANETS WITH RICH FILLING	47
KUTYA	20		
MAKIVNYK #1	20	BREAKFAST	
MAKIVNYK #2	21	BABA'S PASKA FRENCH TOAST	49
MAKOVI TISTECHKY	22	BANANA BREAD #1	49
MAMA'S MEDIVNYK	22	BANANA BREAD #2	50
MANDRYKY (PEREVERTANYKY OR BANYKY)	23	BANANA-BLUEBERRY PANCAKES	50
		BILLY'S OMELETTE	50
		CRANBERRY NUT BREAD	51



CREPES	51	SPINACH BALLS	68
EASY QUICHE	52	STUFFED CHILI RELLENOS	68
HAM & POTATO PANCAKES	52	SWEDISH MEATBALLS	69
MORNING FRENCH TOAST	52	SWEET AND SOUR	
NO-KNEAD BREAD	53	MEATBALLS	70
PANI OLIA'S VEGETABLE		SWEET & SPICY WALNUTS	69
QUICHE	53	TARTAR SAUCE	70
PUMPKIN PANCAKES	54	TASTE OF THANKSGIVING	
RHUBARB JAM	54	SANDWICHES	70
SAUSAGE BRUNCH		TORTILLA PINWHEELS	71
CASSEROLE	54	VEGETABLE MARINADE	71
WAFFLES	55	WHITE BEAN DIP WITH PITA	
ZUCCHINI BREAD	55	CHIPS	71
ZUCCHINI QUICHE	56	ZHENIA'S APPLETINI	72
ZUCCHINI-CHEDDAR CHEESE			
MUFFINS	56		

APPETIZERS & BEVERAGES

6 LAYER DIP	57
7 LAYER BEAN DIP	57
ADIA'S GAME DAY BEAN DIP	58
ARTICHOKE & SPINACH	
PUFFS	58
BACON & TOMATO CUPS	59
BACON WRAPPED DATES	59
CERVICHE DE CAMARONES	60
CHEDDAR CRISPS	60
CHEESE BALL	60
CHICKEN BITES	61
CHICKEN LIVER & BACON	
ROLL	61
CLAM DIP	62
CLAMS ON THE GRILL	62
COCKTAIL SAUCE	62
CRABMEAT BALL WITH	
SAUCE	63
EASY EMPANADAS	63
FUN FRANKS	64
GARLIC CHEESE DIP	64
GIRLS' NIGHT RED SANGRIA	64
GOAT CHEESE STUFFED	
MUSHROOMS	65
HEALTHY BEAN DIP	65
HOLIDAY CHEESE LOG	65
MARGUERITE'S CLAM PIE	66
MARINATED TOMATOES	66
MUSHROOM CAPS	66
RUBEN DIP	67
SPANAKOPITA	67
SPINACH AND ARTICHOKE	
DIP	68

SOUPS & SALADS

ANDY'S EUROPEAN POTATO			
SALAD			73
BABA'S BILA YARUNOVA ZUPA			73
BAKED POTATO SOUP			74
BARLEY SOUP			74
BROCCOLI-LEEK SOUP			75
BUTTERNUT SQUASH BISQUE			75
BUTTERNUT SQUASH SOUP			76
CAESAR SALAD			76
CAULIFLOWER SOUP			77
CHICKEN ROSIL			78
CHUCHI CINDY'S BARBECUED			
BEAN SALAD			78
COLD ORZO PASTA SALAD			79
CREAM OF ASPARAGUS			
SOUP			79
CREAM OF CARROT SQUP			80
CREAMY ASPARAGUS SOUP			80
HEAVENLY SHRIMP BISQUE			81
ITALIAN RAVIOLI AND SAUSAGE			
SOUP			81
JAPANESE SALAD DRESSING			81
LILIA'S LAST MINUTE BIG BOWL			
BEAN SALAD			82
LOVE TONIC FROM THE SEA			82
LOW CALORIE UKIE			
DRESSING			83
MACARONI 'HOROD' SALAD			83
MANGO COLESLAW			83
ORIENTAL SALAD			84
ORZO SALAD			84
OXTAIL ONION SOUP			84
PORK & BEAN SALAD			85
POTATO & HAM SOUP			85



PUMPKIN SOUP WITH GRUYÈRE	86	SCALLOPED POTATOES	104
RAMEN NOODLE SALAD	87	SESAME NOODLES	104
RED CABBAGE WITH RAISINS	87	SLOW COOKER POLENTA	104
SHRIMP BISQUE	88	SPINACH PIE	105
SPINACH SALAD	88	SUMMER ORZO	105
SPINACH SALAD WITH SPECIAL SAUCE DRESSING	89	SUMMER SQUASH AND ZUCCHINI SAUTÉ	106
SUMMER SALAD	89	SWEET POTATOES W/ BROWN BUTTER & PARMESAN	106
SUN-DRIED TOMATO PASTA SALAD	90	TETA EWA'S CREAMED SPINACH	107
THICK 'N' CREAMY MUSHROOM SOUP	90	THREE CHEESE ZUCCHINI PIE	107
TOMATO SOUP	91	UKRAINIAN STUFFED PEPPERS	108
UKIES IN BRAZIL FEIJOADA	91	ZUCCHINI PIE	108
VEGETABLE PASTA SOUP	91	ZUCCHINI QUICHE WITH BACON	109

VEGETABLES & SIDE DISHES

ASIAN COLE SLAW	93
BABA MELA'S RED KAPUSTA	93
BABY MORKVA	93
BASIL BUTTER	94
BROCCOLI CASSEROLE	94
BROCCOLI WITH ALMONDS AND WATER CHESTNUTS	94
CARROT AND ZUCCHINI PANCAKES	95
CORN SALAD	95
EASY ZUCCHINI PIE	96
FRUIT BAKE	96
GREEN BEAN SALAD	96
KARTOPLYANYKY	97
MANGO SALSA	97
MAPLE-GLAZED SWEET POTATOES AND APPLES	98
MEDITERRANEAN CHICKPEA SALAD	98
NEWMERZHYCKY RICE	99
ONION FLATBREAD	99
PANI OLIA'S POTATO SALAD	100
PESTO ORZO PASTA WITH ROASTED VEGETABLES	100
PETEY'S BETTER THEN THE BIRD STUFFING!	101
RATATOUILLE	102
RED BEAN CHILI	102
ROASTED SHRIMP AND ORZO	103
ROASTED SWEET POTATO WEDGES	103

MAIN DISHES

ALEX'S SEAFOOD SALAD	111
APRICOT GLAZED SALMON	111
BABA'S SECRET BEEF STEW	112
BAKED COD WITH FRESH VEGGIES	112
BAKED SALMON DIJON	113
BAKED SALMON STEAKS WITH TOMATOES	113
BARBEQUE PULLED PORK	114
BASA FILET	114
BEEF AND MACARONI AURORA	115
BEEF BOURGUIGNON	115
BEEF STEW	116
CHICKEN BREASTS WITH LEMON AND PARSLEY	117
CHICKEN FRANCES'	117
CHICKEN IN HORSERADISH SAUCE	118
CHICKEN KYIV	118
CHICKEN MARBELLA	119
CHICKEN TENDERS	119
CINCINNATI "SKYLINE" CHILI	120
CLASSIC BEEF CHILI	120
CRAB CAKES	121
CREAMY BAKED CHICKEN	121
CREAMY CHICKEN MARSALA	122
EASY ALFREDO SAUCE	122
EASY CHICKEN & RICE	123
EASY TURKEY MEATLOAF	123



EASY VEGETABLE CHEESE LASAGNA	123
ENCHILADA CASSEROLE	124
FILET MIGNON WITH TOMATO AND GARLIC SAUCE	124
FREEZER MEATBALLS	125
GARLIC SHRIMP	126
GARLIC SHRIMP PASTA	125
GOULASH	126
GRILLED MEATBALLS & SAUSAGE	127
HEARTY TOMATO MEAT SAUCE	127
JAMAICAN STYLE PORK CHOPS	128
KARINA'S PERNIL AL HORNO	128
KOVBASA JAMBALAYA	129
LEMON-CHICKEN OVEN BAKE	129
LESIA'S FAVORITE FLANK STEAK	130
LILIA'S JAM-PACKED MEATLOAF	130
MARIKA'S CHILI	131
NADIA'S FAVORITE	131
OXTAILS	131
PAN FRIED COD	132
PANI OLIA'S FETTUCCINE ALFREDO	133
PENNE A LA 'HOREELKA'	133
PINEAPPLE SWEET AND SOUR CHICKEN	133
PROSCIUTTO AND PEAS PASTA	134
RED SNAPPER WITH MANGO SALSA	134
RIGATONI WITH ROSEMARY CHICKEN	135
ROMAN PASTA	136
ROULADE	136
SAUCY LEMON CHICKEN	138
SHRIMP IN GARLIC OIL	138
SPAGHETTI CARBONARA	138
SPARE RIBS	139
SPICY GRILLED TILAPIA AND PEPPERS	139
SWEET & SOUR CHICKEN	140
TATIANA'S FAVORITE FRIED RICE	140
THAI THIGHS	141
ULTIMATE MONTE CRISTO SANDWICH	141

WHERE'S THE BEEF CHILI	141
WHITE CHILI	142

DESSERTS

ALMOND LEGEND CAKE	143
ALMOND SQUARES	143
APPLE BERRY CRISP	144
APPLE CAKE	144
APPLE WALNUT CAKE	145
BABYN PLIATSOK	145
BANANA CREAM PIE	146
CARROT CAKE	147
CARROT CAKE WITH CREAM CHEESE FROSTING	148
CHEESECAKE DREAMS	149
CHEESECAKE WITH FRUIT TOPPING	149
CHEESECAKE WITH RICOTTA	150
CHEESECAKE WITHOUT CRUST	149
CHERRY PIE	151
CHERRY SHORTBREAD PLIATSOK	151
CHERRY SQUARES	151
CHIPPY MACAROON ANGEL CAKE	152
CHOCOLATE BUNDT CAKE	153
CHOCOLATE ZUCCHINI CAKE	153
CHRISTMAS PISTACHIO CAKE	154
COCONUT CUSTARD PIE	154
CREAM PUFFS	154
"DUMP" CAKE	155
EASY APPLE SOUR CREAM CAKE	155
EASY BLUEBERRY CAKE	156
ELLI'S DIET GRAPE SALAD	156
ELLI'S JELLO BABY	156
FRESH BLUEBERRY PIE	157
INDIVIDUAL CHEESECAKES	157
IRYNA'S EASY FRUIT SALAD	158
LEMON CHEESECAKE	158
LEMON CHEESECAKE WITH SPECIAL TOPPING	159
LEMON LOAF	160
LEMON POPPY BUNDT CAKE	160
MARIA'S CHEESECAKE	160
NO CHEESE-CHEESE CAKE	161
OKSANA'S CARROT CAKE	161



PEACH-BLUEBERRY PIE	162	WALNUT STREUSEL CAKE	174
PEANUT BUTTER CHOCOLATE CHIP MUFFINS	162	COOKIES & CANDY	
PEARS IN RASPBERRY SAUCE	163	BISCOTTI	175
PEARS IN RASPBERRY SAUCE SUPREME	163	CARDAMOM DREAMS	175
PINEAPPLE CREAM PIE	164	CHOCOLATE CHIP & OATMEAL COOKIES	176
PISTACHIO MARBLE CAKE	164	CHOCOLATE CHUNK OATMEAL COOKIES	176
PUMPKIN CAKE WITH CREAM CHEESE FROSTING	164	CHRISTMAS CHOCOLATE CHIP COOKIES	177
PUMPKIN CHEESECAKE	165	CINNAMON HAZELNUT BISCOTTI	177
QUICK CHERRY PIE	166	CRANBERRY-CASHEW BISCOTTI	178
RASPBERRY SQUARES	166	CREAM CHEESE COOKIES	179
RHUBARB SWIRL CHEESECAKE	166	DOROTHY'S CHERRY CENTERS	179
RING OF COCONUT FUDGE CAKE	167	HOLIDAY KISSES	180
RUM CAKE	168	MACARON KISSES	180
S'MORES PIE	170	PEACH & WHITE CHOCOLATE OATMEAL COOKIES	181
SHORT MARBLE CHERRY PASTRIES	169	PEANUT BUTTER CUP BARS	181
SIMPLE POUND CAKE	169	PIZZELLE RECIPE	182
SLAWKA'S FAMOUS LEMON SQUARES	170	ROHALYKY	182
SOUR CREAM CHEESECAKE	171	SNOWBALL COOKIES	183
STRAWBERRY- RHUBARB COFFEE CAKE	171	SOUR CREAM MUNCHIES	183
TRI-COLORED MINIATURE CAKES	172	SUGAR COOKIES	183
TROPICAL FRUIT TART	173	SUGAR COOKIES WITH CHEESE	184
		THUMBPRINT COOKIES	184



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PANTRY BASICS

A WELL-STOCKED PANTRY provides all the makings for a good meal. With the right ingredients, you can quickly create a variety of satisfying, delicious meals for family or guests. Keeping these items in stock also means avoiding extra trips to the grocery store, saving you time and money. Although everyone's pantry is different, there are basic items you should always have. Add other items according to your family's needs. For example, while some families consider chips, cereals and snacks as must-haves, others can't be without feta cheese and imported olives. Use these basic pantry suggestions as a handy reference list when creating your grocery list. Don't forget refrigerated items like milk, eggs, cheese and butter.

STAPLES

Baker's chocolate
Baking powder
Baking soda
Barbeque sauce
Bread crumbs (plain or seasoned)
Chocolate chips
Cocoa powder
Cornmeal
Cornstarch
Crackers
Flour
Honey
Ketchup
Lemon juice
Mayonnaise or salad dressing
Non-stick cooking spray
Nuts (almonds, pecans, walnuts)
Oatmeal
Oil (olive, vegetable)
Pancake baking mix
Pancake syrup
Peanut butter
Shortening
Sugar (granulated, brown, powdered)
Vinegar

PACKAGED/CANNED FOODS

Beans (canned, dry)
Broth (beef, chicken)
Cake mixes with frosting
Canned diced tomatoes
Canned fruit
Canned mushrooms
Canned soup
Canned tomato paste & sauce
Canned tuna & chicken
Cereal
Dried soup mix
Gelatin (flavored or plain)
Gravies
Jarred Salsa
Milk (evaporated, sweetened condensed)
Non-fat dry milk
Pastas
Rice (brown, white)
Spaghetti sauce

SPICES/SEASONINGS

Basil
Bay leaves
Black pepper
Bouillon cubes (beef, chicken)
Chives
Chili powder
Cinnamon
Mustard (dried, prepared)
Garlic powder or salt
Ginger
Nutmeg
Onion powder or salt
Oregano
Paprika
Parsley
Rosemary
Sage
Salt
Soy sauce
Tarragon
Thyme
Vanilla
Worcestershire sauce
Yeast



HERBS & SPICES

DRIED VS. FRESH. While dried herbs are convenient, they don't generally have the same purity of flavor as fresh herbs. Ensure dried herbs are still fresh by checking if they are green and not faded. Crush a few leaves to see if the aroma is still strong. Always store them in an air-tight container away from light and heat.

BASIL Sweet, warm flavor with an aromatic odor. Use whole or ground. Good with lamb, fish, roast, stews, beef, vegetables, dressing and omelets.

BAY LEAVES Pungent flavor. Use whole leaf but remove before serving. Good in vegetable dishes, seafood, stews and pickles.

CARAWAY Spicy taste and aromatic smell. Use in cakes, breads, soups, cheese and sauerkraut.

CELERY SEED Strong taste which resembles the vegetable. Can be used sparingly in pickles and chutney, meat and fish dishes, salads, bread, marinades, dressings and dips.

CHIVES Sweet, mild flavor like that of onion. Excellent in salads, fish, soups and potatoes.

CILANTRO Use fresh. Excellent in salads, fish, chicken, rice, beans and Mexican dishes.

CINNAMON Sweet, pungent flavor. Widely used in many sweet baked goods, chocolate dishes, cheesecakes, pickles, chutneys and hot drinks.

CORIANDER Mild, sweet, orangy flavor and available whole or ground. Common in curry powders and pickling spice and also used in chutney, meat dishes, casseroles, Greek-style dishes, apple pies and baked goods.

CURRY POWDER Spices are combined to proper proportions to give a distinct flavor to meat, poultry, fish and vegetables.

DILL Both seeds and leaves are flavorful. Leaves may be used as a garnish or cooked with fish, soup, dressings, potatoes and beans. Leaves or the whole plant may be used to flavor pickles.

FENNEL Sweet, hot flavor. Both seeds and leaves are used. Use in small quantities in pies and baked goods. Leaves can be boiled with fish.



HERBS SPICES

- GINGER** A pungent root, this aromatic spice is sold fresh, dried or ground. Use in pickles, preserves, cakes, cookies, soups and meat dishes.
- MARJORAM** May be used both dried or green. Use to flavor fish, poultry, omelets, lamb, stew, stuffing and tomato juice.
- MINT** Aromatic with a cool flavor. Excellent in beverages, fish, lamb, cheese, soup, peas, carrots and fruit desserts.
- NUTMEG** Whole or ground. Used in chicken and cream soups, cheese dishes, fish cakes, and with chicken and veal. Excellent in custards, milk puddings, pies and cakes.
- OREGANO** Strong, aromatic odor. Use whole or ground in tomato juice, fish, eggs, pizza, omelets, chili, stew, gravy, poultry and vegetables.
- PAPRIKA** A bright red pepper, this spice is used in meat, vegetables and soups or as a garnish for potatoes, salads or eggs.
- PARSLEY** Best when used fresh, but can be used dried as a garnish or as a seasoning. Try in fish, omelets, soup, meat, stuffing and mixed greens.
- ROSEMARY** Very aromatic. Can be used fresh or dried. Season fish, stuffing, beef, lamb, poultry, onions, eggs, bread and potatoes. Great in dressings.
- SAFFRON** Aromatic, slightly bitter taste. Only a pinch needed to flavor and color dishes such as bouillabaisse, chicken soup, rice, paella, fish sauces, buns and cakes. Very expensive, so where a touch of color is needed, use turmeric instead, but the flavor will not be the same.
- SAGE** Use fresh or dried. The flowers are sometimes used in salads. May be used in tomato juice, fish, omelets, beef, poultry, stuffing, cheese spreads and breads.
- TARRAGON** Leaves have a pungent, hot taste. Use to flavor sauces, salads, fish, poultry, tomatoes, eggs, green beans, carrots and dressings.
- THYME** Sprinkle leaves on fish or poultry before broiling or baking. Throw a few sprigs directly on coals shortly before meat is finished grilling.
- TURMERIC** Aromatic, slightly bitter flavor. Should be used sparingly in curry powder and relishes and to color cakes and rice dishes.

Use 3 times more fresh herbs
if substituting fresh for dried.



BAKING BREADS

HINTS FOR BAKING BREADS

- Kneading dough for 30 seconds after mixing improves the texture of baking powder biscuits.
- Instead of shortening, use cooking or salad oil in waffles and hot cakes.
- When bread is baking, a small dish of water in the oven will help keep the crust from hardening.
- Dip a spoon in hot water to measure shortening, butter, etc., and the fat will slip out more easily.
- Small amounts of leftover corn may be added to pancake batter for variety.
- To make bread crumbs, use the fine cutter of a food grinder and tie a large paper bag over the spout in order to prevent flying crumbs.
- When you are doing any sort of baking, you get better results if you remember to preheat your cookie sheet, muffin tins or cake pans.

3 RULES FOR USE OF LEAVENING AGENTS

1. In simple flour mixtures, use 2 teaspoons baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ teaspoon for each egg used.
2. To 1 teaspoon soda, use 2 $\frac{1}{4}$ teaspoons cream of tartar, 2 cups freshly soured milk or 1 cup molasses.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure and add acid according to rule 2.

PROPORTIONS OF BAKING POWDER TO FLOUR

biscuitsto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
cake with oilto 1 cup flour use 1 tsp. baking powder
muffinsto 1 cup flour use 1 $\frac{1}{2}$ tsp. baking powder
popoversto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder
wafflesto 1 cup flour use 1 $\frac{1}{4}$ tsp. baking powder

PROPORTIONS OF LIQUID TO FLOUR

pour batterto 1 cup liquid use 1 cup flour
drop batterto 1 cup liquid use 2 to 2 $\frac{1}{2}$ cups flour
soft doughto 1 cup liquid use 3 to 3 $\frac{1}{2}$ cups flour
stiff doughto 1 cup liquid use 4 cups flour

TIME & TEMPERATURE CHART

Breads	Minutes	Temperature
biscuits	12 - 15	400° - 450°
cornbread	25 - 30	400° - 425°
gingerbread	40 - 50	350° - 370°
loaf	50 - 60	350° - 400°
nut bread	50 - 75	350°
popovers	30 - 40	425° - 450°
rolls	20 - 30	400° - 450°

BAKING DESSERTS

PERFECT COOKIES

Cookie dough that must be rolled is much easier to handle after it has been refrigerated for 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. Place on a floured board only as much dough as can be easily managed. Flour the rolling pin

slightly and roll lightly to desired thickness. Cut shapes close together and add trimmings to dough that needs to be rolled. Place pans or sheets in upper third of oven. Watch cookies carefully while baking in order to avoid burned edges. When sprinkling sugar on cookies, try putting it into a salt shaker in order to save time.

PERFECT PIES

- Pie crust will be better and easier to make if all the ingredients are cool.
- The lower crust should be placed in the pan so that it covers the surface smoothly. Air pockets beneath the surface will push the crust out of shape while baking.
- Folding the top crust over the lower crust before crimping will keep juices in the pie.
- When making custard pie, bake at a high temperature for about 10 minutes to prevent a soggy crust. Then finish baking at a low temperature.
- When making cream pie, sprinkle crust with powdered sugar in order to prevent it from becoming soggy.

PERFECT CAKES

- Fill cake pans two-thirds full and spread batter into corners and sides, leaving a slight hollow in the center.
- Cake is done when it shrinks from the sides of the pan or if it springs back when touched lightly with the finger.
- After removing a cake from the oven, place it on a rack for about 5 minutes. Then, the sides should be loosened and the cake turned out on a rack in order to finish cooling.
- Do not frost cakes until thoroughly cool.
- Icing will remain where you put it if you sprinkle cake with powdered sugar first.

TIME & TEMPERATURE CHART

Dessert	Time	Temperature
butter cake, layer	20-40 min.	380° - 400°
butter cake, loaf	40-60 min.	360° - 400°
cake, angel	50-60 min.	300° - 360°
cake, fruit	3-4 hrs.	275° - 325°
cake, sponge	40-60 min.	300° - 350°
cookies, molasses	18-20 min.	350° - 375°
cookies, thin	10-12 min.	380° - 390°
cream puffs.....	45-60 min.	300° - 350°
meringue	40-60 min.	250° - 300°
pie crust	20-40 min.	400° - 500°



VEGETABLES & FRUITS

COOKING TIME TABLE

Vegetable	Cooking Method	Time
artichokes.....	boiled	40 min.
	steamed.....	45-60 min.
asparagus tips	boiled.....	10-15 min.
beans, lima.....	boiled.....	20-40 min.
	steamed	60 min.
beans, string	boiled.....	15-35 min.
	steamed	60 min.
beets, old	boiled or steamed.....	1-2 hours.
beets, young with skin	boiled	30 min.
	steamed	60 min.
	baked.....	70-90 min.
broccoli, flowerets	boiled	5-10 min.
broccoli, stems.....	boiled.....	20-30 min.
brussels sprouts.....	boiled	20-30 min.
cabbage, chopped	boiled.....	10-20 min.
	steamed	25 min.
carrots, cut across	boiled.....	8-10 min.
	steamed	40 min.
cauliflower, flowerets	boiled.....	8-10 min.
cauliflower, stem down.....	boiled.....	20-30 min.
corn, green, tender	boiled.....	5-10 min.
	steamed	15 min.
	baked	20 min.
corn on the cob	boiled.....	8-10 min.
	steamed	15 min.
eggplant, whole	boiled	30 min.
	steamed	40 min.
	baked	45 min.
parsnips	boiled.....	25-40 min.
	steamed	60 min.
	baked.....	60-75 min.
peas, green	boiled or steamed	5-15 min.
potatoes	boiled.....	20-40 min.
	steamed	60 min.
	baked.....	45-60 min.
pumpkin or squash	boiled.....	20-40 min.
	steamed	45 min.
	baked	60 min.
tomatoes	boiled.....	5-15 min.
turnips	boiled.....	25-40 min.

DRYING TIME TABLE

Fruit	Sugar or Honey	Cooking Time
apricots	$\frac{1}{4}$ c. for each cup of fruit	about 40 min.
figs	1 T. for each cup of fruit	about 30 min.
peaches	$\frac{1}{4}$ c. for each cup of fruit	about 45 min.
prunes	2 T. for each cup of fruit	about 45 min.

VEGETABLES & FRUITS

BUYING FRESH VEGETABLES

Artichokes: Look for compact, tightly closed heads with green, clean-looking leaves. Avoid those with leaves that are brown or separated.

Asparagus: Stalks should be tender and firm; tips should be close and compact. Choose the stalks with very little white; they are more tender. Use asparagus soon because it toughens quickly.

Beans, Snap: Those with small seeds inside the pods are best. Avoid beans with dry-looking pods.

Broccoli, Brussels Sprouts and Cauliflower: Flower clusters on broccoli and cauliflower should be tight and close together. Brussels sprouts should be firm and compact. Smudgy, dirty spots may indicate pests or disease.

Cabbage and Head Lettuce: Choose heads that are heavy for their size. Avoid cabbage with worm holes and lettuce with discoloration or soft rot.

Cucumbers: Choose long, slender cucumbers for best quality. May be dark or medium green, but yellow ones are undesirable.

Mushrooms: Caps should be closed around the stems. Avoid black or brown gills.

Peas and Lima Beans: Select pods that are well-filled but not bulging. Avoid dried, spotted, yellow or limp pods.

BUYING FRESH FRUITS

Bananas: Skin should be free of bruises and black or brown spots. Purchase them slightly green and allow them to ripen at room temperature.

Berries: Select plump, solid berries with good color. Avoid stained containers which indicate wet or leaky berries. Berries with clinging caps, such as blackberries and raspberries, may be unripe. Strawberries without caps may be overripe.

Melons: In cantaloupes, thick, close netting on the rind indicates best quality. Cantaloupes are ripe when the stem scar is smooth and the space between the netting is yellow or yellow-green. They are best when fully ripe with fruity odor.

Honeydews are ripe when rind has creamy to yellowish color and velvety texture. Immature honeydews are whitish-green.

Ripe watermelons have some yellow color on one side. If melons are white or pale green on one side, they are not ripe.

Oranges, Grapefruit and Lemons: Choose those heavy for their size. Smoother, thinner skins usually indicate more juice. Most skin markings do not affect quality. Oranges with a slight greenish tinge may be just as ripe as fully colored ones. Light or greenish-yellow lemons are more tart than deep yellow ones. Avoid citrus fruits showing withered, sunken or soft areas.



NAPKIN FOLDING

FOR BEST RESULTS, use well-starched linen napkins if possible. For more complicated folds, 24-inch napkins work best. Practice the folds with newspapers. Children will have fun decorating the table once they learn these attractive folds!

SHIELD

Easy fold. Elegant with monogram in corner.

Instructions:

1. Fold into quarter size. If monogrammed, ornate corner should face down.
2. Turn up folded corner three-quarters.
3. Overlap right side and left side points.
4. Turn over; adjust sides so they are even, single point in center.
5. Place point up or down on plate, or left of plate.

1, 2



4



ROSETTE

Elegant on plate.

Instructions:

1. Fold left and right edges to center, leaving $\frac{1}{2}$ " opening along center.
2. Pleat firmly from top edge to bottom edge. Sharpen edges with hot iron.
3. Pinch center together. If necessary, use small piece of pipe cleaner to secure and top with single flower.
4. Spread out rosette.

1



2



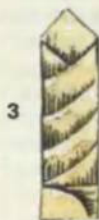
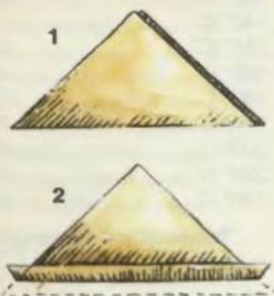
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4



NAPKIN FOLDING



CANDLE

Easy to do; can be decorated.

Instructions:

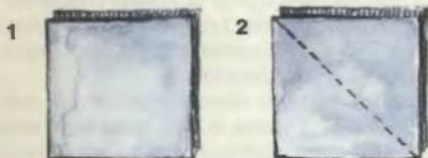
1. Fold into triangle, point at top.
2. Turn lower edge up 1".
3. Turn over, folded edge down.
4. Roll tightly from left to right.
5. Tuck in corner. Stand upright.

FAN

Pretty in napkin ring or on plate.

Instructions:

1. Fold top and bottom edges to center.
2. Fold top and bottom edges to center a second time.
3. Pleat firmly from the left edge. Sharpen edges with hot iron.
4. Spread out fan. Balance flat folds of each side on table. Well-starched napkins will hold shape.



LILY

Effective and pretty on table.

Instructions:

1. Fold napkin into quarters.
2. Fold into triangle, closed corner to open points.
3. Turn two points over to other side. (Two points are on either side of closed point.)
4. Pleat.
5. Place closed end in glass. Pull down two points on each side and shape.

MEASUREMENTS & SUBSTITUTIONS

MEASUREMENTS

a pinch	1/8 teaspoon or less
3 teaspoons	1 tablespoon
4 tablespoons	1/4 cup
8 tablespoons	1/2 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon
8 quarts	1 peck
4 pecks	1 bushel
16 ounces	1 pound
32 ounces	1 quart
1 ounce liquid	2 tablespoons
8 ounces liquid	1 cup

Use standard measuring spoons and cups. All measurements are level.

C° TO F° CONVERSION

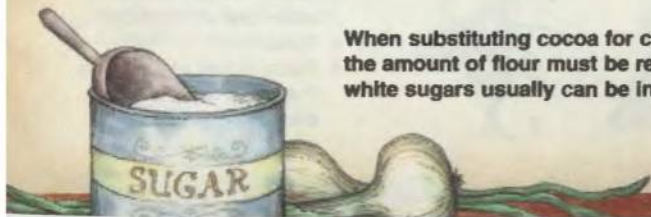
120° C	250° F
140° C	275° F
150° C	300° F
160° C	325° F
180° C	350° F
190° C	375° F
200° C	400° F
220° C	425° F
230° C	450° F

Temperature conversions are estimates.

SUBSTITUTIONS

Ingredient	Quantity	Substitute
baking powder	1 teaspoon	1/4 tsp. baking soda plus 1/2 tsp. cream of tartar
chocolate	1 square (1 oz.)	3 or 4 T. cocoa plus 1 T. butter
cornstarch	1 tablespoon	2 T. flour or 2 tsp. quick-cooking tapioca
cracker crumbs	3/4 cup	1 c. bread crumbs
dates	1 lb.	1 1/2 c. dates, pitted and cut
dry mustard	1 teaspoon	1 T. prepared mustard
flour, self-rising	1 cup	1 c. all-purpose flour, 1/2 tsp. salt, and 1 tsp. baking powder
herbs, fresh	1 tablespoon	1 tsp. dried herbs
ketchup or chili sauce	1 cup	1 c. tomato sauce plus 1/2 c. sugar and 2 T. vinegar (for use in cooking)
milk, sour	1 cup	1 T. lemon juice or vinegar plus sweet milk to make 1 c. (let stand 5 minutes)
whole	1 cup	1/2 c. evaporated milk plus 1/2 c. water
min. marshmallows	10	1 lg. marshmallow
onion, fresh	1 small	1 T. instant minced onion, rehydrated
sugar, brown	1/2 cup	2 T. molasses in 1/2 c. granulated sugar
powdered	1 cup	1 c. granulated sugar plus 1 tsp. cornstarch
tomato juice	1 cup	1/2 c. tomato sauce plus 1/2 c. water

When substituting cocoa for chocolate in cakes, the amount of flour must be reduced. Brown and white sugars usually can be interchanged.



EQUIVALENCY CHART

Food	Quantity	Yield
apple	1 medium	1 cup
banana, mashed	1 medium	1/3 cup
bread	1 1/2 slices	1 cup soft crumbs
bread	1 slice	1/4 cup fine, dry crumbs
butter	1 stick or 1/4 pound	1/2 cup
cheese, American, cubed	1 pound	2 2/3 cups
American, grated	1 pound	5 cups
cream cheese	3-ounce package	6 2/3 tablespoons
chocolate, bitter	1 square	1 ounce
cocoa	1 pound	4 cups
coconut	1 1/2 pound package	2 2/3 cups
coffee, ground	1 pound	5 cups
cornmeal	1 pound	3 cups
cornstarch	1 pound	3 cups
crackers, graham	14 squares	1 cup fine crumbs
saltine	28 crackers	1 cup fine crumbs
egg	4-5 whole	1 cup
whites	8-10	1 cup
yolks	10-12	1 cup
evaporated milk	1 cup	3 cups whipped
flour, cake, sifted	1 pound	4 1/2 cups
rye	1 pound	5 cups
white, sifted	1 pound	4 cups
white, unsifted	1 pound	3 3/4 cups
gelatin, flavored	3 1/4 ounces	1/2 cup
unflavored	1/4 ounce	1 tablespoon
lemon	1 medium	3 tablespoon juice
marshmallows	16	1/4 pound
noodles, cooked	8-ounce package	7 cups
uncooked	4 ounces (1 1/2 cups)	2-3 cups cooked
macaroni, cooked	8-ounce package	6 cups
macaroni, uncooked	4 ounces (1 1/4 cups)	2 1/4 cups cooked
spaghetti, uncooked	7 ounces	4 cups cooked
nuts, chopped	1/4 pound	1 cup
almonds	1 pound	3 1/2 cups
walnuts, broken	1 pound	3 cups
walnuts, unshelled	1 pound	1 1/2 to 1 3/4 cups
onion	1 medium	1/2 cup
orange	3-4 medium	1 cup juice
raisins	1 pound	3 1/2 cups
rice, brown	1 cup	4 cups cooked
converted	1 cup	3 1/2 cups cooked
regular	1 cup	3 cups cooked
wild	1 cup	4 cups cooked
sugar, brown	1 pound	2 1/2 cups
powdered	1 pound	3 1/2 cups
white	1 pound	2 cups
vanilla wafers	22	1 cup fine crumbs
zwieback, crumbled	4	1 cup

FOOD QUANTITIES

FOR LARGE SERVINGS

	25 Servings	50 Servings	100 Servings
Beverages:			
coffee	1/2 pound and 1 1/2 gallons water	1 pound and 3 gallons water	2 pounds and 6 gallons water
lemonade	10-15 lemons and 1 1/2 gallons water	20-30 lemons and 3 gallons water	40-60 lemons and 6 gallons water
tea	1/12 pound and 1 1/2 gallons water	1/6 pound and 3 gallons water	1/3 pound and 6 gallons water
Desserts:			
layered cake	1 12" cake	3 10" cakes	6 10" cakes
sheet cake	1 10" x 12" cake	1 12" x 20" cake	2 12" x 20" cakes
watermelon	37 1/2 pounds	75 pounds	150 pounds
whipping cream	3/4 pint	1 1/2 to 2 pints	3-4 pints
Ice cream:			
brick	3 1/4 quarts	6 1/2 quarts	13 quarts
bulk	2 1/4 quarts	4 1/2 quarts or 1 1/4 gallons	9 quarts or 2 1/2 gallons
Meat, poultry or fish:			
fish	13 pounds	25 pounds	50 pounds
fish, fillets or steak	7 1/2 pounds	15 pounds	30 pounds
hamburger	9 pounds	18 pounds	35 pounds
turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
wieners (beef)	6 1/2 pounds	13 pounds	25 pounds
Salads, casseroles:			
baked beans	3/4 gallon	1 1/4 gallons	2 1/2 gallons
jello salad	3/4 gallon	1 1/4 gallons	2 1/2 gallons
potato salad	4 1/4 quarts	2 1/4 gallons	4 1/2 gallons
scalloped potatoes	4 1/2 quarts or 1 12" x 20" pan	9 quarts or 2 1/4 gallons	18 quarts 4 1/2 gallons
spaghetti	1 1/4 gallons	2 1/2 gallons	5 gallons
Sandwiches:			
bread	50 slices or 3 1-pound loaves	100 slices or 6 1-pound loaves	200 slices or 12 1-pound loaves
butter	1/2 pound	1 pound	2 pounds
lettuce	1 1/2 heads	3 heads	6 heads
mayonnaise	1 cup	2 cups	4 cups
mixed filling			
meat, eggs, fish	1 1/2 quarts	3 quarts	6 quarts
jam, jelly	1 quart	2 quarts	4 quarts



QUICK FIXES

PRACTICALLY EVERYONE has experienced that dreadful moment in the kitchen when a recipe failed and dinner guests have arrived. Perhaps a failed timer, distraction or a missing or mismeasured ingredient is to blame. These handy tips can save the day!

Acidic foods – Sometimes a tomato-based sauce will become too acidic. Add baking soda, one teaspoon at a time, to the sauce. Use sugar as a sweeter alternative.

Burnt food on pots and pans – Allow the pan to cool on its own. Remove as much of the food as possible. Fill with hot water and add a capful of liquid fabric softener to the pot; let it stand for a few hours. You'll have an easier time removing the burnt food.

Chocolate seizes – Chocolate can seize (turn coarse and grainy) when it comes into contact with water. Place seized chocolate in a metal bowl over a large saucepan with an inch of simmering water in it. Over medium heat, slowly whisk in warm heavy cream. Use 1/4 cup cream to 4 ounces of chocolate. The chocolate will melt and become smooth.

Forgot to thaw whipped topping – Thaw in microwave for 1 minute on the defrost setting. Stir to blend well. Do not over thaw!

Hands smell like garlic or onion – Rinse hands under cold water while rubbing them with a large stainless steel spoon.

Hard brown sugar – Place in a paper bag and microwave for a few seconds, or place hard chunks in a food processor.

Jello too hard – Heat on a low microwave power setting for a very short time.

Lumpy gravy or sauce – Use a blender, food processor or simply strain.

No tomato juice – Mix 1/2 cup ketchup with 1/2 cup water.

Out of honey – Substitute 1 1/4 cups sugar dissolved in 1 cup water.

Overcooked sweet potatoes or carrots – Softened sweet potatoes and carrots make a wonderful soufflé with the addition of eggs and sugar. Consult your favorite cookbook for a good soufflé recipe. Overcooked sweet potatoes can also be used as pie filling.

Sandwich bread is stale – Toast or microwave bread briefly. Otherwise, turn it into breadcrumbs. Bread exposed to light and heat will hasten its demise, so consider using a bread box.

Soup, sauce, gravy too thin – Add 1 tablespoon of flour to hot soup, sauce or gravy. Whisk well (to avoid lumps) while the mixture is boiling. Repeat if necessary.

Sticky rice – Rinse rice with warm water.

Stew or soup is greasy – Refrigerate and remove grease once it congeals. Another trick is to lay cold lettuce leaves over the hot stew for about 10 seconds and then remove. Repeat as necessary.

Too salty – Add a little sugar and vinegar. For soups or sauces, add a raw peeled potato.

Too sweet – Add a little vinegar or lemon juice.

Undercooked cakes and cookies – Serve over vanilla ice cream. You can also layer pieces of cake or cookies with whipped cream and fresh fruit to form a dessert parfait. Crumbled cookies also make an excellent ice cream or cream pie topping.

COUNTING CALORIES

BEVERAGES

apple juice, 6 oz.	90
coffee (black)	0
cola, 12 oz.	115
cranberry juice, 6 oz.	115
ginger ale, 12 oz.	115
grape juice, (prepared from frozen concentrate), 6 oz.	142
lemonade, (prepared from frozen concentrate), 6 oz.	85
milk, protein fortified, 1 c.	105
skim, 1 c.	90
whole, 1 c.	160
orange juice, 6 oz.	85
pineapple juice, unsweetened, 6 oz.	95
root beer, 12 oz.	150
tonic (quinine water) 12 oz.	132

BREADS

combread, 1 sm. square	130
dumplings, 1 med.	70
French toast, 1 slice	135
melba toast, 1 slice	25
muffins, blueberry, 1 muffin	110
bran, 1 muffin	106
corn, 1 muffin	125
English, 1 muffin	280
pancakes, 1 (4-in.)	60
pumpnickel, 1 slice	75
rye, 1 slice	60
waffle, 1	216
white, 1 slice	60-70
whole wheat, 1 slice	55-65

CEREALS

cornflakes, 1 c.	105
cream of wheat, 1 c.	120
oatmeal, 1 c.	148
rice flakes, 1 c.	105
shredded wheat, 1 biscuit	100
sugar krisps, 3/4 c.	110

CRACKERS

graham, 1 cracker	15-30
rye crisp, 1 cracker	35
saltine, 1 cracker	17-20
wheat thins, 1 cracker	9

DAIRY PRODUCTS

butter or margarine, 1 T.	100
cheese, American, 1 oz.	100
camembert, 1 oz.	85
cheddar, 1 oz.	115
cottage cheese, 1 oz.	30
mozzarella, 1 oz.	90
parmesan, 1 oz.	130
ricotta, 1 oz.	50
roquefort, 1 oz.	105
Swiss, 1 oz.	105
cream, light, 1 T.	30
heavy, 1 T.	55
sour, 1 T.	45
hot chocolate, with milk, 1 c.	277
milk chocolate, 1 oz.	145-155
yogurt	
made w/ whole milk, 1 c.	150-165
made w/ skimmed milk, 1 c.	125

EGGS

fried, 1 lg.	100
poached or boiled, 1 lg.	75-80
scrambled or in omelet, 1 lg.	110-130

FISH AND SEAFOOD

bass, 4 oz.	105
salmon, broiled or baked, 3 oz.	155
sardines, canned in oil, 3 oz.	170
trout, fried, 3 1/2 oz.	220
tuna, in oil, 3 oz.	170
in water, 3 oz.	110



COUNTING CALORIES

FRUITS

apple, 1 med.	80-100
applesauce, sweetened, 1/2 c.	90-115
unsweetened, 1/2 c.	50
banana, 1 med.	85
blueberries, 1/2 c.	45
cantaloupe, 1/2 c.	24
cherries (pitted), raw, 1/2 c.	40
grapefruit, 1/2 med.	55
grapes, 1/2 c.	35-55
honeydew, 1/2 c.	55
mango, 1 med.	90
orange, 1 med.	65-75
peach, 1 med.	35
pear, 1 med.	60-100
pineapple, fresh, 1/2 c.	40
canned in syrup, 1/2 c.	95
plum, 1 med.	30
strawberries, fresh, 1/2 c.	30
frozen and sweetened, 1/2 c.	120-140
tangerine, 1 lg.	39
watermelon, 1/2 c.	42

MEAT AND POULTRY

beef, ground (lean), 3 oz.	185
roast, 3 oz.	185
chicken, broiled, 3 oz.	115
lamb chop (lean), 3 oz.	175-200
steak, sirloin, 3 oz.	175
tenderloin, 3 oz.	174
top round, 3 oz.	162
turkey, dark meat, 3 oz.	175
white meat, 3 oz.	150
veal, cutlet, 3 oz.	156
roast, 3 oz.	76

NUTS

almonds, 2 T.	105
cashews, 2 T.	100
peanuts, 2 T.	105
peanut butter, 1 T.	95
pecans, 2 T.	95
pistachios, 2 T.	92
walnuts, 2 T.	80

PASTA

macaroni or spaghetti, cooked, 3/4 c.	115
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SALAD DRESSINGS

blue cheese, 1 T.	70
French, 1 T.	65
Italian, 1 T.	80
mayonnaise, 1 T.	100
olive oil, 1 T.	124
Russian, 1 T.	70
salad oil, 1 T.	120

SOUPS

bean, 1 c.	130-180
beef noodle, 1 c.	70
bouillon and consomme, 1 c.	30
chicken noodle, 1 c.	65
chicken with rice, 1 c.	50
minestrone, 1 c.	80-150
split pea, 1 c.	145-170
tomato with milk, 1 c.	170
vegetable, 1 c.	80-100

VEGETABLES

asparagus, 1 c.	35
broccoli, cooked, 1/2 c.	25
cabbage, cooked, 1/2 c.	15-20
carrots, cooked, 1/2 c.	25-30
cauliflower, 1/2 c.	10-15
corn (kernels), 1/2 c.	70
green beans, 1 c.	30
lettuce, shredded, 1/2 c.	5
mushrooms, canned, 1/2 c.	20
onions, cooked, 1/2 c.	30
peas, cooked, 1/2 c.	60
potato, baked, 1 med.	90
chips, 8-10	100
mashed, w/milk & butter, 1 c.	200-300
spinach, 1 c.	40
tomato, raw, 1 med.	25
cooked, 1/2 c.	30



COOKING TERMS

Au gratin: Topped with crumbs and/or cheese and browned in oven or under broiler.

Au jus: Served in its own juices.

Baste: To moisten foods during cooking with pan drippings or special sauce in order to add flavor and prevent drying.

Bisque: A thick cream soup.

Blanch: To immerse in rapidly boiling water and allow to cook slightly.

Cream: To soften a fat, especially butter, by beating it at room temperature. Butter and sugar are often creamed together, making a smooth, soft paste.

Crimp: To seal the edges of a two-crust pie either by pinching them at intervals with the fingers or by pressing them together with the tines of a fork.

Crudites: An assortment of raw vegetables (i.e. carrots, broccoli, celery, mushrooms) that is served as an hors d'oeuvre, often accompanied by a dip.

Degrease: To remove fat from the surface of stews, soups or stock. Usually cooled in the refrigerator so that fat hardens and is easily removed.

Dredge: To coat lightly with flour, corn-meal, etc.

Entree: The main course.

Fold: To incorporate a delicate substance, such as whipped cream or beaten egg whites, into another substance without releasing air bubbles. A spatula is used to gently bring part of the mixture from the bottom of the bowl to the top. The process is repeated, while slowly rotating the bowl, until the ingredients are thoroughly blended.

Glaze: To cover with a glossy coating, such as a melted and somewhat diluted jelly for fruit desserts.

Julienne: To cut or slice vegetables, fruits or cheeses into match-shaped slivers.

Marinate: To allow food to stand in a liquid in order to tenderize or to add flavor.

Meunière: Dredged with flour and sautéed in butter.

Mince: To chop food into very small pieces.

Parboil: To boil until partially cooked; to blanch. Usually final cooking in a seasoned sauce follows this procedure.

Pare: To remove the outermost skin of a fruit or vegetable.

Poach: To cook gently in hot liquid kept just below the boiling point.

Purée: To mash foods by hand by rubbing through a sieve or food mill, or by whirling in a blender or food processor until perfectly smooth.

Refresh: To run cold water over food that has been parboiled in order to stop the cooking process quickly.

Sauté: To cook and/or brown food in a small quantity of hot shortening.

Scald: To heat to just below the boiling point, when tiny bubbles appear at the edge of the saucepan.

Simmer: To cook in liquid just below the boiling point. The surface of the liquid should be barely moving, broken from time to time by slowly rising bubbles.

Steep: To let food stand in hot liquid in order to extract or to enhance flavor, like tea in hot water or poached fruit in syrup.

Toss: To combine ingredients with a repeated lifting motion.

Whip: To beat rapidly in order to incorporate air and produce expansion, as in heavy cream or egg whites.



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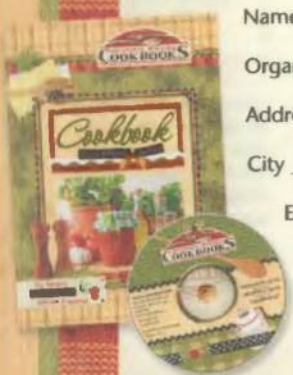
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