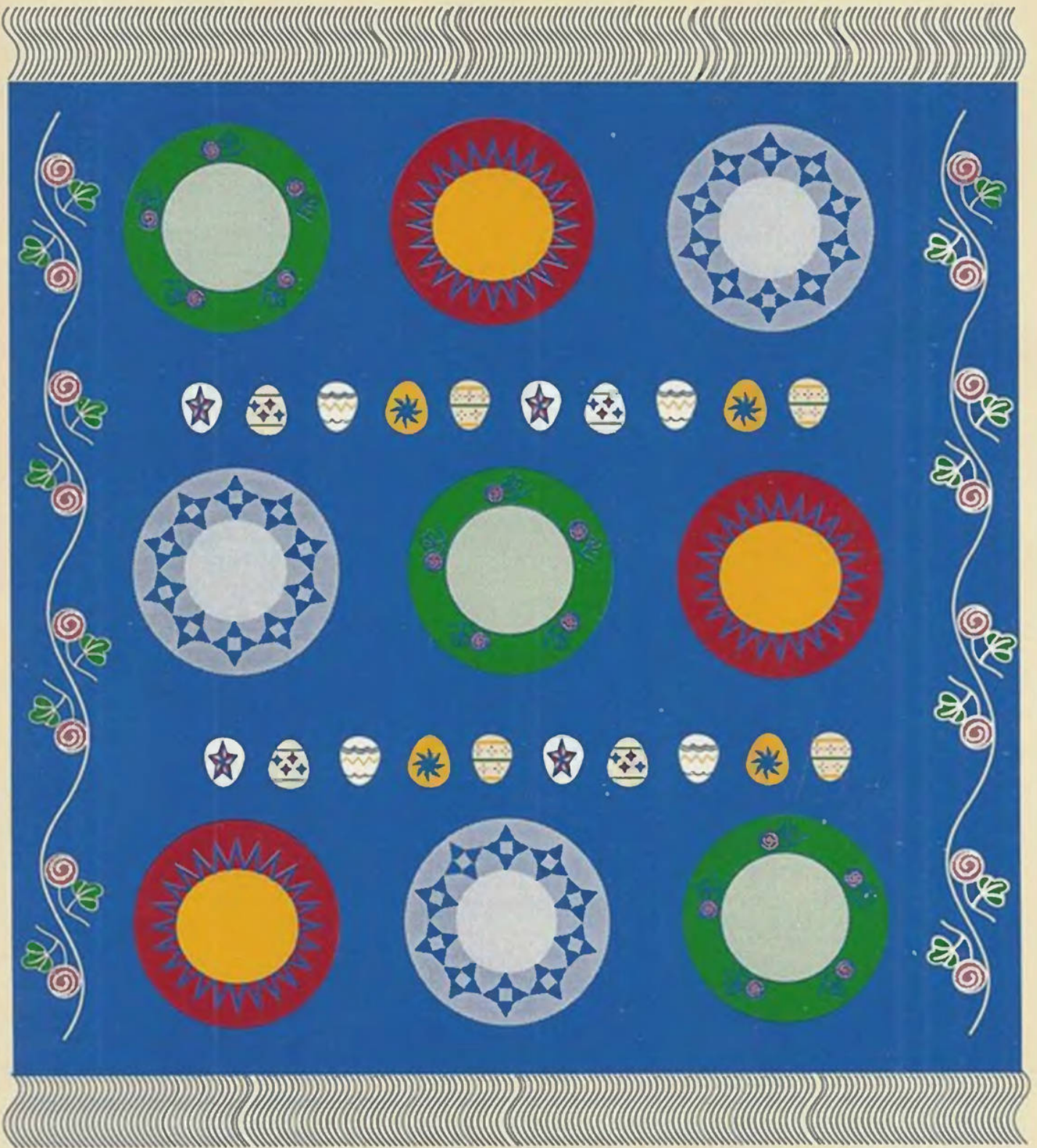


# The Best of UKRAINIAN CUISINE



Bohdan Zahny



**The Best of**



**UKRAINIAN CUISINE**

**Bohdan Zahny**

HIPPOCRENE BOOKS  
*New York*

Copyright© 1994 by Bohdan Zahny.

All rights reserved.

For information, address:  
HIPPOCRENE BOOKS, INC.  
171 Madison Avenue  
New York, NY 10016

*Library of Congress Cataloging-in-Publication Data*  
Zahny, Bohdan.

The best of Ukrainian cuisine / by Bohdan Zahny.

p. cm.

Includes index.

ISBN 0-7818-0240-7 (cloth)

1. Cookery, Ukrainian. I. Title.

TX723.3.Z28 1994

641.5947'71--dc20

94-34724

CIP

# CONTENTS

<b>FOREWORD.....</b>	<b>7</b>
<b>APPETIZERS &amp; SALADS.....</b>	<b>10</b>
<b>BORSCH &amp; SOUPS.....</b>	<b>34</b>
<b>MEAT DISHES.....</b>	<b>60</b>
<b>POULTRY DISHES.....</b>	<b>104</b>
<b>FISH DISHES.....</b>	<b>112</b>
<b>VEGETABLE DISHES.....</b>	<b>146</b>
<b>SAUCES AND STOCK.....</b>	<b>189</b>
<b>FLOUR DISHES</b>	
<b>GRAIN DISHES &amp; KASHAS.....</b>	<b>196</b>
<b>BUNS &amp; PRETZELS.....</b>	<b>200</b>
<b>BABKAS, CAKES &amp; PIES.....</b>	<b>212</b>
<b>DUMPLINGS (HALUSHKY).....</b>	<b>221</b>
<b>DUMPLINGS (VARENIKY).....</b>	<b>230</b>
<b>EGG DISHES.....</b>	<b>241</b>
<b>DESSERT DISHES.....</b>	<b>245</b>
<b>BEVERAGES.....</b>	<b>265</b>
<b>INDEX.....</b>	<b>286</b>





# FOREWORD



This book presents both traditional and contemporary Ukrainian cuisine in an easy-to-use menu format. Ukrainian cuisine shares a common heritage with other regional cookeries, yet maintains its own unique character. Ukrainian food is universally known for its unforgettable taste, aroma, succulence and inventiveness.

Ukrainian dishes call for a variety of ingredients including natural products such as meat, poultry, fish, mushrooms, eggs, vegetables and fruits. Breakfasts are refreshing and nourishing, dinners usually of three courses, while suppers are light and mild. There is a great variety of soups and borsches in Ukrainian cuisine. Meat is usually seasoned with bay leaves, pepper and garlic and is served with side dishes and sauces. Ukrainians are fond of salads, cold and hot appetizers and starter courses as well as pancakes, dumplings and desserts.

Ukrainians use various ways of preparing their cuisine (frying, boiling, stewing and baking). The assortment of dishes includes the widely known borsch, as well as all sorts of *pampushky*, *halushky*, *vareniky*, stews, *pechiva* and numerous tasty drinks made of fruit and honey; altogether, these dishes will provide a great gourmet diversity for your table.

The main course at the Ukrainian table is usually a hot meat dish. The meat products most often used are pork, beef and poultry, though there are many veal and lamb dishes in Ukrainian cuisine as well. Meat can be prepared

in a variety of ways but most often it is stewed. Some of the most popular Ukrainian dishes are jelly from pork leg, pork stewed with cabbage, chilled stuffed boiled pork, stuffed fried pork, Kiev style cutlets, home-fried meatballs (*bitky*), as well as meat casseroles and stuffed poultry.

The most favorite Ukrainian fish dish is crucian baked in sour cream. Also very popular are pike stewed with horseradish, carp stewed with onion or sour cream or stuffed with mushrooms and buckwheat, pike-perch baked with mushrooms and lobsters, fish roll-ups and similar dishes.

A variety of healthy and tasty dishes from grains is also an essential part of Ukrainian cuisine. Among them are *krupeniky*, buckwheat *bitky* and cutlets, *mamalygas*, *babkas*, sweet puddings, *kisiels* and various other sweet dishes. Groats, such as millet, farina, buckwheat, rice, oats, corn or barley, are as popular in Ukraine as in many neighboring countries. They are nourishing because they contain a lot of protein, mineral salts, carbohydrates and vitamin B, (especially buckwheat) and are gladly consumed by Ukrainians.

Dough products and pastry dishes are very popular at the Ukrainian table. For preparation of the dough, usually wheat, rye or buckwheat flour is used. Ukrainian pies made of pastry dough contain a variety of fillings, including meat, fish, farmer cheese, eggs, vegetables, fruits and berries. They are often decorated with assorted toppings and served at many occasions.

One cannot imagine a Ukrainian table without *halushky* or *vareniky* which are glorified in Gogol's stories. One can find here recipes for *vareniky* with cabbage,

liver, poppy seed, plums and, of course, with sour cherries, as well as *halushky* with ham, potatoes or cream cheese. There is a variety of recipes for preparing pancakes of different kinds as well as *Ukrainian shuliky*, *potaptsy* or *hretchaniky* — dishes which are indispensable in Ukrainian cuisine. In the beverage section are several versions of *kvas* the popular fermented sour drink made of rye bread and water.

Ukrainians are known to be great sweet eaters. There is no Ukrainian dinner without sweet desserts. Sugared fresh fruits as well as fruits with sour cream and whipped cream are common. Different fruit and berry compotes, *kisiels* and vegetable and milk beverages are favorites. Fruits most often used for desserts are plums, apples, pears and apricots. The most popular berries are cherries, currants, strawberries, wild strawberries, and raspberries, often used in combination with honey and nuts.

The Ukrainian cuisine appeals to such a wide range of tastes and gourmet expectations that everybody is certain to find a favorite dish.

## ❖ APPETIZERS & SALADS ❖

### *UKRAINIAN STYLE EGG CROQUETS* ЯЄЧНІ КРОКЕТИ ПО-УКРАЇНСЬКИ

*8 eggs, hard-boiled*  
*½ c. flour*  
*½ c. butter*  
*2 c. milk*  
*8 egg yolks*  
*1 pinch salt*  
*1 pinch gray pepper*  
*4 T. bread crumbs*

Peel hard-boiled eggs and finely chop them. Brown flour in butter in frying pan, slowly add milk and bring to boil. Combine chopped hard-boiled eggs, fresh egg yolks, salt and pepper; add to hot mixture; bring to boil. Cool. Make egg-shaped cutlets and roll them in bread crumbs. Serve with green salad.

### *LVIV STYLE CHEESE AND EGG APPETIZER* СИР З ЯЙЦЕМ

*5 eggs, hard-boiled*  
*½ lb. hard cheese*  
*½ c. mayonnaise*  
*1 T. chopped dill*

Chop 4 hard-boiled eggs. Grate cheese and mix with chopped eggs. Season mixture with mayonnaise. Place on plate, decorate with remaining hard-boiled egg and chopped dill.

**TOASTS WITH TOMATOES**  
**ПОТАПЦЫ З ТОМАТАМИ**

*½ lb. thinly sliced firm bread*  
*1 oz. butter*  
*½ lb. large tomatoes*  
*1 c. grated cheese*

Brown bread in butter. Slice tomatoes and put one large circle of tomato on each piece of browned bread. Sprinkle with grated cheese. Warm in pre-heated 350° oven for 5 min.

**MEAT SALAD**  
**М'ЯСНИЙ САЛАТ**

*2 lbs. beef, veal or pork*  
*6 eggs, hard-boiled*  
*6 small pickles*  
*3 onions*  
*parsley and pepper*  
*12 T. bouillon*  
*1½ c. mayonnaise*  
*1½ c. sour cream*  
*salt and pepper to taste*

Cook meat and cut into small cubes. Cube hard-boiled eggs and pickles; mix them. Peel and mince onions. Finely chop parsley and pepper. Combine all ingredients. Season to taste. Serve in salad bowl decorated with egg slices and green salad leaves.

**MEAT AND VEGETABLE SALAD**  
**М'ЯСНИЙ САЛАТ З БУРЯКАМИ ТА ГРИБАМИ**

*1 lb. beef fillet*  
*¾ lb. cooked, diced ham*  
*1 lb. beef tongue*  
*4 beets*  
*4 potatoes*  
*¾ lb. pickled mushrooms*  
*1 egg yolk*  
*4 T. vinegar*  
*1 T. sugar*  
*6 T. olive oil*  
*2 T. brown mustard*  
*2 hard-boiled eggs for garnish*

Cook beef for 35-45 min. and tongue for 30-40 min. until done. Cool and cut into small cubes and mix. Add diced ham. Peel, boil and cool potatoes; cut into cubes. Add boiled, cooled, peeled beets. Mix meat and vegetables well, add cut pickled mushrooms and half of vinegar. Prepare *egg-mustard sauce*: combine egg yolk thoroughly with sugar. Add mustard and salt, olive oil and vinegar alternately, beating constantly. Dress salad with prepared sauce, decorate with rounds of boiled eggs and serve.

**TOMATOES WITH MAYONNAISE**  
**ТОМАТИ ПІД МАЙОНЕЗОМ**

*4 tomatoes*  
*1 T. fresh basil*  
*½ c. mayonnaise*  
*1 T. sunflower oil*  
*salt and pepper to taste*

Slice tomatoes. Chop fresh basil, add to tomatoes and toss well. Mix mayonnaise and oil and use as dressing.

**CABBAGE SALAD**  
**КАПУСТЯНИЙ САЛАТ**

*1 head of cabbage*  
*1 c. mayonnaise*  
*3 T. sugar*  
*2 T. chopped fresh basil*  
*1 T. lemon juice*  
*3 T. chopped parsley*  
*salt and pepper to taste*

Chop cabbage; place in large bowl. Beat together mayonnaise, sugar, pepper, parsley, basil and lemon juice; add salt. Pour over cabbage and toss. Serve moderately cool.

**CABBAGE SALAD KIEV STYLE**  
**КИЇВСЬКИЙ КАПУСТЯНИЙ САЛАТ**

*½ head of cabbage*  
*4 apples*  
*1 carrot*  
*1 T. lemon juice*  
*2 T. crushed nuts*  
*¼ lb. ground cheese*  
*4 T. mayonnaise*  
*3 T. sugar*  
*3 T. chopped fresh parsley*  
*1 T. chopped fresh basil*  
*salt and pepper to taste*

Cut cabbage into straws. Sprinkle with salt and mix well. Peel apples, quarter, core, cut into straws and mix with cut cabbage. Combine sugar and mayonnaise and toss thoroughly with cabbage mixture. Boil carrot, cool and cut into circles. Crush nuts. Grind cheese. Sprinkle salad with crushed nuts and ground cheese. Decorate with circles of carrot and finely chopped parsley and basil.

**GROUND HERRING**  
**МЕЛЕНИЙ ОСЕЛЕДЕЦЬ**

*3 herrings*  
*3 onions*  
*3 c. sour cream*

Clean herrings. Remove bones. Cut fillets into small pieces. Grind them in meat grinder together with peeled onions. Add sour cream and stir well. Serve with pancakes as an appetizer.

**HOME-MADE CAVIAR OF FRESH FISH**  
**ІКРА ЗІ СВІЖОЇ РИБИ ДОМАШНЬОГО**  
**ПРИГОТУВАННЯ**

*½ c. caviar*  
*1/3 t. salt and pepper*  
*1 t. vinegar*  
*1/3 onion*  
*1½ T. oil*  
*green parsley to taste*

Remove caviar from the covering film and pour boiling water over. Let sit until the caviar turns white, then drain. Add salt and pepper, vinegar, finely chopped onion and oil. Mix well and let sit for 1 hr. Decorate with finely chopped green parsley.

## **HOME-MADE PIKE CAVIAR**

### **ІКРА-ЩУЧА**

- 1 c. caviar*
- 1 T. salt*
- 3 scallions*
- 1 t. vinegar*
- 1 T. ground parsley*

Take off the covering film and put caviar in a pot with cold salted water. Let it rest for 3-4 hrs. Drain off water. Add vinegar, finely chopped scallions and parsley. Decorate with a butter rose and serve.

## **KIEV STYLE HERRING**

### **КИЇВСЬКИЙ ОСЕЛЕДЕЦЬ**

- ½ lb. white bread*
- 1 c. milk*
- 1 herring*
- 1 c. butter, melted*
- ½ c. Holland cheese, grated*
- 2 T. mustard*
- 1 pinch pepper*
- 1 pinch green parsley*

Soak bread in milk. Squeeze it and grind with filleted herring in meat grinder. Drain the mixture. Add melted butter, grated cheese, mustard and pepper. Form into fish shape and decorate with sprigs of parsley and herring head.

**MARINATED HERRING**  
**ОСЕЛЕДЕЦЬ СВІЖОМАРИНОВАНИЙ**

*3 herrings*  
*1 T. mustard*  
*1 t. sugar*  
*2 T. vinegar*  
*1 T. sour cream*  
*1 T. chopped marinated mushrooms*  
*1 pickle, sliced*  
*1 onion*  
*¼ t. salt*  
*4-5 slices lemon*

Wash and clean salt herrings, saving milt. Cut off heads, fillet and soak. Stir milt with mustard, sugar and vinegar. Combine with sour cream and strain. Add marinated mushrooms, salt, diced pickles, and finely sliced onion, mix well and pour over the herrings on a plate. Cover and refrigerate for at least 3-4 hrs. Decorate with several slices of lemon and serve.

## ***HERRING WITH SAUCE***

### **ОСЕЛЕДЕЦЬ З ПІДЛИВОЮ**

*2 herrings  
1 lb. white bread  
2 c. milk  
2 eggs, hard-boiled  
1 T. vinegar  
½ c. sour cream  
1 T. mustard  
1 t. parsley  
2 pickles  
2 tomatoes  
2 onions*

Cut filleted herring into small pieces. Mix with bread soaked in milk and grind in meat grinder. Arrange on serving plate in the shape of herring. Add the head and the tail. *For sauce:* mash egg yolks and add vinegar. Mix the batter with sour cream, mustard and salt. Pour over herring mixture. Chop boiled egg whites and mix with finely chopped parsley; sprinkle on herring. Decorate with sliced pickles, tomatoes and onions.

***HERRING WITH APPLES***  
**ОСЕЛЕДЕЦЬ З ЯБЛУКАМИ**

*2 herrings*  
*2 c. cold water*  
*4 apples*  
*1/2 lb. white bread*  
*2 T. butter*  
*2 T. sour cream*

Wash and clean fillets of herring. Soak in cold water for 2 hrs. Soak white bread in water; drain it. Wash and peel apples. Cut prepared herring and peeled apples finely. Mix with soaked and drained bread, sour cream and butter. Stir and arrange on serving plate in a shape of herring. Add the head and the tail.

***ODESSA STYLE SHRIMP SALAD***  
**САЛАТ ОДЕСЬКИЙ З МОРСЬКИМИ КРЕВЕТКАМИ**

*1 lb. shrimp*  
*1 lemon*  
*4-5 boiled potatoes*  
*4 hard-boiled eggs*  
*1/4 lb. green peas, cooked*  
*1 c. mayonnaise*  
*salt to taste*  
*salad greens*

Clean, wash and cook shrimp, sprinkle them with lemon juice. Cut cooked potatoes and hard boiled eggs into slices, add green peas and shrimp (save a few for garnish); season with mayonnaise, salt, and mix gently. Place in salad dish, decorate with greens, egg slices and peas.

## **SHREDDED BEETS**

### **ТЕРПІ БУРЯКИ**

*1 ½ lb. beets  
½ c. oil  
5 onions, chopped and browned  
½ c. tomato paste  
3 T. sugar  
1/8 t. black pepper  
salt to taste  
parsley for garnish*

Wash and peel beets. Grate and sauté in oil. Add finely chopped and browned onion as well as tomato paste. Sprinkle with salt, sugar and pepper. Mix well and stew covered for 15 min. Cool, place on a serving dish and decorate with chopped parsley.

## **SALAD FROM BEETS AND HORSERADISH**

### **САЛАТ БУРЯКОВИЙ З ХРІНОМ**

*¾ lbs. beets  
1/8 t. cinnamon  
¼ c. vinegar  
½ c. sour cream  
1 medium sized horseradish  
salt and sugar to taste*

Wash and bake beets. Peel and cut them into pieces. Add vinegar. Season with cinnamon and mix well. Place in serving bowl and pour over mixture of sour cream, grated horseradish, and sugar.

**BEET AND MUSHROOM SALAD**  
**САЛАТ БУРЯКОВИЙ З ГРИБАМИ**

*½ c. dried mushrooms*  
*1 lb. beets*  
*1 red onion*  
*½ c. olive oil*  
*¼ t. vinegar*

Wash and soak mushrooms for 1-2 hrs. Cook them for 40 min. Drain and finely chop in straws. Wash and cook beets for 30-40 min. Cool and peel. Cut in straws. Mix with mushrooms. Decorate with sliced onion. Season with olive oil and vinegar mixture.

**BUKOVINA SALAD**  
**САЛАТ БУКОВИНА**

*1 lb. sausage, cooked*  
*4-5 potatoes*  
*2 carrots*  
*3 green peppers*  
*4 scallions*  
*1 c. canned or cooked green beans*  
*1/2 c. mayonnaise*

Wash, cook and peel potatoes and carrots. Cut into cubes. Add cubed sausages. Mix with cut up green pepper, and scallions. Add green beans. Sprinkle with salt and stir well. Season with mayonnaise and serve.

***SALAD WITH EGGS***

**САЛАТ З ЯЙЦЯМИ**

*1 lb. radishes*  
*¼ lb. scallions*  
*¾ c. sour cream*  
*3 eggs, boiled*  
*1 bunch dill*  
*¼ t. salt*

Wash and cut radishes in circles. Mix with finely chopped scallions. Add salt and mix. Place in serving bowl. Season with sour cream. Decorate with quartered eggs. Sprinkle with finely chopped dill and serve.

***SORREL AND SPINACH SALAD***

**САЛАТ ЗІ ЩАВЛЮ ТА ШПИНАТУ**

*½ lb. sorrel*  
*½ lb. spinach*  
*4 scallions*  
*2 eggs*  
*4 T. oil*  
*¼ t. salt*

Wash and finely chop sorrel and spinach. Add chopped scallion and quartered boiled eggs. Mix well. Season with salt and oil.

***FARMER CHEESE SALAD WITH  
VEGETABLES***

СЕЛЯНСЬКИЙ САЛАТ ІЗ СИРОМ ТА ГОРОДИНОЮ

*1 lb. farmer cheese*

*7 radishes*

*1 cucumber*

*2 scallions*

*3 T. sour cream*

*1/4 t. salt*

*1 t. sugar*

Process farmer cheese through meat grinder. Finely cut radishes, cucumber and scallions. Mix with ground cheese. Add salt and sugar. Season with sour cream.

***FARMER CHEESE APPETIZER WITH  
VEGETABLES***

СЕЛЯНСЬКА СИРНА ЗАКУСКА З ГОРОДИНОЮ

*1 lb. farmer cheese, grated*

*2 egg yolks, boiled and mashed*

*2 scallions*

*1/2 c. sour cream*

*2 tomatoes, radishes, scallions for garnish*

Combine farmer cheese with egg yolks. Add finely chopped scallions and sour cream. Mix well. Transfer to serving dish and decorate with radishes, sliced tomatoes and finely chopped scallion.

**MEZHIVO FROM EGGPLANTS**  
**МЕЖИВО БАКЛАЖАННЕ**

*1 lb. eggplants*  
*½ c. oil*  
*2 onions*  
*½ lb. tomatoes, sliced*  
*1/8 t. gray pepper*  
*2 bay leaves*  
*salt to taste*

Wash and peel eggplants, slice. Sprinkle with salt and set aside for 15 min; drain excess juice. Brown eggplant in oil until golden on both sides; brown onion and tomatoes. Transfer everything to stewing pan. Add cold water to cover, salt, pepper and bay leaf; stew for 15 min. Cool and serve.

**SAUERKRAUT AND MUSHROOM SALAD**  
**САЛАТ З КВАШЕНОЇ КАПУСТИ ТА ГРИБІВ**

*1 lb. sauerkraut*  
*1 onion, chopped*  
*¼ lb. marinated mushrooms*  
*1 pinch cloves*  
*1 pinch cinnamon*  
*2 T. sugar*  
*2 T. oil*  
*3 T. chopped fresh parsley*

Mix sauerkraut with chopped onion. Cut up salted or marinated mushrooms and mix with sauerkraut. Add cloves, cinnamon and sugar to oil and pour over. Serve with finely chopped fresh parsley.

***CABBAGE, CARROT, PEPPER AND APPLE  
SALAD***

**САЛАТ З КАПУСТИ, МОРКВИ, ПЕРЦЮ ТА ЯБЛУК**

*1 lb. cabbage  
1 carrot  
¼ lb. green pepper  
1/3 lb. apples  
¼ c. lemon juice  
½ t. salt  
½ t. sugar  
1 c. sour cream  
3 T. chopped fresh parsley*

Clean, wash and thinly cut cabbage; stir in salt. Drain and save as a healthy drink. Mix chopped cabbage with cut up carrot and pepper. Add peeled and cut-up apples sprinkled with lemon juice so that they will not darken. Combine sugar and sour cream, mix into salad and serve garnished with chopped parsley.

***RED CABBAGE SALAD***  
**САЛАТ З ЧЕРВОНОЇ КАПУСТИ**

*1 lb. red cabbage  
2 T. vinegar  
2 T. oil  
2 T. sugar  
¼ t. salt*

Cut cleaned and washed cabbage and stir with salt. Add vinegar, oil, and sugar. Mix well and serve.

**CABBAGE, APPLES AND ONION SALAD**

**САЛАТ З КАПУСТИ, ЯБЛУК ТА ЦИБУЛІ**

*1 lb. cabbage  
¼ lb. apples  
1 T. vinegar  
1 onion, chopped  
3 T. sugar  
¾ c. sour cream  
salt and pepper to taste*

Clean, wash and cut cabbage thinly. Peel and cut apples. Sprinkle them with vinegar so that they will not darken. Add chopped onion. Mix sour cream and sugar and pour over. Season with pepper and mix well. Serve.

**CAULIFLOWER SALAD WITH BOILED EGGS**

**САЛАТ З ЦВІТНОЇ КАПУСТИ ТА ВАРЕНИХ ЯЄЦЬ**

*2 lbs. cauliflower  
1 T. vinegar  
2 T. oil  
1 T. sugar  
1 egg, hard-boiled  
2 scallions  
salt and pepper to taste*

Clean and wash cauliflower. Place in a pot with water and vinegar and let soak for 10-15 min. Drain and divide it into small pieces and wash again. Place in pot with hot salted water and cook for 20-25 min. Cool, dress with oil, vinegar, sugar and gray pepper. Add chopped boiled egg and finely chopped scallion, and then serve this exquisite dish.

**CAULIFLOWER SALAD WITH TOMATO,  
CUCUMBER AND APPLE**

САЛАТ З ЦВІТНОЇ КАПУСТИ, ПОМИДОРІВ, ОГІРКІВ  
ТА ЯБЛУК

*1 lb. cauliflower*  
*½ lb. apples*  
*1 lb. tomatoes*  
*1 cucumber*  
*½ c. sour cream*  
*1 T. vinegar*  
*1 T. sugar*  
*salt and pepper to taste*

Clean, wash and cook cauliflower for 20 min. Cut cauliflower into small parts, add finely cut-up apples, tomatoes and cucumber. Stir well, adding sour cream mixed with vinegar, sugar and salt.

**SALAD FROM GREEN PEPPER**  
САЛАТ З ПЕРЦЮ

*1/3 lbs. green peppers*  
*¼ t. salt*  
*¼ c. mayonnaise*

Wash, cut and clean green pepper. Cook in salted water for 10 min. Let cool and cut into straws. Stir in mayonnaise and serve.

## **RED CABBAGE SALAD WITH APPLES**

### **САЛАТ З ЧЕРВОНОЇ КАПУСТИ ТА ЯБЛУК**

*1 lb. red cabbage*

*1 apple*

*2 T. vinegar*

*2 T. oil*

*2 T. sugar*

*1 pinch cinnamon*

*1 pinch cloves*

*salt to taste*

Finely cut cleaned and washed red cabbage. Place in boiling water, bring to boil and drain. Add thinly sliced apples. Combine vinegar and oil and pour over. Sprinkle with sugar, salt, cinnamon and cloves; mix altogether and serve.

## **CARROT SALAD WITH APPLES**

### **САЛАТ З МОРКВИ ТА ЯБЛУК**

*½ lb. carrots*

*¼ lb. apples*

*1 t. vinegar*

*4 T. sour cream*

*1 T. sugar*

*2 T. green parsley*

*salt to the taste*

Wash and peel carrots and apples. Cut into thin slices. Pour over vinegar and sour cream combined with sugar. Sprinkle with salt and chopped parsley.

***CARROT AND APPLE PUREE***

**МИШАНКА З МОРКВИ ТА ЯБЛУК**

*1 lb. carrots*  
*1 lb. apples*  
*8 oz. cream cheese*  
*1 T. butter*  
*1/3 c. sugar*  
*2/3 c. sour cream or whipped cream*

Cut peeled carrots and apples and brown in butter. Process through meat grinder. Stir in cream cheese. Add sugar and mix. Serve with sour cream or whipped cream.

***BEET PUREE***

**БУРЯКОВА МИШАНКА**

*1 ½ lbs. beets*  
*4 T. oil*  
*2 onions*  
*1 t. vinegar*  
*1 pinch black pepper*  
*3 t. sugar*  
*1 t. ground cloves*  
*1/8 t. cinnamon*  
*1 pinch salt*  
*1 bunch parsley*

Wash beets. Bake in 350° oven for 30 min., then cook for 10-12 min. until tender. Peel beets, process through meat grinder, and brown in oil. Peel and cut onions; brown in oil. Combine beets and onions. Sprinkle with vinegar, black pepper, sugar, ground cloves, cinnamon and salt. Mix well. Place in serving dish and serve with finely chopped parsley.

**UKRAINIAN ZAKUSKA**  
**УКРАЇНСЬКА ЗАКУСКА**

*½ lb. beets, cooked*  
*½ lb. cabbage*  
*¼ lb. apples*  
*1 T. salt*  
*½ c. mayonnaise*  
*1 lemon*  
*½ lb. ham*  
*½ lb. fillet of goose or turkey breast*  
*2 eggs, boiled*  
*2 cucumbers*  
*3 tomatoes*  
*1 bunch parsley*

Cut peeled beets into straws, also cabbage and apples. Stir chopped cabbage with salt. Press out moisture and mix with cut apples and beets. Combine mayonnaise and juice of lemon and pour over. Add small pieces of ham and fillet of goose or turkey breast. Decorate with sliced eggs, cucumbers and tomatoes. Sprinkle with salt and chopped fresh parsley.

**ASSORTED SALAD**  
САЛАТ-АСОРТИ

*4 tomatoes*  
*2 cucumbers*  
*7 radishes*  
*7 lettuce leaves*  
*1 bunch parsley*  
*¼ t. salt*

Wash and cut tomatoes and cucumbers in half. Arrange alternately around edge of serving platter. In the center place radishes, lettuce and parsley. Salt and serve.

**TOMATOES STUFFED WITH ONIONS**  
ТОМАТИ ФАРШОВАНІ ЦИБУЛЕЮ

*2 lbs. tomatoes*  
*3 onions*  
*2 T. oil*  
*¾ c. bread crumbs*  
*1 T. chopped fresh parsley*  
*1 pinch salt*  
*1 pinch pepper*

Wash tomatoes, core and remove 1/3 of pulp. Peel and finely chop onion; brown in oil. Add bread crumbs and finely chopped fresh parsley. Sprinkle with salt and pepper. Stir well. Fill tomatoes with prepared stuffing. Serve cold or warmed in 350° oven for 7-10 min.

## ***TOMATOES STUFFED WITH CARROTS***

ТОМАТИ ФАРШОВАНИ МОРКВОЮ

*1 lb. tomatoes*

*¾ lb. carrots*

*½ c. sour cream*

*1 t. sugar*

*1 T. finely chopped parsley*

*pinch salt*

Prepare tomatoes as above. Grate washed and peeled carrots. Combine with sour cream. Sprinkle with salt and sugar and mix well. Stuff tomatoes with carrot mixture and sprinkle tomatoes with finely chopped parsley before serving.

## ***CUCUMBERS IN SOUR CREAM***

ОГІРКИ З СМЕТАНОЮ

*5 cucumbers*

*2 cooked egg yolks*

*½ c. sour cream*

*½ t. vinegar*

*1 pinch pepper*

*1 pinch salt*

Wash, peel and slice cucumbers. Sprinkle with salt. Mash egg yolks with sour cream, vinegar, salt and black pepper. Pour over cucumbers and serve.

***SALAD FROM SCALLIONS AND RADISHES***

**САЛАТ ЗІ ЦИБУЛИ ТА РЕДИСА**

*½ lb. scallions*

*1 bunch radishes*

*1 bunch dill*

*¼ t. salt*

*¼ c. sour cream*

*½ t. vinegar*

Wash and chop scallions. Sprinkle with salt and stir with wooden spoon; set aside for 15 min.. Add cut radishes and finely chopped dill. Combine sour cream and vinegar. Pour over salad, mix well and serve.

***SALAD FROM ONIONS AND CUCUMBERS***

**САЛАТ ЗІ ЦИБУЛИ ТА ОГІРКІВ**

*6 onions*

*3 cucumbers*

*1 T. oil*

*½ t. vinegar*

*1 t. sugar*

*1 pinch salt*

*1 bunch dill*

Peel and cut onions into straws. Mix with peeled and sliced cucumbers. Place on serving plate. Pour combined oil and vinegar over them and sprinkle with sugar and finely chopped dill.

***BOILED EGGS WITH HORSERADISH  
GRAVY***

**ВАРЕНІ ЯЙЦЯ З ХРОНОВОЮ ПІДЛИВОЮ**

*8 eggs  
1 medium sized horseradish  
2 T. butter  
1 T. flour, browned  
1 c. sour cream  
1 t. vinegar  
1 t. sugar  
salt to taste*

Boil eggs. Wash, peel and grate horseradish and brown in butter. Mix with browned flour. Add sour cream, vinegar, sugar and salt. Mix altogether well. Brown once again in butter. Cut peeled eggs in half and serve with this gravy.

***STUFFED EGGS***  
**ФАРШОВАНІ ЯЙЦЯ**

*10 eggs, boiled  
3 T. butter  
salt and pepper to taste*

Cut boiled eggs into halves. Take out egg yolks. Mash thoroughly with salt and butter. Fill egg whites. Sprinkle with pepper and place on a serving dish. Serve with mayonnaise.



## BORSCHES & SOUPS



### *UKRAINIAN BORSCH*

### УКРАЇНСЬКИЙ БОРЩ

*1 lb. meat*  
*1 parsley root*  
*½ lb. beets*  
*1 lb. potatoes*  
*½ c. tomato paste*  
*1 T. vinegar*  
*1 T. pig fat*  
*1 onion*  
*1 T. flour, browned*  
*1 lb. cabbage*  
*1 garlic*  
*1 T. butter*  
*¼ t. black pepper*  
*3 bay leaves*  
*½ lb. tomatoes*  
*½ c. sour cream*

Cook meat in 2 qts. of water to make bouillon. Clean and shred parsley root and beets thinly in straws. Cut potatoes in cubes and place in pot with beets and sauté with tomato paste, vinegar and pig fat. Brown diced onion and parsley root. Mix with slightly browned flour, add bouillon and bring to boil. Place cut-up potatoes, cabbage and sautéed beets in bouillon. Salt to taste and cook 10-15 min. Add cubed meat browned with flour, bay leaves, black pepper and cook until potatoes and cabbage are tender. Add salted pig fat chopped with garlic to prepared borsch. Cut tomatoes, place in borsch, bring to boil. Cover borsch, when ready, and let it rest for 15-20 min. Serve with sour cream and chopped parsley.

***POLTAVA BORSCH***

**ПОЛТАВСЬКИЙ БОРЩ**

*1 chicken*  
*½ lb. beets*  
*1 carrot*  
*1 parsley root*  
*1 lb. cabbage*  
*1 lb. potatoes*  
*2 T. vinegar*  
*¼ c. tomato paste*  
*1 onion*  
*1 c. buckwheat flour*  
*2 T. pig fat*  
*1 T. butter*  
*1 egg*  
*1 green pepper*  
*¼ c. sour cream*

Cook chicken. Cut beets, carrots and parsley root into thin slices; cut potatoes and cabbage into cubes. Fry and stew beets with vinegar. Slightly brown carrot, root of parsley and onion and mix with tomato paste. Strain bouillon, add potatoes and cabbage and cook for 10-15 min. Add stewed beets, carrots, parsley and onion. Mix pig fat with green parsley, cook 7-10 min. and let "rest" for 15-20 min. Meanwhile boil ½ qts. of water for *halushky* (dumplings). While constantly stirring, pour in ½ c. of buckwheat flour. Take mixture off the heat and cool. Add an egg and the rest of the buckwheat and mix well. Drop batter by tablespoons into a pan of boiling water and cook until *halushky* rise. Put chicken and *halushky* into borsch and serve it with sour cream and finely chopped parsley.

**KIEV-STYLE VEGETARIAN BORSCH**

**КИЇВСЬКИЙ ВЕГЕТАРІАНСЬКИЙ БОРЩ**

*¼ lb. fresh mushrooms or 2 c. dried mushrooms, re-hydrated*

*1¼ qt. beet bouillon or beet kvas*

*4 carrots*

*3 roots of parsley*

*4 onions, chopped, browned*

*½ lb. beets*

*1 lb. cabbage*

*1½ lb. potatoes*

*½ c. beans, cut up*

*1 lb. tomatoes*

*1½ c. sugar*

*salt to taste*

*½ stick butter*

*3 T. flour*

*½ c. sour-cream*

*2 egg yolks*

*3 t. green parsley*

Cook mushrooms with carrots and parsley roots in bouillon. Add slightly browned onions and boil for 10 min. Remove mushrooms and chop. Strain bouillon into pot. Cut up beets and cabbage in slices, and cut potatoes into cubes. Cook beets in some of the mushroom bouillon until tender. Cook potatoes, cabbage and beans in the rest of bouillon for 10-12 min. Bring tomatoes to boil and crush them. Combine bouillon with beets, chopped mushrooms, crushed tomatoes, and slightly browned flour with the potato and cabbage bouillon. Add sugar and salt and boil for 7-10 min. Serve with sour cream, mixed with beaten egg yolks and green parsley.

**BORSCH WITH EGGPLANTS**  
**ЧОРНО-СИНИЙ БОРЩ З БАКЛАЖАНАМИ**

*½ lb. beets*  
*½ lb. potatoes*  
*¼ lb. eggplants*  
*½ lb. cabbage*  
*2 green peppers*  
*¼ lb. carrot*  
*¼ c. tomatoes*  
*¼ lb. onion*  
*1 root of parsley*  
*4 T. lard*  
*2 qt. meat bouillon or water*  
*1 T. tomato paste*  
*3 bay leaves*  
*1 T. sugar*  
*½ t. salt*  
*1 pinch gray pepper*  
*1 T. green parsley*  
*3 T. sour cream*  
*1 T. dill*

Cut up beets, potatoes, eggplants, cabbage, green pepper, carrots, tomatoes, onions and root of parsley. Fry and simmer beets with lard. Put potatoes and eggplants in meat bouillon. Bring to boil, add tomato paste and other vegetables and cook for 15 min. Add salt, sugar, pepper and bay leaves. Simmer an additional minute. Serve with sour cream, green parsley and dill.

***KHERSON-STYLE BORSCH***  
**ХЕРСОНСЬКИЙ БОРЩ**

*2-3 beets*  
*3 c. water*  
*½ c. cucumber slices*  
*1/3 c. minced scallions*  
*1 T. lemon juice & pulp*  
*1 t. mild honey*  
*2 t. fresh dill, chopped*  
*½ t. crushed black pepper*  
*½ t. salt*  
*2 c. buttermilk*

The Kherson borsch is a favorite summer dish in Southern Ukraine.

Wash and cut beets in 3 to 4 pieces each. Place in a pan with water, bring to a boil, cover, reduce heat and simmer 15 min. Turn off heat and cool. Slip beet skins off, and then grate beets coarsely or finely chop all the beets back into the water. Add thinly sliced cucumbers, scallions, lemon pulp, honey, chopped dill, pepper, and salt. Refrigerate. Stir in buttermilk before serving. Usually served cool; however, you can warm it before serving (do not bring to boil).

**GREEN UKRAINIAN BORSCH**  
**ЗЕЛЕНИЙ УКРАЇНСЬКИЙ БОРЩ**

*1 lb. beef*  
*2 onions*  
*3 bay leaves*  
*1½ lbs. beets*  
*2 T. vinegar*  
*¾ c. tomato paste*  
*2 T. sugar*  
*1 c. chopped carrots*  
*1 c. chopped celery*  
*¼ c. flour*  
*½ c. melted butter*  
*2 ½ lbs. potatoes*  
*1 lb. sorrel*  
*2 bundles scallions*  
*1 lb. spinach*  
*2 T. chopped dill*  
*1 T. lemon juice*  
*½ c. sour cream*  
*black pepper, salt to taste*

Place meat in a pot, cover with cold water, add 1 peeled onion and bay leaves, sprinkle with salt, bring to boil, remove fat (do not discard) and simmer on very low heat. Cut beets into straws, place in separate pot with fat, sprinkle with salt, add vinegar, tomato paste, sugar and saute for 25-30 min. Wash carrots, celery and other onions, and cut them into straw, add flour and brown in melted butter. Add potatoes cut in wedges to boiling bouillon, along with stewed beets and browned vegetables and continue to simmer. When vegetables are almost tender, add finely chopped leaves of sorrel, spinach, scallions, bay leaf, and black pepper and thicken with white sauce (see Sauce section). Cut meat into portions and serve with sour cream and finely chopped dill.

**CHORNYHIV STYLE BORSCH**

**ЧОРНІГІВСЬКИЙ БОРЩ**

*1 lb. beef  
3 onions  
1½ lbs. beets  
6 T. vinegar  
3 lbs. cabbage  
1½ lbs. potatoes  
½ lbs. squash  
½ c. tomato paste  
2 parsley roots  
2 carrots  
¼ lb. kidney  
3 apples  
3 tomatoes  
½ c. lard  
1 bunch dill  
1 bunch green parsley  
¾ c. sour cream  
3 bay leaves  
3 -5 peppercorns  
salt and sugar to taste*

Wash meat and place in a pot; cover with cold water, add peeled onion and salt and bring to boil. Skim off fat and reserve; continue simmering on low heat. Wash beets, cut into straws, sprinkle with salt, place in separate pot; add vinegar and stew in bouillon fat. Chop cabbage and salt it; cut potatoes into straws, and place cabbage and potatoes into boiling bouillon; simmer for 20 min. Add cubed squash and other vegetables, cut and browned in lard, cooked kidney, stewed beets, cubed apples, cut up tomatoes, parsley, bay leaves and peppercorns and simmer until done. Serve each a portion of meat with sour cream and chopped dill.

**SMART BORSCH**  
**РОЗУМНИЙ БОРЩ**

*1 lb. pork*  
*1 lb. bones*  
*3 onions*  
*1½ lbs. beets*  
*½ lemon*  
*4 T. sugar*  
*4 carrots*  
*¾ c. tomato paste*  
*2 ½ lbs. potatoes*  
*2 lb. cabbage*  
*¼ c. flour*  
*½ c. lard*  
*¾ qt. beet kvas*  
*3-5 peppercorns*  
*3-4 bay leaves*  
*½ c. sour cream*  
*salt to taste*

Wash pork and bones and place in pot, covered with water; add 1 peeled onion and salt; bring to boil and simmer on a very low heat. Wash beets and place in a separate pot with cold water and juice of lemon; bring to boil and cook 30 min.. Remove from heat, cool, cut beets into straws and place in a pan with salt, sugar, beet bouillon and lard and stew covered until tender. Brown sliced onions and carrots in pork lard and tomato paste. Cut potatoes into wedges, place in the boiling bouillon and simmer for 7-10 min. Then add cut cabbage, stewed beets, browned roots, pepper and flour, season with salt, peppercorns and bay leaves and simmer until ready. Garnish with sour cream and serve with buns with peas seasoned with garlic or with warmed garlic bread.

***VOLYN-STYLE BORSCH***

**ВОЛИНСЬКИЙ БОРЩ**

*2 lbs. beef  
3 onions (medium size)  
1½ lb. beets  
4 lbs. cabbage  
3 parsley roots  
3 carrots  
1 lb. tomatoes  
¼ c. flour  
½ c. lard  
¾ c. sour cream  
3 peppercorns  
3 bay leaves  
1 bunch dill  
1 bunch parsley  
salt to taste*

Wash beef and place in a pan with salt and onion; cover with water and bring to boil. Wash and peel beets, place in a pot, cover with cold water, cook until half-done, cool, cut into straws and add salt. Brown sliced carrots, parsley roots and onion. In separate pot, simmer fresh tomatoes in lard, mix with browned roots and place in boiling bouillon; add beets and simmer borsch for 30-40 min. Season with bay leaves and peppercorns and simmer additional 5-10 min. Serve each plate with portion of meat, with sour cream, chopped green parsley and dill.

***VOLYN-STYLE VEGETARIAN BORSCH***  
**ВОЛИНСЬКИЙ ВЕГЕТАРІАНСЬКИЙ БОРЩ**

*1 c. dried mushrooms*  
*3 onions (medium size)*  
*1½ lbs. beets, cooked 30 min.*  
*4 lbs. cabbage*  
*3 parsley roots*  
*3 carrots*  
*¼ c. flour*  
*½ c. lard*  
*2/3 qts. beet kvas*  
*3 bay leaves*  
*¾ c. sour cream*  
*1 bunch dill*  
*salt to taste*

Wash and soak dried mushrooms in cold water for 1 hr.; drain then cook with 1 onion for 30 min. on low heat. Cut half-cooked beets into straws. Finely chop cabbage. Brown roots and 2 onions with flour in lard. Combine all ingredients in boiling kvas, cook until tender; 3-5 min. before done, season with bay leaves and serve with sour cream and chopped dill.

***HALYTSY-STYLE BORSCH***

**ГАЛИЦЬКИЙ БОРЩ**

*2 ½ lbs. beef bones*

*2 ½ lbs. beets*

*½ qt. beet kvas*

*1 c. tomato paste*

*4 carrots*

*3 parsley roots*

*4-5 onions*

*2 lbs. potatoes*

*2 ½ lbs. cabbage*

*3 bay leaves*

*3-5 peppercorns*

*¼ c. flour*

*½ c. butter*

*¾ c. sour cream*

*1 bunch dill*

*1 bunch parsley*

*salt to taste*

Wash beef bones and cut beets into cubes; place in a stew pot, add beet kvas and stew with tomato paste. Peel and cut carrots, parsley and onion and brown them on low heat. Place finely cut potatoes and cabbage in meat bouillon and cook for 15 min. Add browned roots, season with bay leaf, peppercorns and salt and cook until ready. Cool for 30 min. Serve with sour cream, chopped dill and green parsley.

***LVIV STYLE BORSCH***

**ЛЬВІВСЬКИЙ БОРЩ**

*2 ½ lbs. beef bones*  
*4 onions (medium size)*  
*2 ½ lbs. beets*  
*3 T. vinegar*  
*¾ c. tomato paste*  
*3 potatoes*  
*4 carrots*  
*3 parsley roots*  
*1 lb. sausages*  
*1 stick of butter*  
*5 T. sugar*  
*¾ c. sour cream*  
*3 peppercorns*  
*3 bay leaves*  
*1 bunch parsley*  
*1 bunch dill*  
*salt to taste*

Wash and cover bones with water; simmer with 1 onion for 40 min. Wash unpeeled beets, cook in salted water with vinegar added; cool, peel, cut into straws and stew with tomato paste. Peel potatoes and cut in wedges; add to strained bouillon and bring to boil. Add browned sliced carrots, parsley and 3 onions. Season with salt, sugar, bay leaves and peppercorns and simmer until ready. Cool borsch for 30 min. while you cook sausage. Combine borsch with beet kvas and serve with cut-up sausage, sour cream and chopped dill and parsley.

**BORSCH WITH KIDNEY**  
**БОРЩ НИРКОВИЙ**

*2/3 qt. beet kvas*  
*2 lbs. beets*  
*½ lb. kidney*  
*4 carrots, sliced*  
*2 T. chopped parsley roots*  
*4 onions, sliced*  
*3 potatoes*  
*1 lb. cabbage*  
*3 T. vinegar*  
*¾ c. tomato paste*  
*¼ c. flour*  
*1 stick of butter*  
*3 T. lard*  
*5 T. sugar*  
*3 bay leaves*  
*1/8 t. red pepper*  
*½ c. white sauce*  
*½ sour cream*  
*1 bunch dill*  
*1 bunch green parsley*  
*salt to taste*

Wash and cook beets for 30 min. in kvas and then simmer on low heat. In a separate pot cook kidney that has soaked in water overnight. Cut up roots and onion and brown in lard and tomato paste. Peel potato and cut into cubes, wash and chop cabbage. Take beets out of beet bouillon, cool and cut into wedges. Combine all vegetables, place in boiling beet bouillon and cook until ready. Add cooked kidney with cooking liquid to bouillon 5 min. before it is ready; season with vinegar, salt, sugar, bay leaves and red pepper; add white sauce and serve with sour cream and chopped parsley and dill.

***BORSCH WITH MUSHROOMS & PLUMS***

**БОРЩ З ГРИБАМИ ТА СЛИВАМИ**

*½ lb. dried mushrooms  
1½ lbs. beets  
1½ c. tomato paste  
4 onions  
3 potatoes  
2 ½ lbs. cabbage  
3 parsley roots  
5 carrots  
¼ c. flour, browned  
2 sticks butter  
½ lb. dried plums  
2-3 bay leaves  
1/8 t. gray pepper  
salt & red pepper to taste  
1 bunch parsley, chopped  
sour cream for garnish*

Wash and soak dried mushrooms in cold water, cook in the same water for 40 min. Drain mushrooms reserving liquid and chop them finely. Place beets cut into straws in separate pan, add 1 cup of mushroom bouillon and tomato paste and stew until half-done. Brown chopped onion, carrot and parsley roots in butter; add browned flour. Place cut cabbage and potatoes in bouillon and bring to boil. Add washed dried plums, and all other ingredients to boiling borsch; season with bay leaf and pepper and cook until ready. Serve with sour cream and chopped parsley.

**BORSCH WITH SOUR APPLES**

**БОРЩ З КВАШЕНИМИ ЯБЛУКАМИ**

*1 lb. meat bones*  
*2 onions (medium size)*  
*2 potatoes*  
*¾ lbs. beets*  
*4 T. vinegar*  
*1½ sticks butter*  
*¾ lb. cabbage*  
*1 lb. sour apples*  
*3 parsley roots*  
*3 T. flour*  
*1 c. sour cream*  
*bay leaf, parsley & salt to taste*

Wash meat bones, add 1 peeled onion, cover with cold water, add salt, cook for 30 min., and simmer on low heat. In separate pot put potatoes cut into wedges and bring to boil. Stew beets in bouillon with vinegar and half of the butter. Cut cabbage and sour apples. Brown onion and flour in the rest of butter. Combine all ingredients in boiling bouillon, and cook for 20-30 min. Season with bay leaf and pepper. Serve with sour cream and chopped parsley.

***BORSCH À LA HETMAN***  
**ГЕТЬМАНСЬКИЙ БОРЩ**

*2 ½ lbs. beets*  
*2 lbs. meaty beef ribs*  
*5-6 onions*  
*3 bay leaves*  
*3 potatoes*  
*2 lbs. cabbage*  
*6 carrots*  
*1 lb. kidneys, cooked*  
*3 parsley roots*  
*1 lb. eggplants*  
*¼ c. flour*  
*1 stick butter*  
*1 c. sour cream*  
*3 bay leaves*  
*salt to taste*

Wash beets and cook for 30-40 min. until half-ready, cool and slice. In a separate pot, place beef ribs, cover with cold water, add 1 onion, and bay leaf and bring to boil. Remove meat and cut into portions, strain bouillon, add salt, bring to boil again and place meat and beets in boiling bouillon and cook for 30-40 min. Add potatoes cut into wedges and chopped cabbage. Simmer for 10-15 min., adding browned carrots, parsley roots and remaining onions, cooked cut-up kidney, and eggplants, which have been grated and stewed in butter. Serve with sour cream and finely chopped dill and green parsley.

***FARMER BORSCH***  
**СЕЛЯНСЬКИЙ БОРЩ**

*3 lbs. lamb*  
*¾ lbs. onion*  
*1¾ lbs. beets*  
*2½ lbs. cabbage*  
*½ lb. potatoes*  
*½ lb. kidney*  
*1½ sticks butter*  
*1 c. tomato paste*  
*¾ qt. kvas*  
*4-5 carrots*  
*2 roots of parsley*  
*3 T. lard*  
*½ lbs. apples, cut-up*  
*3 peppercorns*  
*1 c. sour cream*  
*1 bunch dill*  
*bay leaves*  
*salt to taste*

Place washed lamb in pot with cold water; add 1 onion, cut-up beets and salt and bring to boil, then add chopped cabbage. Add cubed potato and cook 15 min. more. Stew kidney in butter, tomato paste and kvas. Brown roots and rest of onion; add apples, peppercorns, bay leaf and salt and cook until ready. Season with lard. Serve borsch with a piece of lamb, sour cream and finely chopped dill on every plate.

***LEAN BORSCH WITH CRUCIANS***  
**ХУДИЙ БОРЩ З КАРАСИКАМИ**

*¼ c. dried mushrooms*  
*2 carrots*  
*1 onion*  
*5 green olives*  
*2 bay leaves*  
*1½ lbs. beets*  
*½ lb. cabbage*  
*1 onion*  
*4 T. vinegar*  
*½ c. flour*  
*1 lb. crucians*  
*2-3 peppercorns*  
*1/8 stick butter*  
*2 T. vinegar*  
*1 bunch dill*  
*¼ c. sour cream*

Soak dried mushrooms in cold water for 1 hr. and cook in water with carrots, onion, pepper, olives and bay leaves. Add cut up and salted beets and cabbage, bring to boil and simmer for 25-30 min. Brown second onion with flour, add vinegar and place into bouillon. Coat fish pieces with flour and brown; place in bouillon for last 5 min. Season with chopped dill. Serve with sour cream.

***COLD FARMER BORSCH***  
**ХОЛОДНИЙ СЕЛЯНСЬКИЙ БОРЩ**

*1 lb. beets*  
*3 T. vinegar*  
*1 lb. potatoes*  
*½ lb. dried apples, plums, cherries*  
*½ lb. cucumbers*  
*2 eggs*  
*3 T. sugar*  
*½ c. sour cream*  
*½ bunch scallions*  
*1 bunch dill*  
*salt to taste*

Bake beets in 325° oven for 40-45 min. Cool, peel, cut into straws, sprinkle with vinegar and let sit for 2 hrs. in large pot. Cook cubed potatoes. Wash and cook dried apples, plums and cherries for 15 min. Mix potato and fruit liquids and pour over marinated beets. Add cubed cucumbers and chopped boiled eggs, season with salt and sugar. Serve with sour cream, chopped scallions and dill.

***COLD BORSCH WITH KIDNEY***  
**ХОЛОДНИЙ НИРКОВИЙ БОРЩ**

*1/3 lb. kidneys*  
*1 lb. potatoes*  
*1 lb. red peppers*  
*1 c. tomato paste*  
*6 T. vinegar*  
*1/2 c. oil*  
*1 lb. beets, peeled and sliced*  
*4-5 carrots*  
*2 roots of parsley*  
*3 onions*  
*2 T. flour*  
*1 lb. cabbage*  
*3/4 qt. kvas*  
*3 T. sugar*  
*3 peppercorns*  
*1 c. sour cream*  
*1 bunch dill*  
*1 bunch green parsley*  
*salt to taste*

Soak kidneys for 2 hrs., then cook them for 20 min. Cube potatoes and place in boiling water. Cook for 15 min. and add boiled kidney with liquid; cut red peppers into straws, stew with tomato paste, vinegar and oil, beets, roots and browned flour and transfer into pot with potato and cabbage. Add kvas and cook 5-7 min. more. Season with salt, sugar, peppercorn and bay leaf and cook until ready. Serve cooled with sour cream and finely chopped dill every serving plate.

***COLD BORSCH WITH KIDNEY  
ANOTHER WAY***

**ХОЛОДНИЙ НИРКОВИЙ БОРЩ ПО-ІНШОМУ**

*¼ lb. kidneys  
½ lb. beets  
1 T. vinegar  
½ lb. potatoes  
¼ lb. cabbage  
1½ qts. kvas  
2 eggs, hard-boiled  
½ bunch scallions  
1 bunch dill  
2 T. sugar  
½ c. sour cream  
salt to taste*

Soak kidney in water overnight. Cook unpeeled beets with vinegar, then cool and peel them, cut into cubes and add salt. Peel and cook potato, cut into straws. Cook cabbage in salted water and cut into straws. Cook kidney. Combine prepared vegetables and kidney in a pot with kvas, add finely chopped egg whites, scallion, dill, season with boiled egg yolks stirred with sugar, sprinkle with salt. Serve with sour cream.

***SIMPLE BORSCH***  
**ПРОСТЕНЬКИЙ БОРЩ**

*1 sliced onion*  
*1 c. chopped celery*  
*3 lbs. beets, peeled and cut*  
*1/8 t. salt*  
*1/2 c. sugar*  
*1 egg*  
*2 T. chopped dill*  
*1/4 c. sour cream*  
*3 qt. water*  
*1 T. lemon juice*

Put onion, celery and beets in boiling water. Cover and simmer for 30-40 min. Add salt and sugar. Beat egg into 1 c. of the hot liquid and add slowly to the rest of the borsch. Sprinkle with dill. Serve with sour cream; hot in winter, refrigerated in summer. Yields 8-9 servings.

***SOUP "THE SIMPLE ONE"***  
**ПРОСТЕНЬКА ЮШКА**

*3 small white potatoes*  
*3 carrots*  
*2 lbs. ribs, cut in pieces*  
*1 c. sliced white mushrooms*  
*1 chopped onion*  
*4 diced celery sticks*  
*1/2 c. whole barley*  
*1/2 c. white beans*  
*1/2 c. peas*  
*1/2 t. salt*  
*1/8 t. crushed black or gray pepper*  
*4 quarts water*

Chop carrots and potatoes, and put in a kettle with water. Bring to boil and add all ingredients. Cover. Simmer for an hour and a half. Serve hot. Yields 10 servings.

**POLTAVA STYLE SOUP WITH HALUSHKAS**  
**ПОЛТАВСЬКА ЮШКА З ГАЛУШКАМИ**

*½ c. water*  
*1 c. flour*  
*1 egg*  
*3 qts. water*  
*1 lb. potatoes*  
*2 onions*  
*1/6 lb. pork fat*  
*salt to taste*

Make halushkas from flour, water, and egg. Roll out prepared dough in 1-inch thick, rectangular-shaped pieces. Place cubed potatoes in a pot with boiling water, cook for 5 min., add halushkas and cook for 20 min. more. Season with salt, paprika and onions browned in pork fat.

**CHICKEN SOUP**  
**КУРЯЧА ЮШКА**

*4 pound hen or stewing chicken*  
*2 c. chopped celery*  
*2 T. chopped parsley*  
*1 onion*  
*2 chopped carrots*  
*½ t. salt*  
*1/3 t. crushed white pepper*

Put chicken in a large pot, legs down. Cover with water and bring to boil, then reduce heat. Add celery, some of parsley, onion, carrots, and salt; cover and simmer 50 min. Add pepper, simmer 10 more min. Remove bones, skin and cut up large pieces of meat. Serve garnished with parsley.

**HETMAN SOUP**  
**ГЕТЬМАНСЬКА ЮШКА**

*½ chicken*  
*1 stick butter*  
*½ lb. ham*  
*1 ½ lb. lean beef*  
*½ lb. veal*  
*3 carrots*  
*2 roots parsley*  
*3 celery sticks*  
*¼ lb. bread*  
*1 egg yolk*  
*½ c. sour cream*  
*1½ qts. bouillon*  
*salt to taste*

Clean and wash chicken, detach bones. Make bouillon with chicken giblets and bones. Chop chicken meat with butter, ham, lean beef, veal, carrots, celery and parsley. Combine meat mixture with bread soaked in hot bouillon, Pass through meat grinder and mix in egg yolk combined with sour cream. Strain bouillon into mixture and warm on low heat for 5 min. Serve garnished with green parsley.

**DNIPRO RIVER FISH SOUP**

**ДНІПРЯНСЬКА ЮШКА**

*1 lb. pike, or similar fish*

*2 onions*

*1 root parsley*

*½ lb. potatoes*

*2 T. salt pork*

*4 scallions*

*2 bay leaves*

*3 peppercorns*

*1/3 t. salt*

*1 root parsley*

Clean and wash pike; remove gills and eyes. Cover with cold water and cook with onions and parsley roots. Strain bouillon, add potatoes cut in wedges, cook for 10 min.; add pieces of pike and cook for 30 min. more until fish is done. Season with scallions stirred with salt pork, add bay leaf, peppercorn, bring to boil. Serve with chopped parsley.

***MILK SOUP WITH VEGETABLES***  
**МОЛОЧНА ІОШКА З МОРКВОЮ ТА КАПУСТОЮ**

*1/3 lbs. cabbage*  
*1½ lbs. potato*  
*2 carrots*  
*2 c. water*  
*6 c. milk*  
*2 t. butter*  
*salt to taste*

Wash cabbage. Clean and cut into squares. Peel potato and cut into cubes. Grate carrots. Combine all prepared vegetables and cook in water for 10 min. Add boiling milk and butter and simmer for 10-15 min. Serve hot.

***MILK SOUP WITH CAULIFLOWER***  
**МОЛОЧНА ІОШКА З ЦВЕТНОЮ КАПУСТОЮ**

*1 cauliflower*  
*5 c. water*  
*2 t. farina*  
*3 c. milk*  
*2 T. melted butter*  
*salt to taste*

Wash cauliflower. Cut into small pieces and cook in pot of water for 15 min. Remove cooked cauliflower and set aside. Lower heat under cauliflower bouillon and gradually pour in farina constantly stirring. Bring to boil and cook for 3-5 min. Add cooked cauliflower and pour in hot milk. Simmer for another 5-7 min. Sprinkle with salt and add butter before serving.



## MEAT DISHES



### *HOME-MADE PORK SAUSAGE*

КОВБАСА ДОМАШНЯ ЗІ СВИНИНИ

*pork casings*

*2½ lbs. pork*

*1 lb. salt pork*

*7 cloves garlic*

*5 peppercorns*

*2 t. salt*

Clean fat from pork guts and wash very well. Turn them inside out and wash again. Pour hot water over guts. Rub with salt. Rinse a few times and soak in cold water for 24 hrs. Cut pork meat and half the salt pork into small pieces. Grind the rest and mix in. Add chopped garlic. Season with ground peppercorns and salt. Stir everything well. Fill prepared guts. Refrigerate for 5 hrs. Prick sausage with a pin or toothpick in a few places and fry in lard and onion until it becomes reddish-brown. Serve with horseradish. For side dish use sauerkraut, cooked or fried potatoes, cooked or marinated beets, pickles or salad.

**STUFFED PORK STOMACH**  
**КЕНДІОХ ФАРШОВАНИЙ**

*1 lb. fat pork loin*  
*½ lb. ham*  
*2 eggs*  
*2 onions*  
*salt and pepper to taste*  
*2 lb. pork stomach*  
*¼ lb. salt pork, diced*

Cut pork into small pieces. Mix with ground lean ham. Add raw eggs, finely chopped onion, salt and pepper. Clean and wash pork stomach and fill with prepared mixture. Sew closed, sprinkle with diced salt pork and bake for 40-50 min. at 375°.

**ROLLED PORK FROM SHANKS**  
**ЗАВИВАНЕЦЬ ЗІ СВИНЯЧОЇ ГОЛІНКИ**

*2 lbs. pig shank*  
*1 onion*  
*½ bud garlic*  
*1 carrot*  
*1 parsley root*  
*2 bay leaves*  
*3-4 peppercorns*  
*salt and pepper to taste*

Wash meat well. Make a cut and remove meat from bone in one piece. Sprinkle with salt and pepper. Roll up. Tie with string. Cover with water, and boil with cut-up onion, garlic, carrot and parsley root. Season with bay leaves, peppercorns and salt. Simmer 1½ hr. Remove meat rolls; drain, cover with inverted plate and weight down. Take off strings; slice *zavivanetz*. Transfer to serving dish and decorate with green parsley. Serve with horseradish.

***SLICED MEAT IN JELLY***

**ГОРОПКА ЗІ М'ЯСА**

*2 lbs. beef  
1/3 lb. fat, cubed  
1 lb. pork or beef leg  
2 onions  
2 carrots  
1 parsley root  
1 celery stalk  
3 peppercorns  
1 bay leaf  
2 oz. gelatin per 1 cup bouillon  
2 T. butter  
salt and pepper to taste*

Wash beef. Insert fat in slits cut with small knife. Brown meat in large kettle. Slash beef or pork leg in several places, brown. Cut up onions, carrots, parsley and celery and brown with meat. Add salt, peppercorns, bay leaf. Cover meat with bouillon or water. Simmer covered for 50-60 min. until tender. Detach bones from stewed meat. Strain cooking liquid. Add dissolved gelatin. Stir well and bring to boil. Cut stewed meat into thin slices. Transfer to bowl. Pour gelatin mixture over and set aside to chill.

**PIG'S FEET JELLY**

ТРЕМТЯНИЦЯ-ГОРОПКА ЗІ СВИНЯЧИХ НІЖОК

*2 lbs. pig's feet*  
*1 onion, cut up*  
*½ bud of garlic*  
*1 carrot*  
*1 parsley root*  
*2 bay leaves*  
*3 peppercorns*  
*½ t. gelatin*  
*salt to taste*  
*1 c. sour cream sauce*  
*1 root horseradish, grated*

Scorch pig's feet. Remove hooves. Slash, wash and cover with cold water. Bring to boil. Add onion, garlic, carrot and parsley root. Season with bay leaves, peppercorns and salt. Simmer for 60-70 min. Strain bouillon. Remove meat from bones and return meat to bouillon. Simmer for 15 min. more. Set aside. Dissolve gelatin in cold water. Combine with bouillon stirring constantly. Pour into serving dishes and chill for 24 hrs. Serve with sour cream sauce and grated horseradish.

***PORK SLICES IN JELLY***

**ГОРОПКА ЗІ СВИНИНИ**

*1 small pig  
1 onion  
1 bud garlic  
1 carrot  
1 parsley root  
3 bay leaves  
5 peppercorns  
2 t. gelatin  
½ c. water  
salt to taste*

Scald pig. Scorch it, gut and wash it well. Cook covered with water in kettle with cut up onion, garlic, carrot and parsley root for 60-70 min. and season with bay leaf, peppercorns and salt. Remove pig and set aside bouillon. Cut pork into slices. Transfer to serving dish and decorate with slices of cooked carrots. Strain and boil bouillon for the second time. Combine with gelatin dissolved in cold water. Pour over the meat slices. Refrigerate for 3-4 hours. Serve with grated horseradish.

## ***PORK ROLL***

### **ЗАБИВАНЕЦЬ ЗІ СВИНИНИ**

*1 small pig (3 lbs.)*

*1 lb. pork*

*¼ lb. salt pork*

*6 eggs, hard-boiled*

*1 onion*

*½ bud garlic*

*1 carrot*

*1 parsley root*

*2 bay leaves*

*salt and pepper to taste*

Scorch pig with boiling water. Gut, wash and slit up chest. Keep skin in one piece. Bone and cut off meat clinging to bones. Remove fillet and slice into pieces and grind all meat. Cut salt pork into cubes. Season with salt and ground pepper. Combine with chopped pork and mix well. Place half the prepared meat on pig skin. Place hard-boiled eggs cut into quarters on top of stuffing. Cover them with rest of meat. Roll up and place on a wet towel. Tie roll with string and transfer it from towel to pot of hot water. Sprinkle with salt. Add cut-up onion, garlic, carrot, parsley root. Season with bay leaves and peppercorns. Simmer 2 hrs. until done. Remove meat from pot, cover with inverted plate, and weight down until cool. Take off string before serving. Transfer to oval serving dish and decorate with green parsley. Cut meat-roll in pieces and serve with horseradish. A good side dish is boiled potatoes.

***PORK ROLL POLTAVA-STYLE***

**ЗАВИВАНЕЦЬ ПОЛТАВЬСКИЙ ЗІ СВИНИНИ**

*1½ lb. pork*

*½ c. milk*

*1 bud garlic, minced*

*½ c. salt pork, diced*

*1 egg*

*salt and pepper to taste*

Cut prepared and washed pork in pieces. Grind in meat grinder. Add some milk or water and grated garlic. Season with salt and pepper. Mix everything well and place on a wet towel. Spread and level ground meat. Sprinkle with diced salt pork. With help of towel roll up ground meat tightly and truss ends with towel to form a roll. Transfer pork roll into well-buttered baking pan. Brush with egg beaten with water and bake in pre-heated 375° oven for 1½ hrs. Drizzle with melted butter before serving. Serve hot or cool.

***STEWED PORK FILLET***  
**СВИНЯЧЕ М'ЯСО ТУШКОВАНЕ**

*2 lbs. pork fillet*  
*2½ t. flour*  
*2 T. lard*  
*3 carrots*  
*1 root of parsley*  
*2 T. olive oil or butter*  
*½ t. of black pepper*  
*3 c. pork bouillon*  
*10 grape leaves*  
*½ bud garlic*  
*4 lbs. potatoes*  
*3 onions*  
*1/3 t. saffron*  
*3 T. chopped green parsley*  
*salt to taste*

Wash pork fillet thoroughly and dry. Add salt, dredge in flour and brown in hot lard. Combine with cubed carrots and parsley root. Brown in skillet for 8-10 min. Add ½ c. water. Sprinkle with a little pepper and stew for 10-12 min. Transfer to stewing pot. In skillet brown flour in olive oil. Pour over the pork stew with 2/3 of the bouillon and cover with grape leaves. Stew for 30-35 min. Remove grape leaves, sprinkle with salt. Add peeled and chopped garlic and stew for 10 more min. Cut potatoes and place in a separate pan. Add browned onion, sprinkle with saffron, pepper and salt. Pour over rest of bouillon and cook for 15-20 min. Serve mashed potatoes with sauce from the stew. Sprinkle with green parsley.

***PORK RIBS STEWED WITH CABBAGE***

**СВИНЯЧІ РЕБРА ТУШКОВАНІ З КАПУСТОЮ**

*2 lbs. pork ribs*  
*3 T. salt pork*  
*2 onions, cut up*  
*½ c. tomato paste*  
*3 lbs. cabbage*  
*1 T. vinegar*  
*2 c. water*  
*3 bay leaves*  
*¼ c. sugar*  
*salt and pepper to taste*

Cut pork ribs into 2-rib pieces. Sprinkle with salt and pepper. Dredge in flour and brown in hot salt pork on both sides. Brown onion in pan's drippings. Add tomato paste and fry on low heat for 3-5 min. Transfer fried onion and pork to pot. Cover with water, and simmer covered on low heat for 40-50 min. Wash and finely cut cabbage. Sprinkle it with vinegar. Place in pot with 2 c. water and cook covered on low heat for 15 min. Combine stewed ribs and cabbage. Add sugar, salt, pepper and bay leaf. Mix well and stew for 20 min. more until meat and cabbage are ready.

***PORK RIBS STEWED IN BEET KVAS***  
**СВИНЯЧІ РЕБРА ТУШКОВАНІ У БУРЯКОВІМ КВАСІ**

*2 lbs. pork ribs*  
*3 T. salt pork or butter*  
*2 onions*  
*2 T. flour*  
*1 lb. beets*  
*1 c. beet kvas or vinegar*  
*1 bunch parsley*  
*salt and pepper to taste*

Cut pork ribs into small pieces. Fry in salt pork or butter. Sprinkle with flour. Add finely chopped onion. Brown meat on both sides for 5-7 min. Transfer to sauté pot. Add thinly cut beets. Pour over beet kvas. Sprinkle with salt. Simmer covered 50-60 min. until tender. Serve with finely chopped parsley.

***STEWED PORK FILLET***  
**СВИНИНА ТУШКОВАНА**

*2 lbs. pork*  
*4 T. salt pork fat*  
*2 c. vinegar or beet kvas*  
*2 onions*  
*4 green peppers*  
*¼ lb. stale dark bread*  
*salt to taste*

Fry diced pork in salt pork on both sides. Transfer into sauté-pot. Pour over vinegar or beet kvas. Add chopped onion and green pepper. Sprinkle with salt and stew for 30 min. until half-ready. Add grated stale dark bread and stew 30-40 min. more until set.

***STEWED PORK ZHYTOMYR-STYLE***

**СВИНИНА ЖИТОМИРСЬКА**

*2 lbs. pork*  
*3 T. butter*  
*2-3 T. tomato paste*  
*1 c. mushrooms*  
*1 lb. potatoes*  
*1 carrot*  
*1 onion*  
*1 bay leaf*  
*salt and pepper to taste*

Cut pork into small pieces. Sprinkle with salt. Brown in butter on both sides. Stew 25-30 min. until half-done. Add tomato paste and stew for 30 min. more. Wash and cut up mushrooms. Cook in 2 c. water for 10 min. Set aside. Peel potatoes and carrot, cut up and brown in butter. Mix in chopped onion and season with salt and pepper. Place vegetables in stewing pot in layers alternated with pork. Add cooked mushrooms. Season with bay leaf. Pour over mushroom bouillon and stew for 10-15 min. more until ready.

***STEWED PIG WITH HORSERADISH***

**ВАРЕНИЙ ПОРОСЯ З ХРІНОМ**

*pig (2-3 lb.)  
½ lb. horseradish  
1 T. flour  
1 T. butter  
2 T. vinegar  
1 c. sour cream  
2 c. bouillon*

*For side dish:  
1 bunch fresh dill  
2 lb. potatoes  
½ c. sour cream  
salt and pepper to taste*

Clean and wash pig. Soak it in cold water for 2 hrs. Pat dry with towel and rub salt inside. Cook pig in unsalted water for 1½ hr. Remove pig and salt bouillon. Set it aside. Cut pig into pieces. Grate horseradish. Brown it slightly. Add pepper and vinegar and boil for 3-5 min. In pan slightly brown flour. Add pork bouillon and cook for 3-5 min. Add sour cream and simmer for 5 min. more. Combine with grated horseradish and cook for 10 min. Add butter. Serve horseradish gravy with pork. *For side dish*, serve boiled potatoes with sour cream mixed with finely chopped fresh dill.

***STEWED PIG WITH HORSERADISH  
ANOTHER WAY***

**ВАРЕНИЙ ПОРОСЯ З ХРІНОМ ПО-ІНШОМУ**

*1 lb. pork  
2 c. bouillon  
1 T. flour  
1 T. butter  
3 roots horseradish  
1 T. vinegar  
1 c. sour cream  
3 peppercorns  
salt and pepper to taste*

Place prepared pork in a pot. Add cold water, bring to boil and cook for 1 hr. Salt the bouillon. Cool cooked pig in it, remove and slice. *For gravy:* Grate horseradish, brown slightly in butter, add peppercorns and vinegar, bring to boil and simmer until liquid evaporates. Dissolve flour in bouillon, bring it to boil, add sour cream and salt, strain; combine with horseradish gravy, heat again and add butter. Serve with boiled potatoes.

**STUFFED BAKED PORK**  
**ФОРШОВАНИЙ ПОРОСЯ СМАЖЕННЯ**

*1 pig*  
*1 lb. veal*  
*1 onion*  
*1 carrot*  
*2 T. butter*  
*¼ lb. bread*  
*2 eggs*  
*½ bud garlic*  
*1 bundle parsley*  
*1 c. mayonnaise*  
*salt and pepper to taste*

Slit prepared pig along breast bone. Wash it. Remove all bones except those of head and legs. Rub pig inside and outside with salt and 3 cloves of crushed garlic. Let stand at room temperature for 30 min. Remove veins, membrane and arteries from pork's heart, liver, kidney and lungs. Wash them well (especially kidney; best if soaked for 2 hrs.). Cook in salted water. Set aside and cut in small pieces when cool. Combine with washed and cut up veal; add cut up onion and carrot. Grind twice in meat grinder. Add bread soaked in milk and egg yolks stirred with butter. Sprinkle with salt and pepper. Moisten the mixture with bouillon. Fold in whipped egg whites. Mix well and stuff pig. Sew up with thread and place in roaster on rack with legs pushed back. Cover ears and tail with aluminum foil. Roast in 450° oven for 1½-2 hrs. When pig turns a light pink color, add 1 c. bouillon and baste every 15 min. with meat juice. Remove from oven; pull out threads and remove foil. Transfer to serving dish. Serve with mayonnaise and chopped parsley.

***PORK FILLET STEWED WITH PLUMS***

**СВИНИНА ТУШКОВАНА З СЛИВАМИ**

*2 lbs. pork fillet  
4 T. salt pork  
1½ T. vinegar  
3 peppercorns  
2 bay leaves  
4 c. water  
½ lb. plums, pitted  
4 T. bread crumbs  
1 T. butter  
½ c. sugar  
2½ lbs. potatoes  
salt and pepper to taste*

Wash pork fillet. Sprinkle with salt. Brown in hot salt pork drippings until it turns a brownish-pink color on both sides. Transfer to stew pot. Add vinegar, peppercorns and bay leaves. Cover with water and simmer covered on low heat for 1½ hr. Cook washed and pitted plums. Process them and mix with bread crumbs browned in butter. Combine pitted plums with sugar and add drippings in which meat was stewed. Cook fruit sauce for 5 min. Bring to boil once more. Cube meat before serving and pour over plum sauce. Serve with fried potatoes.

***PORK STEWED WITH POTATOES***

**ПОРОСЯ ТУШКОВАНЕ З КАРТОПЛЕЮ**

*2 lbs. pork  
2 T. salt pork  
2 T. flour  
2 chopped onions  
3 c. pork bouillon  
2 lbs. potatoes  
2 black peppercorns  
2 bay leaves  
1 T. chopped green parsley  
salt and pepper to taste*

Lightly brown salt pork in a frying pan. Add cubed pork, salt and fry with onion. Set aside half of onions, and transfer meat to stew pot. In frying pan brown flour in fat, add half of bouillon and bring to boil. Pour over meat in stew pot. Stew for 30-40 min. Add bay leaves, salt and pepper. Stew 15 min. more. Cut potatoes in cubes in another pan. Add browned onions, bay leaves, salt and pepper and rest of the bouillon. Simmer for 15-20 min. To serve place pork slices over potatoes. Pour over sauce from stewed pork and sprinkle with parsley.

**MINCED BEEF CUTLETS**

**ЯЛОВИЧНІ СІЧЕНИКИ**

*2 lbs. beef*

*3 onions*

*6 T. lard*

*6 eggs*

*3 T. crumbs*

*salt and pepper to taste*

Pass meat through meat grinder. Peel onions. Cut into thin slices. Brown lightly in lard. Whip together raw eggs and pour over onions, cook till firm, constantly stirring. After chilling scrambled eggs, combine with meat. Mix well. Sprinkle with salt and pepper. Process through meat grinder. Form round or long patties about 1 inch thick. Roll in crumbs. Brown in hot lard on both sides. Transfer browned patties to baking pan. Add 2 T. of pan drippings, 2 T. of water. Bake covered in 325° oven for 12-15 min. Serve *setcheniki* with mashed potatoes sprinkled with finely chopped dill.

***MINCED BEEF CUTLETS STUFFED WITH  
HORSERADISH***

**ЯЛОВИЧНІ СІЧЕНИКИ ФАРШОВАНЕ ХРІНОМ**

*1 lb. beef  
2 pieces white bread  
½ c. milk  
2 onions  
4 T. butter  
2 horseradish roots  
2 c. sour cream  
3 T. crumbs  
salt and pepper to taste  
1 lb. potatoes*

Wash meat and cut into small pieces. Pass through meat grinder. Soak white bread in milk. Combine with meat. Finely cut and brown onion in butter. Add to mixture. Sprinkle with salt. Pass through meat grinder once more. Moisten hands. Make oval meat patties. Grate horseradish. Brown it in butter. Add 3 T. sour cream and mix well, and spoon in hollows in meat patties. Dredge in crumbs. Fry in butter until brown on both sides. Transfer to baking pan. Pour over rest of sour cream. Bake in 350° oven for 25-30 min. Serve cutlets and sour cream gravy with mashed potatoes.

**COUNTRY-STYLE MEATBALLS**

**ЯЛОВИЧНІ БІТКИ СЕЛЯНСЬКІ**

*2 lbs. beef*

*4 onions*

*2 T. bread crumbs*

*½ c. butter*

*¼ lb. dried mushrooms or*

*1½ lb. fresh mushrooms*

Detach beef from bones, removing films and sinews. Wash, and grind meat. Mix with 2 peeled and finely chopped onions, and breadcrumbs. Sprinkle with salt and pepper. Mix ground meat well. Roll meat between palms forming 2 inch meatballs. Flatten "bitki" and dredge in flour. Brown on both sides in butter. Wash and soak dried mushrooms in cold water. Cook them in the same water for 30 min. until tender. Set aside. Drain mushrooms and save bouillon. Brown cooked mushrooms or fresh mushrooms and chopped onion in butter. Chop 1 more onion. Place it in sauté-pot. Cover it with half of cooked and fried mushrooms. Place browned bitki on top. Then place the other fried onion and remaining portion of fried mushrooms on bitki. Pour over with mushroom bouillon and sauté covered for 10-15 min. For side-dish prepare potatoes sautéed in mushroom bouillon with tomato-paste and butter.

**UKRAINIAN-STYLE PORK CHOPS**

**БИТКИ ПО-УКРАЇНСЬКОМУ З СВИНИНИ**

*2 lbs. pork*  
*½ lb. salt pork*  
*4 onions*  
*3 c. bouillon*  
*¾ lb. rye bread*  
*1 garlic bud*  
*4 T. butter or lard*  
*1 bunch parsley*  
*salt and pepper to taste*  
*2 lbs. potatoes*

Cut prepared pork 1 inch thick. Pound to tenderize. Sprinkle with salt and pepper. Brown meat in salt pork. Chop and brown onion in butter. Place salt pork on the bottom of stew pan. Transfer browned pieces of pork to stew pan. Cover with browned onions. Pour over bouillon. Stew until done. Season with finely chopped garlic. Brown slices of rye bread in butter and transfer to serving plates. Place on each a slice of pork. Pour over drippings from stew pan. Sprinkle with chopped parsley. Serve with fried potatoes and pickles.

**MEAT LOAF WITH SOUR CREAM**  
**МЕЛЕНЕ ЯЛОВИЧНЕ М'ЯСО З СМЕТАНОЮ**

*2 lbs. beef*  
*2 onions*  
*½ lb. salt pork*  
*2 T. flour*  
*6 T. sour cream*  
*2 c. water or bouillon*  
*salt to taste*

Pass prepared meat through meat grinder. Lightly fry cut salt pork with onion. Add ground meat. Brown this mixture. Add flour. Mix well. Pour over water or bouillon. Bring to boil. Simmer covered for 10-15 min. Transfer to serving dish. Season with sour cream and salt. Dress with mashed potatoes.

**MINCED BEEF CUTLETS POLTAVA-STYLE**  
**ЯЛОВИЧНІ СЧЕНИКИ ПОЛТАВСЬКІЕ**

*1½ lbs. beef*  
*½ c. salt pork*  
*1 clove garlic*  
*2 T. bread crumbs*  
*4 T. butter*  
*2 lbs. potatoes*  
*salt and pepper to taste*

Wash meat and pass through meat grinder two times. Add chopped salt pork and garlic. Season with salt and pepper. Mix well. Add 2 T. water. Moisten hands and make oval cutlets. Roll them in crumbs. Fry in salt pork or butter until done. Serve with fried potatoes.

**MEAT LOAF WITH CARROT AND SOUR CREAM**

МЕЛЕНЕ ЯЛОВИЧНЕ М'ЯСО З МОРКВОЮ ТА ПІД  
СМЕТАНОЮ

*2 lbs. beef  
2 onions  
2 carrots  
4 T. butter  
2 T. flour  
4 T. tomato paste  
2 c. water or bouillon  
½ c. sour cream  
salt to taste*

Pass meat through meat grinder. Set aside. Wash and peel carrots and onions. Cut them into thin slices. Brown in pan with butter. Add ground meat. Sprinkle with flour. Mix well. Pour over bouillon. Add tomato paste and salt. Sauté until ready. Serve with sour cream.

**MINCED BEEF CUTLETS ANOTHER WAY**

ЯЛОВИЧНІ СІЧЕНИКИ ПО-ІНШОМУ

*2 lbs. beef  
½ c. lard or salt pork  
4 T. milk or water  
2 T. pork fat  
2 T. butter  
salt and pepper to taste  
parsley or dill*

Grind meat with salt pork. Add salt, pepper and water or milk. Mix well. Make round cutlets 1 inch thick. Fry them in pan greased with pork fat until brown on both sides. Pour over melted butter. Sprinkle with finely chopped parsley or dill. Serve with fried potatoes.

**BEEF SAUSAGE TCHERKASSY-STYLE**  
**ЯЛОВИЧНА КОВБАСА ЧЕРКАСЬКА**

*1 lb. beef*  
*2 onions*  
*1 bud garlic, chopped*  
*2 T. oil or fat*  
*1 T. milk or water*  
*1½ c. sour cream*  
*1½ c. tomato sauce*  
*2 lbs. potatoes*  
*3 T. butter*  
*salt and pepper to taste*

Grind beef twice. Sprinkle with salt and pepper. Add browned onions and garlic. Pour over milk or water. Mix well and form into sausages 5-6 inches long and 1 inch thick. Transfer to pan. Fry until brown on both sides. Pour over sour cream and tomato sauce (see *Sauces & Gravies*). Bring to boiling. Serve with fried potatoes.

**PEPPERS STUFFED WITH MEAT AND RICE**

**ПЕРЕЦЬ ФАРШОВАНИЙ М'ЯСОМ ТА РИСОМ**

*10 T. rice*

*2 lbs. beef*

*4 onions*

*6 T. butter*

*3 lbs. green peppers*

*2 c. water*

*3 tomatoes*

*parsley, salt and pepper to taste*

*For gravy:*

*4 T. flour*

*4 c. bouillon*

*4 T. butter*

*1 c. sour cream*

*4 T. tomato paste*

*parsley*

*salt to taste*

Wash and cook rice for 7-10 min. Grind meat. Add chopped onions browned in butter. Combine with cooked rice. Sprinkle with salt and black pepper. Mix well for stuffing. Wash green peppers. Cut off their tops. Set them aside. Take out seeds and membranes. Cover with boiling water and let sit for 10 min. Drain them, stuff them with meat and rice. Close with their tops. Place upright next to each other in a baking dish, separating peppers from each other with tomato slices. *For gravy:* slightly brown flour. Add bouillon, sour cream and browned tomato paste. Sprinkle with salt. Mix well. Bring to boil and strain. Cover peppers with half the sauce. Bake peppers in 350° oven for 50 min. Serve with the rest of hot gravy sprinkled with thinly cut up parsley.

**BEEF AND PORK CUTLETS STUFFED  
WITH BUCKWHEAT KASHA**

**М'ЯСНІ СЧЕНИКИ З ГРЕЧАНОЮ КАШЕЮ**

*1 c. buckwheat  
1 egg  
2 c. water  
4 T. lard or smaltz  
1 lb. beef  
1 lb. pork  
1 c. milk  
3 pieces wheat bread  
4 T. butter  
2 onions  
salt and pepper to taste*

*For gravy:  
1 c. sour cream  
2 T. flour  
3 c. meat bouillon  
salt to taste*

Brown buckwheat with one egg stirring constantly. Transfer to pot with hot water, add half the lard and cook for 7-10 min. Set aside. Cut and beef and pork into small pieces. Grind them. Soak bread in milk and drain excess. Stir it into ground meat. Sprinkle with salt and pepper. Grind the mixture in meat grinder once more. Add rest of lard and grated onion. Mix well. Form meat into oval patties. Make hollows in the center of each for 1 T. of buckwheat kasha. Reform meat patties and brown in butter. Combine ingredients for gravy, pour over, and sauté for 15-20 min. (See recipe for gravy in *Sauces & Gravy*). Serve with boiled potatoes with melted butter.

## ***MEATBALLS SAUTÉED IN TOMATOES***

**ЯЛОВИЧНІ М'ЯСНІ ЧАВРИКИ У ТОМАТІ**

*1 lb. beef*

*1 egg*

*4 pieces wheat bread*

*5 t. milk or water*

*1 oz. leek or 1 onion*

*2 T. flour*

*1 T. tomato paste*

*2 T. lard (for frying)*

*1 c. bouillon*

*1 bay leaf*

*salt and pepper to taste*

Grind meat in meat grinder. Add raw egg and bread soaked in milk. Stir well. Add thinly cut and slightly browned leek or onion. Mix thoroughly. Moisten hand and roll meat between palms into meatballs 1½ inches in diameter. Dredge in flour. Brown in lard until a light brown color. Transfer meatballs to pot. Add tomato paste and bouillon. Sprinkle with salt and pepper. Bake in 325° oven for 20 minutes. Add bay leaf and cook for 5 more min. Transfer to serving plate with sauce. Serve with buckwheat kasha or mashed potatoes.

**POTATO CAKES WITH MEAT**  
**КАРТОПЛЯНИКИ З ЯЛОВИЧНИМ М'ЯСОМ**

*1 lb. beef*  
*2 lbs. potatoes*  
*1 egg*  
*3 T. butter*  
*¼ c. cream*  
*2 T. flour*  
*1 onion*  
*3 T. olive oil*  
*1½ c. mushroom sauce or 1 c. sour cream*  
*salt and pepper to taste*

Cook meat, wash, peel and boil potatoes. Grind boiled potatoes. Add raw egg, cream, melted butter, flour, salt and pepper. Mix well. Set aside. When meat is done, pass through meat grinder. Brown onion in butter. Mix it with meat. Pat out potato dough 1 inch thick and cut into 2-inch circles. Place into the center of each 1T. prepared ground meat. Shape into cakes. Fry in oil until brown on both sides. Serve with sour cream or mushroom sauce (see "Sauces").

***STUFFED TOMATOES***

**ТОМАТИ ФАРШОВАНІ**

*10 tomatoes*

*1½ lb. beef*

*1 onion*

*2 T. rice, cooked*

*2 T. butter*

*1 T. bread crumbs*

*salt and pepper to taste*

*For gravy:*

*1 c. sour cream*

*2 T. flour, browned*

*2 T. butter*

*1 /2 c. tomato paste*

*salt and pepper to taste*

Wash tomatoes. Slice off tops and set aside. Scoop out most of the pulp, and use for tomato sauce. Season prepared tomatoes with salt and pepper. Grind meat and add chopped and browned onion and rice. Season mixture with salt and pepper. Fill tomatoes with prepared stuffing. Close with tops and dredge in bread crumbs. Place on a generously greased baking sheet. Bake in 375° oven for 30-40 min. Serve with sauce made of sour cream mixed with flour browned in butter, tomato paste and pulp.

## ***STUFFED CABBAGE***

### **КАПУСТЯНІ ГОЛУБЦІ**

*1½ lb. cabbage head*  
*1½ lbs. beef, cooked*  
*4 T. rice*  
*2 onions*  
*3 T. butter*  
*salt and pepper to taste*

*For gravy:*  
*2½ c. bouillon*  
*1 T. butter*  
*1 T. flour, browned*  
*½ c. sour cream*

Remove outer leaves from head of cabbage. Wash them. Remove stem. Place cabbage in salted boiling water and simmer for 15 min. until half tender. Drain and set aside for 3-5 min. Separate leaves. Cut off thick parts. Sprinkle the leaves with salt and set aside. Grind meat. Cook rice for 5-7 min. until half done. Chop and brown onion in butter and combine it with rice. Season with pepper and salt. Mix well. Fill leaves with mixture. Fold in ends and roll up in rectangular packages. Transfer to baking pan. Combine gravy ingredients and pour over cabbage rolls. Bake in 375° oven for 1 hr.

***ROLLED VEAL IN JELLY (ZAVIVANETS)***  
**ТЕЛЯЗВО**

*2 lbs. veal leg  
1/3 lb. liver  
5 pieces wheat bread  
1 c. milk  
1 egg plus 2 egg whites  
4 eggs, hard boiled  
4 T. butter  
2 carrots  
1 onion  
½ root parsley  
1 oz. gelatin (per 2 c. veal bouillon)  
salt and pepper to taste  
1 bay leaf*

Make long cut on veal leg. Detach bones and break them in small pieces. Scoop marrow out and chop up. Chop up liver as well. Set veal aside. Soak bread in milk. Combine it with chopped marrow and liver. Grind prepared mixture twice. Add 1 raw egg and melted butter. Sprinkle with pepper and salt. Cover gammon of veal thickly with stuffing. Place hard-boiled egg halves on top of stuffing. Tightly roll up meat and bind it with string. Put bones in pot and place meat on top of them. Add chopped carrot, onion and parsley. Sprinkle with salt and pepper. Cover with water and simmer covered on low heat for 1½ hrs. Add bay leaf. Cook for 20 min. more. Set aside for 5-7 min. Transfer cooked roll-up to board. Dissolve gelatin in warm bouillon. Add egg whites and mix well. Bring to boil. Remove from heat and set pan in cold water or refrigerator for 10-15 min. Cut meat thinly and arrange on plate. Decorate with bits of carrot, egg, parsley, etc. Pour over cooled jelly and refrigerate for 5-6 hours.

**VEAL ROLLS**  
**ТЕЛЯЧІ КРАПЛЕНИКИ**

*1 lb. veal*  
*1 onion*  
*2 T. butter or lard*  
*¼ c. rice*  
*2 eggs*  
*½ c. flour*  
*1 c. sour cream*  
*½ c. bouillon*  
*mushrooms*  
*salt and pepper to taste*

*For stuffing:*  
*1 onion*  
*1 T. butter*  
*salt and pepper to taste*

Cut veal into thin slices. Pound them until very thin. Sprinkle with salt and pepper. Brown finely chopped onion in butter. Cook rice for 10-12 min. Mix cooked rice with browned onions. Boil eggs and chop them. Combine chopped hard boiled eggs with prepared stuffing. Season with salt and pepper. Divide the stuffing between the pieces of veal. Roll up and bind with strings. Sprinkle with flour. Brown on two sides in lard or butter. Transfer to sauté pot. Combine bouillon and sour cream, and pour over. Season with pepper and sauté for 40 min. until tender. Chop mushrooms and place in separate pot containing 1 c. water. Sprinkle with salt and simmer covered for 10-15 min. Serve veal with sautéed mushrooms.

**VEAL WITH VEGETABLES**

**ОВОЧЕВЕ ТЕЛЯЗВО**

*2 lbs. veal breast, neck or shoulder*

*4 T. lard or butter*

*2 c. bouillon*

*3 carrots*

*2 roots parsley*

*1 onion*

*1½ lbs. potatoes*

*1 T. flour*

*1 c. sour cream*

*salt and pepper to taste*

*parsley or dill*

Cut veal into small pieces and sprinkle with salt and pepper. Fry in lard or butter. When brown, pour over bouillon and simmer for 30 min. until half ready. Cut up and fry parsley root, potatoes, carrots and onions. Add salt and pepper. Add fried vegetables and sour cream stewed with flour to meat. Sauté 20-25 min. more until tender. Garnish with a little chopped parsley and/or dill.

**VEAL WITH VEGETABLES  
ANOTHER WAY**

ОВОЧЕВЕ ТЯЛЯЗВО ПО-ІНШОМУ

*2 lbs. veal breast*

*4 T. butter*

*3 onions*

*1½ lbs. potatoes*

*2 lbs. tomatoes*

*salt and pepper to taste*

Wash veal breast. Place in baking pan. Sprinkle with salt. Dot with butter. Bake in 375° oven for 30 min. Peel and dice potatoes and onions. Brown separately in butter. Combine and season with salt and pepper. Cut up roasted meat and place in stewing pot under browned potatoes and onions. Add washed and cut up fresh tomatoes. Pour over meat drippings from roasting pan. Bake in 375° oven for 15 more min.

**LAMB STEWED WITH PRUNES**

**ЯГНЯ ТУШКОВАНИЙ ЗІ СЛИВАМИ**

*2 lbs. lamb  
1 onion  
¼ c. flour  
3 T. tomato paste  
2 T. butter  
½ lb. prunes  
½ T. sugar  
1 T. vinegar  
4 c. meat bouillon  
10 sweet cloves  
1 pinch of cinnamon  
dill, salt and pepper to taste*

Cut lamb into small pieces. Sprinkle with salt. Fry in butter. Set aside. Brown finely chopped onion in butter. Stir in flour, tomato paste and 3 T. bouillon. Brown for 3-5 min. Return browned lamb to pot. Pour in 2 c. bouillon and stew 20-30 min. Add the rest of bouillon, as well as vinegar and fresh prunes. Season with cinnamon and sweet cloves. Stew for another 15-20 min. Sprinkle with chopped dill and serve.

## **COOKED LAMB WITH TOMATO SAUCE**

ВАРЕНАЯ ЯГНЯ З ТОМАТНОЇ ПІДЛИВОЮ

*2 lbs. lamb breast or shoulder*

*1 carrot*

*1 parsley root*

*1 T. butter*

*2 onions*

*1 garlic bud*

*2 c. tomato sauce*

*salt and pepper*

*1 bay leaf*

Roast lamb for 1½ hours. Add peeled, washed and thickly cut carrots, parsley, onions, salt, pepper and bay leaves. Continue roasting for 30-45 min. more until meat is tender. (Do not overcook as meat loses its flavor.) Remove cooked meat, cut off bones and into pieces. Combine onion browned in butter and grated garlic stirred in salt to tomato sauce; pour over meat and stew for 10 min. Serve with boiled potatoes or buckwheat kasha as side dish.

**LEG OF LAMB BAKED WITH KIDNEY BEANS**

**ЯГНЯ ПЕЧЕНЕ З КВАСОЛЕЮ**

*1 c. white kidney beans  
2 lbs. leg of lamb  
2 onions  
salt and pepper to taste*

Wash beans. Soak in cold water for 1 hr. Cook for 30 min. Mash and set aside. Wash lamb leg. Detach bones. Roast in 350° oven for 10-15 min. When it gives juice, sprinkle with salt and pepper. Continue roasting for 1-1½ hr. Peel and slice onions. Add onion rings to one side of baking lamb, and place cooked beans on the other. Roast for 15-20 min. more, basting with lamb juice and fat. Transfer to serving plate. Pour over juice from lamb and serve.

**LAMB BAKED WITH KIDNEY BEANS  
ANOTHER WAY**

**ЯГНЯ З КВАСОЛЕЮ ПО-ІНШОМУ**

*1½ lbs. lamb  
2 T. fat  
1 c. kidney beans, cooked  
½ c. sour cream  
½ c. tomato paste sauce  
2 T. bread crumbs  
salt, sugar and pepper to taste*

Wash lamb and sprinkle with salt and pepper. Brown on two sides in hot fat. Cut into pieces. Place in a deep skillet, well-greased with butter. Surround with cooked beans. Pour over sour cream and tomato paste sauce. Add sugar. Sprinkle with crumbs and dot with butter. Bake in covered skillet in 325° oven for 40-50 min. Serve with green salad.

**LAMB STEWED WITH BEANS**  
**ЯГНЯ ТУШКОВАНИЙ З КВАСОЛЕЮ**

*1 c. kidney beans*  
*2 onions*  
*½ c. tomato paste*  
*2 T. salt pork or butter*  
*¼ c. lard*  
*2 lbs. lamb*  
*½ bud garlic*  
*1 T. flour*  
*salt and pepper to taste*  
*1 parsley root for garnish*

Wash and soak beans in cold water. Cook for 30-40 min. Drain, reserving water. Brown peeled and thinly cut onion with butter. Add tomato paste. Brown for 4-5 minutes. Combine with water sieved from beans (1½ c.). Bring to boil. Add cooked beans. Sprinkle with salt. Bring back to boil and set aside. Wash lamb. Cut it into pieces. Remove bones and brown them in lard. Place in pot. Add 2 cups of water and sprinkle with salt. Bring to boil and simmer for 30 min. Rub pieces of lamb with crushed garlic. Stuff them with lard. Sprinkle with salt. Brown in salt pork or butter until light-brown crust is formed. Transfer to stewing pot. Pour over bouillon made of lamb bones to cover meat. Add lard and stew for 50-60 min. *For gravy*: lightly brown flour in butter. Add 1 c. bouillon, and salt and pepper. Simmer for 3-5 min. and strain. Pour gravy over meat. Bring it to boil. Drain cooked beans and add to meat and gravy; simmer and warm for 5 min. Serve lamb, cut up into small pieces, with cooked beans with gravy and thinly cut parsley.

***STEWED LAMB RIBS***  
**ЯГНЯЧА ТУШКОВАНА ГРУДИНА**

*1 ½ lbs. breast of lamb*  
*2 T. salt pork*  
*2 onions*  
*3 carrots*  
*1 root parsley*  
*1 root celery*  
*3 cloves of garlic*  
*1 T. flour*  
*1 T. butter*  
*2 c. bouillon*  
*1 bay leaf*  
*salt and pepper to taste*

Wash and cut lamb breast into pieces. Sprinkle with salt, pepper and flour. Brown on both sides in salt pork. Peel and cut up onions, carrots, parsley, garlic and celery. Sprinkle with salt and pepper. Add bay leaf. Mix and place in stew pot with browned lamb. Pour bouillon over to cover. Stew covered for about 1 hr. Serve with fried potatoes.

## **LAMB SAUTÉED WITH PLUMS**

**ЧВАНЕЦЬ ЯГНЯЧИЙ НАПІВТУШКОВАНИЙ ЗІ СЛИВАМИ**

*1 c. kidney beans  
3-4 T. butter  
2 onions  
2 T. tomato paste  
2 lbs. lamb  
1 T. flour  
2/3 lb. plums  
10 cloves  
½ t. cinnamon  
2-3 bay leaves  
1 T. vinegar  
3½ c. bouillon  
salt to taste  
1 T. sugar*

Soak beans in cold water. Cook for 20-30 min. Drain water and save. Brown one peeled and thinly cut onion in butter. Add half tomato paste. Fry for 4-5 minutes. Add water sieved from beans (1½ c.) and bring to boil, then add cooked beans, sprinkle with salt and warm up. Set aside. Wash and thinly slice lamb. Remove bones and brown them in butter. Transfer to pot. Add 2 cups of water. Sprinkle lamb slices with salt. Bring to boil and simmer for 30 min. Set aside. Sprinkle with salt. Fry in butter until golden on both sides. Transfer to stewing pot. Finely cut second onion and brown in butter. Add tomato paste and simmer for 3-5 min. Pour it over browned meat pieces. Add 2 c. bouillon made of fried bones. Stew for 30 min. Add washed and pitted plums. Dissolve browned flour in bouillon and pour over meat. Stew lamb for 50-60 min. adding the rest of bouillon when it is needed. Season with bay leaf, cinnamon, cloves and vinegar. Sprinkle with salt and sugar. Stew for 10-15 min. more. Arrange meat on platter with beans, stewed plums and gravy.

**LAMB BAKED WITH VEGETABLES**

**ЧВАНЕЦЬ ЯГНЯЧИЙ ЗАПЕЧЕНЕ З ОВОЧАМИ  
ЯГНЯЧЕ РАГУ**

*1½ lbs. lamb*

*2 T. salt pork or butter*

*3 T. tomato paste*

*1 T. flour*

*2 c. bouillon (or water)*

*7 potatoes*

*2 carrots*

*2 onions*

*1 parsley root*

*salt and pepper to taste*

Wash lamb ribs (meat of neck or shoulders also can be used). Chop them up with bones into small pieces. Season with salt and pepper. Fry in hot salt pork. Transfer fried meat into stew pot and add tomato paste and slightly browned flour dissolved in bouillon. Stew for 50-60 min. until tender. Add fried potatoes cut in wedges, carrots, onions and parsley root. Mix well and bake in a covered pot in 350° oven for 25-35 min.

**SAUTÉED LAMB WITH TOMATOES**  
**ЯГНЯ ТУШКОБАНЕ З ТОМАТАМИ**

*1½ lbs. lamb*  
*2 T. salt pork or butter*  
*2 onions*  
*3 T. tomato paste*  
*2 cloves garlic*  
*1 T. flour*  
*2 T. bouillon*  
*2 bay leaves*  
*salt and pepper to taste*

Wash ribs, neck or shoulder-blade of lamb. Cut up with bones into pieces. Sprinkle with salt and pepper. Fry in hot salt pork or butter. Shortly before it is ready, add slightly fried chopped onions and tomato paste. Sprinkle with rubbed garlic. Pour over water and stew. When it is almost ready, add browned flour, dissolved with bouillon. Season with pepper and bay leaves. Serve with mashed potatoes and gravy from stew.

**LAMB COOKED WITH MILLET**  
**ЯГНЯ ВАРЕНЕ З ПРОСОМ**

*1 lb. lamb*  
*1 onion*  
*1 c. millet*  
*2 oz. lard*  
*3 scallions*  
*1 T. parsley*  
*salt to taste*

Cut prepared lamb leg or shoulder-blade into small pieces approx. 1-2 oz. each. Cover with water and cook with onion for 40 min. until half-ready. Add millet and continue cooking until lamb and millet are tender. Add lard and season with chopped scallion and parsley.

***LAMB RIBS BAKED WITH RICE***

**ЯГНЯЧІ РЕБРА ЗАПЕЧЕНІ З РИСОМ**

*2½ lbs. lamb ribs*

*4 c. water*

*2 onions*

*1 carrot*

*1 parsley root*

*3 peppercorns*

*2 bay leaves*

*1 c. rice*

*2 c. bouillon*

*3 T. butter*

*2 cloves of garlic*

*sugar, salt and pepper to taste*

Wash and cook ribs for 50 min. in water, adding cut up onions, carrot and parsley root; season with peppercorns and bay leaf. Remove lamb ribs from bouillon. Detach meat from bones and dice into small pieces. Mix with washed rice in casserole. Add 2 c. bouillon, butter, sugar and salt. Bring to boil. Transfer into 350° oven, cover and bake for 40 min. Serve with gravy made of browned flour, lamb bouillon, and seasoned with garlic.

**MINCED LAMB CUTLETS**

**ЯГНЯЧІ СІЧЕНИКИ**

*1½ lbs. lamb  
¼ lb. wheat bread  
½ c. bouillon or water  
2 egg yolks & 2 eggs  
2 cloves of garlic  
4 T. bread crumbs  
2-3 T. salt pork or other fat  
salt and pepper to taste*

Cut up prepared lamb. Grind it. Add stale wheat bread soaked in bouillon or water. Grind together once again. Season with crushed garlic mixed with salt, pepper, and raw egg yolks. Mix everything well. Form cutlets. Dip into beaten eggs. Roll in bread crumbs. Fry in fat. Serve *sitcheniki* with fat in which they were fried with mashed potatoes.

**PEPPER WITH LAMB STUFFING**  
**ПЕРЕЦЬ ФАРШОВАНИЙ ЯГНЯЧИМ ШКРЯБОМ**

*4 T. rice*  
*1 lb. green peppers*  
*2/3 lb. lamb*  
*1 onion*  
*1 c. bouillon*  
*1-2 T. butter*  
*1½ c. sour cream sauce*  
*2 T. chopped onion*  
*salt and pepper to taste*

Wash and parboil rice 15 min. Drain and set aside. Wash green peppers. Clean out insides. Place in salted boiling water for 2-3 min. Drain. Grind lamb twice. Add minced onion, salt, pepper and rice and mix everything together. Stuff peppers with lamb stuffing. Place in greased casserole. Pour over bouillon and bake in oven or on stove for 50-60 min. Combine sour cream and chopped onion and pour over peppers. Heat through. Serve hot.



## POULTRY DISHES



### *YOUNG CHICKEN STUFFED WITH MUSHROOMS AND RICE*

КУРЧА ФАРШОВАНА ГРИБАМИ ТА РИСОМ

*1¼ lb. dried mushrooms*

*2 eggs*

*3½ T. butter*

*1 bunch parsley*

*¾ c. rice*

*salt and pepper to taste*

*2 lb. chicken*

*2 T. oil*

For stuffing: Thinly slice cooked mushrooms. (Soak mushrooms for 1 hr., then cook in the same water for 25-30 min.). Sprinkle sliced mushrooms with salt and pepper. Add butter, raw eggs and parsley. Cook rice in mushroom bouillon until ready and mix with prepared mushrooms.

Gut, wash and salt chicken. Fill it with stuffing made of mushrooms and rice; place in casserole; add salt, oil and bake in 325° oven for 30-40 min. until tender. While baking, baste chicken every 5-6 min. with oil and juices. When serving, drizzle chicken with melted butter and sprinkle with thinly cut parsley.

**CHICKEN JELLY**  
**КУРЯЧА ГОРОПКА**

*1 medium chicken*  
*6 c. water*  
*1 onion*  
*1 carrot*  
*2 peppercorns*  
*1 bay leaf*  
*3 eggs, boiled*  
*½ t. gelatin*  
*salt to taste*

Cut up prepared chicken; place in a pot; cover with water and cook for 2 hrs. Add cut up onion, carrot, bay leaf, peppercorns and salt. Simmer for 15 more min. Cut chicken into small pieces, place on a serving dish and decorate with sliced boiled eggs and pieces of boiled carrots. Pour over bouillon mixed with gelatin and refrigerate for 12 hrs.

**CHICKEN PANCAKES**  
**КУРЯЧІ МЛИНЦІ**

*1½ lbs. chicken*  
*½ lb. stale bread*  
*2 c. milk*  
*2 eggs*  
*3 T. butter*  
*salt to taste*

Remove meat from chicken breast and legs; add bread soaked in milk; pass through meat grinder. Add egg yolks and salt dissolved in milk; stir well and add beaten egg whites. Fry by spoonfuls in butter to a golden brown on both sides.

**CHICKEN PIES WITH MUSHROOM  
STUFFING**

КУРЯЧІ СОЛОНІ ТІСТЕЧКА З ГРИБАМИ

*1½ lbs. chicken*

*2-3 oz. stale bread*

*¾ c. milk*

*1 egg*

*½ c. bread crumbs*

*3 T. butter*

*¼ lb. champignons or other mushrooms*

*2 T. sour cream*

*salt to taste*

Grind chicken with stale bread soaked in milk. Add egg, salt, mix well and make small oval patties. *Prepare filling:* wash champignons. Cut them finely and sauté for 10-12 min. Add sour cream and salt, sauté for 10 more min., checking occasionally to see if the filling is thick. Cool, then place 1 t. mushrooms in the middle of each patty and cover with ground meat. Dredge in crumbs and brown on all sides in hot butter. Serve with green peas.

**CHICKEN STEWED WITH DUMPLINGS**

**КОГУТИ ТРАДИЦІЙНІ**

*1 lb. chicken breasts*

*1 onion*

*1 carrot*

*3 T. butter*

*1 lb. flour*

*1 egg*

*4 c. water*

*salt to taste*

Clean and wash chicken breasts. Cut into small pieces, salt and fry in butter until golden on both sides. Place in a sauté pot, add finely chopped onion and carrot cut in cubes; add water or bouillon and stew 1 hr. or so until tender. In bowl, stir egg and enough water into flour to form a stiff batter. Roll out 3/16 in. thick, cut into little squares, and cook covered for 10 min. in slightly salt boiling water or bouillon. Drain dumplings; rinse with hot water, place in with stewed chicken; season with butter and bake in 325° oven for 15 min.

***TURKEY ROLL-UPS***

**ЗАВИВНЕЦЬ ІНДИКОВИЙ**

*5 lbs. turkey*

*1¾ lb. bread*

*2 c. milk*

*12 dried mushrooms (or 2 lb. champignons)*

*4 eggs*

*3 carrots*

*2 parsley roots*

*2 onions*

*4 c. bouillon*

*salt and pepper to taste*

Cut cleaned turkey in half; take off bones. Cook bones for 30 min. Add heart and gizzard and simmer 30-40 more min. Fry liver with onion in butter. Soak bread in milk. Place turkey halves skin down, remove all meat from wings and legs, keeping skin in 2 pieces. Combine meat with bread soaked in milk and browned onion; mix well; grind in meat grinder, then stir well; add fresh eggs, salt, pepper; mix again and moisten in a small amount of bouillon. Spread the stuffing on the halves of the turkey-skin; roll them up; sew ends and tie with strong thread. Fry in butter to brown. Transfer to sauté pot; add cut carrots, parsley roots, reconstituted mushrooms, salt, and cover half way with bouillon. Bring to boil and simmer until turkey is done. Remove from bouillon, slice and serve with pan juices.

**GOOSE WITH APPLES**  
**ГУСКА З ЯБЛУКАМИ**

*1 goose*  
*2-3 lbs. apples*  
*1 bunch parsley*  
*salt to taste*

Clean, wash and salt goose; fill cavity with apple skins and cores, and bake in 350° oven for 2½ hrs., basting periodically until fork tender. When it is ready remove skins and cores; cut goose into pieces and serve with halves of apples baked separately in oven for 10-15 min. Season with finely chopped parsley and juice of goose.

**STUFFED GOOSE**  
**ГУСКА ФАРШОВАНА**

*1 goose*  
*¼ lb. stale bread*  
*1 c. milk*  
*2 eggs*  
*3 T. butter*  
*3 t. bread crumbs*  
*1 onion*  
*1 bunch parsley*  
*salt and pepper to taste*

Clean and wash goose, rub inside and outside with salt. Let stand at room temperature for 1 hr. Grind bread, soaked in milk, and goose liver; add egg yolks, butter, salt, pepper, sautéed onion, finely chopped parsley, bread crumbs, and beaten egg whites and mix well. Fill goose with stuffing, not more than ¾ full, and sew up. Bake in pre-heated 350° oven for 1-1½ hr., periodically basting with juice.

**STEWED DUCK**  
**КАЧКА БАРЕНА**

*1 duck*  
*2 carrots*  
*2 parsley roots*  
*2 onions*  
*1 c. sour cream*  
*3 T. butter*  
*bay leaf, salt and pepper to taste*

Cut up cleaned and washed duck; salt well. Fry in pan for 45-60 min. until golden pink on all sides. Sprinkle with flour and fry for 10 min. more. Place fried duck in sauté pot; pour over hot water, add drippings from pan in which duck was fried, bay leaf, pepper, thinly chopped carrot, parsley and onion and stew 30 min. more until tender. Salt and season with sour cream. Serve with fried potatoes.

**STUFFED ROAST DUCK WITH APPLES**  
**ФАРШОВАНА КАЧКА З ЯБЛУКАМИ**

*1 duck*  
*1 lb. apples, sour-sweet*  
*1 T. butter*  
*2 T. bread crumbs*  
*2 lbs. beets, boiled*  
*salt to taste*

Clean, wash and rub duck with salt inside and outside. Wash and dry apples (do not cut them) and fill inside of duck with them. Sew up and roast in 450° oven for 10 min., then reduce to 350°, periodically basting with the pan liquid until golden on both sides. When it is fork tender, brush with butter and dredge with bread crumbs. Return to oven for 10-15 minutes until crumbs brown. Take apples out of duck before serving, cut it into pieces and garnish duck with cut baked apples and grated boiled beet.

***ROAST DUCK WITH NOODLE AND MUSHROOM  
STUFFING***

**СМАЖЕНА КАЧКА З ЛАПШЕЮ ТА ГРИБАМИ**

*1 duck*

*3 T. butter*

*10 dried mushrooms or 1 lb. champignons*

*1 onion*

*½ lb. noodles*

*2 T. chopped fresh dill*

*2 eggs*

*2 c. mushroom bouillon*

*salt and pepper to taste*

Clean, wash and sprinkle duck with salt inside and outside. Cook mushrooms, chop them finely and fry for 10 min. with chopped onion. Cook noodles in mushroom bouillon, drain, add salt as well as 2 beaten egg yolks. Fold in 2 egg whites beaten to a froth. Season with pepper and finely chopped fresh dill. Mix ingredients well and stuff duck with them, not more than  $\frac{3}{4}$  full. Sew up, roast in 450° oven for 10 min., then reduce to 350° and periodically baste with the pan liquid until golden. Serve with mushroom gravy made of drippings from mushroom pan.



## FISH DISHES



### *JELLIED PIKE* ГОРОПКА З СУДАКА

*2½ lbs. pike, perch, or similar fish*  
*1 carrot*  
*1 root parsley*  
*1 onion*  
*2 bay leaves*  
*3-4 peppercorns*  
*2 T. gelatin*  
*1 c. bouillon*  
*5 boiled eggs*  
*4 tomatoes*  
*4 gherkins*  
*salt to taste*

Clean and scale pike trying not to damage skin. Remove eyes and gills. Wash well and place fish, with its belly side down, into a fish-poaching pot. Try not to bend fish. Cut up carrots, parsley and onion and mix with bay leaves, peppercorns and salt. Simmer in 7 c. water on low heat for 40 min. Set aside to cool. Remove fish and place it on a serving plate. Dissolve gelatin in a little bouillon, and then add it to the pot and bring it to boil. Add half the mashed hard-boiled egg whites to bouillon, stir well and bring to boil once again. Then add the rest of the egg whites and boil bouillon for 15 min. more to obtain a light color. Strain, cool and pour liquid over the pike. Refrigerate until set. Decorate with halves of tomatoes, boiled egg yolks and gherkins.

**JELLIED UKRAINIAN PIKE**  
**ГОРОПКА З СУДАКА УКРАЇНСЬКА**

*2½ lbs. pike, perch, or similar fish*  
*1 onion*  
*2 carrots*  
*1 root parsley*  
*1 celery stalk*  
*3-4 black peppercorns*  
*1 bay leaf*  
*1 c. bouillon*  
*1½ T. gelatin*  
*1 root horseradish*  
*1 bundle scallions*  
*salt to taste*

Cut up cleaned and filleted pike-perch into serving size portions and place them in a pot together with bones and fins. Add sliced onion, carrots, parsley and celery. Season with black peppercorns and bay leaf. Pour over 5 c. cold water, add salt and boil 30-40 min. on low heat. Transfer boiled fish to serving plate. Keep boiling bones and fins for 15 min. more. Strain bouillon. Add dissolved gelatin, grated horseradish and finely chopped onion. Pour over the fish on a serving plate. Cool and refrigerate for 5-6 hrs. until set.

***PIKE' ROULADE IN GELATIN***  
**РИБ'ЯЧИЙ ЗАВИВАНЧИК В ГОРОПКЕ**

*2 lbs. pike, perch, or similar fish*  
*1 ¼ lbs. white bread*  
*½ c. milk*  
*2 T. butter*  
*1 onion, chopped*  
*1 egg*  
*2 cloves garlic*  
*½ root parsley*  
*1 bunch green parsley*  
*2 carrots*  
*2 T. gelatin*  
*½ c warm water*  
*3 c. fish bouillon*  
*½ t. salt*

Clean and fillet pike-perch. Soak bread in milk. Brown onion in butter. Mix ingredients well, add egg, and grind in meat grinder. Add finely chopped garlic. Sprinkle with salt and pepper. Beat the mixture up and form into a roll. Wrap in cheesecloth. Tie in two or three places and at the two ends with a strong string. Transfer to pot with 5 c. salted water. Add chopped onion, parsley and carrots. Boil for 30-45 min. Take fish from bouillon. Dissolve gelatin in warm water. Add to bouillon and bring to boil. Set aside to cool. Carefully unwrap roulade and place it on a serving plate in a pool of jelly. Slice into portions and spoon over more gelatin. Top each piece with chopped parsley and with slices of boiled carrot. Cover with gelatin. Refrigerate until set.

**ROLL-UPS FROM PIKE**  
**РИБ'ЯЧИЙ ЗАВИВАНЕЦЬ**

*pike, perch, or similar fish (about 2 lbs.)*  
*4 eggs, hard-boiled*  
*2-3 bay leaves*  
*1 onion*  
*½ c. vinegar*  
*1 bundle green parsley*  
*sugar, salt and pepper to taste*

*For gravy:*  
*5 egg yolks, hard-boiled and mashed*  
*1½ c. sunflower oil*  
*2 T. vinegar*  
*1 t. mustard*  
*1 t. sugar*  
*1 T. round pickles*  
*1 T. mushroom, marinated*  
*½ t. of salt*  
*5 t. sour cream*

Clean fish and cut in 4 fillets. Cover with finely chopped parsley and hard boiled eggs. Add salt and pepper. Roll up and tie with string. Boil gently in 5 c. water with vinegar, onion, bay leaves and pepper. Cool roll-ups in liquid for a while, slice and serve with gravy. *To make gravy:* beat together egg yolks, sunflower oil, vinegar, mustard with a pinch of salt and a pinch of sugar. When mixture is well mixed, add sliced pickles, marinated mushrooms and sour cream.

***STURGEON SALAD***

**РИБ'ЯНКА СПЕЦ'ЯЛНАЯ**

*1½ lbs. sturgeon*

*8 hard-boiled eggs*

*½ lb. sardines in oil*

*¼ lb. butter*

*4-5 leaves lettuce or Chinese parsley*

*½ t. salt*

*For stuffing:*

*¼ lb. red caviar*

Clean and wash sturgeon. Cook in hot salted water with onion on very low heat for 30-40 min. Put aside to cool. Cut cooked fish into 1 inch slices. Arrange around the outside of serving plate. Arrange sardines. Surround them by hard-boiled egg-whites filled with stuffing made of caviar with a dab of butter on top of filling. Melt the rest of the butter and pour over pieces of sturgeon. Decorate with lettuce or Chinese parsley and serve for very special occasion.

***COD AND FARMER CHEESE PÂTÉ***  
**ПАШТЕТ З ТРИСКИ З СЕЛЯНСЬКИМ СИРОМ**

*1-1½ lbs. cod*

*2-3 T. oil*

*1 onion*

*2 T. butter*

*¾ lb. farmer cheese (not sour)*

*5 blades scallion, chopped finely*

*salt and black pepper to taste*

Wash and cook fillet of cod in cold water with onion for 30 min. Pass through meat grinder. Slightly brown cod and onion mixture. Sprinkle with salt. Grind everything a second time. Combine with grated farmer cheese. Add oil, sprinkle with salt and pepper and mix well. Place in well-greased casserole and bake in 350° oven for 30-40 min. Chill, add finely chopped scallion and serve.

***PIKE SAUTÉED IN SOUR CREAM***  
**ЗАЛИВНИЙ СУДАК СМАЖЕНИЙ В СМЕТАНІ**

*2½ lbs. pike, perch, or similar fish*

*2 lbs. potatoes*

*4 T. butter*

*2 c. sour cream*

*1 onion*

*1 carrot*

*1 parsley root*

*salt and pepper to taste*

Remove fins and tail from fish. Scale. Wash fish well and slice into 2-inch steaks. Place in a baking dish, generously greased with butter: a layer of fish, a layer of sliced potatoes, one after another. Sprinkle with pepper and salt. Spread over carrots, onions and parsley, sour cream and melted butter. Bake covered in 400° oven for 35-40 min.

***PIKE BAKED WITH MUSHROOMS AND  
LOBSTERS***

**СУДАК З ГРИБАМИ ТА РАКАМИ  
АБО ЛАНГУСТАМИ**

*1½ lbs. pike, perch, or similar fish*

*½ lb. mushrooms, marinated*

*10 portions of lobster*

*4 T. butter*

*4 T. crumbs*

*1 lemon*

*salt to taste*

Remove fins and tail from fish. Scrape away scales. Wash fish well and slice into 2 inch steaks. Place them in pot. Simmer for 30 min. Set aside to cool. Remove bones, and transfer fish to baking pan. Place over them a layer of small marinated mushrooms, cleaned lobsters and their claws. Pour over melted butter. Bake in 375° oven for 45 min. Sprinkle with bread crumbs. Decorate with slices of lemon. Serve with potato balls.

**PIKE WITH CHAMPIGNONS**

**СУДАК З ГРИБАМИ**

*1 carrot*  
*1 parsley root*  
*2½ lbs. pike, perch, or similar fish*  
*½ lb. champignons*  
*1 onion*  
*1 bay leaf*  
*3 peppercorns*  
*½ lemon*  
*3 T. vinegar*  
*3 c. vegetable bouillon*  
*3 T. butter*  
*1 T. flour*  
*salt to taste*

Peel and cut up carrot and parsley. Transfer to pot. Pour over hot water. Add salt and cook for 15 min. Transfer to serving dish. Clean, wash and cut the fish into 1 inch steaks and place in stew pot. Pour vegetable bouillon over them. Season with peppercorns and bay leaf. Sprinkle with salt and simmer for 30 min. Transfer onto a serving dish. Squeeze lemon over fish. Wash and cut champignons in slices. Cover with a little water with vinegar added. Simmer on low heat for 5-7 min. Brown flour in butter. Add to simmering champignons. Add fish bouillon. Sprinkle with pepper and cook for 5 min. more until mushrooms are ready. As side dish use mashed potatoes and cooked carrot and parsley seasoned with mushroom gravy. Before serving, sprinkle with finely chopped parsley.

***PIKE WITH DRIED MUSHROOMS***  
**СУДАК З СУХИМИ ГРИБАМИ**

*1 c. dried mushrooms*  
*2 lbs. potatoes*  
*2 lbs. pike, perch, or similar fish*  
*1 c. mushroom bouillon*  
*2 onions*  
*3 bay leaves*  
*1 c. bread crumbs*  
*salt and black pepper to taste*

Wash dried mushrooms. Soak them in cold water for 30 min. Cook in the same water with added salt for 25-30 min. Wash and peel potatoes. Boil them in separate pot. Cut boiled potatoes into small pieces. Set them aside. Wash, clean and fillet fish; slice into 1 inch pieces. Finely chop mushrooms. Combine with cut fish and potatoes. Mix well and add slightly fried onion. Transfer to pot. Add bay leaf and pepper, mushroom bouillon and simmer for 20 min. on low heat. Roll fish in bread crumbs. Bake in 325° oven for 10 min. more. Serve hot. Use potatoes and mushrooms as side dish.

**PIKE KIEVAN-STYLE**  
**СУДАК ЗАПЕЧЕНИЙ КИЇВСЬКИЙ**

*1½ lbs. pike, perch, or similar fish*

*1½ lbs. potatoes*

*4 T. butter*

*2 c. mushroom sour cream sauce*

*1 oz. Holland cheese*

*5 eggs*

*1 bundle dill*

*salt and pepper to taste*

Cut fillet into 3 inch pieces. Sprinkle them with salt and pepper and fry until golden on both sides. Boil potatoes. Cut boiled potatoes into rounds. Brown them in butter. Place fish on greased baking pan, decorate with browned boiled potatoes and pour over mushroom sour cream sauce. Sprinkle with grated cheese and melted butter; beat together eggs and pour over. Bake in 325° oven for 20 min. Decorate with chopped dill and serve.

***FLOUNDER WITH MAYONNAISE***

**КАМБАЛА ПІД МАЙОНЕЗОМ**

*1-1½ lbs. flounder*

*5 potatoes*

*1 onion*

*3 eggs*

*2 cups mayonnaise*

*1 bundle dill*

*salt to taste*

Wash and clean fish. Soak for 1 hr. Wash and peel potatoes. Boil them in salted water. Drain and keep potatoes warm. Transfer cleaned fish to pot with 5 c. cold water. Add onion and salt. Cook for 20-25 min. Set fish in broth to cool, then remove bones and skin. Transfer boiled potatoes to serving dish. Cut in quarters. Pour over 1 c. mayonnaise. Put fish over potatoes and cover over with the rest of mayonnaise. Decorate with segments of hard boiled eggs. Sprinkle with finely chopped dill and serve.

***FISH BALLS FROM COD AND FARMER  
CHEESE***

**РИБ'ЯЧІ ТІФТЕЛЬКИ З ТРІСКИ ТА СЕЛ'ЯНСЬКОГО  
СИРУ**

*1 lb. cod fillet  
½ lb. white bread  
1 c. water  
1 onion  
¾ lb. farmer cheese  
2 T. butter  
2 T. flour  
2 T. tomato sauce  
salt to taste*

Wash fillet of cod. Cut into pieces and pass them through meat grinder. Add white bread soaked in water and chopped onion. Sprinkle with salt. Combine with grated cheese and mix well. Make small balls and roll them up in flour. Place in greased baking dish or casserole. Drizzle with melted butter and bake in 325° oven for 25-30 min. Serve with tomato sauce.

***COD FILLET AND FARMER CHEESE  
CASSEROLE***

**ГАРЯЧІ ХРУСТЕЧКИ З ТРИСКИ  
ТА СЕЛЯНСЬКОГО СИРУ**

*1 lb. cod fillet  
½ lb. farmer cheese  
1 onion  
5 carrots  
2 T. oil  
1 c. white sauce  
2 T. butter  
salt to taste*

*For white sauce:  
½ c. flour  
1 T. butter  
1½ c. meat bouillon  
1 onion  
1 parsley root  
1 celery  
1 T. butter stalk  
½ lemon*

Wash fillet of cod and cut into pieces. Pass them through meat grinder. Add grated farmer cheese and slightly browned chopped onion. Grate and sauté carrots. Combine with 1 c. white sauce, sprinkle with salt, mix well with fish. Place the mixture in well-greased baking dish. Sprinkle with melted butter and bake in 325° oven for 25-30 min. Serve with melted butter and remaining white sauce (see in *Sauces and Gravies*).

**CARP WITH HONEY**  
**КОРОП З МЕДОМ**

*2 lbs. carp*  
*1 carrot*  
*1 onion*  
*1 parsley root*  
*1 bunch green parsley*  
*1 lemon*  
*2 eggs, hard boiled*  
*2 T. gelatin*  
*1 c. bouillon*  
*1 T. vinegar*  
*1 t. salt*  
*2 T. sugar*  
*black pepper to taste*  
*3 T. horseradish*  
*1 c. raisins*  
*½ c. honey*

Clean, scale and rinse carp. Cut off head and fins. Fillet fish. Slice cleaned and filleted carp into 2 inch steaks. Sprinkle them with salt and refrigerate for 50-60 min, then transfer to pot with cut up carrots, parsley and onion. Pour over 6 c. hot water. Add black pepper. Boil on low heat for 40 min. Strain bouillon into another pot. Arrange fish on serving plate and decorate every piece with slice of lemon, boiled egg and leaves of green parsley. Boil strained fish bouillon for 10-15 min. until it diminishes twice in volume. Set aside to cool. Add gelatin dissolved in a little fish bouillon and mix well. Pour in vinegar and boil again. In separate pot bring to boil raisins with honey. Strain bouillon and add raisins boiled with honey. Set aside and when it is chilled pour liquid over the fish. Refrigerate until set. Serve with horseradish.

***CARP STEWED WITH ONION***  
**КОРОП ТУШКОВАННИЙ З ЦИБУЛЕЮ**

*2 lbs. carp*  
*2 T. flour*  
*3 onions*  
*4 T. oil*  
*2-3 bay leaves*  
*3 cloves garlic*  
*3 peppercorns*  
*¼ t. cloves*  
*1 T. sugar*  
*2 T. vinegar*  
*salt and pepper to taste*

Clean and scale carp. Rinse well. Remove head, fins and tail, and boil them with one onion in 5 c. water. Make a slit along backbone of fish and slice into 2 inch pieces. Sprinkle with salt and pepper. Roll in flour and then fry in oil. Peel and finely chop 2 onions. Brown in oil. Transfer half to pot. Add bay leaf, peppercorns, cloves, sugar and vinegar. Place fish on top. Sprinkle with the rest of the browned onion. Pour over fish bouillon, simmer on low heat for 30-40 min. Serve fish with stewing liquid and sprinkle it with green parsley. Serve with fried potatoes.

***CARP WITH SOUR AND SWEET GRAVY***

**КОРОП ЗІ СМАЧНОЮ ПІДЛИВОЮ**

*1½ lbs. carp*  
*1 onion*  
*1 carrot*  
*1 parsley root*  
*1 bay leaf*

*For gravy:*  
*1 t. flour*  
*½ lemon*  
*1½ c. bouillon*  
*2 T. raisins*  
*2 T. butter*  
*2 T. tomato paste*  
*4 t. sugar*

Clean, scale and rinse carp. Cut off head and fins and boil in 5 c. water with onion. Slice fish into 1 inch steaks. Sprinkle with salt and refrigerate for 60 min. Chop onion, cut carrot, and parsley and place in pot with fish steaks on top. Pour over bouillon, add salt and bay leaf. Simmer for 40-50 min. on low heat. *For gravy:* brown flour, combine bouillon, tomato-paste sautéed with butter and juice squeezed from lemon. Mix well, boil and pour through sieve. Add raisins, simmer briefly. Stir in butter and sugar. Arrange steaks on platter, pour gravy over them, and serve with mashed potatoes.

***CARP WITH BUCKWHEAT AND  
MUSHROOMS***

**КОРОП З ГРЕЧАНОЮ КАШЕЮ ТА ГРИБАМИ**

*2½ lbs. carp  
1/8 oz. dried mushrooms  
1 bay leaf  
½ carrot  
½ c. buckwheat (kasha)  
2 onions  
5 T. butter  
3 eggs  
2 T. flour  
2 c. bouillon  
3 sprigs parsley  
salt and pepper to taste*

Clean and rinse carp. Make a slit along spine, take out bones and guts. Sprinkle with salt and refrigerate for 50-60 min. *For filling:* soak mushrooms for 1 hour, cut up, and simmer in same water with 1 onion, carrot and bay leaf for 20 min. Strain mushroom bouillon and use it for cooking buckwheat kasha. Fry cooked mushrooms with chopped onion. Sprinkle with pepper and salt. Mix with buckwheat kasha, vegetables and eggs. Fill carp with stuffing. Sew up cavity. Roll stuffed fish in flour. Fry in butter until it is a golden color on both sides. Transfer to an oblong casserole and bake in 350° oven for 30-40 min. until fish is done. To serve slice and drizzle with melted butter, sprinkle with chopped parsley and accompany with sauerkraut.

**CRUCIANS IN SOUR CREAM**

KAPACI Y CMETAHI

*1½ lbs. crucians, carp, or similar fish*

*1 t. pepper*

*2 T. flour*

*5 T. butter*

*2 lbs. potatoes*

*1½ c. sour cream*

*1 T. flour*

*1 T. crumbs*

*1 bunch dill*

*1 t. salt*

Scale and clean crucians or calico bass. Remove guts and gills. Pat dry and rub with salt. Roll in flour. Fry to a crusty golden brown on both sides. Slice potatoes and fry in butter. Transfer browned fish to well greased pan. Arrange fried potatoes around them. Blend sour cream with flour and salt and pour over fish. Sprinkle with crumbs. Drizzle with 2 T. melted butter. Bake covered in 350° oven for 30 min. until fish is done. Sprinkle with finely chopped dill. Serve with a salad.

**TENCH WITH CABBAGE**

**ЛІНЬ З КАПУСТОЮ**

*2½ lbs. tench, or similar fish*

*1 t. pepper*

*1 egg*

*2 T. bread crumbs*

*5 T. oil*

*2 T. butter*

*½ c. dried mushrooms*

*1 cabbage (about 2 lbs.)*

*2 onions*

*½ t. ground cloves*

*pepper to taste*

*½ c. sour cream*

*1 bunch green parsley*

*4 t. sugar*

*1 t. cinnamon*

Clean, fillet, slice and rinse tench. Sprinkle with salt and pepper and dip in beaten egg. Roll in bread crumbs. Fry until golden on both sides. Set aside. Soak dried mushrooms for at least an hr., then cook for 20-30 min. until tender. Strain and save bouillon. Wash, chop and salt cabbage. Put it in pot and pour over mushroom bouillon. Simmer briefly, then season with ground cloves. Sprinkle with sugar and cinnamon. Chop onions and cooked mushrooms, and brown in butter. Combine with simmered cabbage and mix everything well. Arrange fish fillets and cabbage in a casserole; cover with sour cream. Bake in 350° oven for 30-40 min. until set. Drizzle with melted butter and garnish with chopped parsley. Serve with potatoes.

***BREAM WITH APPLES AND  
HORSERADISH***

**ЛЯЩ З ЯБЛУКАМИ ТА ХРОНОМ**

*2½ lbs. bream, or similar fish*

*¼ c. vinegar*

*1 carrot*

*1 onion*

*1 parsley root*

*1 root of horseradish*

*½ lb. sour apples*

*1 bunch dill*

*salt to taste*

Clean and scale bream. Cut off head, tail and fins. Slice into serving-sized portions. Sprinkle with salt. Place in pot with cold water with vinegar added. Let sit for 10 min. Drain. Pour 5 c. hot salted water over fish. Simmer on low heat for 30 min. Add cut up carrot, onion and parsley. Cook for 15 min. more. Serve shredded horseradish mixed with shredded sour apples as garnish. Serve with boiled potatoes sprinkled with chopped dill.

**UKRAINIAN STUFFED PIKE**

**ФАРШОВАНА ЦУКА ПО-УКРАЇНСЬКОМУ**

*2 lbs. pike*

*1 carrot*

*1 beet*

*2 onions*

*2-3 bay leaves*

*1 lb. white bread*

*½ c. milk*

*2 egg yolks*

*1 T. farina*

*2 T. oil*

*1 lemon*

*salt, pepper, nutmeg to taste*

Scrape off scales of fish. Remove fins and head and rinse pike. Cut away skin beginning around head and carefully moving towards tail, keeping skin in one piece. Set the skin aside. Clean and wash fish. Remove flesh from bones. Wash and cut up beet and carrot. Combine with peeled and chopped onion. Simmer a bouillon from pike head, bones and prepared vegetables for 60 min. Add bay leaves in the last few minutes. Strain bouillon and remove fish bones. Soak bread in milk and brown in same oil as onion. Combine with fish and grind mixture in meat grinder. Add egg yolks, milk and farina. Season with pepper, salt and nutmeg. Stir stuffing well and use to fill pike skin. Tie with string. Place in pot over vegetables. Pour over bouillon. Simmer on a very low heat (in order to prevent skin from bursting) about 50-60 min. Transfer stuffed fish to serving plate. Slice and decorate with lemon, sprinkle with dill or parsley. Serve with horseradish sauce.

***ROLL-UPS FROM PIKE***

**ЩУЧІ КРУЧЕНИКИ**

*3 lbs. pike*  
*6 T. flour*  
*3 T. butter*  
*1 parsley root*  
*1 carrot*  
*3 bay leaves*  
*4 peppercorns*  
*pepper and salt to taste*

*For filling:*  
*½ c. white bread*  
*2 onions*  
*3 fresh eggs*  
*3 T. butter*  
*pepper and salt to taste*

Wash and clean pike. Cut off head, fins and tail. Remove bones. Slice filleted pike into rectangular pieces and lightly pound them. Place head and bones in pot with cold water and cook for 30-40 min. *For filling:* Grind scraps from fillets with bread soaked in water. Add finely cut and slightly browned onion. Combine with eggs and butter. Sprinkle with pepper and salt. Mix everything well. Place filling in the middle of each fillet. Roll up and tie with thread. Dredge with flour. Fry in butter until golden on both sides. Place fried fish rolls in pot. Pour over bouillon, made of head and bones. Slightly brown flour, then add to bouillon constantly stirring. Add cut roots of parsley and carrots. Sprinkle with pepper. Simmer on low heat for 30-40 min. Add bay leaf last three minutes. Arrange roll-ups on platter with vegetables and pan liquid. Accompany with boiled potatoes.

**KIEV-STYLE ROLL-UPS FROM PIKE**

**ЩУЧІ ЗАВИВАНЦІ ПО-КИЇВСЬКІ**

*2 lbs. pike fillets*

*2 eggs, beaten*

*3 T. butter*

*¼ c. crumbs*

*salt to taste*

*For filling:*

*1 c. rice*

*2 c. milk*

*6 eggs, hard-boiled*

*2 T. butter*

*salt to taste*

Wash and fillet pike without damaging skin. Place fish on wooden board with skin side down. Sprinkle with salt and slice into rectangular 2 x 4 inch pieces. Cook rice in milk, and mix with chopped boiled eggs and butter. Spread filling onto every piece of fish, and roll up tightly. Tie with string. Dip in beaten eggs. Dredge in crumbs and brown in butter. Transfer to casserole and bake covered in 350° oven for 30-35 min. Serve with green salad.

***FISH "SAUSAGES" IN SAUCE***

**ЩУЧІ КОВБАСКИ З ПІДЛИВОЮ**

*1 lb. pike fillet  
½ lb. salt pork  
2 onions  
1 tomato  
1 T. bread crumbs  
5 T. oil  
1 c. sour cream sauce  
salt & pepper to taste*

Wash and cut fillet of pike. Combine with salt pork and 1 peeled and cut up onion. Grind mixture in meat grinder. Sprinkle with pepper and salt. Mix well. Form into little "sausages." Roll them in bread crumbs. Fry in very hot oil to deep brown. Place in pot. Pour over sour cream sauce, adding tomato and onion. Bake in 350° oven for 30 min. until done. Serve with fried potatoes. (See sour cream sauce in *Sauces and Gravies*)

***FRIED SHAD WITH TOMATOES***

**СМАЖЕНИЙ З ТОМАТАМИ**

*1 lb. shad, or similar fish  
2 T. flour  
5 T. oil  
1 lb. tomatoes  
salt and pepper to taste*

Clean, wash and slice filleted shad into small pieces. Sprinkle them with salt and pepper. Roll in flour and fry in deep oil in a skillet until golden on both sides. For garnish cut tomatoes in halves, sprinkle with salt and pepper and fry.

**HALIBUT BAKED WITH POTATOES**  
**ПАЛТУС ЗАПЕЧЕНИЙ З КАРТОПЛЕЮ**

*1 lb. halibut*  
*1 onion*  
*1 lb. potatoes, boiled*  
*1 c. white sauce*  
*1 T. bread crumbs*  
*3 T. butter*  
*1 bunch dill*  
*salt and pepper to taste*

*For white sauce:*  
*½ c. flour*  
*1 T. butter*  
*2 c. meat bouillon*  
*1 onion*  
*1 parsley root*  
*1 celery stalk*  
*1 T. butter*  
*½ lemon*  
*salt to your taste*

Slice skinned and boned fillet of halibut into small pieces, and place into a well-buttered casserole. Cover with finely chopped and slightly browned onion and arrange wedges of boiled potatoes on top. Pour over white sauce and sprinkle with bread crumbs then drizzle with melted butter. Bake in 350° oven for 40 min. Serve with finely chopped dill. *To prepare sauce*, use leftover meat bouillon. Warm white flour in skillet in butter, constantly stirring (do not let flour change its color). Add a small part of bouillon to slightly cooled flour, mix well until there are no lumps, and then gradually add the rest of bouillon, stirring continuously. Bring sauce to boil, add chopped onion, root of parsley and celery and simmer for 20 min. Season with lemon juice and add salt. Strain through sieve, pushing vegetables through with wooden spoon or spatula. Add butter.

## ***CODFISH BAKED WITH POTATOES***

ТРИСКА ЗАПЕЧЕННАЯ З КАРТОПЛЯМИ

*1½ lbs. potatoes*

*1 lb. cod fish*

*1 c. sauce*

*1 c. bread crumbs*

*3 T. butter*

*pinch of parsley or dill*

*salt to taste*

*For white sauce:*

*½ c. flour*

*1 T. butter*

*2 c. meat bouillon*

*1 onion*

*1 parsley root*

*1 celery stalk*

*1 T. butter*

*½ lemon*

Wash and boil potatoes. Slice cleaned, washed, skinned and boned fish into small pieces. Season them with salt and pepper. Transfer into well-greased casserole. Cover layer of fish with layer of wedges of boiled potatoes. Sprinkle with salt. Cover with sauce (See in *Sauces and Gravies*); top with bread crumbs. Drizzle melted butter. Bake in 350° oven for 30-35 min. Serve with finely chopped parsley or dill.

**COOKED COD**  
**BAPEHA TPICKA**

*1 lb. codfish*  
*1 carrot*  
*1 onion*  
*1 stalk celery*  
*1 bunch parsley*  
*2 bay leaves*  
*3 peppercorns*  
*¼ t. salt*  
*¾ c. tomato paste*  
*2 lbs. potatoes*

Slice cleaned and washed codfish into steaks. Salt them and place in refrigerator for 30 min. Wash and cut carrot, onion, celery, parsley, and place in pot. Add bay leaves, peppercorns, salt, and cover with water. Simmer for 10-15 min. Strain vegetable bouillon. Set it aside. Place fish steaks in stewing pot, and cover with hot vegetable liquid. Cook on a low heat for 30-40 min. Add tomato paste. Sprinkle with finely chopped parsley and serve with whole boiled potatoes.

**COD COOKED IN MILK**

ТРІСКА ВАРЕНА В МОЛОЦІ

*1 lb. cod*  
*2 c. milk*  
*1 onion*  
*1 bay leaf*  
*3 peppercorns*  
*2 lbs. potatoes*  
*2 T. butter*

Place steaks of cod fillet in pot. Sprinkle with salt. Pour over cold water. Bring to boil, then drain. Add fresh water and bring to boil for the second time, and drain. Add finely chopped onion, salt, pepper and bay leaf, and hot milk; simmer on low heat for 30-35 min. Serve with boiled potatoes.

**COD AND FARMER CHEESE CUTLETS**

РИБ'ЯЧІ КОТЛЕТКИ З ТРІСКИ ТА СЕЛЯНСЬКОГО СИРУ

*1 lb. cod fillet*  
*½ lb. white bread*  
*1 onion*  
*¾ lb. farmer cheese*  
*2 T. oil*  
*2 t. butter*  
*salt to taste*

Cut washed cod fillet and grind in meat grinder. Add white bread, soaked in water. Combine with chopped onion. Sprinkle with salt and grind for the second time. Grate farmer cheese. Mix prepared mass with grated farmer cheese, and form into cutlets. Roll them in flour and fry in oil until a golden color. Bake in 325° oven for 15-20 min. Pour over melted butter and serve with mashed potatoes.

## ***COD WITH CABBAGE***

**ТРІСКА З КАПУСТОЮ**

*1 lb. cod  
2 T. flour  
4 T. butter  
2 lbs. cabbage  
1 onion  
2 T. oil  
1 c. red sauce  
salt, pepper and sugar to taste*

*For sauce:*

*1 onion  
1 carrot  
1 parsley root  
1 T. butter  
4 T. tomato paste  
1 T. flour  
5 c. bouillon  
1 T. sugar  
¼ c. sherry  
salt and pepper to taste*

Slice cod into small pieces. Sprinkle with salt and pepper and roll in flour and fry in butter. Wash, chop and brown cabbage in butter. Place in pot. Add chopped onion. Sprinkle with sugar. Pour over with oil and red sauce. Sauté for 20-30 min. until done. Transfer half of stewed cabbage into a pot. Place pieces of fried fish on it. Cover with a thin layer of cabbage, then red sauce. Stew for 1 hr. *To prepare sauce:* brown thinly chopped onion, carrot and parsley roots in butter. Add tomato paste. Simmer for 3-5 min. Constantly stirring, add lightly browned flour. Pour over bouillon and simmer for 25 min. Strain sauce. Season with salt, sugar and pepper. Bring to boil and add butter and sherry. Serve fish with prepared sauce and boiled potatoes sprinkled with dill.

**COD CUTLETS**  
**ТРІСКОВІ ТОВЧЕНИКИ**

*1 lb. cod fillet*  
*½ lb. white bread*  
*1 onion*  
*1 raw egg*  
*2 T. bread crumbs*  
*2 T. oil*  
*2 T. butter*  
*salt and pepper to taste*  
*parsley*

Cut up washed cod fillet. Mix with pieces of white bread and sautéed onion. Grind the mixture in meat grinder. Add egg, pepper and salt. Mix again. Form into patties and roll them in bread crumbs. Fry in oil on both sides to a golden brown. Transfer to 350° oven and bake covered up for 20-30 min. Sprinkle with finely chopped parsley and drizzle with melted butter before serving with mashed potatoes.

**FRIED NAVAGA**  
**СМАЖЕНА РИБА-КІЗЛИК**

*1 lb. navaga*  
*2 T. flour*  
*3 T. oil*  
*2 T. butter*  
*salt and pepper to taste*

Cut fish along backbone and remove lower jaw. Starting with the head, take off skin and fins. Do not cut belly. Gut fish through its mouth. Leave caviar inside. Season with salt and pepper. Roll in flour. Fry in oil. Drizzle with melted butter and chopped dill and serve with fried potatoes.

***DNIPRO-STYLE FISH CUTLETS***

**РИБ'ЯЧІ ТЕФТЕЛЬКИ ДНІПРЯНСЬКІ**

*2 lbs. fish*  
*4 onions, chopped and fried*  
*3 T. flour*  
*2 T. butter*  
*3 eggs, hard boiled*  
*1 raw egg*  
*2 T. bread crumbs*  
*½ bunch dill*  
*½ bunch parsley*  
*salt and pepper to taste*

*Serve with:*

*12 potatoes, fried*  
*4 carrots in cream sauce*  
*5 tomatoes, cut into wedges*

Wash, clean and fillet fish, then cut into serving size pieces. Remove skin and pound fish. Mix well fried onion with chopped boiled eggs. Sprinkle with salt and pepper and divide stuffing in centers of each piece of fish. Roll up and flatten in shape of cutlet. Dredge in flour. Brush with raw egg and dip in bread crumbs. Fry in hot fat. Serve with fried potatoes, creamed carrots and fresh tomatoes. Decorate with chopped dill and parsley.

***FRIED FLOUNDER WITH MUSHROOMS  
AND GHERKINS***

**СМАЖЕНА КАМБАЛА З ГРИБАМИ И КВАШЕНИМИ  
ОГІРКАМИ**

*10 boiled potatoes*  
*2 lbs. flounder*  
*3 T. flour*  
*2 T. butter*  
*5 T. oil*  
*¼ lb. champignons*  
*4 gherkins*  
*2 onions*  
*salt and pepper to taste*

Wash, peel and boil potatoes in salted water. Clean and wash flounder; take off skin and slice fish into small pieces. Sprinkle with salt and pepper. Dip in flour. Fry in butter until golden on both sides. Transfer to greased casserole and bake in 350° oven for 20-30 min. Fry finely cut champignons in oil, add thinly cut gherkins and sauté for 10 min. Brown chopped onion and transfer to serving dish. Put baked fish on top and arrange boiled potatoes around them. Cover both with mushrooms and gherkins. Drizzle with melted butter and sprinkle with chopped parsley.

***COOKED EEL***  
**ВАПЕНИЙ В'ЮН**

*1 lb. eel*  
*2 carrots*  
*2 onions*  
*1 bunch celery*  
*1 parsley root*  
*2 bay leaves*  
*3 peppercorns*  
*1/4 t. salt*  
*1 lemon*  
*1 bunch dill*  
*lettuce leaves*  
*2 lbs. potatoes*

Clean and wash eel, then skin it. Sprinkle with salt. If it has odor, place in deep dish and cover with 1 c. of salted milk and 1 T. of vinegar. Set it aside for 15 min. Cut up carrots, onions, celery and parsley. Cook vegetables in water seasoned with spices of your choice and bay leaves for 15 min. Transfer eel to pot, and pour over the strained vegetable bouillon. Simmer on low heat for 30 min. Transfer fish to serving plate. Add pieces of lemon and carrots. Decorate with lettuce leaves. Serve eel with boiled potatoes sprinkled with chopped dill and other vegetables.



# VEGETABLE DISHES



## *CORN WITH VEGETABLES*

КУКУРУДЗА З ОВОЧАМИ

*4 ears corn*

*½ c. soybeans*

*1 bunch celery*

*1 onion*

*2 carrots*

*2 potatoes*

*1 T. honey or brown sugar*

*½ t. strong bitter mustard (German style)*

*3 walnuts*

*¼ lb. pumpkin*

*1 apple*

*3 T. butter*

Cook corn in 5 c. salted water for 20-25 min. In separate pot cook soybeans. Drain liquid and set it aside. Cut corn off ear and combine with cooked soybeans. Brown chopped celery, onion, carrots and potatoes in butter. Transfer to pot. Pour over 2 c. corn water with honey and mustard added. Steam covered for 20-30 min. Add chopped walnuts, cubed pumpkin (seeded), peeled and cubed apple, cooked corn and soybeans. Simmer for 10 more min.

**CORN SALAD**  
**КУКУРУДЗА З ОВОЧАМИ**

*4 ears corn*  
*½ head small cauliflower*  
*¼ lb. tomatoes*  
*¼ lb. cucumbers*  
*½ c. oil*  
*4-5 black olives*  
*salt and pepper to taste*

Wash and cook corn. Cut off ear and set aside. Wash and cook cauliflower in salted water. Break apart and cut up large pieces. Wash and slice tomatoes and cucumbers. Combine all prepared vegetables. Sprinkle with salt and pepper. Season with oil and decorate with sliced olives.

**POTATOES STEWED WITH PRUNES**  
**ВАРЕНА КАРТОПЛЯ ЗІ СЛИВАМИ**

*2 lb. potatoes*  
*1 onion*  
*½ lb. prunes*  
*1 T. butter*  
*3 c. beef bouillon or water*  
*1 T. green parsley*  
*salt and pepper to taste*

Cut peeled potatoes in cubes and place in saucepan. Cover with bouillon and stew for 15-20 min. Slightly brown chopped onion. Combine with pitted prunes. Add to potatoes. Sprinkle with salt. Stew another 10 min. When ready sprinkle with green parsley.

***COLD BEET SOUP***

**ТАРАТУТА ХОЛОДНА**

*1 lb. beets*

*½ c. pickles*

*2 onions*

*¼ t. horseradish*

*3 T. oil*

*¾ c. pickle juice*

*¾ c. beet liquid*

Wash and peel beets. Cut in circles. Cover with water in pot and cook for 20-30 min. until tender. Drain, saving liquid. Add pickles and chopped onions. Combine oil, beet liquid and pickle juice. Season with horseradish. Stir into beets and refrigerate for 24 hrs before serving.

***BEETS, APPLES AND KIDNEY BEANS SALAD***

**САЛАТА ЗІ БУРЯКОВ, ЯБЛУКОВ ТА ХВАСОЛІ**

*½ lb. kidney beans*

*1 lb. beets*

*1 lb. apples*

*4 T. oil*

*4 T. vinegar*

*salt and papper to taste*

Wash, soak in cold water for 3 hrs. then cook kidney beans for 60 min. Wash and cook beets for 30-40 min. Peel them. Wash and peel apples. Cut beets and apples into cubes. Combine with cooked kidney beans. Shake vinegar and oil together to combine and pour over beans. Sprinkle with salt and pepper and serve.

***MASHED KIDNEY BEANS, POPPYSEEDS  
AND POTATOES***

**ТОБЧОНКА**

*½ c. poppyseeds*

*¼ lb. kidney beans*

*1 lb. potatoes*

*1/3 lb. scallions*

*1 bunch green parsley*

*2 T. butter*

*2 T. sugar*

*salt to taste*

Soak separately poppyseeds and kidney beans for 10 hrs. in cold water. Cook beans for 2 hrs then puree. Make a puree of poppyseeds and mix the two. Cook and mash potatoes; add finely cut scallions and parsley. Season with melted butter, sugar and pepper and stir together. This is a good side dish for poultry.

**POTATO ROULADE WITH SAUERKRAUT**  
**ЛЕЖНІ КАРТОПЛЯНІ**

*1 lb. potatoes*  
*4 eggs*  
*1/3 c. flour*  
*½ lb. sauerkraut*  
*1 onion*  
*¼ lb. salt pork*  
*¼ t. gray pepper*  
*1 c. sour cream*  
*salt to taste*

Wash and boil potatoes, then cool, peel and mash. Mix in fresh eggs. Place mixture on floured board and pat into rectangle. In pot simmer chopped sauerkraut for 15 min., and season with salt and pepper. Add chopped onion browned in salt pork. Drain sauerkraut filling and spread evenly on top of potatoes to within 1 inch of edges. Roll up potatoes and brush roulade with melted fat. Transfer to well greased baking pan. Bake in 350° oven for 30 min. Serve with sour cream.

## **POTATO BUNS WITH PLUMS**

КНЬДЛІ

*1 lb. potatoes*

*½ c. flour*

*½ egg*

*¼ lb. plums*

*1 T. sugar*

*3 T. butter*

*salt and pepper to taste*

Wash and peel potatoes, grate them and place in sieve to drain. Mix grated potatoes with flour. Add salt and knead well. Shape into balls with fresh pitted plum inside each, and cook in salted water for 20-30 min. Drizzle with melted butter and serve.

## **FARMER PEA BUNS**

ХОМИ СЕЛЯНСЬКІ

*1 lb. peas*

*¾ c. hemp seed*

*2 T. lard*

*salt and parsley*

Wash and cook peas. Drain liquid, combine cooked peas with stirred hemp seed. Season with salt and mix well. Shape into patties, place in a greased baking pan and bake in 350° oven for 15 min. Sprinkle with parsley before serving.

***SHEPHERD'S PIE STUFFED WITH  
POTATOES AND MEAT***

**КАРТОПЛЯНА ЗАПІКАНКА ФАРШОВАНА З М'ЯСОМ**

*¼ lb. beef  
2 lbs. potatoes  
1 t. lard  
3 eggs  
1 onion, chopped  
2 T. crumbs  
pinch chopped dill  
salt and pepper to taste*

Wash and cut beef into small pieces. Transfer to pot, add water to cover, and stew for 30-45 min. Boil peeled potatoes. Grind them. Add salt, 2 eggs and mix well. Process meat through meat grinder. Add browned onion and season with salt and pepper. Grease and sprinkle baking pan with bread crumbs. Place half of potato mixture on it in an even rectangle or circle. Spread meat filling over it and cover with the rest of potato mixture. Smooth out and brush with whipped egg. Sprinkle with crumbs and bake in 350° oven for 30-40 min. Serve with melted butter. Sprinkle with chopped dill.

***BOILED POTATOES WITH MUSHROOM  
FILLING***

**КАРТОПЛЯ ФАРШОВАНА ГРИБАМИ**

*2 lbs. potatoes  
½ c. dried mushrooms  
2 onions  
3 T. butter  
2 eggs  
2 T. bread crumbs  
1 bunch parsley  
1 bunch dill  
1 c. mushroom bouillon  
salt and pepper to taste  
sour cream*

Boil large peeled potatoes until half done, and drain. Cook finely chopped mushrooms for 20 min. Mix them with browned chopped onion and chopped hard boiled eggs. Sprinkle with finely chopped parsley and dill. Add bread crumbs and salt and mix well. Cut out the center of each boiled potato, and fill with mushrooms. Place in pot. Add mushroom bouillon and simmer for 35-40 min. Put a dab of sour cream on each potato and sprinkle with chopped dill.

**POTATO PATTIES KIEV-STYLE**  
**КАРТОПЛЯНІ ТОВЧЕНИКИ ПО КИЇВСЬКОМУ**

*2 lbs. potatoes*  
*2 T. butter*  
*2 eggs*  
*2 T. potato starch flour*  
*½ c. water*

*For filling:*  
*¼ c. dried mushrooms*  
*5 T. flour*  
*1 c. milk*  
*1 egg*  
*4 T. bread crumbs*  
*1 bunch dill*  
*salt to taste*

Boil peeled potatoes, and mash. Add butter and fresh eggs, 2 T. flour dissolved in cold water and sprinkle with salt. Stir well. *For filling:* Wash and soak mushrooms in cold water for 60 min. Cook them in the same water for 30-40 min., then finely chop. In butter brown 3 T. flour and a sprinkle of salt. Constantly stirring, pour over scalded milk, and mix until sauce gets thick. Add chopped boiled mushrooms and stir well. Divide prepared potato mixture into portions. Place in the center of each portion a spoonful of milk sauce with mushrooms. Pat into an oval shape and roll in flour. Dip in beaten egg and roll in bread crumbs. Fry until golden on both sides. Serve with mushroom sauce sprinkled with chopped dill.

**POTATO PATTIES WITH MUSHROOMS AND  
RICE**

**КАРТОПЛЯНІ ТОВЧЕНИКИ З ГРИБАМИ ТА РИСОМ**

*2 lbs. potatoes*

*1 egg*

*3 T. rice*

*1/3 c. dried mushrooms*

*½ T. onion, minced*

*2 T. lard*

*1 T. flour*

*2 T. butter*

*salt and pepper to taste*

Peel, wash and boil potatoes. Mash them thoroughly. Stir in egg and season with salt and pepper. Mix well and make patties. Wash and cook rice. Soak dried mushrooms for 60 min. in cold water. Cook them in the same water for 30-40 min., then finely chop and slightly brown them in butter with chopped onion. Season with salt and pepper and stir well. Combine with cooked rice and mix well. In the middle of each potato patty, place prepared filling. Seal edges, roll in flour and then fry in hot lard until golden on both sides. Serve with melted butter.

**POTATO PATTIES**  
**КАРТОПЛЯНІ СІЧЕНИКИ**

*1 lb. potatoes, boiled*  
*1 egg*  
*1 T. flour*  
*2 T. oil*  
*2 T. melted butter or ½ c. sour cream*  
*salt to taste*

Mash boiled potatoes thoroughly. Add egg and mix well. Divide into portions, and shape into patties. Roll them in flour. Fry in hot oil until golden on both sides. Serve with melted butter or sour cream.

**POTATO PANCAKES**  
**КАРТОПЛЯНИКІ**

*1 lb. potatoes*  
*1/3 c. flour*  
*1 egg*  
*¼ t. baking soda*  
*1 t. sugar*  
*1 T. lard*  
*1/3 c. sour cream*

Peel, wash and boil potatoes. Mash them thoroughly. Add flour, egg, soda, salt and sugar. Mix well. Fry spoonfuls of mixture in hot lard. Serve with sour cream.

***SIMPLE POTATO PANCAKES***

**ДЕРУНИ ЗВИЧАЙНИ**

*2 lbs. potatoes*  
*1/3 c. flour*  
*4 T. oil*  
*2 onions, chopped*  
*½ c. sour cream*

Grate peeled fresh potatoes. Add salt and flour. Mix well for uniform batter. Fry spoonfuls of mixture in hot oil until golden on both sides. Serve hot with browned onion and sour cream.

***POTATO PANCAKES WITH EGGS***

**ДЕРУНИ З ЯЙЦЕМ**

*2 lbs. potatoes*  
*2 eggs*  
*2 T. bread crumbs*  
*4 T. lard*  
*salt & pepper to taste*  
*½ c. mushrooms*

Peel and wash potatoes. Grate them and place in sieve to drain. Add eggs. Stir thoroughly. Add bread crumbs, sprinkle with salt. Mix thoroughly. Fry spoonfuls of mixture in hot lard. Top with sour cream and serve hot. For garnish use fried mushrooms.

**POTATO ROLL-UPS WITH PEAS**

**КАРТОПЛЯНІ ЗАВИВАНЦІ З ГОРОХОМ**

*2 lbs. potatoes*  
*2 eggs*  
*2 t. potato starch, or flour*  
*1 c. dried peas*  
*2 T. bread crumbs*  
*1 onion*  
*3 T. lard*  
*4 T. sour cream*  
*salt and pepper to taste*

Peel, wash and cook potatoes. Drain and mash them thoroughly. Add eggs. Stir in potato starch or flour and salt. Mix to a smooth batter. Wash and soak dried peas in 3 c. water for 60 min. Cook in the same water until tender. Drain in colander. Process through meat grinder. Chop onion and brown in lard; combine with ground peas. Sprinkle with pepper and salt. Place potato mixture in rectangle on damp towel. Spread it evenly. Cover with filling. Roll up and seal edge. Transfer to greased baking pan. Brush with beaten eggs and sprinkle with bread crumbs, then bake in 350° oven for 30-40 min. Serve with melted butter or sour cream.

***CABBAGE STUFFED WITH MEAT AND RICE***  
**КАПУСТИ ЦРБАНИ**

*1-1½ lb. head of cabbage*  
*1 T. vinegar*  
*3 T. butter*  
*3 T. rice*  
*1 onion*  
*1 lb. beef, veal, pork or lamb, cooked*  
*1 c. sour cream*  
*salt and pepper to taste*

Wash, drain and core cabbage. Place cabbage in pot of boiling salted water with vinegar added. Bring to boil. Cook for 10-15 min. until crisp tender. Drain water. Set aside cabbage to cool. Brown chopped onion in butter. Wash and cook rice. Grind meat in meat grinder. Combine with cooked rice and browned onion. Season with salt and pepper. Mix well. Carefully, without tearing leaves, place meat between leaves of cabbage. Press leaves together. Transfer stuffed cabbage to baking pan. Pour over melted butter. Cover and bake in 350° oven for 1 hr. Cut in serving portions. Pour over with stewed liquid and serve with sour cream.

***CABBAGE WITH MILLET STUFFING***

**КАПУСТА ТУШКОВАНА ПШОНОМ**

*1-1½ lb. head of cabbage*

*3 T. millet*

*4 carrots*

*2 parsley roots*

*3 onions*

*3 T. lard*

*1 egg*

*½ c. liquid*

*1 c. sour cream*

*salt and pepper to taste*

Wash, drain and cook cabbage as above. Set aside. Cook millet. Cut peeled and washed carrots and parsley roots in cubes. Chop onion, brown it and mix with cooked millet and vegetables. Add egg. Sprinkle with salt and pepper. Mix thoroughly. Lift leaves of cabbage and place stuffing between them. Press leaves together and place stuffed cabbage in baking pan. Pour over melted lard. Bake in 350° oven for 20-30 min., then when it gets a golden color, transfer to stewing pot and stew covered for 30 min. until ready. Cut in portions, pour over sour cream and sprinkle with green parsley.

## **STEWED SAUERKRAUT WITH MUSHROOMS**

КВАШЕНА КАПУСТА ТУШКОВАНА ГРИБАМИ

*1/3 c. dried mushrooms  
2 lbs. sauerkraut  
½ c. mushroom bouillon  
1 onion, chopped  
1 T. flour  
½ c. sour cream  
salt to taste*

Wash and soak mushrooms for 1 hr. Cook in the same liquid for 30 min, then chop finely. Drain sauerkraut. Place in pot, pour over mushroom bouillon and stew for 15 min. Brown chopped onion in lard. Mix it with cooked mushrooms. Slightly brown mixture. Sprinkle with flour and fry 5 more min. Season with sour cream and mix well. Combine with sauerkraut and stew for 15-20 min.

## **BAKED CABBAGE**

ПЕЧЕНА КАПУСТА

*1-1½ lb. head of cabbage  
1 onion  
½ c. sour cream  
1 T. flour  
1 T. bread crumbs  
½ c. melted butter  
2 T. lard  
salt and pepper to taste*

Clean, wash and shred cabbage. Sprinkle with salt. Place in pan and stew 15-20 min. until set. Brown chopped onion in butter. Mix it with sour cream and flour. Combine with stewing cabbage. Sprinkle with salt, pepper and breadcrumbs. Stir well. Add melted lard. Bake in 350° oven for 30-40 min. Pour over additional sour cream before serving.

**CABBAGE PUDDING**

**ПІННИК З КАПУСТИ**

*2 lb. head of cabbage*  
*2 c. milk*  
*1 onion*  
*1 T. sugar*  
*3 eggs*  
*3 egg whites*  
*3 T. butter*  
*½ c. bread crumbs*  
*salt and pepper to taste*

Clean, wash, and shred cabbage. Place in a pot with 2 c. scalding milk. Simmer for 15-20 min. until set. Drain and process through meat grinder. In butter brown finely chopped onion. Mix 3 eggs with sugar. Combine them with cabbage and browned onion. Beat egg whites to a froth. Fold into cabbage mixture along with bread crumbs. Sprinkle with salt and pepper. Drizzle with melted butter. Transfer to covered casserole. Place in a larger pot, and pour in 1 to 2 inches boiling water. Cover and simmer for 30-40 min. Serve with boiled potatoes and sour cream. Mushroom sauce is also a good addition.

**CABBAGE PATTIES WITH APPLES**

**СІЧЕНИКИ З КАПУСТИ ТА ЯБЛУК**

*2 lb. head of cabbage*

*½ c. farina*

*¼ lb. apples*

*1 egg*

*3 T. bread crumbs*

*3 T. lard*

*salt to taste*

Wash, clean and dice cabbage. Place in pot. Pour over boiling water to cover. Add salt and cook for 15-20 min. until tender. Slightly brown farina in butter. Constantly stirring, add it to cabbage. Stew 20 more min. Wash, peel and dice apples. Slightly brown them in butter. Add to stewed cabbage along with egg. Sprinkle with salt and shape into patties. Roll them in bread crumbs. Fry until golden on both sides. Serve with boiled or mashed potatoes and sour cream.

***CABBAGE STUFFED WITH RICE AND  
MUSHROOMS***

**ГОЛУБЦІ З РИСОМ ТА ГРИБАМИ**

*1-1 ½ lb. head of cabbage*

*¼ lb. rice*

*½ c. dried mushrooms*

*1 onion*

*2 T. lard*

*2 t. chopped parsley*

*5 T. melted butter*

*1 ½ c. sour cream*

*2-3 bay leaves*

*1 T. flour*

*salt and pepper to taste*

Cook washed, cleaned and cored cabbage in salted water for 15-20 min. Drain and set water aside. Remove leaves of cabbage. Trim the thick part from the bottom of each leaf. Wash and cook rice until half done. Wash and soak dried mushrooms in cold water for 60 min. Cook them in the same water for 30 min., then chop finely. Mix with rice. Brown chopped onion in lard. Combine it with rice. Season with pepper, chopped parsley and salt. Mix well. Place mound of prepared filling in the middle of every cabbage leaf. Fold sides of leaf over filling and roll it up. Place cabbage rolls in pot seamside down. Pour over 1 c. sour cream and 2 c. of cabbage liquid. Stew in 350° oven for 40-50 min. Blend mushroom bouillon, ½ c. sour cream and flour. Bring it to boil. Add bay leaf, salt and pepper. Boil for 3-5 min. Add to stewed rolls during the last ten minutes. Sprinkle with chopped parsley and serve.

***SALAD FROM SAUERKRAUT AND MUSHROOMS***  
**САЛАТ З КВАШЕНОЇ КАПУСТИ ТА ГРИБІВ**

*1 lb. sauerkraut*  
*1 onion*  
*¼ lb. marinated mushrooms*  
*pinch cloves*  
*pinch cinnamon*  
*2 T. sugar*  
*2 T. oil*

Mix sauerkraut with chopped onion. Cut up salted or marinated mushrooms. Season with cloves and cinnamon. Add sugar and drizzle with oil. Serve with finely chopped parsley.

***SALAD FROM CABBAGE, CARROTS, PEPPER***  
***AND APPLES***

**САЛАТ З КАПУСТИ, МОРКВИ, ПЕРЦЮ І ЯБЛУК**

*1 lb. cabbage*  
*2 carrots*  
*¼ lb. pepper*  
*½ lb. apples*  
*1 c. lemon juice*  
*½ t. salt*  
*1 t. sugar*  
*½ c. sour cream*  
*3 T. chopped parsley*

Clean, wash and cut cabbage into straws. Stir in salt. Drain and collect juice (it is very healthy drink). Mix cabbage with cut-up carrots, green pepper and peeled apples. Sprinkle with lemon juice. Add sugar and pour over sour cream. Sprinkle with chopped parsley and serve.

***SALAD FROM CABBAGE, APPLES AND  
ONION***

**САЛАТ З КАПУСТИ, ЯБЛУК ТА ЦИБУЛІ**

*1 lb. cabbage  
¼ lb. apples  
1 onion  
¼ c. vinegar  
1 T. sugar  
¾ c. sour cream  
salt and pepper to taste*

Clean, wash and cut cabbage into straws. Peel and cut apples, then sprinkle with vinegar so that they will not get dark. Add chopped onion. Pour over with sour cream mixed with sugar. Season with pepper and mix well.

***SALAD FROM CAULIFLOWER***

**САЛАТ З ЦВІТНОЇ КАПУСТИ**

*2 lbs. cauliflower  
2 T. oil  
1 T. vinegar  
1 T. sugar  
1 egg, hard-boiled  
3 scallions  
salt and pepper to taste*

Clean, wash and place cauliflower in water-vinegar bath for 10-15 min. Drain. Divide into florets. Rinse. Place in pot. Scald with hot salted water. Cook for 25-35 min., then cool. Season with oil mixed with vinegar, sugar and gray pepper. Add chopped boiled egg and finely chopped scallion and serve.

**CAULIFLOWER SALAD ANOTHER WAY**

**САЛАТ З ЦВІТНОЇ КАПУСТИ ПО-ІНШОМУ**

*1 lb. cauliflower*  
*1 lb. tomatoes*  
*1 cucumber*  
*½ lb. apples*  
*½ c. sour cream*  
*1 T. sugar*  
*1 T. vinegar*  
*2 T. chopped dill*  
*salt and pepper*

Wash and cook cauliflower in boiling salted water. Drain. Divide into florets. Add finely cut tomatoes, cucumbers and apples. Mix well and pour over sour cream with vinegar added. Sprinkle with sugar and salt. Season with chopped dill before serving.

**CARROT SALAD WITH APPLES ANOTHER WAY**

**САЛАТ З МОРКВИ ТА ЯБЛУК ПО-ІНШОМУ**

*½ lb. carrots*  
*¼ lb. apples*  
*1 t. vinegar*  
*4 T. sour cream*  
*1 T. sugar*  
*1 T. green parsley*  
*salt to taste*

Peel carrots and apples. Wash them and cut into straws. Mix together vinegar and sour cream with sugar and pour over. Sprinkle with salt and chopped parsley.

## **GRATED BEETS**

### **ТЕРТІ БУРЯКИ**

*1½ lbs. beets*  
*4 T. oil*  
*2 onions*  
*1 t. vinegar*  
*½ t. cloves*  
*salt and pepper to taste*  
*3 T. sugar*  
*1 sprig of parsley*

Wash beets. Bake in 350° oven for 40-50 min. until ready, then peel. Process through meat grinder. Fry ground beets in oil. Brown chopped onion in oil and combine with beets. Add vinegar. Season with black pepper, sugar and ground cloves. Sprinkle with salt and sugar. Mix well. Serve with finely chopped parsley.

## **SALAD FROM BEETS AND MUSHROOMS**

### **БУРЯКОВИЙ САЛАТ З ГРИБАМИ**

*1 lb. beets*  
*½ c. dried mushrooms*  
*2 red onions*  
*½ c. oil*  
*1 T. vinegar*

Wash dried mushrooms, then soak them in cold water for 1 hr. Cook in the same water for 30 min., then finely chop. Wash and cook beets. Peel them. Cut into straws. Mix with chopped mushrooms. Cut onions into half slices. Combine everything. Season with oil and vinegar and serve.

**BEETS STEWED IN SOUR CREAM**

ВАРЕНІ БУРЯКИ ТУШКОВАНІ В СМЕТАНІ

*1 lb. beets*

*1 onion*

*3 T. butter*

*1 c. sour cream*

Wash beets. Bake them in 375° oven for 60-70 min. Peel and cut into straws. Add finely chopped browned onion. Fry beets with onion in butter for 7-10 min. Pour over with sour cream. Mix well. Stew for 15 more min.

**BEETS STUFFED WITH RICE, APPLES AND  
FARMER CHEESE**

БУРЯКИ ТУШКОВАНІ З РИСОМ, ЯБЛУКАМИ ТА  
СЕЛЯНСЬКИМ СИРОМ

*1 lb. beets*

*1c. rice*

*2 apples*

*2 T. sugar*

*1/3 lb. farmer cheese*

*1 egg*

*2 T. butter*

*1 c. sour cream*

*salt to taste*

Choose big beets of even size. Wash and cook them for 50-60 min. until tender. Drain. Peel beets and core. Cook rice, then drain. Wash, peel and grate apples. Combine them with sugar and grated farmer cheese. Mix well. Add egg and butter and mix thoroughly. Fill beets with prepared filling. Place in greased baking pan. Top with sour cream. Bake in 350° oven for 40 min. Serve with sour cream.

***PANCAKES FROM BEETS AND FARMER  
CHEESE***

БУРЯКОВІ МЛИНЦІ З СЕЛЯНСЬКИМ СИРОМ

*1½ lb. beets  
1 c. flour  
1 lb. farmer cheese, grated  
4 T. sugar  
1 egg  
1 c. milk  
salt to taste*

Wash beets. Cook them for 1 hr., and peel. Process through meat grinder and combine with flour. Stir farmer cheese with sugar and egg. Combine with beets. Pour over with milk. Sprinkle with salt. Mix well. Make pancakes and fry in butter. Serve with sour cream.

***TOMATOES STUFFED WITH MUSHROOMS***

ПОМИДОРИ ФАРШОВАНІ ГРИБАМИ

*1 lb. fresh mushrooms  
¾ c. sour cream sauce  
2 lbs. tomatoes  
4 T. butter  
salt and pepper to taste*

Finely chop fresh mushrooms. Brown in butter. Cover with sour cream. Mix well and warm up. Cut off top of washed tomatoes. Take out some pulp and fill cavities with prepared filling. Drizzle with melted butter and bake in 300° oven for 15 min.

## **STUFFED TOMATOES ANOTHER WAY**

ФАРШОВАНІ ПОМИДОРИ ПО-ІНШОМУ

*8-10 tomatoes  
2 onions  
1 T. butter  
1/3 fillet of herring  
2 eggs  
2 T. mayonnaise  
1/4 c. grated cheese  
salt and pepper to taste  
parsley*

Cut washed tomatoes in half. With spoon scoop out most of the pulp. Peel and chop onions, and brown in butter. Combine with fillet of herring and chopped hard boiled eggs. Process through meat grinder. Add mayonnaise, salt and gray pepper. Mix well. Fill tomato halves with prepared stuffing. Sprinkle with grated cheese and decorate with green parsley.

## **STUFFED ONION**

ФАРШОВАНА ЦИБУЛЯ

*1 lb. large, mildly flavored onions  
1/4 lb. cucumbers  
1/2 lb. tomatoes  
1 egg  
1/2 c. mayonnaise  
1 T. chopped green parsley  
salt to taste*

Peel large onions and remove inside, then chop up. Combine with diced tomatoes and peeled fresh cucumbers. Cook egg. Add chopped hard boiled egg to the filling. Sprinkle with finely chopped green parsley and combine with mayonnaise. Add salt. Mix filling and stuff prepared onions. Serve with mayonnaise.

***EGGPLANT WITH MUSHROOMS AND  
ONIONS***

**СИНІ БАКЛАЖАНИ З ГРИБАМИ ТА ЦИБУЛЕЮ**

*1 lb. eggplants  
½ lb. tomatoes  
3 T. flour  
2 T. butter  
2 onions  
¼ lb. fresh mushrooms  
1/3 c. sour cream  
1 T. chopped dill  
2 T. grated cheese  
salt and pepper to taste*

Wash and cut eggplant and tomatoes in slices. Sprinkle with salt and black pepper. Roll in flour. Fry until golden on both sides. Brown finely chopped onion. Combine it with finely chopped mushrooms. Add salt and pepper. Mix well and fry for 10 min. until mushrooms are done. Pour over sour cream and bring to boil. Arrange eggplant and tomatoes on serving plate, and cover with mushrooms. Sprinkle with grated cheese and chopped dill. Serve with boiled new potatoes.

***STUFFED EGGPLANT WITH MILLET***

**ФАРШОВАНІ БАКЛАЖАНИ З ПШОНОМ**

*2 lbs. eggplant*  
*2 onions*  
*1 c. dried mushrooms*  
*½ c. millet*  
*2 T. lard*  
*1 egg*  
*2 T. bread crumbs*  
*2 T. butter*  
*1 T. chopped dill*  
*salt and pepper to taste*

Wash eggplant and cut in halves. Remove center portions and finely chop, then brown in lard. Chop onions. Brown them in lard. Wash and soak dried mushrooms in cold water for 1 hr. Cook in the same water for 30-40 min., then finely chop. Cook millet in mushroom bouillon. Combine millet with browned onion, mushrooms and eggplant. Add egg, salt and pepper and mix well. Stuff eggplant with mixture. Place on well greased baking pan. Sprinkle with bread crumbs. Bake in 350° oven for 30-40 min. Serve with melted butter and finely chopped dill.

***STUFFED PEPPERS***

**МЕЖИВО З ПЕРЦЮ**

*2 lbs. green peppers*  
*½ lb. cabbage*  
*½ lb. carrots*  
*1 root of parsley*  
*1 celery stalk*  
*2 onions*  
*2 T. oil*  
*2 T. sugar*  
*2 T. chopped parsley*  
*¾ lbs. tomatoes*  
*3 T. tomato paste*  
*salt to taste*

Wash peppers and core, then cook in boiling salted water for 3 min. Drain. Wash and finely cut cabbage, peeled carrots, parsley and celery. Stew in a pot for 20-30 min. Add sugar and salt. Mix with browned chopped onion. Sprinkle with chopped green parsley. Stuff prepared peppers with filling. Brown tomato paste and cook with tomatoes for sauce. Add sugar, salt and vinegar and serve with peppers.

**PEPPERS STUFFED WITH FARMER CHEESE**

**ФАРШОВАНИЙ ПЕРЕЦЬ З СЕЛЯНСЬКИМ СИРОМ**

*2 lbs. red peppers  
¾ lb. farmer cheese  
2 eggs  
2 T. sugar  
1 T. flour*

*For gravy:  
1 c. milk  
1 egg  
¾ lb. flour  
salt to taste*

Wash peppers, core and drain. Grate farmer cheese, and stir in eggs, sugar and salt. Stuff peppers with farmer cheese. Place in a stew pot. *For gravy:* beat milk with raw egg and flour. Sprinkle with salt and pour over stuffed peppers. Stew for 45 min. Serve with boiled new potatoes.

**ASPARAGUS BAKED IN MILK**

**АСПЕРЖ ПЕЧЕНИЙ У МОЛОЦІ**

*2 lbs. asparagus  
1 t. sugar  
1 c. milk sauce  
3 T. butter  
2 T. bread crumbs  
salt to taste*

Wash asparagus, remove tough scales and bottom portions. Cut asparagus in 1-inch pieces and place in pot with hot water. Add sugar and cook for 15-20 min. Drain. Place in casserole and cover with milk sauce (see Sauces and Gravies). Sprinkle bread crumbs and drizzle with butter. Bake in 350° oven for 40 min.

***SPINACH BABKA***

**БАБКА З ШПИНАТУ**

*1 lb. spinach*  
*½ lb. bread*  
*1 c. milk*  
*2 eggs*  
*4 T. butter*  
*1 T. sugar*  
*2 T. bread crumbs*  
*salt to taste*

Wash and remove stems from spinach. Place in pot and scald with 2 c. boiling water. Cook on medium heat for 10-15 min. Drain and puree. Stir well. Soak bread in milk. Add melted butter, egg yolks and sugar. Mix well. Combine with spinach. Sprinkle with salt and melted butter. Mix again. Combine mixture with whipped egg whites. Butter a casserole and sprinkle with bread crumbs. Pour in spinach and bake in 350° oven for 50 min. Serve with melted butter.

**HALUSHKY-DUMPLINGS FROM POTATOES**  
**ГАЛУШКИ КАРТОПЛЯНІ**

*½ lb. potatoes, boiled*  
*1 fresh potato*  
*1 egg*  
*1 onion*  
*2 T. flour*  
*1 T. oil*  
*1 pinch red pepper*  
*1 pinch salt*  
*sour cream*

Wash potatoes. Peel 1 potato and grind in meatgrinder. Cook other unpeeled potatoes in salted water. Drain, cool, peel and grind them in meat grinder. Combine with ground fresh potato and mix with egg. Add finely chopped onion browned in oil. Combine with flour and stir. Season with salt and red pepper and mix. Cook spoonfuls of batter in simmering salted water at a slow boil for 8-10 min. Remove with slotted spoon to colander; transfer to serving plate and drizzle with butter. Serve with sour cream or melted butter. Can also be served with fried mushrooms to accompany meat dishes.

**CAULIFLOWER FRIED IN BUTTER**

**ЦВІТНА КАПУСТА СМАЖЕНА У МАСЛІ**

*1 cauliflower  
2 T. flour  
4 T. butter  
1 T. parsley  
salt & pepper to taste*

Clean and cut up cauliflower. Cook in salted water for 10-15 min. Roll in flour. Fry in butter. Drizzle with melted butter. Sprinkle with chopped parsley and serve.

**CAULIFLOWER FRIED IN BREAD CRUMBS**

**ЦВІТНА КАПУСТА СМАЖЕНА У ХЛІБНИХ ОКРУШИНАХ**

*1 medium cauliflower  
2 T. flour  
2 eggs  
2 T. bread crumbs  
3 T. butter  
salt and sugar to taste*

Cut cleaned and washed cauliflower into quarters. Place in pot with salted water, and cook uncovered on high heat so that the color of cauliflower will not change. Drain the liquid and cut boiled cauliflower into slices ½ inch thick. Roll in flour and dip in beaten eggs, then in bread crumbs. Fry until golden on both sides.

**CAULIFLOWER SOUFFLE**

**ВОЗДУШНИЙ ПИРІГ ЗІ ЦВІТНОЇ КАПУСТИ**

*½ c. farina*

*1½ c. milk*

*2 eggs*

*1 cauliflower*

*1 T. sugar*

*1 T. bread crumbs*

*3 T. butter*

*salt to taste*

Cook farina in milk, constantly mixing. Clean and cut cauliflower in small pieces. Stew in milk for 15 min. Mix well and process through meat grinder. Add egg yolks mixed with sugar. Sprinkle with salt. Fold in whipped egg whites. Transfer to greased baking pan and sprinkle with bread crumbs. Drizzle with melted butter. Bake in 350° oven for 30 min. Cut before serving and drizzle with melted butter.

***RED CABBAGE STEWED WITH KIDNEY  
BEANS***

**ЧЕРВОНА КАПУСТА ТУШКОВАНА З КВАСОЛЛЕО**

*1 c. kidney beans  
2 lbs. red cabbage  
3 T. butter  
2 onions  
½ T. flour  
2 T. tomato paste  
½ T. sugar  
salt to taste*

Wash kidney beans and soak for 2 hrs. Cook for 30 min. until tender. Wash and clean red cabbage. Cut into quarters and simmer in water and butter for 20-30 min. until tender. Combine drained cabbage, onions and cooked kidney beans. Add flour browned in butter, tomato paste, sugar and salt. Mix well and stew for 7-10 min. more. Serve with boiled potatoes or fried mushrooms.

**RED CABBAGE STEWED WITH APPLES**

**ЧЕРВОНА КАПУСТА ТУШКОВАНА З ЯБЛУКАМИ**

*2 lbs. red cabbage  
3 T. butter  
1½ T. sugar  
2 T. vinegar  
3 apples  
¾ c. sour cream  
1 T. chopped parsley  
salt to taste*

Wash, clean and thinly cut red cabbage. Stew in pan in water and butter for 20 min. Add vinegar, sugar and salt, peeled and finely cut apples. Mix well. Stew for 15-20 min. more until ready. Season with sour cream and warm. Serve with finely chopped parsley.

**PANCAKES FROM KOHLRABI**

**МЛИНЦІ З КОЛЬРАБІ**

*2 lb. kohlrabi  
1 c. flour  
2 eggs  
1 T. sugar  
½ t. baking soda  
3 T. lard  
½ c. sour cream  
1 pinch salt*

Wash and grate kohlrabi. Add flour, eggs, sugar, salt, soda and water. Stir well and fry spoonfuls in hot lard. Serve with sour cream.

**KOHLRABI STUFFED WITH RICE AND MEAT**

**КОЛЬРАБІ З РИСОМ ТА М'ЯСОМ**

*2 lbs. kohlrabi*  
*½ lb. meat, cooked*  
*½ c. rice*  
*1 onion*  
*1 egg*  
*2 T. lard*  
*½ c. sour cream*  
*½ c. tomato sauce*  
*salt and pepper to taste*

Wash and peel kohlrabi. Remove leaves and hollow out core. Cook kohlrabi in salted water for 20-30 min. until half tender. Stir together chopped cooked meat, cooked rice and browned onion. Add egg, pepper and salt. Stuff kohlrabi with mixture. Place in a greased pot. Pour over sour cream and tomato sauce and simmer for 30 min. until ready.

***CARROT BABKA***  
**БАБКА З МОРКВИ**

*2 lbs. carrots*  
*1 c. bread crumbs*  
*3 T. butter*  
*½ c. sour cream*  
*3 eggs*  
*2 T. sugar*  
*2 T. flour*  
*½ c. milk sauce or sour cream*  
*salt to taste*

Grate washed and peeled carrots. Mix with bread crumbs and slightly brown in butter. Stir together sour cream, egg yolks combined with sugar, 2 T. butter, flour and salt. Combine with whipped egg whites and mix thoroughly. Place mixture in a greased baking pan and bake in a 350° oven for 45-50 min. Serve with sour cream or milk sauce.

***PENNYK FROM CARROT***

**ПІННИК З МОРКВИ**

***2 lbs. carrots***

***1 c. milk***

***2 T. butter***

***1 c. bread crumbs***

***2 eggs***

***2 T. sugar***

***¾ c. sour cream or whipped cream***

***salt to taste***

Finely cut up washed and peeled carrots. Place in a pot. Pour over half of the milk and butter. Stew until done and mix with bread crumbs soaked in warm milk. Process mixture. Combine with egg whites stirred with sugar. Add whipped egg yolks and sprinkle with salt. Place in a 350° oven and bake in buttered casserole for 45-55 min. Serve with sour cream or whipped cream.

**CARROT SICHENYKY**

**СІЧЕНИКИ З МОРКВИ**

*2 lbs. carrots*

*½ c. milk*

*3 T. butter*

*3 T. farina*

*1 egg*

*3 T. bread crumbs*

*½ c. sour cream*

*salt to taste*

Cut washed and peeled carrots into thin slices. Stew with milk and butter for 20 min. Slightly brown farina in butter and mix well with stewed carrots. Stew for 15 min. more until ready. Set aside to cool. Process through meat grinder. Add fresh egg and sprinkle with salt. Divide mass into portions and make patties. Roll them in bread crumbs and fry in butter until golden on both sides. Serve with sour cream.

***CARROT-FARMER CHEESE MEATBALLS***

**ТИФТЕЛЬКИ СЕЛЯНСЬКІ З МОРКВИ ТА СІРУ**

*2 lbs. carrots*  
*½ c. milk*  
*3 T. butter*  
*5 T. farina*  
*3 T. sugar*  
*1 egg*  
*½ lb. farmer cheese*  
*5 T. bread crumbs*  
*½ c. sour cream*  
*salt to taste*

Finely chop up washed and peeled carrots. Stew them with milk for 20 min. Add browned farina and sprinkle with sugar and salt. Mix well and stew 15 min. more until ready. Set aside to cool. Mix with fresh egg. Add farmer cheese and mix once again. Process through meat grinder. Form small rolls. Coat with bread crumbs and fry until golden. Serve with sour cream.

***BAKED CARROTS WITH FARMER CHEESE***

**ПЕЧЕНА МОРКВА З СЕЛЯНСЬКИМ СИРОМ**

*2 lbs. carrots*  
*½ c. milk*  
*2 T. butter*  
*4 T. farina*  
*½ lb. farmer cheese*  
*3 T. sugar*  
*2 eggs*  
*1 T. bread crumbs*  
*½ c. sour cream*  
*salt to taste*

Finely chop up washed and peeled carrots. Process them through meat grinder. Stew with milk and butter for 20 min. Add browned farina and mix well. Stew for 15 min. more. Transfer half the stewed carrot to greased baking pan. Thoroughly combine farmer cheese with sugar and fresh eggs and place mixture above the layer of carrots. Cover with rest of the stewed carrot. Sprinkle with bread crumbs and bake in a 350° oven for 40 min. Serve with sour cream.

**CARROT PANCAKES**

**МЛИНЦІ З МОРКВИ**

*2 lbs carrots*

*5 T. butter*

*1 c. flour*

*2 eggs*

*2 T. sugar*

*1 c. sour cream*

*salt to taste*

Cut washed and peeled carrots. Brown them with butter and a little water. Set aside to cool. Process through meat grinder. Stir in flour, eggs, salt and sugar. Form mixture into pancakes and fry in butter. Serve with sour cream.



## SAUCES & STOCKS



### *WHITE MEAT BOUILLON*

#### М'ЯСНА ПІДЛІВА СВІТЛА

*1 lb. meat bones*

*1 carrot*

*1 parsley*

*1 onion*

*5 c. water*

*salt to taste*

Crush meat bones (of either beef, veal, pork, turkey, chicken or rabbit) into small 2-3 inch thick pieces. Wash them and place in pot. Pour cold water over bones. Bring to boil and simmer covered for 8 hrs. on low heat, periodically skimming. Bouillon from turkey, chicken or rabbit bones needs only 3 hrs. Add thinly sliced onion, cut up carrot and parsley 30 min. before bouillon is ready. Strain and use as base for a variety of sauces.

## **BROWN MEAT BOUILLON**

М'ЯСНА ПІДЛИВА ТЕМНА

*1 lb. meat bones*

*1 carrot*

*1 sprig parsley*

*1 onion*

*5 c. water*

*salt to taste*

Crush meat bones (of either beef, veal, pork or chicken) into small 2-3 inch thick pieces. Wash them and brown with sliced onion, cut up carrot and parsley. Pour hot water over bones and simmer for 7 hrs. on low heat, periodically skimming. Strain bouillon and use as a base for a variety of sauces.

## **HOT TOMATO SAUCE**

ГОСТРА ТОМАТНА ПІДЛИВА

*1 onion*

*1 parsley sprig*

*1 carrot*

*2 T. fat*

*½ c. tomato paste*

*2 T. flour*

*1 c. white bouillon*

*2 T. butter*

*salt to taste*

Finely chop onion, parsley and carrots. Brown them in hot fat. Add tomato paste. Simmer covered for 15 min. Add flour, mix everything well. Dissolve with white bouillon (see above). Add salt. Stew for 20 min. Strain mixture. Season with butter. Good for fried, stewed and cooked meat as well as for vegetable dishes.

***BASIC WHITE SAUCE***

**ПРОСТА БІЛА ПІДЛИВА**

*1 qt. bouillon*

*2 T. butter*

*2 T. flour*

*1 parsley*

*1 onion*

*½ lemon*

*salt to taste*

Warm flour in melted butter constantly stirring and not letting it brown. Cool and add 1 c. of hot bouillon. Mix well to get rid of lumps and add rest of the bouillon, little by little, mixing well each time. Bring sauce to boil. Add cut up onion and parsley and simmer for 30 min. Season with lemon juice and salt. Strain and add butter.

***BASIC WHITE FISH SAUCE***

**ПРОСТА БІЛА ПІДЛИВА РИБ'ЯЧА**

*1 qt. fish bouillon*

*2 T. butter*

*2 T. flour*

*1 sprig parsley*

*1 onion*

*½ lemon*

*salt to taste*

White fish sauce is made of fish bouillon the same way as white meat sauce.

**MILK SAUCE**  
МОЛОЧНА ПІДЛИВА

*5 c. milk*  
*6 T. flour*  
*3 T. butter*  
*1 t. sugar*  
*salt to taste*

Slightly brown flour in butter. Slowly add hot milk, stirring to prevent lumps. Add sugar. Simmer 10 min. on low heat. Sprinkle with salt and strain. Good for vegetables and some meat dishes.

**SOUR CREAM SAUCE**  
ПІДСМЕТАННИЧКА

*2 T. butter*  
*2 T. flour*  
*2 c. sour cream*  
*salt and pepper to taste*

Slightly brown flour in butter. Mix with sour cream. Season with salt and pepper. Briefly simmer constantly stirring for 3-5 min. on low heat. Can be used with different flavorings (onion, parsley, celery, tomato, mustard or horseradish).

***SOUR CREAM-TOMATO SAUCE***

**ПІДСМЕТАННИЧКА З ТОМАТОМ**

Add 2 T. tomato paste to sour cream sauce. Good for meat, fish and vegetable dishes.

***SOUR CREAM SAUCE WITH  
HORSERADISH***

**СМЕТАННА ПІДЛИВА З ХРІНОМ**

*1 T. flour*  
*2 c. sour cream*  
*1 horseradish root*  
*1 t. butter*  
*1 t. vinegar*  
*1 pinch pepper*  
*1 t. sugar*  
*salt to taste*

Brown flour without butter. Set aside for 5-10 min., then constantly stirring add to simmering sour cream. Mix well. Add salt and simmer about 5 min. Grate cleaned and washed horseradish. Warm in skillet in butter in order to get rid of sharpness. Season with vinegar, pepper and sugar. Simmer for 5 min. more, then mix with hot sour cream sauce. Cover and let stand for a few minutes for flavors to blend. Good for boiled meat, tongue, cold cuts or poached fish.

***SOUR CREAM-TOMATO-ONION SAUCE***  
**СМЕТАННА ПІДЛИВА З ЦИБУЛЕЮ ТА ТОМАТАМИ**

*2 onions*  
*2 T. butter*  
*1½ c. sour cream sauce*  
*3 T. tomato paste*  
*½ lemon*  
*salt, pepper and sugar to taste*

Mix finely chopped browned onion with sour cream sauce (see above). Gently heat 5-7 min., gradually adding tomato paste. Season with salt, pepper, sugar and lemon juice squeezed from fresh lemon. Bring to boil. This sauce is good for cutlets, meat balls and roasted meat.

***WHITE ONION SAUCE***  
**БІЛА ПІДЛУВА З ЦИБУЛЕЮ**

*2 onions*  
*1 T. butter*  
*1 T. vinegar*  
*3 peppercorns*  
*1/3 t. sugar*  
*1 bay leaf*  
*salt to taste*

Finely cut up onion. Brown in butter on low heat until golden color. Add vinegar, peppercorns and bay leaf. Simmer covered for 5-7 min. Mix with red sauce (see above). Add salt and sugar. Simmer for 15 min. stirring continuously to prevent scorching. Season with butter. Good for fried and baked meat dishes.

## **MUSHROOM SAUCE**

ГРИБНА ПІДЛИВА

*10 dried mushrooms*  
*1 T. fat*  
*1 onion*  
*1 T. flour*  
*2 c. mushroom bouillon*  
*1 T. butter*  
*salt to taste*

Wash dried mushrooms well. Soak them in cold water for 2-3 hrs. Cook until tender. Rinse well. Chop up finely. Fry in fat and return to bouillon. Finely chop onion. Brown it. Add flour and salt. Pour into mushroom bouillon. Mix well. Cook and season with butter. This sauce is good for potatoes, halushky and grits.

## **MAYONNAISE SAUCE**

ПІДЛИВА-МАЙОНЕЗ

*3 egg yolks*  
*2 T. sugar*  
*1 t. mustard*  
*1 pinch of salt*  
*1 pinch of pepper*  
*1½ c. oil*  
*2 T. vinegar*

Stir fresh egg yolks with salt, pepper, sugar and mustard. Beat in oil. Add vinegar when mixture becomes thick. Mix well. This sauce is good for cold appetizers of meat and fish, and might be used as dressing on salads.



# FLOUR DISHES



## *GRAIN DISHES AND KASHAS*

### *CORN KISIEL*

КУКУРУДЗЯНА КУЛЕША

*¼ lb. corn flour*

*2 qts. water*

*1 c. milk (or ¼ c. sour cream, or 1/3 c. oil)*

Constantly stirring, gradually pour corn flour into a pot of boiling water. Reduce heat. Add salt and mix well until ready (7-10 min.). Serve kisiel either with hot milk or with sour cream.

### *MAMALYGA*

МАМАЛИГА

*½ lb. corn flour*

*2 qts. water*

*1 c. milk or 2 t. butter*

*salt to taste*

Brown corn flour in butter (do not let it change color). Transfer to pot and scald with boiling water. Keep stirring for 7-10 min. Serve with hot milk or seasoned with butter.

**BUCKWHEAT LOAF**  
**ГРЕЧАНИКИ**

*¾ c. milk*  
*1 t. yeast*  
*2 T. sugar*  
*¼ stick butter*  
*1 egg*  
*1 lb. buckwheat flour*  
*¼ c. oil*  
*¾ c. sour cream*  
*salt to taste*

In bowl, stir yeast into warm milk and add sugar and salt. Pour in melted butter and fresh egg and mix. Gradually pour in sifted buckwheat flour, mix well and leave dough in a warm place for 15 min. until it rises. Knead again and leave in warm place for another 30 min. Transfer dough to floured board, roll it up into long thin loaves and brush tops with oil. Place them on a well-buttered baking pan. Set aside for 15-20 min. until they rise. Cut each loaf into small 1-1½-inch slices. Bake covered with foil in 350° oven for 45 min. Brush tops with slightly browned oil and serve with sour cream.

***BUCKWHEAT PATTIES (GRECHANIK)  
IN CABBAGE LEAVES***

**ГРЕЧАНИКИ З КАПУСТЯНИМ ЛИСТЯМ**

*¾ c. milk  
1 t. yeast  
2 T. sugar  
¼ stick butter  
1 egg  
1 lb. buckwheat flour  
2 ½ lbs. cabbage  
¾ c. sesame seeds  
½ t. salt  
¾ c. sour cream*

In a pot, stir yeast in warm milk and add sugar and salt, then melted butter and egg. Gradually add sifted buckwheat flour and mix well. Leave dough in warm place for 30 min. until it rises. Knead well and leave in warm place for another 30 min. Cut dough into pieces and flatten into round buns. Place on cabbage leaves and bake in 350° oven for 15 min. Sprinkle half-ready "grechanik" with salted and moistened sesame seeds. Bake 30 min. more. Serve hot with sour cream.

***BUCKWHEAT WITH SALT PORK***

**ЛЕМИШ З САЛОМ**

*1 lb. buckwheat flour*

*1 c. water*

*¼ lb. salt pork*

*salt to taste*

Brown buckwheat flour in 325° oven for 5-7 min. Place it in enameled pot and scald with salted boiling water. Stir thoroughly and combine with small thin slices of browned salt pork and a little salt. Mix well and transfer to baking pan. Bake covered tightly with foil in 350° oven for 45 min. Serve as a side dish for beef steaks, poultry and mushroom dishes.

## ***BUNS & PRETZELS***

### ***SWEET BUNS***

ПАМПУШКИ

*1/3 c. butter*

*2 c. water*

*1/4 c. sugar*

*1/4 lb. flour*

*3 eggs*

*1/4 c. lard*

*1/4 c. preserves*

*2 t. vanilla sugar*

Place butter and sugar into boiling water. Gradually pour over flour constantly stirring so that no lumps form. Let it cool. Then add egg yolks and whipped egg whites while stirring. Fry a spoonful of the batter in hot lard until golden on both sides. Sprinkle with vanilla sugar and serve with jam or preserves.

***BUNS WITH MARMALADE***

**ПАМПУШКИ З ПОВИДЛОМ**

*1 stick butter*

*2 c. water*

*5 T. sugar*

*½ lb. flour*

*4 eggs*

*1 c. preserves*

*¼ c. lard*

*2 t. vanilla sugar*

Place butter and sugar into pot with boiling water. Gradually pour over flour and mix well for 3-5 min. in order to get smooth batter. Let it cool and stir. Add eggs and mix again. Let batter sit for 30 min. until it becomes thick. Place a few spoonfuls of the dough on floured board, make an indentation in the center of each and fill with preserves. Set aside for another 10 min. Fry in hot lard until golden. Sprinkle with vanilla sugar.

***BUCKWHEAT BUNS (PAMPUSHKAS) WITH  
GARLIC***

**ГРЕЧАНИ ПАМПУШКІ З ЧАСНИКОМ**

*½ t. yeast  
1 c. water  
2 T. sugar  
¼ t. salt  
1 lb. buckwheat flour  
3 T. butter  
¾ c. oil  
2 cloves garlic  
salt to taste*

Dissolve yeast in warm water and add sugar and salt. Gradually pour in buckwheat flour, mix well and set aside for 2 hrs. in warm place until it rises. Cut dough into circular shapes and flatten into small buns. Cook in boiling salted water for 10 min. Transfer to serving plate with melted butter. Combine crushed garlic and salt. Dissolve with oil and season hot *pampuskas*. Serve with hot borsch.

**WHEAT BUNS WITH GARLIC**

**БІЛІ ПАМПУШКИ З ЧАСНИКОМ**

*½ t. yeast*

*1 c. water*

*2 T. sugar*

*¼ t. salt*

*1 lb. wheat flour*

*1 c. oil*

*2 cloves garlic*

Dissolve yeast in warm water. Add sugar and salt and stir. Gradually pour in ¼ of flour. Mix well and leave dough for 1 hr. in warm place until it rises. Pour in remaining flour, mix and add ¾ c. oil. Knead dough well and put aside for 30 min. Cut it into circular shapes and flatten them into small buns. Leave for 15 min. in warm place to raise. Transfer to baking pan and bake in 350° oven for 30 min. Grate garlic, sprinkle with salt, dissolve in the rest of oil and a little of boiled water and season hot *pampuskas*. Serve with bouillon, beef and fish soups and hot borshch.

## **POTATO-CHEESE BUNS**

**СИРНИ МНІШКИ**

*4 medium potatoes*  
*¼ lb. farmer cheese*  
*1 c. milk*  
*2 eggs*  
*½ lb. flour*  
*½ c. sour cream*  
*1 bunch scallions*  
*salt to taste*

Wash, peel and boil potatoes. Drain them and cool. Process farmer cheese and boiled potatoes through meat grinder. Pour milk over the ground mixture. Add eggs. Sprinkle with salt and mix with flour. Knead well and roll into balls. Brown them in butter. Serve with sour cream and a scallion salad on the side.

## **PACKETS**

**СУПРОСЯВКИ**

*½ t. baking soda*  
*½ c. milk*  
*2 eggs*  
*½ lb. flour*  
*½ stick butter*  
*¼ c. honey*  
*salt to taste*

Mix baking soda, milk and eggs in bowl. Add flour, mix well and knead. Transfer to wooden board and roll dough out thinly. Cut it into small rectangles and connect opposite corners. Drop them into salted boiling water but do not crowd them in pot. Cook for 15 min. After they rise, remove them with slotted spoon and brown in butter. Serve with honey.

***PRETZELS (VERGUNY)***

**БЕРГУНИ**

*3 c. flour*  
*½ stick butter*  
*¼ t. baking soda*  
*1 egg*  
*½ c. sour cream*  
*1 T. vinegar*  
*¼ c. vodka (horilka)*  
*¼ t. salt*  
*3 T. sugar*  
*½ c. oil*  
*4 T. powdered sugar*  
*¼ t. vanilla*

Combine flour, butter and baking soda and cut with 2 knives. Make a depression and pour in egg, sour cream, vinegar and vodka. Mix and add salt and sugar. Knead well. Roll dough out thinly. Cut in 1½ inch x 6 inch strips. Make 1½ inch cut in the middle of each strip, and pull through one end. Transfer to generously oiled pan. Fry until brown on both sides. Set aside. Sprinkle with powdered sugar and vanilla before serving.

## ***SIMPLE PRETZELS***

### **ПРОСТІ ВЕРГУНИ**

*3 egg yolks*  
*3 T. sugar*  
*¾ c. sour cream*  
*¼ c. vodka (horilka)*  
*1 lb. flour*  
*1 c. salt pork*  
*2 T. powdered sugar*  
*1 T. vanilla*  
*salt to taste*

Stir sugar with egg yolks. Sprinkle with salt and combine with sour cream and horilka in bowl. Mix well. Gradually stir in flour and mix. Knead dough until it is smooth. Roll it out on wooden board as thinly as possible. Cut into strips, about 2 inches wide and 6 inches long. In the middle of each strip make a slit about 1½ inches long. Pull one end of each strip through the slit. Fry “verguny” in salt pork fat for 3-5 min. until they turn a golden color on both sides. Let them cool. Sprinkle with powdered sugar and vanilla before serving.

**KIEV-STYLE PRETZELS**

**КИЇВСЬКІ ВЕРГУНИ**

*3 eggs  
5 T. sugar  
½ c. melted butter  
2 T. cognac  
¾ c. milk  
¾ c. grated almond  
1 lb. flour  
¾ c. lard  
salt to taste*

Whip eggs with sugar and add melted butter, cognac and milk. Mix well. Add salt and grated almonds. Gradually stir in flour, and mix thoroughly. Knead dough well. Roll it out thinly and cut into strips 2 inches wide and 6 inches long. In the middle of each strip make a 1½-inch thick slit, and pull one end of strip through it. Fry "verguny" in lard for 3-5 min. until they turn a golden color on both sides. Let them cool. Sprinkle with powdered sugar and vanilla before serving.

***VOLYN-STYLE PRETZELS***

**ВОЛИНСЬКІ ВЕРГУНИ**

***4 T. sugar***

***5 egg yolks***

***¼ c. oil***

***¾ lb. flour***

***¾ c. lard***

***1 pinch salt***

Stir sugar with oil and egg yolks. Sprinkle mixture with salt. Gradually add flour and knead dough for 30 min. Roll it out thinly and cut into strips 2 inches wide and 6 inches long. In the middle of each strip make a 1½-inch slit, and pull one end of strip through it. Fry “verguny” in salt pork fat for 3-5 min. until they turn a golden color on both sides. Serve with tea, milk, coffee, or hot chocolate.

***LVIV-STYLE PRETZELS***

**ЛЬВІВСЬКІ ВЕРГУНИ**

*4 T. sugar*

*5 egg yolks*

*¼ lb. butter*

*2 T. rum*

*1 t. vinegar*

*1 lb. flour*

*¾ c. lard*

*1 pinch salt*

Stir sugar, egg yolks and butter. Add rum and vinegar and mix well. Gradually stir in flour. Sprinkle with salt. Knead well. Roll dough out thinly and cut into strips 2 inches wide and 6 inches long each. In the middle of each strip make a slit 1½ inches long. Pull one end of strip through the slit. Fry “verguny” in salt pork fat for 3-5 min. until they turn golden on both sides. Let them cool and sprinkle with powdered sugar. Serve with warm honey.

**KONOTOP-STYLE PRETZELS**

**КОНОТОПСЬКІ ВЕРГУНИ**

*4 T. sugar*

*2 egg yolks*

*$\frac{3}{4}$  c. milk*

*$\frac{1}{2}$  lemon*

*$\frac{3}{4}$  lb. flour*

*juice of  $\frac{1}{2}$  lemon*

*$\frac{3}{4}$  c. lard*

*1 pinch salt*

Stir sugar with egg yolks. Pour over milk. Add grated lemon peel and lemon juice, sprinkle with salt and mix well. Gradually stir in flour and knead dough. Cover with towel and let sit for 10-15 min. Then roll dough out thinly and cut into strips 2 inches wide and 6 inches long. Make a slit about 1½ inch long in the middle of each strip and pull one end of strip through the slit. Fry *verguny* in lard for 3-5 min. until golden on both sides. Serve with cold milk.

***SUBOTIN-STYLE PRETZELS***

**СУБОТИНСЬКІ ВЕРГУНИ**

*1½ lbs. flour*  
*¼ c. sour cream*  
*¼ c. vodka (horilka)*  
*7 egg yolks*  
*¼ lb. sugar*  
*3 eggs*  
*1 c. lard*  
*2 T. powdered sugar*  
*1 T. vanilla*

Spread flour over wooden board and make a deep hollow in it. Pour in sour cream and horilka. Add egg yolks stirred with sugar, then eggs and mix everything with flour thoroughly. Knead dough well. Roll it out as thinly as possible and cut into strips 2 inches wide and 6 inches long. In the middle of each strip make a slit 1½ inches long and pull one end of strip through the slit. Fry *verguny* in lard for 3-5 min. until they turn golden on both sides. Serve with coffee, milk, hot chocolate or tea.

## ***BABKAS, CAKES AND PIES***

### ***EGG BABKA*** **ЯЄЧНА БАБКА**

*6 eggs*  
*1 stick butter*  
*½ c. flour*  
*2 c. cream*  
*salt to taste*

Stir eggs with butter. Constantly stirring, add flour. Sprinkle with salt. Add cream. Transfer to greased pan. Bake in 350° oven for 30 min. until it rises.

### ***CHERRY BABKA*** **ВИШНЕВА БАБКА**

*1 lb. cherries*  
*¼ lb. sugar*  
*5 eggs*  
*2/3 c. sour cream*  
*¼ lb. flour*  
*¼ t. cinnamon*  
*2 T. bread crumbs*  
*salt to taste*

Wash and pit cherries. Place them in pot and add a cup of sugar. Stir in sugar with egg yolks and sour cream. Gradually add flour and mix well. Fold in whipped egg whites. Add cinnamon. Grease baking pan and sprinkle with bread crumbs. Transfer dough to pan and bake in 325° oven for 60 min.

**APPLE BABKA**  
БАБКА ЯБЛОЧНА

*1½ lbs. apples*  
*4 eggs*  
*½ c. sugar*  
*½ c. sour cream*  
*¼ stick butter*  
*½ c. flour*  
*2 T. cinnamon*  
*salt to taste*

Wash and peel apples. Grate half of the apples. Cut rest into wedges. Stir sugar with egg yolks. and sour cream. Constantly stirring, add flour. Sprinkle with cinnamon. Add grated and cut up apples. Mix everything. Fold in whipped egg whites. Transfer batter to buttered baking dish. Bake in 325° oven for 30 min.

**FRUIT CAKE**  
ПОВИДЛЯНКА

*5 eggs*  
*½ c. sugar*  
*3 c. jam*  
*¼ c. rum or vodka*  
*½ lb. farina*  
*2 T. butter*  
*¼ lb. grated nuts*

Stir half the sugar with the egg yolks. Add stirred jam and vodka. Gradually fold in farina and whipped egg whites. Mix everything well. Place in a greased baking pan and sprinkle with remaining sugar and grated nuts. Bake in 350° oven for 35-40 min.

***POUND CAKE***

**ПАПУШНИК**

*2 lbs. flour*

*½ qt. milk*

*6 eggs*

*1 stick butter*

*½ lb. sugar*

*¼ t. vanilla*

*1/3 c. powdered sugar*

*salt to taste*

Scald half the amount of flour with scalding milk and stir thoroughly until smooth. Let cool. Cream sugar with eggs and stir into dough. Add the rest of flour and knead well. Stir in melted butter, sugar and vanilla. Fill greased baking pan with dough (½ its height in proportion) and put in a warm place. When dough doubles, place it in 350° oven for 50-60 min. Dust with powdered sugar before serving.

**SOUR CREAM CAKE**  
**СМЕТАННИК**

*5 egg yolks*  
*¼ stick butter, melted*  
*½ c. sour cream*  
*½ c. sugar*  
*½ c. flour*  
*1 T grated lemon peel*  
*salt to taste*

Stir egg yolks, butter, sour cream and sugar. Gradually add flour. Sprinkle with salt. Add dried lemon peel and beat well. Place dough in greased and floured baking pan and bake in 325° oven for 45-50 min.

**CHOCOLATE CAKE**  
**ШОКОЛАДНИЙ ПИРІГ**

*4 eggs*  
*¼ c. sugar*  
*1½ stick butter*  
*¼ c. melted chocolate*  
*¼ lb. flour*  
*1 c. raspberry jam*  
*1 c. grated chocolate*  
*1 c. grated walnuts*  
*1 pinch of salt*

Stir sugar with egg yolks. Mix with whipped butter and melted chocolate. Sprinkle with salt and gradually stir in flour. Add whipped egg whites. Transfer to well greased and floured baking pan. Bake in 350° oven for 30-35 min. Before serving, brush with raspberry jam and sprinkle with grated chocolate and walnuts.

**HOLIDAY CAKE**  
**СВЯТКОВИЙ ПАПУШНИК**

*2 lbs. flour*  
*½ qt. milk*  
*2 oz. yeast*  
*6 egg yolks*  
*½ lb. sugar*  
*¼ t. vanilla*  
*1 stick butter*  
*½ c. powdered sugar*  
*salt to taste*

Place half of flour in a pot, scald with hot milk and stir thoroughly. Let mixture cool, add yeast, mix well and set dough aside in a warm place for 30 min. Cream sugar with egg yolks, sprinkle with salt and vanilla and add to dough when it rises. Gradually stir in the rest of flour and knead dough until it does not stick to your fingers. Add melted butter and knead once more. Place batter in greased baking pan (1/3 full) and put in warm place for 2 hrs. When the amount doubles, bake in 350° oven for 50-60 min. Dust cooled *papushnik* with powdered sugar.

***PIDILIAN CAKE***

**ПІДІЛЯНСЬКИЙ ПАПУШНИК**

*½ qt. light cream*

*2 lbs. flour*

*2 oz. yeast*

*6 eggs*

*1 stick butter*

*½ lb. sugar*

*¼ t. vanilla*

*1/3 c. powdered sugar*

Heat the light cream and stir half into half the flour. Add melted butter. Allow it to cool. Stir in yeast dissolved in warm light cream. Add egg whites with vanilla and mix well. Set aside for 30-40 min. Stir in egg yolks with sugar. Gradually add the remaining flour, knead well and set aside for 2 hrs. Then knead well until dough is no longer sticky. Transfer dough to greased baking pan (half full). Cover with cloth and allow to rise in warm place until doubled. Bake in 325° oven for 50-60 min. Allow to cool in pan. Remove and dust with powdered sugar.

**LAYER CAKE WITH BLINTZES AND APPLES**

**СОЛОЖЕНИКИ З ЯБЛУКАМИ**

*1 stick butter*  
*½ c. sugar*  
*½ c. cream*  
*4 eggs*  
*1 T. grated lemon peel*  
*1 c. flour*  
*½ lb. apples*  
*1 T. powdered sugar*  
*1 T. vanilla*  
*½ stick butter*  
*salt to taste*

Cream sugar with butter. Add cream, egg yolks and mix well. Combine with grated lemon peel. Gradually add flour and knead dough well. Fry thin blintzes in hot butter. Cover with towel to keep them warm. Place peeled and finely cut apples in pan, sprinkle with powdered sugar and vanilla, add ½ stick of butter and stew for 10-15 min. until they become soft. Place 1 T. stewed apples in the middle of each blintz, roll them up and place in a greased baking dish in two layers, one on top of the other. Cover with egg whites whipped with sugar and bake in a 350° oven for 15-20 min.

**CHERRY CAKE KIEV-STYLE**

**КИЇВСЬКИЙ ВИШНЕВИ ПИРІГ**

*½ c. almonds*

*½ stick butter*

*3 eggs*

*3 T. sugar*

*1 T. grated lemon rind*

*¾ c. bread crumbs*

*½ c. cherry preserves*

*1/8 t. cinnamon*

Scald almonds with boiling water. Drain. Remove their skins and crush them well. Mix butter and egg whites. Stir in sugar with egg yolks. Add crushed almonds. Stir mixture until it is smooth. Add grated dry lemon rind. Crush bread crumbs. Combine all ingredients with cherry preserves. Season with cinnamon. Mix well. Transfer batter to well greased baking pan and bake in 350° oven for 25-30 min. Set aside for 10 min. Cut into pieces and serve.

## **HONEY CAKES WITH POPPY SEED**

МЕДІВНИКИ-ШУЛИКИ С МАКОМ

*½ c. poppy seed*  
*½ c. honey*  
*1 egg yolk*  
*½ c. milk*  
*½ stick butter*  
*¼ t. baking soda*  
*1 lb. flour*

*For syrup:*

*½ c. poppy seed*  
*2 c. honey*  
*½ c. warm water*

Scald poppy seed (amount needed for both buns and syrup) with boiling water. Drain, then scald with hot water for the second time. Set aside for 15 min. Drain. Combine ½ poppy seeds with ¼ c. honey. Stir rest of honey with egg yolk, then with honey and poppy seed. Add milk, butter, baking soda. Mix well. Constantly mixing, gradually pour in flour. Knead dough well. Roll it out 2 inches thick. Transfer to baking pan. Punch with fork. Bake in 350° oven for 30-40 min. Set aside to cool. Cut into small cakes. *For syrup:* constantly stirring, dissolve the rest of the poppy seed with warm boiled water. Add 2 c. honey. Serve cakes with poppy syrup in small pitcher.

## ***DUMPLINGS (HALUSHKY)***

### ***UKRAINIAN HALUSHKY***

### **УКРАЇНСЬКІ ГАЛУШКИ**

*2½ c. flour*

*¾ c. water*

*2 eggs*

*¼ c. butter or pig fat*

*½ c. sour cream*

Sift flour. Make hollow in it and pour in water, 2 T. melted butter, salt and beaten eggs. Mix well. Knead dough. Roll it out ¼-inch thick. Cut into small pieces. Boil in salted water for 10 min. until they rise. Pour off water. Transfer *halushky* to a buttered pan and fry slightly. Salted pig fat cut in small pieces can be used instead of butter by those who want a real taste of Ukrainian *halushky*. Serve warm with sour cream.

**RAISED HALUSHKY**  
**ГАЛУШКИ**

*1 t. yeast*  
*1 c. cream*  
*3 eggs*  
*½ stick butter*  
*1½ lbs. flour*  
*2 T. sugar*  
*salt to taste*

Combine egg whites with yeast dissolved in warm cream. Stir in half the flour and softened butter. Set aside for 30-40 min. When dough rises, pour in egg yolks stirred with sugar and mix well. Gradually add remaining flour and mix. Knead dough well and set aside for 1½-2 hrs. Then knead until dough ceases to be sticky. Transfer to wooden board and roll out into thin layer. Drop dough by spoonfuls into salted boiling water and cook covered for 5-7 min. Transfer to colander, rinse with hot water. Serve with browned salt pork nuggets.

**BUTTER HALUSHKY**  
**СОЛОДКІ ГАЛУШКИ**

*2 lbs. flour*  
*¼ c. water*  
*2 egg whites*  
*½ stick butter*  
*½ c. sour cream*

Sift flour into bowl. Make an indentation in it and pour in warm water and egg whites whipped with salt. Add butter and work into thick dough with spoon (preferably wooden). Cover dough with towel and set aside for 20-30 min. Transfer to floured board and roll by hand into a long rope ½-inch thick. Cut into *halushky* and cook them in boiling salted water for 10-15 min. Transfer to colander, rinse with hot water, drain and slightly brown in butter. Serve with sour cream, ham or browned salt-pork cracklings. Warm in 325° oven for 3-5 min. before serving.

***HALUSHKY WITH FARMER CHEESE***

**ГАЛУШКИ З СЕЛЯНСЬКОГО СІРУ**

***2 eggs***

***1 lb. farmer cheese***

***3 T. sugar***

***3 T. butter***

***1 c. flour***

***2 T. crumbs***

***salt to taste***

***½ c. sour cream***

Grate farmer cheese and stir with eggs. Add sugar, melted butter. Sprinkle with salt and mix. Combine with flour and knead. Place on floured board. Cut in four equal pieces. Roll each piece into thin "sausage" and cut into small 2-inch pieces. Cook in salted boiling water for 7-10 min. until they rise to the surface. Roll in crumbs fried to a golden color. Place *halushky* on plate, pour over melted butter, and serve with sour cream.

***HALUSHKY WITH FARMER CHEESE  
KIEV-STYLE***

**ГАЛУШКИ З СЕЛЯНСЬКОГО СИРУ ПО-КИЇВСЬКОМУ**

*1 lb. farmer cheese*

*¼ c. sugar*

*2 egg whites*

*¼ c. butter*

*1½ c. flour*

*salt to taste*

*½ c. sour cream*

Grind farmer cheese in meat-grinder, sprinkle with salt and add sugar. Mix with whipped egg whites and butter. Gradually add flour and stir thoroughly. Roll dough tightly into ½-inch rope and cut into ½-inch pieces. Form these between floured hands into round *halushky* the size of large walnuts. Cook in salted water on low heat for 10-15 min. Serve with sour cream and melted butter and a green salad.

**HALUSHKY FROM BUCKWHEAT**

ГАЛУШКИ ГРЕЧАНИ

*1½ c. buckwheat flour*

*3 c. water*

*1 egg*

*¼ lb. onion*

*3 T. salt pork fat*

*salt to taste*

Sift buckwheat flour into pot. Scald it with boiling water. Sprinkle with salt and add egg. Mix well. Place dough on a floured board and roll it into ½-inch wide rope. Cut it into little pieces and cook covered in salted boiling water on low heat for 7-10 min. Transfer to colander and rinse with hot water. Drain and place in serving dish. Brown finely chopped onion in salt pork fat and serve *halushky* with onion gravy.

***HALUSHKY FROM FARINA***

**ГАЛУШКИ БОРОШНЯНИ**

*½ qt. milk  
1 stick butter  
5 c. farina  
½ c. sugar  
3 eggs  
3 T. grated almonds  
½ t. grated lemon peel  
1/3 c. powdered sugar  
salt to taste*

Bring milk to boil and add butter. Remove from heat and gradually add farina. Stir thoroughly with wooden spoon until smooth. Set aside for 10 min. Add sugar, eggs, salt, grated almonds and lemon peel and mix well. Drop dough by spoonfuls into boiling salted water. Cover and cook on slow boil for 5-7 min. When *halushky* rise, let them simmer for 3-5 min. Transfer to colander and rinse with hot water. Serve hot with melted butter.

## **APPLE HALUSHKY**

### **ГАЛУШКИ ЯБЛУЧНІ**

*2 ½ lbs. apples*

*1/3 qt. milk*

*3 eggs*

*¼ c. sugar*

*1½ lbs. flour*

*½ stick butter*

*salt to taste*

Cut peeled and cored apples into thin slices. Cover with milk and eggs whipped with salt and sugar. Gradually add flour and beat dough. Cook spoonfuls of dough in salted water at low boil until *halushky* are ready. Transfer to colander. Serve hot with melted butter.

## **HALUSHKY WITH HAM**

### **СВИНЯЧІ ГАЛУШКИ**

*2 c. flour*

*1/3 c. milk*

*1 egg*

*2 T. butter*

*¼ lb. ham*

*salt to taste*

Mix flour with milk. Stir in egg and sprinkle with salt. Knead batter. Transfer to wooden board. Roll it thin. Cut into squares 4 inch x 4 inch. Cook in boiling salted water for 10 min. Drain and cover with cold water. Drain and transfer into a baking pan. Add ham cut into small pieces. Drizzle with melted butter. Mix well and warm in a 350° oven for 5-7 min.

***BREAD CRUMB HALUSHKY***

**ГАЛУШКИ З ХЛІБНИМИ ОКРУШИНКАМИ**

*2 eggs*

*1 T. sugar*

*1½ c. bread crumbs*

*¼ c. milk*

*4 T. melted butter*

*salt to taste*

Mix eggs with sugar. Add bread crumbs, milk and half the melted butter. Sprinkle with salt and mix well. Set aside for 30 min. Drop by spoonfuls into boiling salted water. Take *halushky* out of water when they rise. Serve with melted butter.

## **DUMPLINGS (VARENIKY)**

### **DUMPLINGS WITH FARMER CHEESE**

ВАРЕНИКИ З СЕЛЯНСЬКИМ СИРОМ

*1½ lbs. flour*  
*1 c. milk*  
*½ stick butter*  
*3 eggs*  
*2 T. sugar*  
*salt to taste*

*For filling:*  
*2 lbs. farmer cheese*  
*½ c. sugar*  
*¼ t. vanilla*  
*¼ c. sour cream*  
*2 eggs*  
*½ stick butter*  
*1/8 t. salt*

Sift flour and add milk and melted butter. Stir well. Combine with eggs and add salt and sugar. Mix until smooth. Roll out thinly in a square. Set aside. *For filling:* Grind farmer cheese and add sugar, salt and vanilla. Stir well. Add sour cream and whipped eggs. Mix well. Form into walnut-sized balls. Divide square of dough into two rectangles. Line up balls on half of dough an inch from each other and about 2 inches from edges. Cover with the other part of dough. Press dough down around each ball and cut circles with a glass. Pinch edges together. Cook dumplings in salted boiling water for 7-10 min. When they rise take them out with slotted spoon. Drain well and place on a serving plate; drizzle with melted butter. Serve with sour cream and jam.

***BAKED DUMPLINGS WITH CREAMED  
CHEESE***

**ВАРЕНИКИ ЗАПЕЧЕНЬЕ З СЕЛЯНСЬКИМ СИРОМ**

*½ t. yeast  
1 c. water  
1 egg  
3 T. sugar  
1 lb. flour*

*For filling:  
1¼ lbs. farmer cheese  
2 eggs  
butter  
1 c. sour cream  
½ c. sugar  
salt to taste*

Dissolve yeast in cold water. Add egg, sugar and salt and stir well. Gradually stir in flour and knead well. Transfer to wooden board and roll dough out thinly. Cut it into squares, 2½ x 2½. Set aside. *For filling:* Grate about 1¼ lbs. farmer cheese. Add eggs, sugar and salt and mix thoroughly. Place spoonfuls of filling in the middle of dough squares, fold over and pinch. Leave dumplings in warm place for 15 min. Cook in salted boiling water for 8-10 min. Drain in colander. Transfer to baking pan and cover with remaining farmer cheese, melted butter, eggs and sour cream. Sprinkle with sugar. Bake in 350° oven for 10 min. Serve hot.

## ***DUMPLINGS WITH MEAT FILLING***

### **ВАРЕНИКИ З М'ЯСОМ**

*For dumplings:*

*2½ c. wheat flour*

*1 egg*

*¼ c. water*

*½ t. salt*

*For filling:*

*½ lb. fillet of beef, cooked*

*½ lb. fillet of pork, cooked*

*1 onion*

*1/3 stick butter or ¼ lb. salt pork*

Mix flour, egg and water. Knead dough well. Roll out thinly in a square. Cut into circles with a glass. Set aside for 40 min. Cut up fillet of beef and pork into small pieces. Brown in butter. Stew with a little water. Pass stewed meat twice through meat-grinder. Add finely chopped onion. Sprinkle with salt and black pepper and mix well, adding 2-3 T. meat broth to hold mixture together. Place stuffing in the middle of each circle, fold over and pinch edges. Cook in salted boiling water for 8-10 min. Serve in a bowl with broth. Otherwise, transfer to colander. Drain. Place on serving plate and pour over melted butter or browned salt pork.

***DUMPLINGS WITH MEAT AND CABBAGE  
FILLING***

**ВАРЕНИКИ З М'ЯСОМ ТА КАПУСТОЮ**

*For dumplings:*

*½ lb. flour*

*½ c. water*

*1 egg*

*For filling:*

*3 lbs. cabbage*

*½ lb. beef*

*½ lb. pork*

*2 onions*

*1/3 stick butter*

*salt and pepper to taste*

Prepare dough as above: mix together flour, egg and water, knead well, roll dough out and cut into circles. Set aside for 40 min. Wash and cook cabbage. Grind it in meat-grinder. Cut up fillet of beef and pork into small pieces and brown them. Stew in a small amount of water. Grind stewed meat twice in meat-grinder. Add finely chopped onion, salt and black pepper and mix well. Combine with ground cabbage and mix well once again. Place stuffing in the middle of each circle. Fold over and pinch borders. Place in salted boiling water. Cook covered for 8-10 min. Test for readiness. Transfer to colander and drain. Place on a serving plate and pour over melted butter or browned salt pork. Or leave dumplings in liquid and serve with bouillon.

**POPPY SEED DUMPLINGS**

МАКОБИ ВАПЕНЬКИ

*1½ c. poppy seed*

*3 c. water*

*1½ c. sugar*

*3 T. powdered sugar or ¼ c. honey*

*salt to taste*

*1 recipe dough for dumplings*

In pot, scald poppy seed with 1½ c. of boiling water. Drain and scald with the rest of boiling water. Warm on low heat for 15 min., not boiling. Drain and grind poppy seed with sugar to a powder. Place ground poppy seed and sugar into center of prepared dough circles. Fold over and pinch edges. Cook in boiling salted water right away. When dumplings rise, they are ready. Transfer to serving dish with slotted spoon. Sprinkle with powdered sugar or drizzle with honey. Delicious!

***DUMPLINGS WITH CABBAGE AND  
MUSHROOMS***

**ВАРЕНИКИ З КАПУСТОЮ ТА ГРИБАМИ**

*½ c. dried mushrooms*

*½ lb. sauerkraut*

*¼ small head cabbage*

*2 onions*

*3 T. butter*

*salt and pepper to taste*

*1 recipe dough for dumplings*

Wash, soak and cook dried mushrooms in water to cover. Finely chop cabbage, mix with sauerkraut and stew in butter and mushroom bouillon. Chop onions and brown in butter. Combine with cooked and finely chopped mushrooms and brown for 5-7 min. more. Mix all ingredients and sprinkle with salt and black pepper. Use as filling for halushky.

***DUMPLINGS WITH FISH FILLING***  
**ВАРЕНИКИ З РИБОЮ**

*For filling:*

*1 lb. fish fillet*

*3 onions*

*1/8 t. black pepper*

*3 pieces white bread*

*1 c. water*

*1/4 c. oil*

*salt to taste*

*1 recipe dough for dumplings*

Prepare dough as in preceding recipe. Finely chop fillet. Add 1 browned and chopped onion. Sprinkle with salt and pepper. Combine with white bread soaked in water. Grind mixture in meat grinder and use as filling for dumplings. Serve with additional onions browned in oil.

## **DUMPLINGS WITH CHERRIES**

**ВИЛИНЕБИ ВАРЕНИКИ**

*4 c. cherries*

*½ c. sugar*

*½ c. sour cream*

*salt to taste*

*1 recipe dough for dumplings*

Place pitted cherries into a pot. Stir in sugar and let sit for 30 min. Meanwhile, prepare dough for dumplings. Drain juice from cherries and use it as beverage. Place cherries in circles cut from prepared dough. Pinch edges together. Place in boiling salted water. When dumplings are ready, they will rise. Transfer to serving dish with spoon. Pour over sour cream. Serve with prepared juice. A traditional Ukrainian hit!

## **DUMPLINGS WITH LIVER FILLING**

**ВАРЕНИКИ З ПЕЧІНКОЮ**

*1 lb. beef liver*

*¼ lb. salt pork*

*2 onions*

*1 bay leaf*

*1/3 stick butter*

*salt and pepper to taste*

*1 recipe dough for dumplings*

Prepare dough as above. Wash and clean liver. Cut prepared liver and salt pork into small cubes. Cook with onion and bay leaf for 30 min. Grind in meat-grinder. Add finely chopped browned onion, salt and black pepper and mix well. Form and cook dumplings as in previous recipes. Serve with melted butter.

***DUMPLINGS WITH POTATO FILLING***  
**ВАРЕНИКИ З КАРТОПЛЕЮ**

*5 potatoes*

*¼ lb. onions*

*1/5 lb. salt pork*

*1/8 t. black pepper*

*salt to taste*

*1 recipe dough for dumplings*

Wash and cook potatoes while you prepare dough for dumplings. Peel potatoes under cold running water. Mash thoroughly. Add chopped onion browned in salt pork. Sprinkle with pepper. Mix well until smooth. Roll out dough and cut into round dumplings with glass. Place potato-onion filling in the middle of each circle, pinch edges together to seal. Drop dumplings into salted boiling water. Cook for 5-7 min. Drain and transfer to serving plate. Serve hot with browned salt pork cracklings.

***DUMPLINGS WITH POTATO AND  
MUSHROOM FILLING***

**ВАРЕНИКИ З КАРТОПЛЕЮ І ГРИБАМИ**

*For filling:*

*¼ lb. mushrooms*

*½ lb. potatoes*

*1 onion*

*2 T. sunflower oil*

*salt and pepper to taste*

*1 recipe dough for dumplings*

*For gravy:*

*5 T. sunflower oil*

*1 onion*

Prepare dough and cut into squares (about 2½ x 2½). Set aside. Wash, finely chop and boil mushrooms. Cook, peel and mash potatoes. Mix mashed potatoes with chopped boiled mushrooms. Place spoonful mixture in the middle of each square. Fold over to make triangles and pinch edges together to seal. Cook as above. Serve with chopped onions browned in oil.

***DUMPLINGS WITH LUNG FILLING***

**ВАРЕНИКИ З СВИНЯЧИМИ ЛЕГЕНЯМИ**

*1 lb. pork or veal lungs and heart*

*3 onions*

*1 bay leaf*

*salt to taste*

*2-3 peppercorns*

*1/3 stick butter*

*1 recipe dough for dumplings*

Prepare dough as above. Wash and clean lungs and heart. Cut into cubes. Place in a pot and scald with boiling water. Cook for 15-20 min. Drain. Add water, 1 onion, pepper, salt and bay leaf. Cook covered for 20-30 min. Drain. Grind in meat-grinder together with 1 slightly browned onion. Mix well. Form and cook dumplings as in preceding recipe. Garnish with fried chopped onions and serve with melted butter or vinegar.



## EGG DISHES



### *EGGS IN SOUR CREAM*

ЯЙЦЯ В СМЕТАНІ

*10 eggs, boiled*

*1½ c. sour cream*

*1 t. butter*

*salt to taste*

Cut boiled eggs into quarters. Place in buttered pan. Sprinkle with salt. Cover with sour cream and bake in a 325° oven for 20 min.

### *FRIED EGGS WITH ONION*

СМАЖЕНІ ЯЙЦЯ З ЦИБУЛЕЮ

*½ onion*

*2 t. butter*

*5 eggs*

*salt to taste*

Brown finely chopped onion in butter. Break fresh eggs over onions. Sprinkle with salt and fry.

## **GUTZUL SCRAMBLED EGGS**

### **ГУТЦУЛЬСЬКІЕ БИТІ ЯЙЦЯ**

*1 c. heavy cream*  
*1 c. sour cream*  
*1 c. corn flour*  
*4 eggs*  
*3 T. butter*  
*1 T. chopped fresh parsley*  
*salt to taste*

Combine heavy cream with sour cream. Stir in corn flour, add eggs, sprinkle with salt and mix well. Fry by spoonfuls in hot butter. Sprinkle with parsley before serving.

## **SCRAMBLED EGGS WITH BREAD CRUMBS**

### **БИТІ ЯЙЦЯ З ХЛІБНИМИ ОКРУШИНКАМИ**

*1 T. bread crumbs*  
*2 T. butter*  
*5 eggs*  
*salt to taste*

Brown bread crumbs in butter. Pour over whipped eggs. Sprinkle with salt. Place in 325° oven and bake for 5 min.

**OMELET WITH MEAT STUFFING**

**ОМЛЕТ З М'ЯСНИМ ФАРШЕМ**

*4 eggs*  
*¼ c. milk*  
*1 pinch salt*  
*¼ lb. ham*  
*½ lb. liver*  
*¼ lb. sausage*  
*3 t. butter*  
*1 tomato*

Whip eggs with milk and salt. Fry omelet in hot butter. Finely cut ham, cooked liver and sausage. Fry in another pan for 3-5 min. Place in center of omelet and warm on low heat for 2-3 min. Transfer to serving plate and decorate with slices of tomatoes.

**OMELET WITH FARMER CHEESE**

**ОМЛЕТ З СЕЛЯНСЬКИМ СИРОМ**

*5 eggs*  
*¼ c. milk*  
*¼ lb. farmer cheese*  
*1 t. flour*  
*1 T. butter*

Whip eggs with milk and salt. Mix with grated farmer cheese. Add flour and mix well. Pour into hot skillet with butter and bake in a 325° oven for 7-10 min. Serve hot.

**EGGS WITH MUSHROOMS**

**ЯЄЧНА ЗАПІКАНКА З ГРИБАМИ**

*6 mushrooms*

*1 onion*

*4 T. butter*

*10 eggs, boiled*

*For gravy:*

*2 T. flour*

*2 T. butter*

*1 c. milk*

*salt and pepper to taste*

Clean and wash mushrooms. Cook them for 10-15 min., then fry with chopped onion and butter. Combine with boiled eggs cut into quarters and place in casserole. Brown flour in butter for milk gravy. Constantly stirring flour add milk. Sprinkle with salt and bring to boil. Season with salt and pepper and pour over eggs and mushrooms. Bake in a 325° oven for 7-10 min.



## DESSERT DISHES



### ***HONEY COOKIES***

#### МЕДОВІ ПРЯНИКИ

*2½ c. flour*  
*3 egg yolks*  
*1 c. sugar*  
*2 T. butter*  
*4 T. honey*  
*1 t. baking soda*  
*1 t. cinnamon*  
*1 t. ground cloves*  
*peel of 1 lemon*  
*1 pinch salt*

Mix flour with melted butter. Stir egg yolks and sugar. Combine with flour. Add honey, soda, cloves and cinnamon. Sprinkle with grated lemon peel. Mix thoroughly. Roll out ¼ inch thick. Cut into squares. Place on greased baking sheet. Bake in preheated 350° oven 15 min.

## **CHEESECAKE WITH ALMONDS**

### **СИРНИЙ ПИРІГ З МИГДАЛЕМ**

*1 lb. farmer cheese*  
*2 T. farina*  
*4 T. butter*  
*1 t. vanilla*  
*½ c. crushed almonds*  
*4 eggs*  
*¾ c. sugar*  
*½ c. sweet cloves*  
*pinch salt*  
*fruit syrup or preserves*

Grate farmer's cheese. Mix with farina, melted butter and vanilla. Add crushed almonds and egg yolks beaten with sugar until they are light. Stir in cloves. Mix again. Place in a greased baking pan and bake in preheated 350° oven for 55 min. Serve hot with fruit syrup or with preserves.

## **UKRAINIAN PUDDING**

### **ТІСТЕЧКО МИГДАЛЕВЕ**

*1 c. bread crumbs*  
*1 qt. milk*  
*4 eggs*  
*1 c. brown sugar*  
*1 grated lemon rind*  
*¼ c. chopped almonds*  
*3 T. butter*  
*1 pinch salt*

Soak bread crumbs in milk ½ hour. Beat yolks well with sugar. Add soaked crumbs, lemon rind, almonds and beaten egg whites. Grease molds with butter. Place batter in the molds. Bake in 350° oven for 35 min. or until firm.

## **CHEESE CAKE**

### **СИРНИЙ ПИРІГ**

*1 cake yeast  
2 c. milk  
4 c. flour  
1 stick butter*

*For filling: \**

*3 eggs  
1 c. sugar  
2 lbs. farmer cheese, grated*

Stir yeast in warm milk. Gradually add half flour. Stir well. Set aside for 3 hrs. to rise. When it doubles, add the second half of flour. Stir well and knead on a floured board or table. Set aside for 2 hrs. to rise. Roll out 2 inches thick. Place on well greased sheet. *For filling:* Stir beaten eggs with sugar and farmer cheese. Spread cheese filling over the dough evenly. Roll up edges. Brush with lightly beaten egg white. Cover with cloth. Set aside for 15 min. to rise in warm place. Transfer to oven. Bake in 350° for 30-40 min.

**APPLE CAKE**  
**ЯБЛУЧНИЙ ПИРІГ**

*3 c. flour*  
*1 c. sugar*  
*½ lb. butter*  
*½ t. baking soda*  
*1 c. yogurt*  
*1 egg*  
*¼ c. bread crumbs or farina*

*For filling:*  
*3 lbs. apples*  
*1 c. sugar*  
*vanilla to taste*

Mix flour, sugar, butter and soda. Add yogurt, egg and beat batter. Spread 2/3 in ¼ inch thick rectangle. Sprinkle with bread crumbs or farina and transfer to well buttered pan. Core and thinly slice apples. Sprinkle with sugar and let set for half an hour. Drain off excess juice. Season with vanilla. Spread evenly on dough. Cut strips from the rest of dough and arrange in lattice on top. Brush with beaten egg. Bake in 375° oven for 40 min.

**APPLE STRUDEL**  
**ЯБЛУЧНИЙ ЦТРУДЕЛЬ**

*3 c. flour*  
*2 eggs*  
*4 T. oil*  
*½ salt*  
*1 c. water*  
*1 t. powdered sugar*  
*3 T. raisins*  
*¼ t. vanilla*

*For filling:*  
*1 lb. apples*  
*2 T. sugar*  
*½ bread crumbs*  
*¼ t. cinnamon*

Mix flour, eggs and salt. Add half the oil and knead dough well. Cover with cloth. Set aside in warm place for 2 hrs. to rise. Roll out ½ inch thick. Brush with oil and transfer to flour-dusted towel. Stretch dough with aid of towel, so that it becomes evenly thin. Set aside for 15 min. Dot it with oil. *For filling:* Wash and cut apples into wedges. Sprinkle with sugar, cinnamon and bread crumbs. Spread them on a half of the dough. Roll it up with aid of towel but not too tightly. Decorate top with raisins. Brush with beaten egg and melted butter. Make slits in top. Transfer to a greased baking pan and bake in 375° oven for 50 min. Reduce heat to 350° and brush with more butter if it browns too quickly. Dust with powdered sugar before serving.

**APPLE PANCAKE**

**ЯБЛУЧНІ МЛИНЧИКИ**

*1 stick butter*  
*2 eggs*  
*2 T. sugar*  
*2 c. flour*  
*6 apples*  
*peel of 1 lemon*  
*1 t. salt*  
*2 T. bread crumbs*  
*4 T. powdered sugar*

Beat together  $\frac{1}{2}$  stick butter, egg yolks and sugar. Mix in flour, 1 c. at a time until batter is smooth. Add grated lemon peel, salt and mix. Fold in beaten egg whites and mix well. Roll out dough. Even it up. Divide in 2 parts. Transfer one to greased frying pan. Sprinkle with crumbs. Slice cored apples. Sprinkle with sugar. Spread over dough. Cover with the second rectangle. Fry on both sides. Sprinkle pancake with powdered sugar.

**PEACH AND PEAR SALAD**

**САЛАТ З ПЕРСИКІВ ТА ГРУШ**

*1 lb. peaches and pears*  
 *$\frac{1}{2}$  c. powdered sugar*  
*juice of 1 lemon*

Wash peaches and pears. Pit and core and cut up. Mix with powdered sugar and lemon juice.

**SLYVOVNYK PIE**  
**СЛИВОВНИК**

*1 cake yeast*  
*1 T. brown sugar*  
*1 c. milk*  
*4 c. flour*  
*3 eggs*  
*2 T. powdered sugar*  
*¼ t. salt*  
*1 T. vodka or other alcohol*  
*½ c. butter*

*For filling:*  
*1 lb. plums*  
*½ c. brown sugar*  
*1 t. cinnamon*  
*¼ t. saffron*  
*1/3 c. plum jam*  
*1 T. vodka or other alcohol*

Mash yeast with brown sugar. Stir in warm milk. Add 1 c. flour and mix well. Cover with cloth and leave in warm place for 30 min. Whip 2 egg yolks and 1 whole egg with powdered sugar. Combine 3 c. flour with egg mixture and sponge. Add salt and vodka. Knead well until dough is smooth. Add small pieces butter and keep kneading until dough doesn't stick to hands. Cover and set aside in warm place to raise. When double in bulk, roll out ½ inch thick circle with raised edges. Refrigerate. *For filling:* wash, cut and pit plums and arrange on dough 2 inch from edges. Mix sugar, cinnamon, saffron and vodka with plum jam and spread over plums. Transfer to generously buttered pan. Bake in 350° oven for 45-50 min., or until crust becomes light brown.

***PUMPKIN PIE WITH HONEY***

**ГАРБУЗОВИЙ ПИРИГ З МЕДОМ**

*2 c. whole wheat flour*

*¼ t. salt*

*1 t. brown sugar*

*¾ c. butter*

*1 t. sunflower oil*

*¼ c. water*

*For filling:*

*1 small sweet pumpkin*

*3 eggs*

*1 egg yolk*

*1 c. cream*

*3 ½ T. brown sugar*

*1 t. rum or vodka*

*1 t. ginger*

*2 T honey*

*1 t. ground cinnamon*

*2 T. butter*

Mix flour, sugar and salt. Add half of the butter, mix well. Dice the remaining butter into very small pieces before adding; add sunflower oil and let sit for a while. Sprinkle the dough with water, one tablespoon at a time, cutting with knife between additions. Draw dough together, then divide into two parts. Roll out each ½ inch thick. *For filling:* Cut pumpkin into three or four pieces, remove seeds. Bake approx. 60 min. Remove skin. Make puree from pumpkin (approx. 1½ c.). Add remaining ingredients and honey. Mix well. Roll each pastry disk to 12-inch diameter, raise sides to form a "plate." Chill ½ hour. Preheat oven to 350°. Bake 15 min. Reduce heat. Bake for 15 more min., until the bottom becomes dry. Fill with pumpkin filling. Bake for 45 min. Serve hot.

**APPLE DESSERT**

**ЯБЛУЧНИЙ ДЕСЕРТ**

*1 lb. green apples*

*10 walnuts*

*½ c. powdered sugar*

*¼ c. heavy cream*

*¼ t. vanilla to taste*

Wash and cut up apples. Core and grate. Chop walnuts and combine with grated apples. Mix and sprinkle with powdered sugar and vanilla. Pour over whipped cream.

**PEACH AND PLUM SALAD**

**САЛАТ СЛИВОПЕРСИКОВИЙ**

*1 lb. peaches and plums*

*½ c. powdered sugar*

*10 walnuts*

*¼ c. heavy cream*

*¼ c. vanilla*

Wash and cut up peaches and plums. Take out pits and cut into small pieces. Mix with chopped walnuts, powdered sugar and vanilla. Top with whipped cream.

**APRICOT SALAD**  
**АБРИКОСОВИЙ САЛАТ**

*1 lb. apricots*  
*3 T. powdered sugar*  
*½ glass rosé wine*

Wash and peel apricots. Cut into small pieces. Pour over wine. Sprinkle with powdered sugar.

**ASSORTED FRUIT SALAD**  
**ФРУКТОВИЙ САЛАТ**

*½ lb. seedless grapes*  
*¼ lb. plums*  
*¼ lb. apples*  
*¼ lb. pears*  
*1 lemon*  
*4 T. powdered sugar*

Wash and pit/core and cut up fruits. Dice them. Mix with grapes and finely chopped walnuts. Pour over lemon juice, sprinkle with powdered sugar.

**STRAWBERRIES IN CUSTARD SAUCE**  
**СУНИЧНИЙ САЛАТ З МОЛОКОМ**

*2 lbs. strawberries*  
*½ c. sugar*  
*3 eggs*  
*1 t. starch*  
*1½ c. milk*  
*vanilla to taste*

Mix strawberries with sugar. Dissolve starch in a little warm water. Mix egg yolks with starch, sugar and vanilla, then add whipped egg whites. Put in double boiler or improvise with one pot in another pot of boiling water. Stir the mixture while water is simmering, gradually adding hot milk until sauce thickens. Set pot of thickened sauce into cold water and continue whipping until totally chilled. Serve strawberries with prepared sauce.

**CHERRIES WITH SUGAR AND SOUR**  
**CREAM**

**ВИШНІ З ЦУКРОМ ТА СМЕТАНОЮ**

*1 lb. cherries*  
*1 c. sugar*  
*3 c. sour cream*

Wash cherries. Take out pits. Sprinkle with sugar and top with sour cream.

***APPLES WITH CHEESE STUFFING***

**ЯБЛУКА З СИРОМ**

*1 lb. apples*

*1/3 lb. farmer cheese*

*1 egg*

*1½ T. sugar*

*¾ c. fruit or berry syrup*

Wash and peel apples. Slice in half. Core and stuff with grated farmer cheese mixed with raw egg and sugar. Place prepared apples in casserole sprinkled with water. Bake in 325° in oven for 10-15 min. until tender. Serve baked apples with fruit or berry syrup.

***APRICOTS STUFFED WITH NUTS AND CREAM***

**АБРИКОСИ З ГОРІХАМИ ПІД СМЕТАНОЮ**

*20 apricots*

*1 c. grated walnuts or hazelnuts*

*1 pt. whipped cream or sour cream*

*3 T. powdered sugar*

*3-4 T. grated chocolate*

Wash apricots and pit. Cook until half-ready. Drain, sweeten and save liquid for beverage. Fill apricots with grated walnuts or hazelnuts. Place in dish lightly dusted with powdered sugar. Stir whipped cream or sour cream with powdered sugar into froth. Cover stuffed apricots with whipped cream and sprinkle with grated chocolate.

## **CHERRY CAKE**

### **ВИШНЕВИЙ ПИРІГ**

*1 cake yeast  
1 c. milk  
1 t. sugar  
3 eggs  
1 t. powdered sugar  
1 t. vanilla  
3 cups flour  
1/3 cup sweet butter*

*For filling:  
2 lbs. ripe cherries  
2 oz. cranberry juice, lemon juice or fruit nectar  
1 c. sugar  
1/4 t. cinnamon*

Dissolve yeast in 1 c. warm milk. Add 1 t. sugar. Mix. Put aside in warm place for 15 min. Beat 1 egg and 2 yolks with sugar and vanilla. Add melted butter, yeast and salt to mixture. Constantly stirring, pour in flour. Knead dough until it doesn't stick to hands. Cover with cloth and set aside in warm place to rise. When it doubles in bulk, divide it in two parts. Roll out 1/2 inch thick in circle. Transfer dough to a well greased pan. *For filling:* Remove pits from cherries. Mix sugar with spice and juice, add to cherries and mix again. Brush one disk of the dough with beaten egg whites. Pour the filling on the pastry "plate." Cover with the second disk. Press edges together. Bake in 375° oven for 40-50 min. Serve warm. This cake is best the day it is baked.

***SUMMER FRUIT CAKE***

**СОЛОДКИЙ ЛІТНІЙ ПИРІГ З ФРУКТАМИ**

*3 c. flour*

*1 c. sugar*

*½ lb. butter*

*½ t. baking soda*

*2 T. water*

*1 c. sour cream*

*1 egg*

*1 lb. berries or 2 lbs. fruit*

*1 c. powdered sugar*

Mix flour, sugar, butter and soda. Add water, sour cream, and egg and beat dough well. Roll it out into a circle ¼ inch thick. Arrange strawberries, raspberries, blueberries and cherries in layer, pitted and cut plums or thinly sliced pitted peaches or apricots. Sprinkle with powdered sugar. Transfer to generously buttered pan. Bake in 350° oven 35-45 min. Cool and serve.

**MEDOVYK**  
**МЕДОВИК**

*1 c. honey*  
*¼ c oil*  
*1 c. sugar*  
*3 eggs*  
*¼ c. rum*  
*1/3 t. cinnamon*  
*¼ t. ground cloves*  
*2 c. flour*  
*½ c. milk*  
*1 T. baking soda*  
*2 T. water*  
*¼ c. hazelnuts or raisins*

Mix well honey, oil and sugar until smooth. Add whipped eggs, continuously beating. Season with rum, cinnamon and ground cloves. Continuously beating, gradually sift in flour. Gradually add milk and stir well. Add soda dissolved in water. Knead well. Transfer dough to a well greased and floured loaf pan filling it  $\frac{3}{4}$  full. Brush top with water and decorate with split hazelnuts or raisins. Bake in 350° oven for 35-45 min. If top browns too quickly, cover with aluminum foil. Check with wooden pick. When it comes out clean, it is ready. Set aside in room temperature overnight.

**SMETANNYK**  
**СМЕТАНИК**

*5 egg yolks*  
*2 c. sugar*  
*2 c. sour cream*  
*2 c. flour*  
*½ c. cocoa*  
*½ c. sugar*  
*1 lemon*  
*4 T. powdered sugar*  
*½ t. vanilla*

Stir egg yolks with sugar and sour cream until mixture becomes smooth. Gradually stir in flour. Combine cocoa with sugar and add to egg mixture. Season with grated lemon peel. Knead well. Transfer to generously greased and floured pan. Bake in 350° oven for 35-45 min. Set aside to cool. Sprinkle with powdered sugar and vanilla before serving.

***NUTS & APPLES PIE***

**ПИРИГ З ГОРІХАМИ ТА ЯБЛУКАМИ**

*¼ lb. lard*  
*¼ t. lemon juice*  
*2 eggs*  
*2 ½ c. flour*  
*¼ t. baking soda*  
*½ c. hazelnuts*  
*2 ½ c. sugar*  
*1 t. vanilla*

*For filling:*  
*3-4 apples*  
*½ c. powdered sugar*  
*cinnamon to taste*

Stir together lemon juice and lard. Combine with whipped egg yolks. Gradually add flour and baking soda. Mix well. Add ground hazelnuts, sugar and vanilla. Knead dough until it is thick and elastic. Transfer  $\frac{3}{4}$  dough to greased pan. *For filling:* Grate apples and spread in layers on dough. Sprinkle with powdered sugar and cinnamon. Cut rest of dough in thin strips. Place them on top in a lattice. Brush with egg whites beaten to froth. Bake in 375° oven for 35-45 min.

## **CHOCOLATE CAKE POLTAVA-STYLE**

### **ПОЛТАВСЬКИЙ ШОКОЛАДНИЙ ПИРІГ**

*1½ sticks butter*

*½ c. sugar*

*4 eggs*

*2 c. flour*

*3 oz. bar of chocolate*

*1/3 c. raspberry jam*

*½ c. grated chocolate*

*¼ c. grated walnuts*

Whip butter and combine with egg yolks and ¼ c. sugar. Gradually add flour. Mix and combine with melted chocolate and egg whites whipped with ¼ c. sugar. Beat well. Transfer batter to greased and floured baking pan. The height of the dough should not exceed ½ inch. Bake in 350° oven 30-40 min. Spread raspberry jam over hot cake and sprinkle with grated chocolate and walnuts.

***CHEESE-APPLE BABKA***

**БАБКА СИРО-ЯБЛУЧНА**

*1 lb. farmer cheese*

*¼ t. salt*

*3 T. sugar*

*1 lb. apples*

*½ c. bread crumbs*

*2 eggs*

*1 T. butter*

*½ c. berry syrup*

Grate farmer cheese. Add salt and sugar. Mix with peeled and grated apples. Sprinkle with bread crumbs. Add egg yolks. Whip egg whites and fold in. Use double boiler or pan inside a larger pot with hot water. Grease bottom of pan and cover it with thick layer of crumbs before you pour in batter. Simmer covered in "water bath" for 30 min. Serve with berry syrup.

***CHEESE-CARROT BABKA***  
**СИРНО-МОРКВЯНА БАБКА**

*1 lb. farmer cheese*  
*2 eggs*  
*½ c. sugar*  
*2 T. vanilla*  
*5 carrots*  
*4 T. bread crumbs*  
*2 T. butter*  
*1 c. heavy cream*

Grate farmer cheese. Mix with fresh egg yolks, sugar, and vanilla. Add carrots ground in meat grinder and stewed with butter. Combine with whipped egg whites. Mix well and sprinkle with bread crumbs. Transfer to a pot well greased and thickly covered with crumbs. Place in a larger pot with hot water. Simmer covered in "water bath" for 45-50 min. Serve with whipped cream.



## BEVERAGES



### ***EGGNOG WITH HONEY***

ЯЄЧНА НУГА З МЕДОМ

*3 c. milk*

*3 egg yolks*

*6 T. honey*

*3 T. lemon or orange juice*

Mix together egg yolks, cold milk, honey and lemon or orange juice. Whip until blended together.

### ***HONEY-LEMON DRINK***

МЕДОВО-ЛИМОННИЙ НАПІЙ

*3 qts. water*

*8 T. honey*

*2 lemons*

*2-3 T. sugar*

Bring water to boil and cool. Add sugar and honey. Peel lemons, squeeze juice from them and add the juice as well as cut up lemon peel to beverage. Let stand. Filter, pour in bottles and cork. Refrigerate for 1 hour or more. Serve cool.

***EGGNOG DESSERT WITH NUTMEG***

**ЯЄІЧНА НУГА З ГОРІХАМИ**

*4 eggs*

*4 T. sugar*

*½ c. strawberry or cherry juice*

*½ c. cold boiled water*

*2 c. cold milk*

*3 t. nutmeg*

*salt to taste*

Whip egg yolks to froth. Add sugar and either strawberry or cherry juice. Mix well. Dissolve with cold milk and cold boiled water. Mix again. Whip egg whites to froth and fold into prepared mixture. Sprinkle with grated nutmeg and serve in tall glasses.

***MILK-AND-WALNUT DRINK***

**МОЛОЧНО-ГОРІХОВИЙ НАПІЙ**

*½ lb. walnuts*

*3 c. milk*

*3 T. sugar*

Pulverize walnuts. Dissolve sugar in chilled milk. Mix in crushed walnuts. Simmer for 10-15 min. to develop flavor and then chill.

***MILK-AND-PEACH DRINK***

МОЛОЧНО-ПЕРСИКОВИЙ НАПІЙ

*4 peaches*

*1 c. orange juice*

*4 c. milk*

Whip together peeled and finely cut up peaches, orange juice and cold milk. Serve in tall goblets.

***MILK-RASPBERRY-AND-APPLE DRINK***

МОЛОЧНО-МАЛИНОВИЙ НАПІЙ

*4 apples*

*1 container of raspberries*

*4 c. milk*

Peel and cut apples and core. Mix apples with crushed raspberries. Add milk and blend. Can be served with whipped cream.

***MILK-AND-RASPBERRY DRINK***

***WITH ICE CREAM***

МОЛОЧНО-МАЛИНОВИЙ НАПІЙ З МОРОЗИВОМ

*4 c. milk*

*½ c. raspberry syrup*

*1 c. vanilla ice-cream*

*4 raspberries*

Whip milk with raspberry syrup. Serve in glasses with vanilla or pistachio ice-cream and raspberries as garnish.

**MILK-AND-ORANGE DRINK WITH EGG  
YOLKS**

МОЛОЧНО-АПЕЛЬСИНОВИЙ НАПІЙ З ЯЄЧНИМИ  
ЖОВТКАМИ

*4 egg yolks*  
*2 c. milk*  
*1 c. orange juice*

Whip egg yolks with milk and orange juice. Can be served with whipped cream.

**CARROT-AND-ICE-CREAM DRINK**  
НАПІЙ МОРКВА З МОРОЗИВОМ

*2 c. carrot juice*  
*2 c. vanilla ice cream*

Whip carrot juice and vanilla ice cream together. Serve chilled.

**MILK-AND-CELERY DRINK WITH CHEESE**  
МОЛОЧНИЙ НАПІЙ З СЕЛЕРОЮ ТА СІРОПОМ

*4 egg yolks*  
*2 c. celery juice*  
*3 T. lemon juice*  
*2 c. milk*  
*4 t. grated cheese*

Whip egg yolk, celery juice, lemon juice and cold milk. Sprinkle with grated cheese and serve.

**YOGURT-AND-BEET DRINK**

**БУРЯКОВА РЯЖАНКА**

*2 c. yogurt*

*1 c. beet juice*

*2 t. chopped dill*

*sugar, salt and pepper to taste*

Whip chilled yogurt. Gradually add beet juice and finely chopped dill. Season with salt, sugar and black pepper.

**APPLE DRINK**

**ЯБЛУЧНИЙ НАПІЙ**

*3 lbs. apples*

*2 qts. water*

*2 lemons*

*1 c. sugar*

Peel apples and cut them up finely. Place in jar. Pour over warm boiled water. Squeeze lemons. Add finely chopped lemon peels and sugar. For rich taste, let stand covered for 12 hrs.

**CHERRY DRINK**

ВИШНЕВИЙ НАПІЙ

*1 c. cherry juice*  
*8 t. sugar*  
*3 c. boiling water*  
*½ lemon*

Combine water, sugar, cherry juice and lemon juice. Bring to boil. Serve drink when chilled.

**STRAWBERRY DRINK**

СУНИЧНИЙ НАПІЙ

*1 lb. strawberries*  
*4 c. water*  
*1 lemon*  
*3 t. sugar*

Crush  $\frac{3}{4}$  c. strawberries to extract juice. Collect it. Cover pulp with water. Bring to boil. Add sugar. Boil for 5-7 min. Set aside. Squeeze lemon. Combine all ingredients and add a few lemon slices to boiled mixture. Cool and serve.

## **CRANBERRY DRINK**

### **КЛЮКВЯНИЙ НАПІЙ**

*½ c. cranberries*

*3 c. water*

*2 T. sugar*

*½ c. honey*

*½ lemon*

Crush cranberries with wooden spoon. Collect juice. Pour hot water over pulp and boil for 3-4 min. Add sugar and honey and bring to boil. Strain boiled mixture. Add cranberry juice and juice of lemon. Serve chilled.

## **LEMONADE**

### **ЛИМОНАД**

*10 c. water*

*5 lemons*

*2 c. sugar*

Wash lemons with hot water. Peel with knife. Cover skins with cold water and bring to boil. Strain. Combine 1 c. cold water and sugar. Bring to boil. Squeeze lemons. Collect juice. Combine with strained lemon water and sugar syrup. Set aside. Before serving, add diced peeled lemon for taste and additional vitamins.

**HEALTH DRINK**

**ЗДОРОВИЙ НАПІЙ**

*1 c. rose hips*  
*½ lb. honey*  
*4 t. sugar*  
*3 c. water*  
*lemon juice to taste*

Wash rose hips with cold water. Cover with boiling water and boil for 5-7 . Add sugar and honey and lemon juice and boil for 3-4 min. Let sit for one day. Strain mixture and serve chilled.

**HONEY-CHERRY DRINK**

**МЕДО-ВИШНЕВИЙ НАПІЙ**

*1 c. cherry juice*  
*7 c. water*  
*3 T. sugar*  
*4 T. honey*  
*2 c. water (for syrup)*

Combine cherry juice with water. Dissolve sugar in water. Bring to boil. Add honey to sugar syrup. Combine with cherry liquid. Serve chilled.

**MELON-WATERMELON DRINK**

НАПІЙ З ДИНИ ТА КАВУНА

*8 T. sugar*

*3 c. water*

*1 lemon*

*1 lb. watermelon and melon pulp*

Dissolve sugar and lemon juice in hot water. Bring to boil. Put aside. Add melon, and watermelon cut in cubes. Set aside for 30 min. Strain drink. Serve chilled in tall glasses.

**COFFEE DRINK**

КАВОВИЙ НАПІЙ

*4 c. coffee*

*2 T. sugar*

*1 c. plum syrup*

*lemon juice to taste*

Chill coffee with added sugar. Combine with plum syrup. Add lemon juice. Serve in tall glasses.

## **ENERGY DRINK**

### **МІЦНИЙ НАПІЙ**

*8 c. coffee*

*2 T. sugar*

*2 c. water*

*½ c. honey*

*½ c. mineral water*

*lemon juice and almond flavoring to taste*

Combine sugar with water and bring to boil. Mix with coffee, mineral water and honey. Season with lemon juice and almond flavoring. Serve with wedges of lemon.

## **UKRAINIAN DRINK**

### **УКРАЇНСЬКИЙ НАПІЙ**

*4 t. dried mint*

*4 c. water (for tea)*

*1 c. water (for syrup)*

*2 T. sugar*

*3 c. bread kvas*

*lemon juice to taste*

Brew dried mint with boiling water. Set aside. Bring water to boil with sugar added. Set aside sugar syrup. Combine mint tea, sugar syrup and bread kvas. Strain and add lemon juice. Serve chilled.

**BEER DRINK**

ПІВОЧАЙ

*2 c. beer*  
*2 c. chilled tea*  
*2 T. sugar*  
*2 lemons*

Brew tea. Strain and chill. Add beer and sugar. Squeeze lemon and serve with a lemon wedge in beer glasses.

**SQUASH DRINK**

ГАРБУЗОВИЙ НАПІЙ

*4 c. squash juice*  
*4 egg yolks*  
*4 t. sugar*  
*4 T. lemon juice*  
*¼ t. ground peppercorns*  
*4 T. whipped cream*  
*salt to taste*

Wash, clean, grate and squeeze squash. Mix with egg yolks. Add salt, sugar, lemon juice and ground peppercorns. Stir together. Serve with whipped cream.

***VEGETABLE DRINK***

**ОВОЧЕВИЙ НАПІЙ**

*5 carrots*  
*2 beets*  
*2 c. water*  
*1 lemon*  
*2 t. honey*  
*salt to taste*

Wash, peel and grate beets and carrots. Pour over a little cold water. Mix and strain. Squeeze juice of lemon. Add honey. Stir and serve.

***FARMER'S DRINK***

**СЕЛЯНСЬКИЙ НАПІЙ**

*1½ c. carrot juice*  
*2 c. apple juice*  
*½ c boiled water*  
*2 T. onion juice*  
*2 T. sugar*  
*pinch salt*

Mix carrot and apple juice. Add cold boiled water, juice of onion. Sprinkle with salt and sugar.

**BEET DRINK**  
БУРЯКОВИЙ НАПІЙ

*1 lb. beets*  
*2 c. water*  
*1 lemon*  
*1 c. apple juice*

*For syrup:*  
*4 T. sugar*  
*1 c water*

Grate washed and peeled beets. Add lemon juice squeezed from lemon. Pour over cold water, bring to boil, chill and strain. Boil water with sugar. Add sugar syrup and apple juice to beet liquid. Serve chilled.

**BEET KVAS**  
БУРЯКОВИЙ КВАС

*4 c. beet kvas*  
*¼ lb. rye bread*  
*4 t. sugar*  
*horseradish*  
*4 t. chopped dill*  
*4 t. chopped scallion*  
*4 T. whipped cream*  
*salt to taste*

Wash and peel beets. Cut into quarters. Cover with chilled boiled water. Add a few crusts of rye bread. Set aside in a warm place for 2-3 days. Strain and cool kvas. Add sugar and salt. Add grated horseradish and finely chopped dill and scallion. Serve chilled with whipped cream.

## **STRAWBERRY DESSERT DRINK**

### **СУНИЧНИЙ ДЕСЕРТНИЙ НАПІЙ**

*2 oz. strawberries*

*1 oz. sugar syrup*

*½ lemon*

*4 oz. soda*

*ice*

*For syrup:*

*1 t. sugar*

*1 oz. water*

Wash strawberries. Cut up and place in a glass. Bring to boil water with sugar for syrup. Combine with strawberries, lemon juice and a little soda. Serve with ice.

## **EGG TEA**

### **ЯЄЧНИЙ ЧАЙ**

*4 t. tea leaves*

*2 egg whites*

*4 egg yolks*

*4 T. sugar*

*1 lemon*

Pour hot water into tea kettle to warm it, Then empty. Place tea into warmed tea kettle. Fill 2/3 of it with boiling water. Set it aside for 5-7 min. covered with a napkin or towel to let it brew strong. Divide egg whites from yolks. Stir yolks with sugar. Beat mixture. Whip egg whites and mix with whipped egg yolks. Add lemon juice and whip the resulting mixture. Mix with 4 cups of tea and whip again. Pour liquid into warm cups. Delicious!

***COCOA WITH EGG YOLKS***  
**ШОКОЛАД З ЯЄЧНИМИ ЖОВТКАМИ**

*4 t. cocoa*  
*8 t. sugar*  
*3 c. milk*  
*4 fresh egg yolks*  
*whipped cream*

Place cocoa in pot. Mix with sugar. Pour in a little hot milk or water and stir it thoroughly. Pour in the rest of hot milk constantly stirring. Bring to boil. Stir egg yolks with sugar and add to hot cocoa. Whip before serving with whipped cream.

***KVAS FROM DRY BREAD***  
**ХЛІБНИЙ КВАС**

*2 ½ lbs. rye bread*  
*6 qts. water*  
*1 T. yeast*  
*1 c. sugar*  
*½ c. raisins*

Cut rye bread in slices. Brown them in oven. Place in pot. Pour over boiling water. Cover with a clean cloth. Set aside for 3-4 hrs. Strain liquid. Add dissolved yeast and sugar. Cover. Set aside for 5 hrs. until foam appears. Strain. Pour in bottles with a few raisins in each. Cork bottles. Tie each cork with string. Put bottles on sides in a chilly place for 2-3 days. Uncork and drink as much as you want. It is tasty and refreshing. Can also be used as base for cold soups.

## **ZAPORIZKY KVAS**

### **ЗАПОРІЗЬКИЙ КВАС**

*2 ½ lbs. dry bread*

*7 qts. water*

*1 T. yeast*

*1 c. sugar*

*½ lemon*

*½ c. raisins*

Pour boiling water in large pot or small barrel over dry bread. Put it aside for 7-8 hrs., covered with a clean cloth. Strain it and transfer to another pot. Add sugar and dissolved yeast. Mix and add lemon slices. Set aside for 7-8 hrs. more. Strain kvas and transfer into bottles with 3-5 raisins in each. Cork them well. Tie with string and put in warm place for 12 hrs. When kvas bubbles, move to a chilly place and store there.

## **DIET DRINK**

### **ДІЄТИЧНИЙ НАПІЙ**

*2 c. yogurt*

*2 c. prune juice*

*3 T. sugar syrup (containing 6 t. sugar, ¾ c. water)*

Prepare sugar syrup by mixing sugar in water and bringing to boil, then cool. Whip yogurt together with juice and sugar syrup.

**COSSACK KVAS**  
**КОЗАЦЬКИЙ КВАС**

*2 lbs. rye crackers*  
*10 qts. boiling water*  
*1 T. flour*  
*1/3 c. yeast*  
*1 lb. sugar*  
*1 lemon*

Pour boiling water over rye crackers. Set aside for 7-8 hrs. Dissolve flour and yeast in a cup of cracker infusion. Set aside for 10-15 min. to allow it to ferment. Strain cracker infusion through sieve. Add sugar. Pour in liquid with yeast and flour. Mix well. Set aside in warm place overnight. Ladle once more into bottles. Cut lemon in slices and add to bottles. Cork them. Tie with string. Set aside to cool. Store in a cold place.

**KVAS BROVARSKY**  
БРОВАРСЬКИЙ КВАС

*4 c. beer*  
*7 qts. boiling water*  
*¾ lb. sugar*  
*½ c. raisins*  
*½ lemon*  
*1 T. yeast*

Combine boiling water and beer in large pot. Squeeze juice from lemon. Add sugar, raisins and lemon peel. Mix and cover with cloth. Set aside for 4-5 hrs. Dissolve yeast in ½ c. warm water and pour into beer mixture. Set aside in a warm place. When it starts bubbling strongly, strain it. Ladle into bottles with a few raisins each. Seal tightly. When foam appears again, store in chilly place. Kvas becomes ready for use in 24 hrs.

***HONEY BEER ANOTHER WAY***

МЕДОВЕ ПИВО ПО-ІНШОМ

*3 lbs. honey*

*1 egg white*

*6 qts. water*

*5 cloves*

*slice of ginger root*

*piece of cinnamon*

*1 t. yeast*

Stir honey and egg white together. Transfer to large pot with boiling water. Add ginger, cloves and cinnamon and simmer on low heat for 1 hr. Remove from fire when  $\frac{1}{4}$  of liquid evaporates and mixture becomes transparent. Set it aside to cool. Strain. Pour in wooden barrel. Add brewer's yeast. Cover with thick cloth and leave in warm place. When fermentation stops, close the barrel and leave in chilly place for 6-7 months. Then ladle into bottles, seal tightly and keep in cold place.

***COFFEE WARSAW-STYLE***

КАВА ПО-ВАРШАВСЬКОМУ

Brew coffee your favorite way in coffee maker or in pot using a little less water than usual. Add cream and sugar and bring to boil. Use  $\frac{1}{2}$  c. of cream or milk for making 1 c. coffee. Whip before serving.

## **OLD FASHIONED HONEY BEER**

### **СТАРОДАВНЄ МЕДОВЕ ПИВО**

*10 lbs. honey*  
*9 qts. water*  
*1 T. beer yeast*  
*½ bagel*  
*½ t. hops*  
*¼ t. cardamom*  
*1/8 t. ground cloves*

Dissolve honey in water and simmer on low heat until ½ of liquid evaporates. Set aside to cool. Add white bagel without crust soaked in 1 c. of water with dissolved brewing yeast. Add hops and let ferment. When it starts bubbling strongly, take out bread. Strain liquid in large container or barrel. Add cardamom and cloves tied in gauze. Nail up and leave in cold cellar for 12 days. Then open the barrel and take out gauze with spices. Ladle honey beer in 6 bottles. Seal and store for 2 months in cold place before using.

## **HOMEMADE HONEY BEER**

### **МЕДОВЕ ПИВО ПО ДОМАШНЬОМУ**

*5 lbs. honey*  
*3 qts. water*  
*5 T. hops*

Dissolve honey with water. Bring it to boil. Add hops and set in a chilly place. When fermentation stops, strain. Ladle in bottles and cork strongly.

**KIEV-STYLE HONEY BEER**

**КИЇВСЬКЕ МЕДОВЕ ПИВО**

*6 lbs. honey*

*3 qts. water*

*7 T. hops*

*½ t. tea or ½ c. water*

Mix honey with water. Cook for 3 hrs. Add hops tied in gauze with a little stone added in order to keep hops at bottom. Boil the mixture for 1 hr. Add water equal in amount to evaporated water and bring it to boil. Take of fire. Close with cover. Set aside to cool. Strain through cheesecloth into another vessel leaving about 10% head space. Store in warm place for 3-4 weeks until bubbling ends and fragrance of honey beer appears. Add strong tea and strain thoroughly. Ladle into bottles. Seal and store for half a year. The longer the beer is stored the better the taste becomes.

## **RECIPE INDEX**

apple babka 213  
apple cake 248  
apple dessert 253  
apple halushky 228  
apple pancake 250  
apple strudel 249  
apples with cheese stuffing 256  
apricot salad 254  
apricots stuffed with nuts and cream 256  
asparagus baked in milk 175  
beef and pork cutlets stuffed with buckwheat kasha 84  
beef cutlets, minced 76  
beef cutlets, minced, another way 81  
beef cutlets Poltava-style, minced 80  
beef sausage Tcherkassy-style 82  
beer, homemade, honey 284  
beer, old fashioned honey 284  
beet and mushroom salad 20  
beet kvas 277  
beet puree 28  
beet soup, cold 148  
beets stewed in sour cream 169  
beets stuffed with rice, apples and farmer cheese 169  
beets, apples and kidney beans salad 148  
beets, grated 168  
beets, shredded 19  
borsch à la hetman 49  
borsch with eggplant 37  
borsch with kidney 46  
borsch with kidney another way, cold 54  
borsch with kidney, cold 53  
borsch with mushrooms & plums 47  
borsch with sour apples 48  
borsch, Chornyhiv-style 40

borsch, cold farmer 52  
borsch, green Ukrainian 39  
borsch, Halytsy-style 44  
borsch, Kherson-style 38  
borsch, Kiev-style vegetarian 36  
borsch, lean with crucians 51  
borsch, Lviv-style 45  
borsch, Poltava 35  
borsch, simple 55  
borsch, smart 41  
borsch, Ukrainian 34  
borsch, volyn-style 42  
borsch, volyn-style vegetarian 43  
bouillon, brown meat 190  
bouillon, white meat 189  
bread crumb halushky 229  
bream with apples and horseradish 132  
buckwheat loaf 197  
buckwheat patties (grechaniki) in cabbage leaves 198  
buckwheat with salt pork 199  
Bukovina salad 20  
buns (pampushkas), buckwheat with garlic 202  
buns with marmalade 201  
buns, farmer pea 151  
buns, sweet 200  
cabbage patties with apples 163  
cabbage pudding 162  
cabbage salad 13  
cabbage salad Kiev style 13  
cabbage salad with apples 27  
cabbage stuffed with meat and rice 159  
cabbage stuffed with rice and mushrooms 164  
cabbage with millet stuffing 160  
cabbage, apples and onion salad 25  
cabbage, baked 161  
cabbage, carrot, pepper and apple salad 24  
cabbage, stuffed 88  
cake, layer with blintzes with apples 218

carp stewed with onion 127  
carp with buckwheat and mushrooms 129  
carp with honey 126  
carp with sour and sweet gravy 128  
carrot and apple puree 28  
carrot babka 183  
carrot pancakes 188  
carrot salad with apples 27  
carrot salad with apples, another way 167  
carrot sichenyky 185  
carrot-and-ice-cream drink 268  
carrot-farmer cheese meatballs 186  
carrots with farmer cheese, baked 187  
cauliflower fried in bread crumbs 178  
cauliflower fried in butter 178  
cauliflower salad another way 167  
cauliflower salad with boiled eggs 25  
cauliflower salad with tomato, cucumber and apple 26  
cauliflower souffle 179  
caviar, home-made of fresh fish 14  
caviar, home-made pike 15  
cheese and egg appetizer, Lviv-style 10  
cheese cake 247  
cheese-apple babka 263  
cheese-carrot babka 264  
cheesecake with almond 246  
cherries with sugar and sour cream 255  
cherry babka 212  
cherry cake 257  
cherry cake Kiev-style 219  
chicken (young) stuffed with mushrooms and rice 104  
chicken jelly 105  
chicken pancakes 105  
chicken pies with mushroom stuffing 106  
chicken soup 56  
chicken stewed with dumplings 107  
chocolate cake 215  
chocolate cake Poltava-style 262

cocoa with egg yolks 279  
cod and farmer cheese cutlets 140  
cod and farmer cheese, pâté 117  
cod cooked in milk 140  
cod cutlets 142  
cod fillet and farmer cheese casserole 125  
cod with cabbage 141  
cod, cooked 139  
codfish baked with potatoes 138  
coffee Warsaw-style 283  
corn kisiel 196  
corn salad 147  
corn with vegetables 146  
cranberry drink 271  
cream-tomato sauce, our 193  
crucians in sour cream 130  
cucumbers in sour cream 31  
drink, apple 269  
drink, beer 275  
drink, beer, Kiev-style honey 285  
drink, beet 277  
drink, carrot-and-ice-cream 268  
drink, cherry 270  
drink, coffee 273  
drink, cranberry 271  
drink, diet 280  
drink, egg tea 278  
drink, eggnog with honey 265  
drink, energy 274  
drink, farmer's 276  
drink, health 272  
drink, honey beer another way (old-fashioned) 283  
drink, honey-cherry 272  
drink, honey-lemon 272  
drink, lemonade 271  
drink, melon-watermelon 273  
drink, milk and celery with cheese 268  
drink, milk and orange with egg yolks 268

drink, milk and peach 267  
drink, milk and raspberry with ice cream 267  
drink, milk and walnut 266  
drink, milk-raspberry-and-apple 267  
drink, squash 275  
drink, strawberry 270  
drink, strawberry dessert 278  
drink, Ukrainian 274  
drink, vegetable 276  
drink, yogurt and beet 269  
duck roasted with noodle and mushroom stuffing 111  
duck, stewed 110  
dumplings from apple 228  
dumplings from buckwheat 226  
dumplings from farina 227  
dumplings from poppyseed 234  
dumplings, raised 222  
dumplings with cabbage and mushrooms 235  
dumplings with cherries 237  
dumplings with creamed cheese, baked 231  
dumplings with farmer cheese 230  
dumplings with fish filling 236  
dumplings with liver filling 237  
dumplings with lung filling 240  
dumplings with meat and cabbage filling 233  
dumplings with meat filling 232  
dumplings with potato and mushroom filling 239  
dumplings with potato filling 238  
eel, cooked 145  
egg babka 212  
egg croquets, Ukrainian-style 10  
eggnog dessert with nutmeg 266  
eggplant with mushrooms and onions 172  
eggplant, stuffed with millet 173  
eggs (boiled) with horseradish gravy 33  
eggs in sour cream 241  
eggs with mushrooms 244  
eggs, fried with onion 241

eggs, gutzul scrambled 242  
eggs, scrambled with bread crumbs 242  
eggs, stuffed 33  
farmer borsch 50  
farmer cheese appetizer with vegetables 22  
farmer cheese salad with vegetables 22  
fish balls from cod and farmer cheese 124  
fish cutlets, Dnipro-style 143  
fish "sausages" in sauce 136  
fish soup, Dnipro river 58  
flounder, fried with mushrooms and gherkins 144  
flounder with mayonnaise 123  
fruit cake 213  
fruit cake, summer 258  
fruit salad, assorted 254  
goose with apples 109  
goose, stuffed 109  
halibut baked with potatoes 137  
halushky with farmer cheese 224  
halushky with farmer cheese Kiev-style 225  
halushky with ham 228  
halushky, butter 223  
halushky-dumplings from potatoes 177  
herring, ground 14  
herring, Kiev-style 15  
herring, marinated 16  
herring with apples 18  
herring with sauce 17  
holiday cake 216  
honey cakes with poppy seed 220  
honey cookies 245  
hot tomato sauce 190  
kidney beans, poppyseeds and potatoes, mashed 149  
kohlrabi stuffed with rice and meat 182  
kvas brovarsky 282  
kvas, cossack 281  
kvas from dry bread 279  
lamb baked with kidney beans another way 95

lamb baked with vegetables 99  
lamb cooked with millet 100  
lamb cutlets, minced 102  
lamb ribs baked with rice 101  
lamb ribs, stewed 97  
lamb sautéed with plums 98  
lamb stewed with beans 96  
lamb stewed with prunes 93  
lamb stuffing, pepper 103  
lamb, cooked with tomato sauce 94  
lamb, sautéed with tomatoes 100  
leg of lamb baked with kidney beans 95  
mamalyga 196  
mayonnaise sauce 195  
meat and vegetable salad 12  
meat loaf with carrot and sour cream 81  
meat loaf with sour cream 80  
meat salad 11  
meat, sliced in jelly 62  
meatballs sautéed in tomatoes 85  
meatballs, country-style 78  
medovyk 259  
mezhivo from eggplant 23  
milk sauce 192  
milk soup with cauliflower 59  
milk soup with vegetables 59  
mushroom sauce 195  
navaga, fried 142  
nuts & apples pie 261  
omelet with farmer cheese 243  
omelet with meat stuffing 243  
onion, stuffed 171  
packets 204  
pancakes from beets and farmer cheese 170  
pancakes from kohlrabi 181  
peach and pear salad 250  
peach and plum salad 253  
pennyk from carrot 184

peppers stuffed with farmer cheese 175  
peppers stuffed with meat and rice 83  
peppers, stuffed 174  
Pidilian cake 217  
pig's feet jelly 63  
pike baked with mushrooms and lobsters 119  
pike Kievan-style 122  
pike roll-ups 115  
pike roll-ups, another way 134  
pike roulade in gelatin 114  
pike sautéed in sour cream 118  
pike with champignons 120  
pike with dried mushrooms 121  
pike, jellied 112  
pike, jellied Ukrainian 113  
pike, Kiev-style roll-ups 135  
Poltava style soup with halushkas 56  
pork chops, Ukrainian-style 79  
pork fillet stewed with plums 74  
pork ribs stewed in beet kvas 69  
pork ribs stewed with cabbage 68  
pork roll 65  
pork roll poltava-style 66  
pork sausage, home-made 60  
pork slices in jelly 64  
pork stewed with potatoes 75  
pork stomach, stuffed 61  
pork, rolled from shanks 61  
pork, stewed fillet 67  
pork, stewed fillet 69  
pork, stewed with horseradish 71  
pork, stewed with horseradish another way 72  
pork, stewed Zhytomyr-style 70  
pork, stuffed baked 73  
potato buns with plums 151  
potato cakes with meat 86  
potato pancakes 156  
potato pancakes with eggs 157

potato pancakes, simple 157  
potato patties 156  
potato patties Kiev-style 154  
potato patties with mushrooms and rice 155  
potato roll-ups with peas 158  
potato roulade with sauerkraut 150  
potato-cheese buns 204  
potatoes (boiled) with mushroom filling 153  
potatoes stewed with prunes 147  
pound cake 214  
pretzels (verguny) 205  
pretzels, Kiev-style 207  
pretzels, Konotop-style 210  
pretzels, Lviv-style 209  
pretzels, simple 206  
pretzels, Subotin-style 211  
pretzels, volyn-style 208  
pumpkin pie with honey 252  
red cabbage salad 24  
red cabbage stewed with apples 181  
red cabbage stewed with kidney beans 180  
roast duck, stuffed with apples 110  
salad with beets and horseradish 19  
salad with beets and mushrooms 168  
salad with cabbage, apples and onion 166  
salad with cabbage, carrots, pepper and apples 165  
salad with cauliflower 166  
salad with eggs 21  
salad with green pepper 26  
salad with onions and cucumbers 32  
salad with sauerkraut and mushrooms 165  
salad with scallions and radishes 32  
salad, assorted 30  
sauerkraut and mushroom salad 23  
sauerkraut, stewed with mushrooms 161  
shad, fried with tomatoes 136  
shepherd's pie stuffed with potatoes and meat 152  
shrimp salad, Odessa style 18

slyvovnyk pie 251  
smetannyk 260  
sorrel and spinach salad 21  
soup, "the simple one" 55  
soup, hetman 57  
sour cream cake 215  
sour cream sauce 192  
sour cream sauce with horseradish 193  
sour cream-tomato-onion sauce 194  
spinach babka 176  
strawberries in custard sauce 255  
stuffed pike, Ukrainian 133  
sturgeon salad 116  
tench with cabbage 131  
tomatoes stuffed with carrots 31  
tomatoes stuffed with mushrooms 170  
tomatoes stuffed with onions 30  
tomatoes with mayonnaise 12  
tomatoes, stuffed 87  
tomatoes, stuffed, another way 171  
tomatoes, with toasts 11  
turkey roll-ups 108  
Ukrainian halushky 221  
Ukrainian pudding 246  
veal rolls 90  
veal with vegetables 91  
veal with vegetables another way 92  
veal, rolled in jelly (zavivanets) 89  
wheat buns with garlic 203  
white fish sauce (basic) 191  
white onion sauce 194  
white sauce (basic) 191  
zakuska, Ukrainian 29  
Zaporizky kvas 280

# **HIPPOCRENE INTERNATIONAL COOKBOOK CLASSICS**

From Spanish salsas to Russian pirogi, from Israeli delicacies to Hungarian pastries, HIPPOCRENE INTERNATIONAL COOKBOOK CLASSICS provide an array of tantalizing recipes from across the globe.

**ALL ALONG THE DANUBE:** *Recipes from Germany, Austria, Czechoslovakia, Yugoslavia, Hungary, Romania, and Bulgaria* by Marina Polvay.

0491 ISBN 0-7818-0098-6 \$11.95 pb

**THE DOWN UNDER COOKBOOK:** *An Authentic Guide to Australian Cooking and Eating Traditions* by Graeme Newman.

0099 ISBN 0-91157-711-4 \$8.95 pb

**THE ART OF BRAZILIAN COOKERY** by Dolores Botafogo.

0250 ISBN 0-7818-0130-3 \$9.95 pb

**THE JOY OF CHINESE COOKING** by Doreen Yen Hung Feng.

0288 ISBN 0-7818-0097-8 \$8.95 pb

**THE BEST OF FINNISH COOKING** by Taimi Previdi.

0354 ISBN 0-7818-0284-9 \$19.95 hc

**THE HONEY COOKBOOK** by Maria Lo Pinto.

0283 ISBN 0-7818-0149-4 \$8.95 pb

**THE ART OF HUNGARIAN COOKING** by Paula Pogany Bennett & Velma R. Clark.

0165 ISBN 0-7818-0202-4 \$8.95 pb

**THE ART OF ISRAELI COOKING** by Chef Aldo Nahoum.

0252 ISBN 0-7818-0096-X \$8.95 pb

**THE BEST OF POLISH COOKING** Revised by Karen West.  
1071 ISBN 0-87052-123-3 \$8.95 pb

**POLISH HERITAGE COOKERY** by Robert and Maria Strybel.  
0241 ISBN 0-7818-0069-2 \$29.95 hc

**OLD WARSAW COOKBOOK** by Rysia.  
0648 ISBN 0-87052-932-3 \$8.95 pb

**THE BEST OF RUSSIAN COOKING** by Alexandra Kropotkin.  
0251 ISBN 0-7818-0131-1 \$9.95 pb

**A SPANISH FAMILY COOKBOOK:** *Favorite Family Recipes* by  
Juan and Susan Serrano.  
0249 ISBN 0-7818-0129-X \$19.95 hc  
0245 ISBN 0-7818-0193-1 \$9.95 pb

**THE ART OF SYRIAN COOKERY** by Helen Corey.  
0244 ISBN 0-7818-0095-1 \$8.95 pb

**THE ART OF TURKISH COOKING** by Neset Eren  
0162 ISBN 0-7818-0201-6 \$9.95 pb

(Prices subject to change.)

**TO PURCHASE HIPPOCRENE BOOKS** contact your local bookstore, or write to: HIPPOCRENE BOOKS, 171 Madison Avenue, New York, NY 10016. Please enclose a check or money order, adding \$4.00 shipping (UPS) for the first book and .50 for each additional book.

*Also available from Hippocrene...*

# **LANGUAGE AND TRAVEL GUIDE TO UKRAINE**

*by Linda Hodges and George Chumak*

Detailed chapters on the leading tourist destinations—Kyiv (formerly Kiev), Lviv, and Odessa—as well as details of many other destinations from the Carpathians to the Crimean Republic make this book an indispensable authority on Ukraine.

*The Language and Travel Guide to Ukraine* gives tourists, business people, and students the ability to communicate with Ukrainians with a full complement of phrases with phonetics.

The guide anticipates everything a first time traveler to this “new” old country might want to know with the most up-to-date answers to questions about obtaining a visa, changing money, and socializing, as well as an exploration of the unique aspects of Ukraine’s history and culture.

*266 pages • maps, index, b/w photos*

*(0057) • ISBN 0-7818-0135-4 • \$14.95 pb*

# New from Hippocrene...

## **Ukrainian-English/English-Ukrainian Practical Dictionary Revised Edition—With Business Terms**

***L. Hrabovsky***

Now in its third printing, this compact, up-to-date dictionary includes over 16,000 entries complete with phonetic pronunciation for each word.

A comprehensive appendix of Ukrainian-English/English-Ukrainian business terms has been added to aid the vastly growing number of Americans doing business with Ukraine, as well as Ukrainians conducting business with Americans. Its compact size makes it an indispensable companion for students, business persons, and travelers alike.

448 pages • ISBN 0-7818-0306-3 • \$11.95 pb

## **Ukrainian-English Standard Dictionary, *by Olesj Benyuch***

Information-packed and contemporary, this dictionary is perfect for the traveler, business person or student. Its unique system of phonetics provides a Romanized version of every Ukrainian word. Common-sense pronunciation is used, making the **Ukrainian-English Standard Dictionary** one of the most modern and useful dictionaries on the market.

304 pages • \$14.95 • 0-7818-0189-3

## **Ukrainian Phrasebook and Dictionary, *by Olesj Benyuch and Raisa I. Galushko***

This invaluable guide to the Ukrainian language, including a 3,000 word mini-dictionary, provides situational phrases and vocabulary that's the most up-to-date available. More than simply a dictionary, the book offers advice for ordering meals, making long-distance calls, shopping, and provides countless tips to greatly enhance your visit to Ukraine.

205 pages • \$9.95 • 0-7818-0188-5

Accompanying audio cassettes designed to increase vocabulary and pronunciation are also available.

set of two • \$12.95 • 0-7818-0191-5

*All prices subject to change.*

**TO PURCHASE HIPPOCRENE BOOKS** contact your local bookstore, or write to: HIPPOCRENE BOOKS, 171 Madison Avenue, New York, NY 10016. Please enclose check or money order, adding \$4.00 shipping (UPS) for the first book and \$.50 for each additional book.

# **HIPPOCRENE FOREIGN LANGUAGE DICTIONARIES**

**Modern • Up-to-Date • Easy-to-Use • Practical**

**Afrikaans-English/English-Afrikaans Dictionary**

**0134 ISBN 0-7818-0052-8 \$11.95 pb**

**Albanian-English Standard Dictionary**

**0744 ISBN 0-87052-077-6 \$14.95 pb**

**English-Albanian Dictionary**

**0518 ISBN 0-7818-0021-8 \$14.95 pb**

**Arabic-English Dictionary**

**0487 ISBN 0-7818-0153-2 \$14.95 pb**

**English-Arabic Dictionary**

**0519 ISBN 0-7818-0152-4 \$14.95 pb**

**Arabic-English Learner's Dictionary**

**0033 ISBN 0-7818-0155-9 \$24.95 hc**

**English-Arabic Learner's Dictionary**

**0690 ISBN 0-87052-914-5 \$14.95 pb**

**Armenian-English/English-Armenian Concise Dictionary**

**0490 ISBN 0-7818-0150-8 \$11.95 pb**

**Armenian Dictionary in Transliteration (Western)**

**0059 ISBN 0-7818-0207-5 \$9.95 pb**

**Cambodian-English/English-Cambodian Standard Dictionary**

**0143 ISBN 0-87052-818-1 \$16.95 pb**

**Catalan-English/English-Catalan Dictionary**

**0451 ISBN 0-7818-0099-4 \$8.95 pb**

**Classified and Illustrated Chinese-English Dictionary  
(Mandarin)**

**0027 ISBN 0-87052-714-2 \$19.95 hc**

**An Everyday Chinese-English Dictionary (Mandarin)**

**0721 ISBN 0-87052-862-9 \$12.95 hc**

**Colloquial Navajo: A Dictionary**

**282 ISBN 0-7818-0278-4 \$16.95**

**Danish-English/English-Danish Practical Dictionary**  
**0198 ISBN 0-87052-823-8 \$14.95 pb**

**Dutch-English/English-Dutch Concise Dictionary**  
**0606 ISBN 0-87052-910-2 \$11.95 pb**

**Finnish-English/English-Finnish Concise Dictionary**  
**0142 ISBN 0-87052-813-0 \$9.95 pb**

**French-English/English-French Practical Dictionary**  
**0199 ISBN 0-7818-0178-8 \$8.95 pb**

**German-English/English-German Practical Dictionary**  
**0200 ISBN 0-88254-813-1 \$6.95 pb**

**English-Hebrew/Hebrew English Conversational Dictionary**  
**(Revised Edition)**  
**0257 ISBN 0-7818-0137-1 \$8.95 pb**

**Hindi-English/English-Hindi Practical Dictionary**  
**0442 ISBN 0-7818-0084-6 \$16.95 pb**

**English-Hindi Practical Dictionary**  
**0923 ISBN 0-87052-978-1 \$11.95 pb**

**Hindi-English Practical Dictionary**  
**0186 ISBN 0-87052-824-6 \$11.95 pb**

**Icelandic-English/English-Icelandic Concise Dictionary**  
**0147 ISBN 0-87052-801-7 \$8.95 pb**

**Indonesian-English/English-Indonesian Practical Dictionary**  
**0127 ISBN 0-87052-810-6 \$11.95 pb**

**Irish-English/English-Irish Dictionary and Phrasebook**  
**1037 ISBN 0-87052-110-1 \$7.95 pb**

**Italian-English/English-Italian Practical Dictionary**  
**0201 ISBN 0-88254-816-6 \$8.95 pb**

**Japanese-English/English-Japanese Concise Dictionary**  
**0474 ISBN 0-7818-0162-1 \$11.95 pb**

**Korean-English/English-Korean Dictionary**  
**1016 ISBN 0-87052-092-X \$11.95 pb**

**Kurdish-English/English-Kurdish Dictionary**  
**0218 ISBN 0-7818-0246-6 \$11.95**

**Malay-English/English-Malay Dictionary**  
**0428 ISBN 0-7818-0103-6 \$16.95 pb**

**Nepali-English/English Nepali Concise Dictionary**  
**1104 ISBN 0-87052-106-3 \$8.95 pb**

**Norwegian-English/English-Norwegian Dictionary**  
**(Revised Edition)**  
**0202 ISBN 0-7818-0199-0 \$11.95 pb**

**Persian-English Dictionary**  
**0350 ISBN 0-7818-0055-2 \$16.95 pb**

**English-Persian Dictionary**  
**0365 ISBN 0-7818-0056-0 \$16.95 pb**

**Portuguese-English/English-Portuguese Dictionary**  
**0477 ISBN 0-87052-980-3 \$16.95 pb**

**English-Punjabi Dictionary**  
**0144 ISBN 0-7818-0105-2 \$14.95 hc**

**Concise Sanskrit-English Dictionary**  
**0164 ISBN 0-7818-0203-2 \$14.95 pb**

**Scottish Gaelic-English/English-Scottish Gaelic**  
**285 ISBN 0-7818-0316-0 \$8.95 pb**

**English-Sinhalese/Sinhalese-English Dictionary**  
**0319 ISBN 0-7818-0219-9 \$24.95 hc**

**English-Somali/Somali-English Dictionary**  
**0246 ISBN 0-7818-0269-5 \$29.50**

**Spanish-English/English-Spanish Practical Dictionary**  
**0211 ISBN 0-7818-0179-6 \$8.95 pb**

**Swahili Phrasebook**  
**0073 ISBN 0-87052-970-6 \$8.95 pb**

**Swedish-English/English-Swedish Dictionary**  
**0761 ISBN 0-87052-871-8 \$19.95 pb**

**Swedish-English/English-Swedish Dictionary**  
**0755 ISBN 0-87052-870-X \$18.95**

**English-Tigrigna Dictionary**  
**0330 ISBN 0-7818-0220-2 \$34.95 hc**

**Twi-English/English-Twi Dictionary**  
**0290 ISBN 0-7818-0264-4 \$11.95 pb**

**Urdu-English Gem Pocket Dictionary**  
**0289 ISBN 0-87052-911-0 \$6.95 pb**

**English-Urdu Gem Pocket Dictionary**  
**0880 ISBN 0-87052-912-9 \$6.95 hc**

**English-Urdu Dictionary**  
**0368 ISBN 0-7818-0222-9 \$24.95 hc**

**Urdu-English Dictionary**  
**0368 ISBN 0-7818-0222-9 \$24.95 hc**

**Vietnamese-English/English-Vietnamese Standard Dictionary**  
**0529 ISBN 0-87052-924-2 \$19.95 pb**

**Welsh-English/English-Welsh Dictionary**  
**0116 ISBN 0-7818-0136-2 \$19.95 pb**

**A New Concise Xhosa-English Dictionary**  
**0167 ISBN 0-7818-0251-2 \$14.95 pb**

**English-Yiddish/Yiddish-English Conversational Dictionary**  
**(Romanized), *newly revised***  
**0341 ISBN 0-7818-0279-2 \$8.95 pb**

**Yoruba-English/English-Yoruba Concise Dictionary**  
**0275 ISBN 0-7818-0263-6 \$11.95 pb**

**Zulu-English/English-Zulu Dictionary**  
**0203 ISBN 0-7818-0255-5 \$29.50 pb**

(Prices subject to change)

**TO PURCHASE HIPPOCRENE BOOKS** contact your local bookstore, or write to: HIPPOCRENE BOOKS, 171 Madison Avenue, New York, NY 10016. Please enclose check or money order, adding \$4.00 shipping (UPS) for the first book and .50 for each additional book.



# Self-Taught Audio Language Course

Hippocrene Books is pleased to recommend Audio-Forum self-taught language courses. They match up very closely with the languages offered in Hippocrene dictionaries and offer a flexible, economical and thorough program of language learning.

Audio-Forum audio-cassette/book courses, recorded by native speakers, offer the convenience of a private tutor, enabling the learner to progress at his or her own pace. They are also ideal for brushing up on language skills that may not have been used in years. In as little as 25 minutes a day — even while driving, exercising, or doing something else — it's possible to develop a spoken fluency.

## **Ukrainian Self-Taught Language Course**

**Everyday Ukrainian** (Beginning Course)  
10 cassettes (10 hr.), 342-p. text, \$195.  
Order #HUK10.

All Audio-Forum courses are fully guaranteed and may be returned within 30 days for a full refund if you're not completely satisfied.

You may order directly from Audio-Forum by calling toll-free 1-800-243-1234.

For a complete course description and catalog of 264 courses in 91 languages, contact Audio-Forum, Dept. SE5, 96 Broad St., Guilford, CT 06437. Toll-free phone 1-800-243-1234. Fax 203-453-9774.

# The Best of UKRAINIAN CUISINE

## Bohdan Zahny

Ukrainian cookery boasts a rich and varied assortment of hearty and healthful dishes. This cookbook features over 200 recipes of the very best in traditional and contemporary Ukrainian fare and spans the spectrum from everyday meals to more elaborate preparations for holidays and special occasions.

Easy-to-follow recipes are provided for everything from tantalizing appetizers through luscious desserts and beverages, and include such Ukrainian specialties as *zakusky* (appetizers), *ioushky* (cabbage soup), *kasha* (buckwheat groats), *pyrizhky* (stuffed pastries), and *medovyky* (honey cakes).

The inventive cooking techniques and wide variety of fresh ingredients found in Ukrainian cuisine provide dishes that are rich in flavor *and* nutrition. THE BEST OF UKRAINIAN CUISINE takes the adventurous chef on a culinary tour of Ukraine, showing how to create everything from a simple salad to an entire Ukrainian feast.

HIPPOCRENE BOOKS, INC.  
171 Madison Avenue  
New York, NY 10016

ISBN 0-7818-0240-7



9 780781 802406

900000>

