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TRADITIONAL DISHES OF UKRAINIAN CUISINE

*Додаток до навчально-методичного посібника з
англійської мови*
**«HISTORY AND TRADITIONS OF UKRAINIAN CHRISTIAN
HOLIDAYS AND RITES»**
для студентів II-III курсів філологічного факультету



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Додаток до навчально-методичного посібника “TRADITIONAL DISHES OF UKRAINIAN CUISINE” є збірником текстів та рецептів, складеним з урахуванням програми з англійської мови для студентів II-III курсів факультету філології та журналістики денної та заочної форм навчання.

Метою посібника є розвиток навичок читання, усного мовлення, збагачення тематичної лексики та словникового запасу студентів в цілому.

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Borsch — a quintessential dish of Ukrainian cuisine



It is probably borsch (борщ — pronounced borshtch) that could be regarded one of the principle Ukrainian culinary inventions, something like pizza for

the Italians or goose liver for the French. To cook borsch is not that easy. It may take some time and some basic cooking skills, and may involve up to 20 ingredients. But before we give some cooking tips, we'll provide some background information first.

National cuisine is as much part of the national heritage as any phenomenon of national culture, such as language or traditions. Many of the Ukrainian cooking traditions go back hundreds of years. The Ukrainians, for example, have always preferred boiled, stewed or baked food to fried food. The Chumaks, or itinerant salt traders, and Ukrainian Cossacks carried small cooking stoves with them (called *kobytsya*) to cook food while on the march or on the move, *kasha* (a sort of gruel), *kulich* (dish made of boiled corn) and *halushky* (boiled pieces of dough with fried onions) being among the most popular dishes. The meat of the game obtained in hunting was usually boiled rather than fried.

As long ago as five thousand years ago, people of the Trypillya culture that flourished in the territory of Ukraine, grew wheat, barley and millet. Rye came much later, about a thousand years ago. The chronicles provide evidence of cabbage, onions, turnip and garlic being used for food in the early medieval times, as well as beef, veal,

pork, mutton and fish. A list of dairy products was quite a long one. Various kinds of beans have been popular in Ukraine since ancient times as well. Buckwheat was imported from somewhere in Asia in the 11th or 12th century, and very soon a wide variety of dishes began to



be cooked with barley. The Cossacks borrowed from the Central Asian people cultivation of sweet and watermelons some time in the sixteenth or seventeenth century, and in the seventeenth century, corn,

pumpkin and potatoes make their way to Ukraine together with sunflower and mustard. Tomatoes and eggplants were the nineteenth-century additions to the table. The absence of sugar until comparatively recently was compensated for by honey; beer, mead, kvas (fermented soft drink) and later wine were popular drinks.

Soups were probably among the earliest dishes invented. They were cooked with a lot of herbs, vegetables and edible roots, and at one point a soup which had more beets than other ingredients came to be called “borsch”. There are three basic varieties of the soup which is traditionally called borsch — “red” borsch (with beets), “green” borsch (with sorrel or similar herbs) and “cold” borsch (soup served cold). Most of the borsch varieties are served with sour cream added. Some varieties are cooked with kvas, buttermilk or whey added. In the nineteenth century, with tomatoes becoming a wide-spread garden vegetable, they and their juice were used in making borsch with an increasing frequency. In some regions beans were one of the ingredients; in others flour or buckwheat were added, and in the land of Poltava borsch was served with halushky.

During Lent and other fasting periods, no meat stock or meat were used in cooking borsch, only sunflower oil, with mushrooms, cured or air-dried fish (or fresh fish) added. Borsch was a dish that could be served as an everyday meal, or a dish specially cooked for holidays and other festive occasions.

“Green” borsch is usually cooked in the spring, with young nettles, sorrel, beet leaves, with boiled eggs and sour cream liberally added.

“Cold” borsch is mostly a summer dish, with some vegetables added raw; only the beets are boiled. It is served cold with bread or boiled potatoes.

There are many recipes for cooking borsch. In fact, probably every land of Ukraine has its own way of making borsch. Besides, everyone who cooks borsch may use her or his own cooking ideas. In spite of great varieties of borsch there are some recipes which are more or less universal in Ukraine.

Kyiv Borsch without meat

Ingredients:

- 400 grams of fresh tomatoes;
- 300 grams of potatoes;
- 300 grams of cabbage;
- 60 grams of dried mushrooms;
- 320 grams of beets;
- parsley;
- one big carrot;
- one onion;
- a half cup of sour cream;
- 2 teaspoonfuls of sugar;
- a half cup of beans;
- 3 tablespoonfuls of butter;

- lemon juice;
- salt and pepper.

Wash dry mushrooms after soaking them in water for some time to make them soft; simmer gently in water with carrots and roots of parsley; add onions lightly fried when the mushrooms are cooked, and simmer for another ten or twelve minutes. Strain the stock and chop the mushrooms and slice the beets into thin strips. Place them into a saucepan and pour some of the boiling mushroom stock over them and boil until ready. Put the diced potatoes and finely shredded cabbage into the rest of the mushroom stock and boil for 10 or 12 minutes. Then add into this boiled beans, cut boiled mushrooms, boiled and grated tomatoes or tomato juice, and the beets with the liquid they were boiling in; simmer for another five minutes; season correctly — add sugar and lemon juice, salt, black pepper and finish boiling until ready. Garnish with chopped parsley and finely chopped garlic and add to each serving 1 tablespoonful of cultured sour cream.

Borshch with beans

Ingredients:

- 3 liters water
- 1 cup beans
- 300 grams of pork
- 1 red beet
- 5–6 potatoes
- 1 carrot
- 1 onion
- 1 cup tomato juice
- 1 medium-size cabbage
- 2 garlic cloves
- dill or parsley 1 salt 1 pepper

- cooking oil for braising

Soak the beans in water; bring to the boil and cook until tender, strain. Boil the meat. Peel and dice the potatoes and the cabbage and add to the meat broth. Wash, peel and grate the red beet and carrot, chop the onion and fry the vegetables in oil in a skillet. Add the tomato juice and braise. When the potatoes are done, put the fried vegetables, and beans in the broth. Bring borsch to the boil, reduce the heat and cook for 10–15 minutes. Add a pinch of salt, according to taste. Season with the mashed garlic, cover the saucepan with a lid and leave the borsch to rest. Serve hot, having sprinkled with finely chopped dill or parsley or both.

Poltava borsch with chicken and halushky

Ingredients:

- 3 liters water
- 1/2 chicken
- 1 red beet
- 5–6 potatoes
- 1 carrot
- 1 onion
- 6-7 big tomatoes
- 1 medium-size cabbage
- dill | parsley | salt | pepper
- hard pork fat for braising

Boil a chicken whole or in pieces. Dice the red beet; braise it adding small quantities of chicken broth and vinegar. Dice the carrot, chop the parsley, cut the onion, add tomatoes and braise (use pork hard fat for braising the vegetables in). Put diced potatoes in the chicken broth and boil for about 15 minutes; then put the braised beet, onion

and parsley. Chop the cabbage and put in the boiling chicken broth. Boil for 5 or ten minutes.

When served, a piece of chicken is put into the plate, plus halushky, chopped dill and/or parsley. Big-sized dumplings can be boiled right in the borsch.

Cold borsch with sturgeon

Ingredients:

- 400 grams of sturgeon;
- 600 grams of spinach;
- 20 crayfish tails;
- 5 cucumbers;
- 1 onion;
- 2 tablespoonfuls of chopped parsley and dill;
- 6 cups of bread kvas.



Simmer spinach gently in a small amount of salted water; strain and rub through a sieve; place in a saucepan, add 20 boiled and cleaned crayfish tails, chopped cucumbers with the skin peeled, chopped onions, chopped parsley, and diced boiled sturgeon. Stir well, pour bread kvas over the ingredients and leave the saucepan in a cold place for a couple of hours.

Cold peasant borsch

Ingredients:

- 400 grams of beets;
- 400 grams of potatoes;
- 2 eggs;
- 200 grams of dried fruit;

- 200 grams of cucumbers;
- 1 tablespoonful of sugar;
- 1/2 cup of sour cream;
- 2 cups of chopped leeks;
- 2 teaspoonfuls of chopped dill;
- 2 tablespoonfuls of apple vinegar.

Bake beets in an oven or in microwave; remove the skin from the spinach, chop, sprinkle with apple vinegar and leave for two or three hours; boil potatoes in their jackets, then peel and dice them; boil dried fruit (apples, plums and cherries) until cooked in a separate pot; chill the liquid, add it to the saucepan with the beets, add potatoes, diced cucumbers, grated boiled eggs, season correctly with salt and sugar. Garnish with chopped parsley and add to each serving 1 tablespoonful of cultured sour cream.

Borsch with Beans and Mushrooms

- 3 liters water
- 1 cup beans
- 50 g dried mushrooms
- 1 red beet | 5–6 potatoes
- 1 carrot
- 1 onion
- 1 cup tomato juice
- 1 medium-size cabbage
- 2 garlic cloves
- dill or parsley • salt • pepper • oil for frying



Soak the beans in water, bring to the boil and cook until tender. Make broth of dried mushrooms and season it with salt and pepper. Remove the mushrooms from the broth, drain and dice. Peel and dice the potatoes and add

to the broth. Wash, peel and grate the red beet and carrot, chop the onion and fry the vegetables in oil in a skillet. Add the tomato juice and braise. When the potatoes are done, put the fried vegetables, mushrooms and beans in the broth. Bring borsch to the boil, add the chopped cabbage, reduce the heat and cook for 10–15 minutes. Add a pinch of salt, if required. Season with the mashed garlic, cover the saucepan with a lid and leave the borsch to rest. Serve hot, having sprinkled with finely chopped dill or parsley or both.

Green Borsch a la Pyryatyn

Ingredients:

- Sorrel — 200 grams
- Spinach — 200 grams
- Young nettles — 100

grams

- Potatoes — 2 or 3
- Onions with green

shoots — 2 or 3

- Carrots — 2
- Parsley — 2 roots
- Flour — 3 tablespoons
- Eggs — 2 (hard-boiled)
- Sour cream — 3 tablespoons
- Sweet butter — 3 tablespoons
- Meat stock, or water — 6 cups
- Salt, sugar, pepper, celery, dill to taste



Wash the spinach, sorrel and nettles; dice the peeled potatoes, cut the roots and sauté in a little butter. Bring the meat stock or salted water to the boiling point and put all the roots and potatoes into it. Simmer until half-cooked.

Attention: it is better to boil the potatoes to readiness first because if boiled with spinach, sorrel and nettles, it may turn hard and not tasty.

Pour some boiling water over the nettles and chop them finely together with the spinach and sorrel; slice the onions, add to the spinach, sorrel and nettles, put into the stock (or the water with the potatoes), and simmer. For thickening, dry the flour on a dry skillet, let it cool and add some water or the stock, and place it in the soup. Bring to the boiling point, add salt, pepper and sugar to taste, and add the chopped celery and dill, then remove from the fire.

Serve with sour cream and chopped eggs.

Borsch with sorrel

Ingredients:

- Meat stock — 1/2 liter
- 2 or 3 small-sized red beets
- Sorrel — 200 grams
- Spinach — 200 grams
- Potatoes — 2 tubers
- Carrots — 1 carrot
- Leeks — 200 grams
- Eggs — 2 or 3
- Sour cream — 1/2 cup
- Wheat flour — 2 table spoonfuls
- Sweet butter — 3 table spoonfuls
- Parsley, pepper, dill, sugar, salt



Peel the beets and boil them in the meat stock; when ready, remove them and add diced potatoes, chopped parsley and diced carrots. Wash sorrel and spinach well and pick out the stems, chop sorrel, spinach and leeks and mix with the beets sliced into thin strips. Fry all this a

little in oil, and add flour. Place the mix into the boiling stock, add salt and pepper to taste, let boil for a minute and remove from the fire. Sprinkle with chopped parsley and dill, let it stay in a warm place for ten minutes, and serve with chopped hard-boiled eggs and sour cream.

Cold soup Cherkasy style

Ingredients:

- 3 new beet roots
- 150 grams sorrel
- 150 grams spinach
- 100 grams beet leaves
- 100 grams new nettles
- 2 cucumbers
- 2 hard-boiled eggs
- green onions, parsley, dill.



Wash the beets and boil to readiness. Peel and dice. Boil the sorrel, spinach, beet leaves, and nettles. Add salt, rub through the sieve or grind in a food processor. Place the diced beets and the rest of the ground vegetables in the vegetable broth. Dice the cucumbers and eggs, slice the green onions and dill, and add to the cold soup. Serve with sour cream.

Noodles with chicken meat

Ingredients:

- 1/2 kilo chicken meat
- 1 carrot
- 1 onion
- celery



- parsley
- 3 cups all-purpose flour
- 4 eggs
- water
- salt

Prepare dough with eggs, let it rest for some time and then knead again. Sprinkle with flour and roll into a thin strip. Let it dry for some time, then fold the strip several times and then slice into thin lengths at the short end. Gently shake the noodles loose so as to prevent their sticking together and let them dry a little.

Boil chicken meat with the carrot, onion, celery and parsley on a slow fire for the bouillon to stay clear. Add salt and spices to taste. When the chicken meat is ready, remove it and dice it. Boil the noodles in the salted water, strain them and douse with hot water. Place the noodles into the chicken broth, add the diced meat, bring to a boil, remove from the fire and add parsley, celery or dill.

Yushka with new green peas

Ingredients:

- Mushrooms — 500 grams
- Green peas — 500 grams
- Carrot — 1 big root
- Onion — 1 bulb
- Wheat flour — 1 table spoonful
- Vegetable oil — 1/2 cup
- Parsley, dill, celery, salt, water



Remove the peas from the pods. Chop the carrot, celery and the onion, then fry in a little oil. Wash the

mushrooms, cut into thin flat pieces, fry in oil until golden. Boil 2.5 liters of water, add the vegetables, peas, mushrooms and cook until ready. Fry the flour on a dry skillet until brownish; when it cools off, add hot water from the cooking soup, mix well and add to the boiling soup. Cook until all the ingredients are ready.

Add chopped parsley and dill to the soup when you serve it.

Pampushky

Ingredients:

- Flour — 1.5 kilo
- Yeast — 100 grams
- Cooking Oil — 1.75 litre
- Sugar powder — 1 kilo
- Vodka — 200 grams
- Salt



Since these pampushky have no animal fat or eggs in them, they are particularly good for Lent or any fasting time, for people with overweight problems and for the aged. Children just love them too. These pampushky are fluffy and not too sweet.

Boil one litre of water, adding a cupful of sugar and a cupful of oil. When the water cools off, add the yeast and salt. Put the flour into a bowl, make a hole in the top of the flour mound, pour the dissolved yeast and 100 grams of vodka into it. This amount of vodka will easily evaporate but it will make the dough much softer.

Too much pressure may affect its fluffiness. Use an overturned glass to cut out round pieces. Fry the pieces in much oil in a deep pan. Before frying, pour 100 grams of vodka into the oil which is being warmed before frying — the vodka will prevent the oil from splashing around when you put the round pieces into it, one by one and carefully. Leave room between the pieces so that they do not stick to each other. When ready, put into a vessel with sugar powder. Shake the bowl for the pampushky to be well covered in sugar powder. I find them delicious — try it and you'll be of the same opinion.

Kasha Pumpkin

Ingredients:

- Pumpkin — 2 kilos
- Millet — 1,5 cups
- Milk — 3 cups
- Butter — 100 grams
- Sugar — 5 table spoonfuls
- Salt, cinnamon



Cut the pumpkin into manageable pieces, remove the pumpkin skin, dice the pumpkin, boil in milk until ready. Add sugar and salt.

Put the millet into the pumpkin kasha, and continue boiling until the millet is ready. Serve with a bit of cinnamon and butter.

Pumpkin with mushrooms

Ingredients:

- Pumpkin — 1 kilo
- Millet or corn — 5 tablespoonfuls

- Vegetable oil — 1/2 cup
- Dried mushrooms — 100 grams
- Salt, sugar

Cut the pumpkin into manageable pieces, remove the skin, wash well and put into a wok-like saucepan, add water to barely cover the pumpkin pieces. Cook in the oven. When cooked, remove the pumpkin pieces and fry a little in oil in the skillet. Add the millet (or corn) into the pumpkin stock, add salt and sugar to taste and cook porridge. Cook the mushrooms in boiling water. Remove, chop and fry in oil. Then mix the mushrooms into mashed pumpkin pieces. Put the mix into the porridge, thoroughly stir and put the saucepan with it into the oven for 10 to 15 minutes. Add a little oil or butter before serving.

Shynka

Ingredients:

- Pork ham — 2 kilos
- Garlic,
- Bay leaf,
- Salt and pepper



Interlard the pork with cloves of garlic and bay leaf, rub the pork with salt and pepper, and with dried aromatic herbs, if they are available. Put into the refrigerator for two hours. Take the pork out, wrap in cooking foil and bake in the oven for at least 90 minutes.

Veal “dushenyna”

Ingredients:

- Veal — 1 kilo
- Sour cream — 1 cupful
- Carrots — 1 big carrot
- Parsley — 1 root
- Parsnip — 1 root
- Celery — 1 root
- Onions, butter, pepper, salt



Remove the membranes from the meat, cut it into small pieces, place into a pot, add grated carrot, parsley, parsnip and celery; fry chopped onions in butter and add to the meat; add water and sour cream, so that the liquid covers the meat, add salt and pepper to taste, and stew under cover. Make sure there is enough liquid all the time, adding, if need be, boiling water. Serve with buckwheat or mashed potatoes.

Kruchenyky with Lard

Ingredients:

- Pork, lean — 1 kilogram
- Bacon — 200 grams
- Lard — 200 grams
- Sour cream or milk cream — 1/2 cup
- Salt, pepper and sugar to taste



Cut the meat into thin slices, pound the slices a little, sprinkle with salt and pepper. Put a bit of bacon on each slice of meat, fold into a tight roll, tie with a string and

fry lightly in lard. Place the rolls into a large skillet with high edges, cover with lard, add some of the grease in which the rolls have been fried and then add the salted sour cream diluted with water.

Put the skillet in the preheated oven. Do not let all the liquid evaporate; keep pouring the liquid in which the rolls are being cooked over them not to let them get dry on top.

Prior to serving, remove the strings.

Serve with boiled potatoes and chopped leeks.

Kruchenyky with brynza

Ingredients:

- Beef or veal — 1 kilogram
- Butter — 200 grams
- Brynza (salty sheep's milk cheese) — 200 grams
- Lard — 200 grams
- Kvas (soft drink made of fermented bread) or whey — 1 cup
- Salt, pepper and sugar to taste



Cut the meat into thin slices, pound the slices a little, salt (but carefully — the brynza is salty) and pepper. Put a bit of butter and graded brynza mixed with graded hard-boiled egg on each slice, fold into a roll, secure with a length of string and fry lightly in lard. Place the rolls on a large skillet with high edges, pour the lard over them, add some kvas or whey and stew. If the kvas or whey is too sour, add some sugar. Do not let all the kvas or whey evaporate; keep pouring the liquid in which the rolls are being cooked over them not to let them dry on top.

Prior to serving, remove the strings.

Serve with boiled potatoes and pickles.

Pork Baked in Bacon with Prunes

Ingredients:

- Pork filet — 180 g
- Three prunes
- Bacon — 110 g
- Red dry wine — 50 g
- Vegetable oil — 10 g
- Fresh herbs — 5 g
- Salt, pepper and spices to taste



Cut the filet into slices (2 pieces for each portion). Add salt, pepper and fry the slices, each side, for a short time. Cut the bacon into thin strips. Simmer the prunes in red wine, then put them on each slice of the fried pork, and then wrap the pork slices in thin strips of bacon. Bake the rolls in the preheated oven at 180–2000 C for about 15 minutes.

Prepare the prune sauce by boiling them in red wine until it jells. Serve with the sauce and herbs.

Jellied Tongue

Ingredients:

- Flour — 1.5 kilo
- Cow or pig tongue — 100 grams
- Chicken legs — 150 grams
- Onions — 40 grams



- Carrots — 40 grams
- Gelatine — 40 grams
- Bay leaf — 7-10 grams
- Sweet red pepper — 1
 - Salt,
 - black pepper, parsley

Boil the chicken leg with its skin removed to make transparent stock; (it is important to have it transparent) simmer it for four hours. Never let it boil violently. Add diced carrots and onions, black pepper and one bay leaf about an hour before the stock is ready; otherwise it can lose its transparency. Add salt to taste.

Boil the tongue separately in salted water. Put the gelatine into cold water for 40 minutes, and then add to the stock. Simmer again, stirring to dissolve the gelatine completely.

Remove the membrane from the boiled tongue and cut the tongue into thin slices; arrange it nicely on a big plate, garnish with sliced boiled carrots, sliced sweet red pepper and parsley. Pour the stock carefully through a sieve on top of the tongue arrangement. Put the dish into the fridge for the stock to turn into jelly.

Jellied poultry meat

Ingredients:

- 1 dressed rooster
- 2 turkey or duck legs with the thighs
- dried mushrooms
- 1 carrot
- 2 onions
- 1 garlic clove
- celery



- bay leaf
- pepper
- salt

Keep the poultry meat in cold water for some time; remove and wash thoroughly. Place in a big sauce pan and pour as much water as needed to cover the meat at least by three fingers. Bring to a rolling boil and then reduce the fire. Simmer for five or six hours, making sure the bouillon remains clear. About an hour before the meat is ready, add one carrot, a root of celery, peeled onion, spices and salt. The meat is ready when you can bone it easily. Allow for the reduction of liquid during the boiling.

Boil the mushrooms and dice them. Peel the garlic and crush it with salt. Let the broth cool, remove the meat, bone it, dice it and place in several soup plates. Add the diced carrot, celery and mushrooms. Throw away the boiled onion. Strain the broth and then pour it into each plate so as to get the meat covered with the broth. Add the crushed garlic and put the plates in a cold place or in the fridge. Avoid too low temperatures. The jellied meat can be served with horse radish.

Turkey a la Polissya

Ingredients:

- One medium-sized turkey
- 3 Onions
- Flour — 2 table spoonfuls
- Sour cream — 1 cupful
- Cranberries — 2 cupfuls



- Melted fat
- Sugar, salt to taste

Carve the turkey, fry the pieces in fat in which the onions have been fried. Fry the flour in a dry skillet, add the melted fat and mix well; add some water and sour cream and put back on fire to turn the mixture into a sauce. Put the fried pieces of turkey into it and then place the turkey into the medium-hot oven. Make a sauce out of the squashed berries and sprinkle the turkey with it once in a while. Bake until the meat is fully cooked.

Serve with the rest of the cranberry sauce, boiled potatoes and pickles.

Fish with stuffing



Ingredients:

- Flour — 1.5 kilo
- Fish (preferable big-sized pikeperch or pike) — 2 kilos
- Onions — 600 grams
- Carrots — 200 grams
- Salo (hard pig fat) — 200 grams
- White bread — 150 grams
- Milk — 100 grams
- Butter — 30 grams
- Sour cream — 50 grams
- 2 eggs
- Cooking oil — 100 grams
- Salt, black pepper

You may want to use a grater to remove the scales; wash the fish in cold water — scales are more easily removed. After scaling, draw the fish — cut the entire length of the body from the vent to the head and remove the entrails. Wash the fish in cold water to remove blood, bits of viscera or membrane. Remove the skin, pulling it from tail to head, careful not to break it; the skin goes with the head. Remove the bones and grind the meat with onions, carrots, salo and bread soaked in milk. Blend two eggs into the mixture, add sour cream, salt and pepper to taste. Add melted butter, mix and then stuff the skin with the mixture. Wrap in foil and bake in the oven at 130° Celsius. The smell coming from the oven may be an indication of readiness. Garnish well before serving. The fish deserves it.

Tovchenyky-kruchenyky

Ingredients:

- Pike or perch — 1 1/2 kilo
- Oil (or butter) — 300 grams
- Dry loaf of white bread
- Eggs — 3
- Onion — 3 bulbs
- Garlic — 4 or 5 cloves
- Carrots — 1
- Parsley — 1 root
- Parsnip — 1 root
- Wheat flour — 6 table spoonfuls
- Tomato sauce — 1/2 cup
- Salt, pepper, sugar to taste



Wash the fish, remove the skin, separate the flesh from the bones. Mince the fish and the dry bread which has been soaked in water (squeeze out the surplus water before mincing) in the meat grinder. Boil the bones to make stock. Salt and pepper the minced fish, add whisked eggs. Cut the fish skin into manageable pieces, put some minced fish on each piece, close the edges, secure with a length of thread to form tovchenyky-kruchenyky. Roll in flour and place in a saucepan.

Chop the carrot, parsley and parsnip, fry slightly in butter or oil. Fry the flour, let it cool and then add to the stock mixed with tomato sauce, salt and pepper to taste. Add the chopped carrot, parsley and parsnip, and pour the mix onto the kruchenyky in the pan. Cook to readiness on slow fire.

Before serving, remove the thread, add the sauce that formed during the cooking of the kruchenyky.

Tovchenyky-kruchenyky are particularly good to go with boiled potatoes.

Salmon in Sauce with Herbs

Ingredients:

- Filet of salmon — 170 g
- Fresh tomatoes — 150 g
- Olive oil — 10 g
- White dry wine — 20 g
- Butter — 10 g
- Lemon — 30 g
- Salt, pepper and spices to taste



Cut salmon fillet into pieces. Add salt and pepper, simmer each side in olive oil in a preheated skillet for 2 minutes.

Dip the tomatoes in boiling water, and then immediately in cold water, drain and skin. Cut into neat slices and fry in butter. Add white wine, Provencal herbs and lemon juice.

When the liquid begins to boil, remove from fire. Lay out fried tomatoes on a dish, put the salmon fillets on top, and then cover with the remaining tomatoes. Pour the sauce, in which the tomatoes have been broiled, over the tomatoes and salmon. Garnish with parsley, dill or any other herbs.

Pie with fish

Ingredients:

- Flour — 4 cups
- Cooking oil — up to 16 table spoonfuls
- Boiled water — 1,5 cup
- Yeast — 50 grams
- Fish (fillet) — 800 grams
- Onion — 3 bulbs
- Pepper, salt, parsley, caraway



Bone the fish if it needs boning, cut it into small pieces, salt and pepper them. Slice the onions and place them onto the frying pan with cooking oil in it. Bring the oil to the boiling point and add the fish. Stir and keep frying on a slow fire.

Dissolve the yeast in warm water, blend it into one cup of flour, add a bit of sugar and put the dough in a warm place. When the dough rises, blend oil into it and add salt,

then add the rest of the flour, constantly stirring the dough. Knead very thoroughly and leave in a warm place for about 30 or 40 minutes. During this time, poke at the dough with a wooden spoon a couple of times to make the dough settle down.

Roll the dough into 2 pie shells, each shell about a half inch thick. Ease the dough into the buttered or oiled pie pan, put in the fish that has been cooled onto it and cover with the crust. Pinch the edges firmly. Perforate the crust with a fork in several places to let the filling "breathe," leave it for some time and then bake in the pre-heated oven. When ready, sprinkle it with chopped parsley and serve.

Halushky

Ingredients:

- Wheat flour — 3 cups
- Water — 3/4 cup
- Egg — 1
- Salted pork fat — 200–250 grams

- One — 1 big bulb
- Salt, oil

(instead of pig fat, dried mushrooms can be used)



Blend an egg into the flour, add salt, stir with a wooden spoon, adding water little by little. Knead well, cover with a cloth and leave for some time. Knead again to achieve uniform consistency.

Take the dough to form a tidy ball, and then roll it on a board sprinkled with flour to about one finger thick, break off small pieces of the dough and throw them into

the salted boiling water. When the pieces rise to the surface, get them out onto a strainer.

Fry the pig fat cut into small pieces or mushrooms in oil, add chopped onion and fry until the onion or fat gets to be light brown. Add to the boiled halushky which have been removed from the strainer onto a plate. Serve hot.

Butsyky (cookies)

Ingredients:

- Wheat flour — 5 cups
- Cold water or milk — 1 cup
- Eggs — 2
- Salt — 1/2 teaspoon
- Vegetable oil



Add whisked eggs and cold water, milk or whey to flour, stir carefully (milk or water must be cold, otherwise the dough can turn out to be too stiff). If the dough is runny, add another tablespoon of flour. If the dough gets to be too stiff, pat it with hands dipped in water, cover with a towel and leave to rest. In 10–15 minutes knead the dough.

Divide the dough into smaller portions. Each portion roll into thin pastry shapes the size of a cookie. Join together the opposite edges of each pastry — two edges inside, two — outside. Cook them in salted boiling water for a short while and then remove with the help of a slotted spoon. It is important not to overcook butsyky, otherwise they would be too hard.

Drain well, and then fry in oil. Serve with browned onion, mashed garlic or horseradish sauce.

Fried dumplings

Ingredients:

- Potatoes — 1 kilo
- Potato starch — 2
tablespoonfuls
- Egg — 1
- Onions
- Cooking oil, salt



Boil the potatoes in their jackets; peel when they have cooled; mince in a grinder or mash well; add the starch, add an egg, mix well and kneed. Divide the potato dough into easily manageable pieces and form them into a finger-thick elongated shapes; cut these elongated pieces into smaller ones, each about two inches long, roll in the starch and fry in a pre-heated skillet.

Serve with chopped onions fried with small pieces of salo (hard pig fat) or with grated brynza (salty cheese), or with grated garlic and vegetable oil.

During Lent or any other period of religious fasting, no eggs or meat should be used.

Deruny (potatoes cakes)

Ingredients:

- Flour — 1.5 kilo
- Potatoes — 400 grams
- Onions — 50 grams
- Sour cream — 50
grams
- Flour — 20 grams
- 1 egg
- Cooking oil — 50 grams
- Mayonnaise or yogurt,
- salt,



- ground black pepper

Peel the potatoes and the onions and grate them. Place the mixture onto a sieve to drain the juice (if there is much juice left in it, the frying may be difficult). Place the mixture into a bowl and add some mayonnaise or yogurt to keep the pancakes light in colour. Add the egg, salt, pepper and flour, mix, and start frying as soon as possible to prevent the mixture from exuding more juice.

Use a table spoon to put the mixture in portions onto a warmed frying pan with oil already poured into it. Shape the cakes when they sit in the frying pan; turn over to the other side when the bottom side has browned. The deruny should be thin enough and well browned.

Serve hot with sour cream. Tomatoes, cucumbers and garlic go well with deruny.

Deruny

Ingredients:

- Potatoes — 1.5 kilos in weight after they have been peeled
- Flour — 3-4 tablespoonfuls
- Milk — 1/2 cup • Eggs — 2
- Onions — 5 bulbs
- Dried mushrooms — 150 grams
- Hard cheese — 300 grams
- Meat — 300 grams



Peel the potatoes and grate them; remove the redundant liquid from the grated potatoes, add the flour and finely chopped onion, 1 egg, salt and pepper. Add warm milk to prevent the grated potatoes from darkening or becoming stiff. Mix well and fry flat cakes

(approximately a tablespoonful of the mix per cake) on a pre-heated skillet in cooking oil or butter.

The deruny can be served with sour cream, yogurt and any other similar dairy product; sipping milk goes well with the deruny as well.

Also, deruny can be served with mushrooms (boiled, chopped and fried), mushrooms cooked in sour cream or with boiled and then minced meat: spread the potato grated mix over the bottom of oiled skillet, spread on top the minced meat or the mushrooms, then spread the remaining grated potato over the meat or mushrooms. Fry on a slow fire; be careful when flipping it over to the other side.

Potatoes with mushrooms

Ingredients:

- Potatoes — from 8 to 12, depending on the size
- Onions — 2 bulbs
- Dried mushrooms — 100 grams
- Vegetable oil, salt, pepper, dill



Select potatoes of equal size, wash well and dry well. Cut off the top of each potato, save the tops and hollow the insides of potatoes. Prepare the stuffing: boil the mushrooms (save the stock), chop them, fry them slightly and add to the chopped onions and the potato flesh that has been scraped out of the tubers and fried in oil. Pepper and salt the stuffing and stuff the tubers; cover each potato with the top that was off at the very beginning of the preparation; place the potatoes in a husyatnytsya (an elongated pig iron pan with a narrow oval bottom for cooking geese or ducks), add the mushroom stock and

simmer. Check the tops which must stay at their places. The stock should not evaporate completely during the cooking; the readiness can be checked by gently prodding the potatoes with a matchstick or fork — the matchstick or the prongs should go easily into the soft flesh. Serve while still hot; pour the liquid left from cooking over the potatoes. Sprinkle with finely chopped dill.

Stewed vegetable

Ingredients:

- Potatoes — 1/2 kilo
- Eggplant — 1/2 kilo
- Carrots — 2 or 3
- Tomatoes — 3 or 4
- Garlic — 2–3 cloves
- Oil,
- kvas (fermented soft drink),
- salt,
- parsnip and parsley



Peel the potatoes and dice them; pour boiling water over the eggplants, remove the skin and dice them; peel the carrots, chop the parsley and parsnip, grate the carrots and add the chopped green things. Fry finely sliced onions, green things and potatoes (until almost ready) separately. Put all of the ingredients into a wok, add some boiling water and let simmer until ready. Add grated tomatoes or kvas and let it simmer for a little more. Serve with chopped garlic and parsley.

Tsvitly

Ingredients:

- Red beets — 1 pound
- Horseradish — 1 root

- Vinegar — 1/4 cup
- Sugar — 1 tablespoon
- Cloves, pepper, salt



Bake the beets, peel them; grate the radish; cut the beets into thin slices and place them into a pot with radish added.

Add 1/4 cup of cold boiled water to the vinegar, add some sugar and salt, spices; bring it to the boil and then add to the beets; leave for 2 or 3 hours and then serve together with meat or fish.

Stewed cabbage

Ingredients:

- Cabbage — 1 kilo
- Onion — 1 big bulb
- Carrots — 1 big carrot
- Vegetable oil — 50 grams
- Prunes
- Salt, sugar, black pepper



Chop the cabbage, slice the onion neatly, grade the carrot. Fry the onion and carrot in oil to brown it. Put the browned onion and carrot into a pot or a wok-like saucepan. Fry the chopped cabbage for a short time, then add an onion and carrot. Simmer gently. When the cabbage is almost cooked, add the prunes which have been kept in water for some time to make them soft (remove the stones). Add pepper and salt to taste. Bring to readiness in the oven.

Holubtsi Halytski style

Ingredients:

- Sorrel — 750 grams
- Millet (or corn grains) — 5 table spoonfuls
- Pork — 500 grams
- Onion — 2 bulbs
- Sour cream — 1/2 cup
- Flour — 2 table spoonfuls
- Vegetable oil, salt, sugar, pepper



Boil the millet (or corn grains) for a short time; chop the pork, fry the chopped onions and add all these. Remove stems from the big sorrel leaves, wash and add boiling water, then strain. Use the millet, pork and the rest for stuffing the sorrel leaves to make holubtsi. Place the rolled and stuffed leaves into a big iron saucepan, add the sour cream and put into the preheated oven. Fry the flour on a dry skillet, add the hot stock from the cooking holubtsi, mix well and then add back to the cooking holubtsi, add salt to taste. Cook until ready.

Cabbage dish

Ingredients:

- Head of cabbage — 1 kilo
- Buckwheat — 1 cupful
- Dried mushrooms — 100 grams
- Onions — 2 bulbs
- Vegetable oil — 1/2 cup
- Breadcrumbs, parsley, dill, salt, pepper



Boil the buckwheat until ready and until no water is left (use about two cupfuls of water). Boil the mushrooms, dice them, fry a little in a small amount of oil, mix into the buckwheat, add salt and pepper to taste. Separate the cabbage leaves from the cabbage, boil the leaves in salted water to make them soft.

Stuff each leaf with the mixture of buckwheat and mushrooms, put the wrapped-up leaves onto a baking tray which has been smeared with oil. Sprinkle the leaves with oil and breadcrumbs and bake.

Sprinkle with chopped parsley and dill.

Omelette with Apples

Ingredients:

- 4 eggs
- 1/3 cup milk
- 1 tablespoon all-purpose flour
- 100 grams dried apples
- 1 tablespoon sugar
- Salt, butter or cooking oil, cinnamon, or cloves



Slice dried apples, wash and leave in cold water for some time. When the slices become soft, strain them. Beat the eggs well, add milk, salt and sugar, beat the mixture once again, adding flour in such a way so as to prevent formation of lumps.

Pour the eggs mixed with flour onto the hot skillet, which has been greased with butter or oil, place the sliced apples all over the omelette, place the cover on the skillet and fry until the underside gets brown. Cut into four parts, and turn each part on the other side. A minute or two later, remove the skillet from the fire. Add cinnamon or cloves to taste.

Nalysnyky with mushrooms

Ingredients:

- Milk — 1 cup
- Water — 1 cup
- Eggs — 3
- Flour — 3 cups
- Oil — 1 cup
- A piece of pork fat (for greasing the pan)
 - A loaf of dry white bread
 - Mushrooms — 500 grams (fresh) or 300 grams fried
- Onions — 2 bulbs
- Salt, pepper



Wash and then boil the mushrooms; dice them, mix thoroughly with the chopped onions and fry in oil until the onion becomes light brown. Add 1 or 2 table spoonfuls of bread that has been grated. Salt, pepper and stir well.

Pour water into milk, break eggs into the mixture, stir well and blend it into the flour, carefully stirring the dough all the time to avoid the formation of lumps. Leave the dough for about 10 minutes. Blend a cup of oil into it, stir well and fry as pancakes on a preheated frying pan that is greased by the pig fat after each pancake is fried.

Put the mushrooms onto each pancake, roll it into a tube, and then roll the tubes in the grated bread. Fry a little and serve while hot. The mushroom stock can be used for making a sauce.

Pancakes with rhubarb

Ingredients:

- Wheat flour — 4 cups
- Yeast — 25 grams
- Milk — 2 1/2 cups
- Eggs — 3
- Sugar — 1 table spoonful
- Rhubarb — 1/2 cup of chopped rhubarb
- Cinnamon, honey, salt, cooking oil



Dissolve the yeast in the warm milk, add salt and yolks mixed with sugar and then add the flour. Stir and then knead thoroughly. Whisk the whites into a thick foam, and mix the foam into the dough. Peel the rhubarb, dice it, and sprinkle with cinnamon and sugar. When the dough rises, knead the rhubarb into it, and put the dough in a warm place for it to rise again.

Pinch off small pieces from the dough and fry in cooking oil.

Serve with sour cream, yogurt, milk or honey.

Rye pancakes

Ingredients:

- Rye flour — 400 grams
- Water, or milk — 400 grams
- Eggs — 3
- Yeast — 50 grams
- Sugar — 3 tablespoonfuls
- Sugar and salt
- Vegetable oil



Dissolve the yeast in the milk or water that has been warmed up, add sugar, salt, flour, eggs and make liquid dough without lumps.

Preheat the skillet, smear it with oil, pour in the dough with a ladle so as to get oladki one finger thick.

Serve with honey, jam and sour cream.

Varenyky

It is not only Ukrainians who make dumplings stuffed with all sorts of eatables. Russian pelmeni, Uzbek manty, Georgian khinkali, Italian ravioli, Lithuanian koldunay, Argentinean empanadas all have fills of some sort. Some historians of culture are of the opinion that the Ukrainians must have borrowed the idea of their varenyky from some other peoples, may be Tartars or Turks. There is a Turkish dish, for example, which is called dyush-vara, and which does resemble Ukrainian varenyky — but it does not at all mean that the dish of varenyky must have been necessarily borrowed. From time immemorial, Ukrainians used to grow grain and make all sorts of dishes from flour, and surely they, all by themselves, could have hit upon the idea of small pastry made by placing a bit of something deliciously eatable on a flat half of a piece of dough, folding the other half over on top, and sealing the edges — and then boiling it to make the dough and what's inside edible.

Besides, even though many of these “stuffed dumplings” may resemble each other, Ukrainian varenyky are in a class of their own. The way the dough is made, the shape, the stuffing vary to make a difference.

Another name for varenyky in Ukraine is pyrohy, particularly if they are stuffed with soft, cottage cheese. The word “pyrohy” is used more in Halychyna than elsewhere.

And it is not only wheat flour that is used for making varenyky. You can make varenyky with flour made from corn, barley, rye, buckwheat or any other grain that can produce flour. It would be advisable to make such dough with warm milk, and knead it well.

And yet — in the opinion of the cognoscenti of varenyky, only wheat flour of the finest grind can provide the right kind of dough for varenyky. Your dough should be made with the use of cold water – best if it comes from a good well. Then in making varenyky you will have no



problem with pinching the edges of the varenyky tight together in the process of making them. A pinch of baking soda and a bit of cooking oil may help to make your dough tender after boiling. Some varenyky makers believe that neither eggs nor

salt are any good for making dough for varenyky — freshly curdled milk is particularly good for making dough with.

The dough must be kneaded long and well to make it springy and yet soft. You can conduct a test to check whether your dough is of the right consistency — make a little dent by pressing your finger into it — when you remove the finger the dent should fill out fast.

Then leave your dough to “rest” for a little while — cover it with a piece of damp cloth — a half hour is enough time for the dough to come into its own.

Roll the dough smooth into a thin shape. Cutting pieces out of the dough can proceed in the following manner: first cut it into rather wide strips, then cut each strip into squares (you can cut round pieces out of the dough spread with the help of, say, a thin glass, turned upside down, or with any other handy instrument). A tea spoonful of the stuffing is placed into the center of each varenyk to be, the edges are

carefully and thoroughly sealed over the fill by being pinched together.

Variety of Fills

What is chosen for the stuffing depends on the season of the year, local traditions and personal tastes. Among the more exotic ones mashed beans, dried pears (soaked in water and then mashed), poppy seeds, boiled buckwheat can be mentioned. And of course, a wide variety of berries, fresh and dried, provide excellent stuffings for varenyky.

Mashed potatoes into which fried onions are mixed is a popular stuffing for varenyky across Ukraine. Mushrooms, cabbage and cheese are nice additions to the mashed potatoes stuffings too.

Varenyky stuffed with cheese is something special again. It's a great treat both for the young and the old.

Once Lent and Easter are over, and spring glides into summer, varenyky with sour cherries come to the top of the list.

Practically all the edible varieties of berries and fruit are good for stuffing varenyky with. It is advisable to add yolks, butter and yeast into the dough for making varenyky which you intend to stuff with berries or fruit. Dried fruit and even jams can go into varenyky too.

Size

Varenyky vary in size but not as much as they do in their stuffings.

Some of the varenyky are really tiny and are called vushky, that is "ears," others can be truly of a giant size, but neither the small-sized nor the king-size varenyky are very popular

— the standard, about two-inch wide, varenyky are the ones that are most widely made and eaten.

It is advisable to boil varenyky in salted water — and in ample quantities of it, to prevent their sticking together. Varenyky need a lot of room. But there is a way to cook varenyky without throwing them into the boiling water — you can steam them to readiness.

In the times of old, instead of strainers, big ladle-like “devices” made of wicker were used to fish the varenyky out from the boiling water. Once the varenyky, particularly when they are stuffed with berries, are removed from the water, they can be doused with cold water — it will prevent them from sticking one to the other. If you want to keep your varenyky warm, the bowl or strainer filled with them can be kept over a steam generating source. Cold varenyky can be warmed up on a frying pan, with a bit of water and butter added. Some varenyky lovers even like their varenyky being fried to the point of crispiness.

Varenyky like being handled with care — it’s best to use a wooden spoon in handling them. And the Ukrainian traditional glazed earthen brightly painted makitra-bowl is best to be used for placing them into when you serve them — such a bowl filled with varenyky is the highlight of any table. And on top of the merry heap of varenyky goes a lot of butter! There is a Ukrainian saying about a person who is well-to-do enough to lead a carefree life, which translates like this: “He’s rolling like a varenyk in butter.”

The variety of things that you enhance the flavor of your varenyky with is almost as wide as the stuffings — chopped parsley, dill, small pieces of fried hard port fat, chopped and fried onions, garlic to name just the most popular dressings. All sorts of condiments and garnishes help to reveal their flavor in full — they say that without a dressing varenyky

are like a church without a cross above it — but sour cream is the queen of them all.

Varenyky on Holidays

Varenyky is a traditional Ukrainian staple food and thus can be found at any meal, but on holidays and on religious feasts varenyky become a special treat. Their stuffings will vary depending on the season and on whether they are made during a lean time, like Lent, or the time of celebrations, like the New Year's and Christmas. Children's Christmas kolyadky (carols) include these words, "Shchedryk, vedryk... dayte varenyk," that is, children ask, as they go from house on a trick-or-treat mission, to be generous and be given a varenyk! On Christmas Eve dinner, one of the twelve dishes that tradition required to be put on the table, was varenyky. On some other feasts, the number of varenyky in the bowl was to be forty.

Maslyana (Mardi gras) season sees varenyky with cheese on every table in the countryside. Spring and summer call for varenyky with berries and fruit. For big holidays and special occasions varenyky in rural Ukraine are made not individually in every home, but in a collective effort of several people involved — some bring flour, others the stuffings, and then the varenyky thus made are eaten "collectively" as well.

Certain occasions, like the birth of a child, required varenyky as a dish of a magic or symbolic meaning. "May this child be plump and round and smooth like a varenyk," was one of the formulas recited when the dish of varenyky was handed to a woman with the newly born child. And a wedding party in the countryside is hardly imaginable without all sorts of varenyky. Varenyky were also used to decorate the vesilny karavay — the wedding cake. In the

Land of Hutsulshchyna, some of the varenyky that were to be given to the parents of the bride by the groom's mother, were stuffed with clay, sand and other inedibles — a strange tradition but causing a lot of merriment.

Varenyky with potatoes

Ingredients:

- Wheat flour — 5 cups
- Cold water, milk or whey — 1 cup
- Eggs — 2
- Salt

Filling:

- Potato — 1 kg
- Onions — 3
- Vegetable oil — 4 tablespoons
- Black pepper, salt

Sieve the flour, make a hollow in the center and pour in the whisked eggs and cold water, milk or whey, stirring carefully. The liquid must be cold, otherwise the dough will be too stiff. If the dough is runny, add another tablespoon of flour. If the dough is too stiff, pat it with hands dipped in water, cover with a towel and leave to rest. In 10–15 minutes knead the dough.

To make the filling, cook the potato in boiling water until tender, mash and season with salt and pepper. Chop the onion and fry in the oil. Fold the onion into the potato and stir well until the filling is smooth.

Divide the dough into portions and roll out round pastry shapes the size of a cookie. Place the filling in the centre, fold the dough over the filling and make a crease in it. Cook varenyky in batches in boiling salted water. Do not overcook them; otherwise the dough will be too thick. After

the water has been brought to the boil, leave varenyky to simmer for six or seven minutes. When varenyky have emerged on the surface, remove one and see if it is done.

Place varenyky in a deep bowl and sprinkle with the onion, chopped and fried in vegetable oil. Alternatively, serve them drizzled with melted butter, sour cream or ryazhanka.

Varenyky with cottage cheese

Ingredients:

- Wheat flour — 5 cups
- Water — 1 cup
- Cottage cheese — 1 kg
- Raisins
- Salt
- Butter, sugar, honey or sour cream

Mix in a bowl the cottage cheese and eggs, season slightly with salt, add raisins and stir well until the filling is smooth.

Prepare dough, form varenyky and cook them as in the previous recipe.

Place varenyky in a deep bowl. Add butter and sugar. Alternatively, serve them with honey, sweetened sour cream or cream.

Varenyky with strawberries

Ingredients:

- Wheat flour — 4 cups
- Water — 1 cup
- Strawberries — 3 cups
- Salt, honey (or strawberry syrup),
- Sour cream,
- Yogurt or baked milk



Wash the strawberries (or any other similar berries) in a strainer, shake the water out; make dough without yeast, pinch off small pieces and roll them thin. Put a couple of strawberries into each rolled piece, fold and thoroughly pinch the edges together. Boil the varenyky in salted water, strain them, and put them on a dish. Pour honey or syrup over the varenyky, and serve either hot or cold with sour cream, yogurt or baked milk.

Varenyky stuffed with currants and sour cherries

Ingredients:

- 4 cups all-purpose flour
- 2 eggs
- one cup water
- 5 cups currants or sour cherries with stones removed
- 1/2 cup sugar
- honey



Prepare the dough, roll it thin, cut out round shapes with the edge of the overturned glass; place a couple of cherries or currants on each peace, bring together the edges and pinch them tight. Bring water to a boil, add salt and boil until the varenyky come to the surface. Remove the varenyky carefully so as not to damage them (best to do it with a small strainer). While they are hot, sprinkle with sugar, add some cherry juice. Serve with sour cream or thick yogurt.

Cookies (Shulyky Spravzhny)

Ingredients:

- 3 cups flour
- 1 cup water
- 1/2 teaspoon baking soda
- 2/3 cup oil
- 1 cup poppy seeds
- 1 cup sugar or honey
- cinnamon 1 salt



Sieve the flour. Add the salt, baking soda, water and half a cup of oil and work into dough. Knead well and leave to rest. Meanwhile, crush the poppy seeds in a deep bowl or mince until the milky substance appears and the seeds turn brown.

Knead the dough thoroughly again. Roll out a finger-thick layer, make diagonal and cross cuts and pierce with the tines of a fork. Fry on both sides in oil in a deep skillet. When it cools, break the layer along the cuts and put into a deep bowl. Drizzle with honey or sugar dissolved in some lukewarm water, sprinkle with cinnamon and poppy seeds.

Drabynky

Ingredients:

- 3 cups flour
- 1 cup milk
- 25 grams yeast
- 3 eggs
- 3 teaspoonfuls of sugar
- some oil
- salt



Dissolve the yeast in the warmed-up milk; add a tablespoonful, or two, of flour. When the dough begins to rise, beat two eggs into it; then add salt, and the rest of the flour. Knead well. Nip small pieces off the dough and shape them into small rolls. Place two such rolls parallel to each other on the baking pan which has been smeared with oil; place the next two rolls crosswise on top of the other two so as to form a sort of a short ladder. You can also form “a tree” — one roll in the centre and two or three on each side. Smear the rolls with whisked eggs, sprinkle with fine-grained sugar and bake.

Verhuny

Ingredients:

- Flour — 250 grams
- Eggs — 1 full egg and 3 yolks
- Sugar — 50 grams
- Butter — 50 grams
- Sour cream — 1/2 cup
- Vinegar, salt, baking soda, sugar powder, vanilla



Mix flour and a pinch of baking soda with the butter, sprinkle with vinegar. Make a small mound, make a dint on top, put the contents of the egg and three yolks into it, add sugar, vinegar and sour cream. Mix well and make tough dough. Roll thin and cut into strips an inch wide and about four inches long. In the center of each strip make a lengthwise cut about an inch long. Make bow-like shapes out of the strips, fry in much oil until golden brown. Place on cloth to cool (the cloth will also absorb

the oil dripping from the verhuny). Place on a dish and serve sprinkled with sugar powder and vanilla.

Korzhyky with poppy seeds

Ingredients:

- Flour — 3 cups
- Cooking oil — 1/2 cups
- Baking soda — 1/4 teaspoon
- Poppy seeds — 1/2 cup
- Sugar — 1/2 cup
- Salt



Mix sugar with oil, add the flour, a bit of salt and knead well. Roll the dough into thin oblongs, cut them into smaller pieces, brushing with oil, sprinkle with poppy seeds and sugar. Bake in the oven until crispy.

Mandryka with sour cherries

Ingredients:

- Flour — 3 cups
- Yeast — 1
tablespoon
- Eggs — 4
- Milk — 400 grams
- Hard cheese — 300 grams
- Sour cherries — 500 grams
- Sugar — 2 cups
- Salt and oil for oiling the baking tray



Sieve the flour, pour a cup of milk into it and knead the dough, adding the yeast melted in warmed-up milk;

1/2 cup sugar mix with 2 eggs and add to the dough until it stops sticking to the hands. Set the dough to rise.

Mince the cheese and mix with 1 egg. Remove the stones from the cherries, sugar them, and let the cherries produce the juice. Strain the juice using a strainer.

Roll the dough into thin oblongs and put it on the baking tray. Make an edge, spread the cherries evenly over the dough and the rest of the sugar on top of the cherries, and then spread the minced cheese evenly over it. Beat an egg and brush the crust with it. After baking the mandryka in an oven, let it cool, cut into fairly large pieces and pour the cherry juice over them.

Honey Birds

Ingredients:

- Wheat flour — 1/2 kilo
- Baking soda — 1/2 teaspoonful
- Honey — 2 cups
- Vodka — 60 grams
- Cooking oil



Add the soda to the flour, mix well. Warm the honey to make it liquid enough (by setting the jar with honey in a pan with very hot water) to be poured into the flour. Pouring the honey into the flour, keep stirring to prevent lumps. Add the vodka and keep stirring and kneading. Set in a cool place overnight. Roll the dough flat and thin, and then cut out shapes of birds with a mold. Bake on an oven tray which is greased with cooking oil.

Varenuvha chyhyrynska (drink)

Ingredients:

- Dried pear and apples or prunes

- Sugar — 1 cup
- Honey — 1 cup
- Mint
- Peppercorns — 5
- Cloves — 5
- Cinnamon — 1 teaspoon
- A pinch of red pepper, coriander seeds, cardamom, ginger
- 2 cups vodka or 1 liter plum or cherry liqueur (optional).



Cook 3 liters of compote from dried pear and apples or prunes, strain, add mint, sugar, honey, spices and bring to the boil.

Remove from the hob and pour in the vodka or liqueur. Serve hot in cups.

Honey Kvas

Ingredients:

- Honey in honeycombs — kilogram
- Water — 2 liters
- Hops — 20 grams



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Place the honeycombs into a saucepan, pour boiling water over them and bring to the boiling point. When the wax comes up to the surface, remove the saucepan from the fire and let it cool. Remove the wax from the surface of the water and add the hops which have been soaked in hot water. Stir and pour the honeyed water into a wooden receptacle, making sure there is enough room left for the kvas to rise when it starts to

ferment. Leave until the fermentation is complete. Use the result as a soft drink — it is called kvas.

Ukrainian Christmas Eve Dinner

In Ukraine, as in many other Christian countries, the Christmas Eve dinner was believed to have some special, mystical significance. The dishes served and even their number had some symbolical meaning.

Traditionally, the Christmas Eve dinner in Ukraine was made up of twelve dishes, to symbolize the number of the Apostles. All the dishes had to be of the Lenten kind — no meat, but fish was allowed. Though there were some local differences in various parts of Ukraine, the Christmas Eve dinner was basically universal for all of Ukraine as far as the main dishes were concerned.

The central dish was **kutya**.

Mostly, it was made from wheat, but in some parts of Eastern and Central Ukraine, rice or buckwheat were used. In Prykarpattya, Western Ukraine, where wheat is not practically grown, a handful of wheat was always kept for the festive occasions.

The wheat was boiled in a big saucepan which could hold enough water to boil the wheat in — for one kilo of wheat she used four litres of water. When the wheat was cooked — it took about three to four hours for the water to evaporate and the grains to become soft — the saucepan with the cover on it was wrapped in thick towels for the wheat to become still softer.

Another must dish was **uzvar** — a soft drink made from dry fruit — apples, pears, and plums. It was also sweetened with honey.

Holubtsi, another traditional dish, was made like this: the stuffing made from corn or rice or buckwheat with some spices, chopped onions, carrots and mushrooms added and sprinkled with oil, was wrapped in big leaves of pickled cabbage or leaves of pickled beets (they were pickled together with apples in wooden barrels) and placed in a big pot with some oil on the bottom. Each layer of holubtsi rolls was separated from the next by bay leaves. Then water was poured in so that the topmost layer of the holubtsi rolls would be barely covered. The pot was placed into the hot oven and left to cook for a couple of hours.

Fresh water fish was boiled with bay leaf, carrots and parsley added, then the fish was removed from the stock and some gelatine and garlic were added. The meat of the fish was separated from the bones, the pieces of fish were laid into dishes, the stock was poured over them and then the dishes were taken out to turn into jelly in the cold.

Varenyky had various kinds of stuffing — cabbage, poppy seeds, jam, potatoes, apples, mushrooms, and even herring. The dough was made from flour, some warm water and a bit of oil; then it was rolled thin and flat and little pieces were cut out of the rolled dough. Each piece was filled with stuffing and then the ends were firmly pressed and squeezed together. Then the varenyky were boiled and served with sour cream.

Kutya

Ingredients:

- Wheat grains — 1 kilo
- Sugar — 1/2 cup
- Honey — 1/2 cup
- Poppy seeds — 1 cup
- Crushed walnuts — 1



cup

- Raisins — 1 cup

Boil the crushed grains in a pot with enough water to cover the grain by two fingers; one hour of boiling should be enough to bring the grain to the desired condition (it can be done in an oven too). The wheat should be soft enough but not in a gruel-like condition.

Crush poppy seeds in a mortar with a pestle, crush the nuts, wash and dry the raisins. Place the wheat into a deep bowl and add the poppy seeds, nuts and raisins and mix well. Add water to the honey and sugar, and stir until sugar dissolves. Pour onto the wheat so that it is barely covered. Kutya must be neither too thick nor dry.

Dried apricots or plums can be added after they are kept in water for enough time to make them soft.

Uzvar

Ingredients:

- Water — 3 liters
- Dried apples — 1 cup
- Dried pears — 1 cup
- Dried plums — 1 cup
- Dried cherries — 1/2 cup
- Honey



The dried fruit (and berries, if they are available) boil in water until the fruit are cooked. Remove from the fire, add honey. Keep in a cool place for at least twelve hours. Serve chilled.

Home-Made Sausages

Ingredients:

- 2 kg pork
- 200-250 g fat
- 100 g ham
- 4–5 thin intestines
- 2–3 bulbs of garlic
- pepper • salt • grease



Wash the intestines and soak in salted water for two to three hours. Scrub with a knife and wash thoroughly again inside and outside. Soak in cold water for about one hour. Tie up one end of the intestine, fill it with stuffing. To cook the stuffing, chop the meat and fat, season with salt and pepper and mix with crushed garlic. Do not stuff the intestine with too much filling, otherwise the sausage may swell and break. Tie up the other end of the gut. Having stuffed all the lengths of intestines, put them into a greased skillet and sit in the oven. Bake at a medium heat for at least half an hour, frequently pouring the braising juices over the sausages. Add some water; otherwise the sausages will be too dry.

Varenyky Stuffed with Potatoes

Ingredients:

- 5 cups wheat flour
- 1 cup cold water or milk
- 2 eggs
- 1/2 teaspoon salt

Filling:

- 1 kg potato
- 2–3 onions



- 4 tablespoons vegetable oil
- black pepper
- salt

Seasoning:

- 150 g butter
- sour cream or Ryazhanka (fermented baked milk)
- onion, chopped and fried in vegetable oil

During the Pancake or Shrove Week, when varenyky were among the obligatory foods, the dough for varenyky was made with eggs and milk added to the flour.

Sieve the flour, make a hollow in the center and pour in the whisked eggs and cold water, milk or whey, stirring carefully. The liquid must be cold, otherwise the dough will be too stiff. If the dough is runny, add another tablespoon of flour. If the dough is too stiff, pat it with hands dipped in water, cover with a towel and leave to rest. In 10–15 minutes knead the dough.

To make the filling, cook the potato in boiling water until tender, mash and season with salt and pepper. Chop the onion and fry in the oil. Fold the onion into the potato and stir well until the filling is smooth.

Divide the dough into portions and roll out round pastry shapes the size of a cookie. Place the filling in the centre, fold the dough over the filling and make a crease in it. Cook varenyky in batches in boiling salted water. Do not overcook them; otherwise the dough will be too thick. After the water has been brought to the boil, leave varenyky to simmer for six or seven minutes. When varenyky have emerged on the surface, remove one and see if it is done.

Place varenyky in a deep bowl and sprinkle with the onion seasoning. Alternatively, serve them drizzled with melted butter, sour cream or ryazhanka.

Fish Pie

Ingredients:

- 4 cups flour
- 8–10 tablespoons oil
- cup boiled water
- 50 g yeast
- salt
- sugar



Filling:

750–800 g sea fish fillet (for example hake)

or large river fish

- 3 onions
- 6 tablespoons oil
- pepper
- caraways seeds
- salt
- dill and parsley

Wash, gut and scale the fish. Remove the bones and cut into pieces. Season the fish with salt, pepper and caraway seeds and leave to rest for ten minutes. Chop the onions and fry in vegetable oil in a pre-heated skillet. Bring the vegetable oil to the boil and put the fish in. Stir the ingredients and saute.

Sieve the flour. Mix the yeast with the lukewarm water and add one cup of flour and sugar. Work into dough and leave to rest for thirty to forty minutes. When the bubbles appear, add the butter, salt, and the remaining flour. Flatten the dough by piercing it with a wooden stick or spoon.

Roll out two thin layers. Reel one layer of dough around a wooden stick and transfer to an oiled baking tray. Put the filling on the dough and spread evenly. Cover the pie with the other layer of dough and press the edges together firmly. Pierce the dough with the tines of a fork and leave the pie to rise. Pierce with the tines of a fork again, brush with oil and sit in a pre-heated oven to bake.

Cut the pie into pieces and sprinkle with chopped dill and parsley.

Easter traditions and cooking

Easter in Ukraine is a movable feast but it often falls on mid-spring, the time when nature begins to revive after a long winter. Celebrations of the vernal equinox must have begun in the pre-Christian times — nature's final turn toward summer was a welcome event.

After the introduction of Christianity in the tenth century, many of the pre-Christian feasts were substituted for Christian ones, Velykden, or Easter, being the most important one. It combines in itself the celebration of the resurrection of Jesus and resurrection of Nature. Velykden (literally — “Great Day”) is often called Paskha, from the Hebrew word pesakh, that is “a sacrificial lamb.” When the long period of Pist, or Lent is over, rozhovinnya — “eating again” — begins.

Velykden

Bread can be called a major feature of the Velykden's meal. **Paska**, the central Velykden ritual bread, is made with yeast, though there were times when bread used to be unleavened.

Pasky (plural from Paska) are made in quantities that should be sufficient for the family, friends and relatives and for possible guests, several days before Velykden, but no later than Thursday, before Easter Sunday, because Friday (Strasna P'yatnytsya — Passion Friday) before Easter Sunday is a day when no work should be done.

When firewood was lit in the oven, a willow twig, which was blessed on Palm Sunday, was thrown in it (what in English is called Palm Sunday, in Ukrainian is Verbna Nedilya, that is “Willow Sunday”; palms, unknown in Ukraine, were substituted for willows). When Pasky were being made, no one was allowed to make any noise in the house, or swear, or talk too loudly. The one who makes Pasky should be wearing a clean shirt and should ask God's blessing for the success of Pasky baking. A wooden shovel, made especially for taking Pasky out of the oven, was used to make the sign of the cross over the stove, doors and windows, with the following words uttered, “Sacred bread — into the house, the evil — out!”

If there were still unmarried girls in the family, their mother who was presiding over the Pasky making, would say, “Pasky into the oven, and you, girls, don't sit — get moving, get married!” Then the floors were swept in a ritual starting from the stove towards the door (on usual days, it was done in the reversed direction) — “Pasky in the oven, get baked, and you, roaches and millipedes, and flies and mice — out with you!”



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When Pasky were being put into the oven, no one was supposed to be lying down anywhere in the house, “for Pasky to grow high.” Once Pasky were in the oven, the mother would tug at the boys’ ears (if there were boys in the family, of course) saying, “grow tall and healthy, as our sacred Pasky!”

If Pasky turned out right and were what they were expected to be, it was a good sign — the household would do well in the coming twelve months, but if Pasky were too brown, or had cracks on them, or did not rise enough, it spelled all kinds of possible misfortunes.

Rozhovinnya

In some regions of Ukraine, in western Ukraine in particular, after the Velykden church service, food and water that had been blessed, were given away to other members of the congregation and to beggars right near the church “for the salvation of the souls of the dead relatives.” Rozhovinnya was then begun with Easter eggs.

At home, the hostess of the house would put an Easter egg into a basin filled with water and the children would wash their faces with this water “to be healthy and strong.” Girls, who washed their faces with this water, hoped it would help them to be beautiful. Performing this ablution, the girl might say, “I wish I were as krasna (beautiful) as this krashanka (Easter egg).

When everybody gathered at the Velykden table, the host would remove the shell of one of the Easter eggs and then cut the egg into as many tiny pieces as there were

people present at the table. Eating that piece would begin the Rozhovinnya.

After eating Paska and Easter eggs and ham, people at the table proceed to other dishes, the central one of which is the roasted piglet. It is considered to be not good to get drunk at the Rozhovinnya because “God will punish you.”

Pasky are lined up on the table with a willow twig stuck into each one and a wax candle fixed on top; there are bowls filled with Easter eggs painted yellow, blue, and red; a roasted pig sits in the centre of the table with a horseradish in its mouth; vegetables and parsley and other green things are placed on both sides of it as well as roasted geese, turkey, ham, sausage, lard, black bread, sweetmeats, cheese, a carafe of horilka (vodka), nastoyanky and nalyvky (alcoholic drinks made at home from fruit and berries). The table is so laden with food it sags in the middle; the celebrations may continue for several days.”

The food, which was blessed in the church, was eaten little by little; crumbs were saved and given to the chickens “for them to lay eggs.” Pieces of the blessed Pasky were given to the cattle — it was believed to make them stay healthy and bring offspring.

In fact, all the blessed food had to be used in some way; if it was not actually consumed as food, it should be put to some other good use — blessed food or poppy grains, for example, were thrown over the walls and roof of the barns as a protection against the evil forces.

In the Land of Podillya, women used to plant tiny pieces of Pasky in their vegetable gardens before dawn, “for no one to see them doing this,” in the hope that marunky flowers (a sort of daisies) would grow; these flowers were believed to have medicinal properties.

The pealed shells of Easter eggs were also treated with respect; in some regions of Ukraine, they were buried in the grain fields for the grain to grow well; they were buried in vegetable gardens at such places where they would not be trodden on, to chase away pests and for vegetables to grow thick; they were pounded in mortars and given to the sick for them to become well again.

Paska Kyivska

Ingredients:

- Milk — 1/2 cup
- Sugar — 3 cupfuls,
and a kilo for the
glazing
- Yeast — 75 grams
- Margarine — 250
grams
- Butter — 250
grams
- Sour cream — 200 grams
- Eggs — a dozen
- Cognac or good vodka — 25 grams
- Flour — 1 kilo
- Raisins — a cupful
- Vanillin, water



Mix yeast, one cup of sugar, 1/2 cupful of flour, 1/2 cupful of warmed milk and put it in a warm place for 30 or 40 minutes for it to rise. Then add the rest of the milk, some vanillin, yolks mixed with sugar, and whipped whites; add the sour cream, also slightly warmed up, and start making the dough. Use your fists for proper kneading. Melt the butter and margarine and add, when they cool off, (neither the butter nor margarine must be

hot) to the dough. Continue kneading. Leave the dough in a warm place for up to 3 hours depending on the yeast you have used. The dough must be able to “breathe,” so cover it with a towel and never with a lid. When the dough rises, continue to knead with your fists, adding raisins and sprinkle with cognac. Put once again in a warm place. When the dough rises for the fourth time, fill the forms up to the third of their capacity. The oven must be hot when you put the forms into it — place the forms in the oven only when you see that the dough has risen to fill them out completely. Bake at medium temperatures until ready. Let the Pasky cool before you take them out of the forms. Sprinkle with water in which sugar was dissolved for glazing the tops, and decorate with poppy grains or dyed semolina grains.

Paska made from cottage cheese and cream

Ingredients:

- Eggs — 10
- Butter — 20 grams
- Soft cottage cheese — 1 pound
- Sugar — 1 cup
- Butter,
- cinnamon,
- vanilla,
- raisins, and nuts



Hard-boil the eggs, remove the yolks when they are cold, grate them, add butter that has been warmed up and mix thoroughly using a wooden spoon; add grated cheese, cream and sugar, cinnamon, vanilla, raisins, and nuts — mix thoroughly.

Put a piece of gauze into the form, put the mix into it, cover it with a cloth and put it in a cold place. Keep it there for three days, then remove the cheese Paska from the form, turning it upside down. Decorate the cheese Paska with candied fruit.

Several recipes of traditional Ukrainian dishes for the Feast of Ivan Kupalo

Kulich for the Feast

Ingredients:

- 1 cup millet
- 4 potatoes
- 1 carrot or 1 root
parsnip
- 1/2 kilo pork
- 2 onions
- 100 grams pork fat
- Parsley



Kulich is one of the most popular Ukrainian dishes which is cooked for all occasions — everyday or festive. Boil the pork (pork shoulder, or shoulder butt or hock) in a cauldron with onion, carrot, parsnip and parsley added; salt to taste and then add the millet. The indication of kulish's readiness is the density of sour cream — your kulish should be of a density between very thick soup and gruel.

Instead of millet, potatoes can be used. The potatoes should be boiled together with the meat for them to fall apart. When kulish is ready, you can add pork fat to it cut into small pieces, one onion, also cut into small pieces,

and parsley — all of these ingredients should be mixed and chopped and then added to the kulish when it is still on the fire. Immediately after that, it should be removed from the fire. Let the kulish rest for some time but re-warm it before serving.

Carp Stuffed With Mushrooms

Ingredients:

- One carp (of about one kilo of weight)
- 200 grams dried mushrooms
- 3 large onions
- 4 table spoonfuls flour
- 2 eggs
- 1 tablespoon sour cream
- Salt, pepper, cooking oil or lard



Boil the mushrooms, which have been kept in water prior to boiling for some time; cut into small pieces and fry lightly; chop the onion, add to the mushrooms and fry until the onion turns light brown. Add two table spoonfuls of flour in careful stages by pouring flour little by little; keep frying and stirring for about two minutes. When it cools off, add the beaten eggs and stir.

Use the mushroom stock for making a sauce by adding sour cream into it.

Eviscerate and scale the fish, wash it, remove any blood, bits of viscera or membrane, add salt and pepper.

Stuff the fish with the mixture of mushrooms, onions, flour and eggs, bind the stuffed fish with a string,

winding it around the fish several times; fry the fish on both sides and then place it in the preheated oven. Bake until ready. Serve with the sauce.

Pancake Vchyneni

Ingredients:

- 6 cups all-purpose wheat flour
- 6 cups milk
- 6 eggs
- 50 grams yeast
- 1 tablespoon sugar
- 150 butter of lard to grease the frying pan with



Mix 3 cups of flour with 3 cups of milk, stirring thoroughly. Dissolve the yeast in the warmed-up milk, add the sugar, some flour, and let it rise. When the dissolved yeast begins to rise, add it to the dough, mix and thoroughly stir, using a wooden spoon. Place the dough in a warm place and leave it to rise. When it has risen, add the yolk mixed with sugar, stir again, add the rest of the flour, stir and add the rest of the milk. The better the liquid dough is stirred, the more delicious the pancakes will be. Leave it to rise again. When the dough rises again, add beaten egg whites, salt, mix and stir thoroughly. Warm the skillet until it is hot, grease it with butter or lard, and pour in a ladleful of the dough. Tip the skillet lightly to the sides to let the dough spread evenly on it. It will be two or three minutes before the cakes are ready to turn.

Pancakes can be served with hot milk, sour cream, fried mushrooms, caviar, honey, or jam.

Sour Cherry (jelly)

Ingredients:

- 2 cups sour cherries
- Skin of a lemon
- 100 grams sugar
- 4 tablespoons potato flour (or starch)



Remove stones from the cherries, squeeze the juice out of them and add 5 cups of water. Boil 4 cups of juice mixed with water and add a piece of a lemon's skin. Dissolve 4 cups of potato flour in the fifth cup of juice mixed water. Add it to the boiling juice and stir to prevent it from forming lumps. Keep simmering until the desirable density is reached. Pour into forms or small jars. When the jelly gets cold, serve with sugar, milk, cream or jam. Jellies with berries can be cooked in a similar way.

Dishes of Hutsul Cuisine.



Kulesha — Hutsul bread

Hutsul bread, kulesha, looks and tastes very much different from what “regular” bread that comes in loaves or sticks of various sizes, colours and shapes, is. It is made from corn (maize) flour.

Take about half a kilo (a pound) of corn flour, about 50 grams of brynza (brynza is made from sheep’s milk; if you do not have brynza, any soft, salty cheese would probably do). Boil a litre of water in a pot (desirably, it should be of a cauldron type), salt it and put the flour into the water, gradually pouring it from whatever container you had it in, stirring what’s in the pot sitting over slow heat all the time. Keep stirring the mass in the pot, clockwise, as its consistency gets thicker and thicker. If it refuses to become thick enough, add some more flour and a spoonful of butter. When the kulesha mass stops sticking to the spoon you stir it with, your Hutsul bread is cooked. After it cools sufficiently, get the kulesha out of the pot onto a flat plate. If you are dexterous enough, shake it out of the pot, overturning it, in one sharp shake — it will preserve the shape. If you fail to do it, you’ll have to get whatever has been left in the pot with a big spoon.

Make several dents in the kulesha surface and place there butter and brynza. Fried pork, chicken meat, mutton or smoked meat are particularly good to eat with kulesha. Milk, sour cream, huslyanka (baked sour milk), or borsch make an excellent meal with kulesha.

Kulesha is wholesome and nutritious; incidentally, it contains very useful minerals and gold — in minute quantities, of course. Hutsuls are hearty eaters but they are not prone to corpulence — probably because they eat kulesha.

When a married woman makes kulesha, she takes care to make it free of any small lumps. Hutsuls believe that the number of lumps in the kulesha is equal to the number of lovers this woman has had. So it's better to make kulesha lump-free in order to avoid rows and scenes of jealousy.

Holubtsi — cabbage and various kinds of stuffing

There is an all-Ukrainian dish called holubtsi. Basically, it is cabbage leaves rolled and stuffed with minced meat and rice, but in different parts of Ukraine and in different seasons, the ingredients of the stuffing varies.

In Hutsulshchyna, skromni holubtsi for Christmas dinner are stuffed with corn (maize) grains which are first fried in oil with garlic (corn grows well in Hutsulshchyna). And the cabbage leaves used are not fresh but salted and fermented. Also, Hutsuls make holubtsi using beet leaves rather than cabbage, and add chopped fat or meat into the stuffing together with corn grains. They are very popular, particularly at wedding parties, baptism parties and church feasts or other celebrations. But on other occasions it is also good to have such skromni holubtsi on the table.

Holubtsi, Zakarpatsky style

Ingredients:

- 6 kilograms of cabbage heads;
- 2 kilos of pork brisket;
- 300 grams of lard;
- 300 grams of sour cream;
- onions;
- 3 or 4 spoonfuls of tomato sauce;
- ground black pepper;
- salt.

Cut out the cores of cabbage heads carefully so as not to allow the cabbage leaves fall apart; boil for several minutes in salted water. When the cabbage cools off, separate the leaves and remove the big veins. Slice the meat thinly, pound it, salt and pepper the slices. Put a slice of meat and onions fried in lard onto each cabbage leaf and roll it into a scroll but not too tight. Place several twigs in a crisscross manner or several cabbage leaves on the bottom of the pot (a large saucepan will do) in which you will cook your holubtsi (to prevent them from getting burned), and place the rolled cabbage leaves with meat and onions inside one by one, very close to each other in rows and layers. Pour boiling water on the top of them (do it very carefully to prevent the cabbage rolls from unrolling) for the water to cover the holubtsi, add salt and lard, and let it simmer for about ninety minutes. It is desirable to cover the pot with the lid. Add tomato sauce and sour cream mixed together, and put the pot into the hot oven for about thirty or forty minutes.

In Hutsul villages, before the advent of modern gas or electric stoves with ovens, holubtsi were placed in earthen pots, lids were made of dough, and the pots were placed in ovens which were heated by the fire produced by

burning wood. And for some reason, everything cooked in those old stoves tasted so good!

For mushroom lovers

Hutsulshchyna is a land rich in mushrooms — bily, shushurebky, shchitky, huby, kozari, lysychky, holubinky, ryzhky, pidpenky and other species of mushrooms (it would be very difficult, if not impossible, to find corresponding names for these mushrooms in the English language — tr.) can be found in abundance in Hutsul forests. Some of the mushrooms are safe to eat; others, like holubinky, come in different varieties, some of which are edible, but others are poisonous.

Mushrooms are a good substitute for meat and are widely used as food. One of the twelve dishes cooked for Christmas Eve dinner is a mushroom dish which ranks third after kutya (boiled rye or wheat grains and sweet sauce), uzvar (drink made from dried fruit) and varenyky (stuffed dumplings).

Shukhy

Ingredients:

- 1 kilo of red beets,
- 100 grams of dried mushrooms,
- 2 onion bulbs,
- 100 grams of vegetable oil,
- 3 or 4 cloves of garlic,
- vinegar,
- sugar and salt.

Boil the beets without peeling; then peel them, cut into thin strips, sprinkle with vinegar or with lemon juice. Simmer one onion bulb, diced, in oil. Slice the other onion and dice the dried mushrooms which are to be boiled to softness first. Do your best to slice and dice into

very small pieces. Squash the garlic cloves, and then mix all the ingredients together; add salt and sugar to taste. This dish is to be served best on an earthenware dish.

Hutsuls cook it for all kinds of occasions, not necessarily for Christmas dinner.

Mushrooms can go excellently together with meat in one dish too.

Beefsteak with mushrooms

Ingredients:

- 1 kilo of beef;
- 1 kilo of potatoes;
- 2 or 3 onion bulbs,
- half a kilo of mushrooms,
- 200 grams of margarine,
- 200 grams of sour cream,
- 3 spoonfuls of flour,
- salt and pepper.

Wash the meat, remove the membranes, cut the meat into strips, half the palm of your hand wide, across the fibers and pound the slices. Salt the slices, dip them into flour and fry in margarine over intensive heat. Remove the meat from the skillet and in the fat that accumulates during frying simmer mushrooms with onions, sliced thin. Place two spoonfuls of margarine into a cauldron-type pot, then place potatoes, cut into thin round slices, then the meat, then the mushrooms and onions; build the next layer with potatoes and mushrooms and onions. Add salt and pepper to each layer. Pour in a glassful of water and simmer for about an hour. When the potatoes are cooked, add a glassful of sour cream and shake the pot for the sour cream to go through all the layers all the way to the bottom. Wait for another ten minutes and serve with

vegetables and meat arranged on the plates in a beautiful way.

A good mood at the table for the whole family is guaranteed!

Mushrooms (Hutsul Style)

Ingredients:

- Flour — 1.5 kilo
- Mushrooms — 100 grams
- Sour cream — 60 grams
- Hard cheese — 10 grams
- Onions — 30 grams
- 1 egg
- Flour — 5 grams
- Salt, cooking oil



Wash and clean fresh mushrooms well; fry them in oil with onions, cut thin; while the mushrooms are frying on a medium to slow fire, beat an egg, add sour cream and salt to taste. Pour the mixture onto a cold frying pan, add the fried mushrooms and grated cheese, stirring all the time. In five to seven minutes, when the dish thickens, put it into little ceramic pots or any similar receptacles. Eat while the mushrooms are still hot. This dish is particularly good with kulesha.

CONTENTS

1. Kyiv Borsch without meat
2. Borshch with beans
3. Poltava borshch with chicken and halushky
4. Cold borsch with sturgeon
5. Cold peasant borsch
6. Borsch with Beans and Mushrooms
7. Green Borsch a la Pyryatyn
8. Borsch with sorrel
9. Cold soup Cherkasy style
10. Noodles with chicken meat
11. Yushka with new green peas
12. Pampushky
13. Kasha Pumpkin
14. Pumpkin with mushrooms
15. Shynka
16. Veal “dushenyina”
17. Kruchenyky with Lard
18. Kruchenyky with brynza
19. Pork Baked in Bacon with Prunes
20. Jellied Tongue
21. Jellied poultry meat
22. Turkey a la Polissya
23. Fish with stuffing
24. Tovchenyky-kruchenyky
25. Salmon in Sauce with Herbs
26. Pie with fish
27. Halushky
28. Butsyky (cookies)
29. Fried dumplings
30. Deruny (potatoes cakes)
31. Deruny
32. Potatoes with mushrooms
33. Stewed vegetable
34. Tsvitly

35. Stewed cabbage
36. Holubtsi Halytski style
37. Cabbage dish
38. Omelette with Apples
39. Nalysnyky with mushrooms
40. Pancakes with rhubarb
41. Rye pancakes
42. Varenyky with potatoes
43. Varenyky with cottage cheese
44. Varenyky with strawberries
45. Varenyky stuffed with currants and sour cherries
46. Cookies (Shulyky Spravzhny)
47. Drabyanky
48. Verhuny
49. Korzhyky with poppy seeds
50. Mandryka with sour cherries
51. Honey Birds
52. Varenuhka chyhyrynska (drink)
53. Honey Kvas
54. Kutya
55. Uzvar
56. Home-Made Sausages
57. Varenyky Stuffed with Potatoes
58. Fish Pie
59. Paska Kyivska
60. Paska made from cottage cheese and cream
61. Kulish for the Feast
62. Carp Stuffed With Mushrooms
63. Pancake Vchyneni
64. Sour Cherry (jelly)
65. Holubtsi, Zakarpatsky style
66. Shukhy
67. Beefsteak with mushrooms
68. Mushrooms (Hutsul Style)