

Кухня Бабусі

“Babushka’s Kitchen”

Volume III



Peace Corps Ukraine
Cookbook

May 2006

Table of Contents

Introduction	x
Acknowledgements	xi
Ukrainian Seasons	1
Helpful Hints and Information		
US/Metric Conversions	2
Substitutions	4
Kitchen Tips	5
Suggestions for your Ukrainian Kitchen	7
Unique Ukrainian Foods to Send Home	7
Big City Shopping Trips	8
How to...		
Boil an Egg	9
Cook Rice, Potatoes and Beans	9
Handle Poultry	11
Bake in an Ovenless Kitchen	12
Important Ukrainian and Russian Translations	13
Ukrainian Recipes		pages 15-40
Belochka	15
Salo	15
Pechen Tort	15
Deruny from Potatoes	16
Deruny from Kabachki	16
Lezhny (Savory Potato Pirozhky)	17
Blinchiki	17
Olady	18
Syrniki	18
Pirozhky	19
Lapsha	20
Sweet Rice Pie (Holiday Breakfast)	20
Salat Olivie	21
Salat Shuba	21
Salat Three Agnya	22
Salat from Bar	22
Ukrainian Mayonnaise Salads	23
Vinnigrette	24
Marinated Mushroom Salad	24
Ukrainian (red) Borshch	25
Zelony (green) Borshch	26
Easy Sour Cabbage Soup	26
Butterbrot	27

Table of Contents

Mushroom Sauce	27
Varenyky	28
Pelmeni	29
Plov	30
Savory Cabbage and Rice	30
Super Kasha	31
Holubtsi	31
Chicken Kyiv	32
Ukrainian Marinated Poultry	33
Kotlety	33
Kapusnyak	34
Ukrainian-style Beef Braise	35
Shashlik	36
Kholodets	36
Pampushki	37
Easter Babka	38
Easter Paska Bread	39
Christmas Kutya	40
Beverages		pages 41-45
Lemonade	41
Smoothies by Hand	41
Coke Float	41
Apple Cider	42
Hot Spiced Cider	42
Hot Cocoa	42
Hot Juice Toddy	42
Hot Spiced Wine (Glühwein or Mulled Wine)	43
Eggnog	43
Kahlua	43
Mimosa	44
Bloody Mary Mix	44
Sangria	44
Hard Cider	45
Samagon	45
Pomegranate Martini	45
Appetizers		pages 46-50
Latvian-style Suhari	46
Roasted Garlic	46
Festive Cheese Mold	46
Tortilla Chips	47
Variation: Baked Chips		
Bean Paste	47
Fried Pickles	48
Eggplant Caviar	49

Table of Contents

Eggplant « Pizza »	49
Caramelized Nuts	50
Spicy Walnuts	50
Sweet Spiced Nuts	50
Salad Dressings and Dipping Sauces	pages 51-54
Thousand Island Dressing	51
Blue Cheese Dressing	51
Ranch Dressing	51
«Ceasar» Dressing	52
Country Salad Dressing	52
Vinaigrette	52
Red-Wine Vinaigrette	53
Zacarpathia Dressing	53
Chili Oil	53
Creamy Mustard Sauce	53
Honey Mustard Sauce	54
Simple Homemade Tartar Sauce	54
Tzatzkik Sauce	54
Salads	pages 55-62
Tabbouleh	55
Bean Salad	55
BLT Tomatoes	56
Carrot and Raisin Salad	56
Healthy Morning Salad	56
Dr. Sasha's Daily Cabbage Salad	57
Simple Cabbage Salad	57
Party Cabbage Salad	58
Radish Salad	58
Southern-style Potato Salad	59
Greek Potato Salad	59
American-style Coleslaw	60
Macaroni Salad with Tuna	60
Macaroni Salad with Vegetables	61
Super Simple Pasta Salad	61
Curry Chicken Salad	62
Soups	pages 63-76
Vegetable Stock	63
Chicken Stock	63
Homemade Chicken Noodle Soup	64
Curry Chicken Soup	65
Easy Tomato Soup	65
Pappa al Pomodoro	66
Gazpacho	66
Split Pea Soup	67

Table of Contents

Ribolita	68
Vegetable Soup	69
Yalta Onion Soup	69
Cream of Mushroom Soup	70
Butternut Squash Bisque	70
Potato Leek Soup	71
U.S. Senate Bean Soup	71
Meat Stew	72
Corn Chowder	73
American Chili	74
Variations : Vegetarian Chili, Spicy Chili	
Cajun Gumbo a la Ukraine	75
Cajun Borshch	76
Sauces	page 77-81
Bechamel Sauce (a.k.a. White Sauce)	77
Variations: Thick, Curry, Lemon, Cheese	
Alfredo Sauce	77
Creamy Crab Sauce	78
Salmon Cream Sauce	78
Gravy	79
Brown Sauce	79
Red Wine Sauce	79
Classic Spaghetti Sauce	80
Variations : Meat, Meatball, Vegetable, Spicy, One-pan Quick Sauce	
Tomato Basil Cream Sauce	81
Pesto Sauce	81
Entrées	page 82-96
Easy Spanish Rice	82
Spicy Lemon Pepper Chicken Pasta	82
Chicken and Dumplings	83
Poached Chicken with Apples	83
Kefir Chicken	84
Baked Chicken	84
Buttermilk Fried Chicken	85
Beer-Battered Fried Chicken Fingers	85
Lemon Herb Chicken	86
Fanta-tastic Chicken	86
Thanksgiving Roast Turkey	87
Chicken Cacciatore	88
Chicken Parmesan	88
Chicken Marsala	89
Lasagna	90
Lavash Pizza	90

Table of Contents

Gnocchi	91
Homemade Pasta	91
Bachelor Pasta #1: Pickled Tomato	92
Bachelor Pasta #2: Pickled Tomato with Cheese	92
Bachelor Pasta #3: Meat and Pivo	93
Hungarian Goulash	93
Stroganoff	94
Shepherd's Pie	94
Pork in Pastry	95
Pork Schnitzel	95
Almost-a-Reuben	96
Vegetarian Entrées	pages 97-105
Beet this Burger	97
Veggie Burger a la Ukraine	98
Falafel	98
Grilled Cheese	99
Macaroni and Cheese	99
Vegetarian Lasagna	100
Cabbage Lasagna	101
Eggplant Parmesan	102
Ratatouille	102
Stuffed Eggplant	103
Vegetarian Stuffed Peppers	103
Russian Vegetable Pie	104
Roasted Vegetables	105
International Dishes	pages 106-120
Asian	
Southern Asian Cucumber Salad	106
Asian-Crunch Coleslaw	106
Kim Chee	107
Egg Drop Soup	107
Sweet Vegetable and Fruit Stir Fry	108
Eastern Fried Rice	108
Sweet and Sour Pork	109
Curry Sauce 1	110
Curried Eggplant	110
Aloo Gobi Mater	111
Other Curries	111
Kefir (Fire Fighter) Sauce	111
Basmati Fried Rice	112
Mexican	
Southwest Bean Soup	112
Tortilla Soup	113
Mole Sauce	114

Table of Contents

Chicken Chile Rellenos	115
Chicken or Vegetarian Enchiladas with Red Sauce	116
Empanadas	117
Chiles Rellenos Casserole	118
Refried Beans	118
Quick and Easy Mexican Rice	119
Mexican Tortillas	119
Flour Tortillas	120
Corn Tortillas	120
Side Dishes	pages 121-127
Thickened Sauerkraut	121
Polish Cabbage Noodles	121
Cauliflower Au Gratin	121
Corn Pudding	122
Corn Pancakes	122
Turkey Day Stuffing	123
Fideo	123
Calbacitas	124
Potatoes Au Gratin	124
Mashed Potatoes	125
Variations: Roasted Garlic, Herb, Mushroom, Loaded Baked Potato, Nutmeg	
Curried Beets	126
Honey Orange Beets	126
Carrots and Zucchini	126
Glazed Carrots	127
Orange Juice Tzimmes	127
Fruit Saver	127
Breakfast	pages 128-136
Cake Donughts	128
Cinnamon Rolls	129
Cinnamon Roll Icing	130
Homemade Syrup	130
French Toast	130
Buttermilk Pancakes	131
Variations: Cornmeal, Buckwheat, Walnut, Cheese, Fruit	
Crepes	132
Toast	132
Cheesy Scrambled Eggs	132
Western Omelet	133
Quiche	134
Variations: Krab, Mushroom and Onion, Ham and Swiss	

Table of Contents

Oatmeal	135
Cream of Wheat	135
Hot Muesli	135
PCMO Granola	136
Fried Potatoes	136
Breads	pages 137-144
Biscuits	137
Fast Irish Scones	137
Beer Bread	138
Cornbread	138
Variation: Mexican Cornbread	
Pizza Dough	139
Variations: Vegetarian, Meat, Payday	
Zucchini Bread	140
Carrot Bread	140
Pumpkin Bread	141
Moist Banana Bread	142
Spiced Banana Bread	142
Bread Pudding	143
Soft Pretzels	143
Bagels	144
Desserts	pages 145-161
Pastries and Crusts:	
Butter Pie Pastry	145
Easy Oil Pastry	145
Graham (Cookie) Cracker Crust	145
Pies:	
Ice Cream Pie	146
Caramel Banana Pie	146
Pumpkin Pie	146
Apple Pie	147
Variations: Cherry, Strawberry, and Plum	
Sour Cream Apple Pie	147
Cookies, Bars and Cups:	
Over-the-Top Chocolate Chip Cookies	148
Original Chocolate Chip Cookies	148
Oatmeal Cookies	149
Snickerdoodles	149
Gingersnaps	150
Sugar Cookie Cutouts	150
Chocolate Lovers Brownies	151
Granola Bars	151
Peanut Butter Cups	152

Table of Contents

Cakes:	
Apple Cake	152
Applesauce Cake	153
Chocolate Cake	153
Chocolate Mayonnaise Cake	154
Vegan Chocolate Cake	154
No-bake Trifle Cake	154
Rich Yellow Cake	155
Carrot Cake	155
Poppy Seed Cake	156
Crisps and Buckles:	
Apple Crisp	156
Raspberry Buckle	157
Puddings and Other Desserts:	
Bananas Foster a la Ukraine	157
Vanilla Pudding	158
Banana Pudding	158
Flan	159
Frosting and Icings:	
Powdered Sugar Icing	159
Butter Cream Frosting	160
Cream Cheese Frosting	160
Chocolate Cake Frosting	160
Smooth and Creamy Chocolate Frosting	161
Chocolate Ganache	161
Canning & Preserving Tips	pages 162-163
Freezing Fruits, Vegetables and Herbs	162
Drying Vegetables and Herbs	162
Ukrainian Canning Process (Seal-and-Store)	162
Canning Recipes	pages 164-173
Skinless Sauce Tomatoes	164
Pickled "Salty" Tomatoes	164
Topsy Pickles	165
Dill Pickles	165
Sour Pickles	165
Hot Garlic Dill Pickles	166
Mustard Pickles	166
Pickled Eggplant	167
Sweet and Spicy Pickled Vegetables	167
Sauerkraut (Sour Cabbage)	168
Sweet Pickled Cabbage and Onions	169
Savory Adzhyka	170
Sweet Adzhyka	170
Chili Sauce	171

Table of Contents

Salsa	171
Berry Jam	172
Watermelon Jam	172
Zucchini Jam	172
Zucchini Relish	173
Applesauce	173
Compote	173
Appendix:	pages 174-179
Safe Food Storage	174
Nutritional Information	176
Peace Corps Living	178
Index	page 180

Introduction

Ukraine has undergone many changes since Peace Corps Group 1 arrived in 1992. At that time, local stores often had minimal selection, and available ingredients came from local dachas and kitchens around the country. Today, many Western products are here in abundance in most oblast centers, including items such as peanut butter and Oreo cookies. However, as the product invasion reaches the cities, Volunteers are moving to smaller towns and villages with less selection. In response to this, we focused on inclusion of dishes that all Volunteers can prepare at home. There are, however, some instances where recipes call for more exotic ingredients. In these cases, just bring along the Big City Shopping list found in this book on your next trip to the oblast superstore.

Following the lead of previous editions of this cookbook, we have continued the expansion of the section on Ukrainian cooking. This will allow Volunteers to recreate those delicious meals tasted at weddings and host family celebrations both in Ukraine and when they return to the United States. And based on the special love most PCVs have for Asian and Mexican food, there is a new International section dedicated to these cuisines. The remainder of the book is filled with Volunteer-provided recipes that are sometimes healthy, sometimes indulgent, but always delicious. And finally, don't forget to check out the updated tips, suggestions and "Peace Corps Living" sections in the front of the book and the appendix for a variety of new ideas from your fellow Volunteers.

The Babushka's Cookbook is a collaboration of experiences, suggestions and recipes from Volunteers, PC Staff and other Ukrainians over the last 14 years. We are proud to be a part of this great tradition, and will always remember our life in Ukraine every time we prepare a pot of *borshch*, a batch of homemade *varenyky* or *holubtsi*, and especially when we serve our favorite dishes with a big dollop of sour cream.

Priyatna Apetita!

Eric and Sandra Jacobs

Economic Development, Group 28 (2005-2007)



Acknowledgements

A special thanks to following PCVs who contributed to this cookbook:

Elizabeth Baltaro, Group 27, Sokal (Interior Artwork)
Rich and Cathy Brownell, Group 29, Zaporizha
Kevin Dahm, Group 28, Chervonyi Oskil
Georgana Gasaway, Group 29, Skadovsk
Tristan Guevin, Group 28, Molodohvardeisk
Gabriel Hardman, Group 28, Krasnodon
Andrew Hallock, Group 27, Sosnivska
Amy Heasley, Group 27, Berdychiv
Jennifer Li, Group 27, Bar
Eric and Sandra Jacobs, Group 28, Vinnitsia
Jeffrey Janis, Group 26, Khmelnytsky
Lauren Johnson, Group 29, Chaplynka
James Etherton, Group 29, Lebedyn
Sheryl Mahaffey, Group 29, Bar
Noel Maharaj, Group 28, Mukachevo
Timber Massey, Group 25, Vinnitsia
Joe and Lindsay Naggie, Group 27, Nova Kakhovka
Edwin Patout, Group 28, L'viv
Lauren Piera, Group 27, Kyrnasivka
Mark & Virginia Pulver, Group 28, Kerch
Nanci Reynolds, Group 26, Ivano-Frankivsk
Kelly Rooney, Group 28, Drohobych (Peace Corps Living section)
John Sheetz, 28, Drohobych
Amy Smethurst, Group 27, Zhytomyr (Cover Artwork)
Maura Smith, Group 28, Svaliava
Lauren Soderland, Group 28, Mukachevo
Jennifer Wiley, Group 29, Poltava
Betsey Yetter, Group 26, Nemyriv
Jessica Zychowicz, Group 29, Sambir

And:

The many RPCVs who participated in the legacy of Babushka's Kitchen I and II

Acknowledgements

And the following wonderful Ukrainians:

The Mel'nyk Family (Vinnytsia)
The Sakalovka Family (Ukrainka)
The Sorochinsky Family (Vinnytsia)
The Vozniuk Family (Bar)
All others not mentioned here who taught PC Ukraine Volunteers the wonders of Ukrainian cuisine

And, of course, the foundation for the 3rd edition:

Our PCMO (for making our lives better)
The Babushka's Kitchen, 2nd edition (Rae Jean Spears, editor)
The Babushka's Kitchen, 1st edition
The Peace Corps Moldova Cookbook 2002
The Peace Corps Romania Cookbook 2005

Ukrainian Seasons

Surviving the Ukrainian Winter:

The Ukrainian winter can be long and grey. It may not be any colder or snowier than many parts of the United States, but people spend more time outside and when inside, the buildings are very often quite chilly. Black ice is common and treacherous for walking, and the availability of wholesome and healthy foods decreases. However, a healthy diet is possible with some discipline and imagination, and will help you stay fit both physically and emotionally.

Color in food is an important part of getting through the Ukrainian winter. Think of the items you see in the bazaar or supermarket: purple beets, orange carrots, red (pickled) tomatoes, green cabbage, yellow bananas, and others. Try to fill your day with these colors, through a variety of Ukrainian and American dishes, and you will be ensuring key vitamins and minerals remain in your diet throughout the winter. *Borshch* and *Salat Vinnigrette* are two great examples; both are dishes made with local ingredients that pack a colorful, healthy punch. If you miss the taste of home, find your color through a bowl of yellow corn chowder or confetti-colored vegetarian enchiladas with red sauce. In any case, remember that there is more to Ukrainian winters than fried potatoes, boiled noodles with butter, and those delicious buns they bake at school.

Finally, there is another trick to surviving the winters here in Ukraine. Fran Banks, our resident Canadian PCMO, and thus expert on winter, said it best: "Try to be outside every day during daylight. If you see the sun peeking out from a cloud, throw on your coat and get outside to soak it in while it lasts." And what if there is no sun? Then turn on all the lights in your house and dance to your favorite song. It's not quite the same thing, but it works.

Enjoying the Ukrainian Summer:

Throughout the winter, take comfort in knowing that summer will come. With it comes all of the joys of the season: first the strawberries and wild strawberries, then raspberries, cherries and currants, plums, apricots, peaches, pears and apples, watermelons and squash and a whole host of fruits that are not common in the United States. Anyone for Sea Buckthorn (*ablipiha*)? And of course, there are the vegetables: rhubarb, cucumbers, peppers of all shapes and sizes, dozens of fresh lettuces and herbs. And the best of all? The sweetest tomatoes you've ever tasted, as low as 1.50 hrv per kilo in your local bazaar.

One way to enjoy these summer treats is to find them at the source. Pitching in to help your neighbor, coordinator, host family or friend at their dacha is a neat way to combine exercise, language learning and exposure to local food and traditions. If you are inspired, try trading time working on the dacha for fresh produce at harvest. And by canning and preserving the summer bounty into a variety of sauces, jams, compotes and other local specialties, you will have inexpensive produce all winter as you smile and taste the food that you sowed.

Helpful Hints and Information

Oven Temperature Conversions

Fahrenheit Setting	Celsius Setting	Gas Mark (Flame)
100F	38C	N/A
212F	100C	boiling point of water
250F	120C	1 (very, very low)
300F	150C	2 (very low)
325F	160C	3 (low)
350F	180C	4 (medium)
375F	190C	5 (medium)
400F	200C	6 (medium-high)
425F	220C	7 (high)
450F	230C	8 (very high)
475F	240C	9 (very high)
500F	260C	10 (extremely high)

F to C: subtract 32, divide by 1.8

C to F: multiply by 1.8, add 32

A Note on Ukrainian Ovens:

Oven sizes, temperatures and overall cooking capabilities vary widely from kitchen to kitchen in Ukraine. The setting that your friend or host family cooked a particular dish is most likely not the same for your oven. Because of this, pay special attention to baking temperatures and baking times when you start cooking in your own kitchen. In time, you will know the nuances of your own oven and, no matter how old and quirky, be able to determine exactly what setting works for you. If you are a baker of cakes and cookies, an oven thermometer will help you determine cooking temperatures of your oven and allow you to adjust cooking times accordingly.

Helpful Hints and Information

Liquid & Solid Conversions

Ounces	Tablespoons	Cups	Pounds	Grams	Other
½ oz	1 TBSP			15 g	
1 oz	2 TBSP			30 g	
2 oz	4 TBSP	¼ cup		60 g	
2 1/3 oz		1/3 cup			
3 oz				85g	
4 oz	8 TBSP	½ cup	¼ lb	115 g	
5 1/3 oz		2/3 cup			
6 oz		¾ cup		180 g	
8 oz	16 TBSP	1 cup	½ lb	225 g	
10 oz		1 ¼ cups		285 g	
12 oz		1 ½ cups	¾ lb	340 g	
14 oz		1 ¾ cups		400 g	
16 oz	32 TBSP	2 cups	1 lb	450 g	1 pint
20 oz		2 ½ cups		560 g	
24 oz		3 cups		675 g	
28 oz		3 ½ cups		800 g	
32 oz		4 cups		900 g	1 quart
36 oz		4 ½ cups	2 ¼ lbs	1000g	
40 oz		5 cups	2 ½ lbs	1125g	
48 oz		6 cups	3 lbs	1350g	
64 oz		8 cups			2 quarts
128 oz		16 cups			1 gallon

Fat Conversions

Tablespoons	Cups	Sticks	Ounces	Grams
1		1/8	½	15
2		¼	1	30
4	¼	½	2	50-60
8	½	1	4	100-115
16	1	2	8	200-225
32	2	4	16	400-450

Helpful Hints and Information

Substitutions

Typical US cooking	Substitution Idea
1 US-standard cup	1 full teacup or ¾ coffee mug
¾ US-standard cup	1 glass used in the market for measuring nuts and beans
1 US-standard teaspoon	1 small spoonful
1 US-standard tablespoon	1 soup spoonful
1 square ounce of unsweetened chocolate	3 tablespoons of cocoa + 1 tablespoon of butter
1 cup corn syrup	1 ¼ cups white sugar + ¼ cup water
1 cup brown sugar	1 cup white sugar + 1 tablespoon honey
1 cup molasses	1 cup honey
1 cup buttermilk	1 cup milk + 1 tablespoon vinegar, let stand for 5 minutes
1 cup evaporated milk	½ cup regular milk + ½ cup condensed milk
chili pepper	cayenne pepper
pimentos	red bell peppers
lemon juice	vinegar
1 egg	2 tablespoons mayonnaise
1 teaspoon vanilla extract	1 small packet vanilla powder
1 celery stalk	2 tablespoons grated celery root
cooked pumpkin	cooked winter squash (not zucchini or yellow summer squash)

Helpful Hints and Information

Kitchen Tips:

- Baking powder is available throughout Ukraine. In your local bazaar, as for *рыхлитель для теста* (Russian) or *розрихлювач для тіста* (Ukrainian).
- For vegetable soups, it helps to saute or roast vegetables before adding them. This makes their flavors more intense.
- Jazz up lackluster store bought tomato sauce with a drizzle of olive oil and a dash of black pepper. You can also add sautéed mushrooms, onions and garlic, as well as any green herbs you like.
- If a soup or sauce is too salty, add ½ a potato and cook for 10 minutes, then remove. The potato will absorb the excess salt.
- Rinse your rice before cooking it to remove indigestible extra starches.
- A good egg will sink in water, while a spoiled egg will float.
- Garlic is easier to peel if you smash it first with the broad side of a big kitchen knife.
- Remove olive pits by using your fist or the heel of your hand: smash the olive under the flat side of a chef's knife to break the skin, take the olive in your hand and twist skin to remove the pit.
- Make powdered sugar by grinding sugar crystals in a coffee grinder or mortar and pestle.
- When making a piecrust, try to handle the crust as little as possible. The warmth of hands can make the dough tough.
- Sprinkle lemon juice over fruits and vegetables prevent browning.
- Never buy fish that smells like fish, has sunken eyes or is soft to the touch.
- Cream can be whipped by putting it into a jar and shaking it until it becomes thick. Be careful not to shake too long or you'll have fresh butter.
- To test to see if a cake is done without a toothpick, use a piece of spaghetti in its place. If it comes out clean, the cake is done.
- Do not refreeze products that have already thawed.
- Use two or three times as many fresh herbs as dried herbs.
- Cheese grates better when it's chilled.
- Chilled onions are less apt to make you cry.
- Celery is sold as a root ball instead of stalks in most parts of Ukraine. Peel the ball and cut up in salads or use grated in place of regular celery. Root ball flavor is a bit stronger than stalk flavor.
- To prevent vegetables from spoiling in the refrigerator, line the bottom drawers with old newspapers to suck away excess moisture.

Helpful Hints and Information

- In Ukraine there are three grades of flour available. The first grade is usually for cakes and baking. The second is for *varenyky* and the third is for breads. Try to buy the first grade when possible as all-purpose flour for recipes in this book.
- Dull knives cause more accidents than sharp ones, so invest in a good knife sharpener.
- Buy a plastic cutting board for use with meats – don't use a wooden one because the bacteria can get trapped in the wood.
- Add protein to salads by adding crumbled *brynza* (a feta-like cheese).
- Add nuts to salads and side dishes for extra protein.
- Try growing sprouts as an extra dose of vitamins for salads. Soak ½ cup seeds (radish, wheat, bean) in water for 8 hours, then rinse and place on a plate lined with a clean, wet cloth. Cover with another clean, wet cloth. Rinse several times a day. Sprouts will appear within 24-36 hours.
- Toast flax seed to sprinkle on vegetables and salads for a healthy kick.

Operating a *Pechka* (Wood or Coal-Burning Stove):

If you are lucky enough to live in a home with a *pechka* for heating and cooking, there are a few important facts you should know:

- In order to effectively heat a home in winter, a *pechka* must be fed or stoked 24 hours a day.
- Most Ukrainians employ a network of extended family and neighbors to accomplish this task. As PCVs, it is important to establish relationships with your neighbors, so that you have your own network to assist you.
- Remember that any expenditure associated with operating your *pechka* is considered a part of your monthly heating bill. Talk to your Regional Manager if you have any questions.

Helpful Hints and Information

Suggestions for Your Ukrainian Kitchen:

Obvious items like pots, pans and utensils are essential for setting up your own Ukrainian kitchen. However, a few small additions will make your culinary life easier in Ukraine:

- A hand-crank meat grinder (for canning and dishes that require grinding vegetables and meat)
- A garlic press (a big time-saver)
- A vegetable/potato peeler (for obvious reasons)
- A small mortar and pestle (for grinding peppercorns and whole spices)
- A potato-masher (may double as a laundry-tool!)
- A rolling pin (for vareneky, pizza dough and pastry crust)
- A meat-tenderizer (for carnivores)
- A wooden mandolin (a vegetable slicing device for cutting cabbage)
- A wire whisk (for beating eggs, batters and sauces)
- A good, sharp knife (to make life easier)
- An oven thermometer (so your cookies do not burn)

Unique Ukrainian foods to send home for family and friends to try:

kilbasa, salmon, caviar, chicken and *adzhyka*-flavored peanuts and suhari
dried squid and other fish such as canned sprotty
loose Ukrainian chocolates and candies such as *Romashka* and *Kashtan*
Ukrainian chocolate bars, especially with fruits and nuts
small chocolate eggs with toys inside
aromatic loose and boxed teas
borshch and Korean carrot seasoning
Vigora seasoning and paprika (for those in the west)

Helpful Hints and Information

Suggestions for big-city shopping trips and care packages from home:

avocados
fresh cilantro, ginger, leeks
fruits and vegetables out of season
limes, mangos
ranch dressing
brown sugar
powdered sugar
dried cardamom, turmeric, cumin and other spices
dried sage, thyme and other herbs
capers
blue cheese and real Brie
Parmigiano Reggiano
lasagna noodles
Oreos, Chips Ahoy! and Ritz Crackers
tortilla chips
disposable pie pans
oven thermometer
chop sticks
pickled ginger (for sushi)
tofu
Tabasco or other hot sauces
BBQ sauce
peanut butter
non-instant ground/whole bean coffee
Worcestershire sauce
Starbucks coffee*
Ziploc sandwich and freezer bags*
fajita and taco seasonings*
Old Bay seasoning*
cream of tartar*
chocolate chips*
maple and vanilla extracts*
maple syrup*
macaroni and cheese powder*
American style beef jerky*
salsa*
pecans*
grits*

*These items are not available in Ukraine, *yet*.

Helpful Hints and Information

How to...

How to...Boil an Egg

If your eggs are straight from the chicken via the local Babushka, clean your egg. Then add cold water to a small sauce pan. Place the egg in the water, so that it is covered. Slowly bring the water to a boil. Boil for about ten minutes if you want hard boiled eggs, three minutes if you want soft boiled eggs.

How to...Cook Rice

Steamed rice: Bring two cups water and a pinch of salt to a boil. Add one cup white rice and stir, reducing heat to low. Put a tight fitting lid on the pot for 20 minutes. After 20 minutes, lift the lid. You should see dimples in the rice surface, and all water should be evaporated. Fluff with a fork and serve.

Boiled rice: This is not the same as steamed rice. The recommended proportions are nine cups water to one cup of rice. Add one teaspoon of salt to the water, bring it to a boil, *then* add the rice. Shake the pot gently so that rice settles. DON'T STIR. Keep the water boiling 15-18 minutes (white rice) or 35-40 minutes (brown rice), then test a piece at the minimum time. It's done when it's firm, but not hard and not mushy. Drain and serve.

How to...Cook Potatoes

In Ukraine it is recommended that you *peel and wash* your potatoes. If you choose not to, wash and scrub them thoroughly.

Baked potatoes: Scrub and wash your potatoes well. Poke them once with a fork. Wrap them in a layer of aluminum foil and bake on medium heat for about one hour. Enjoy with *smetana*.

Boiled potatoes: Peel, wash and quarter the potatoes. Place them in a pot filled with cold water. Bring the water to boil and cook the potatoes 10-15 minutes, or until they can easily be stabbed with a fork. (Smaller pieces will cook faster, larger ones will take longer.) Drain and serve.

Mashed potatoes: Follow the instructions for boiling potatoes, but let them cook a little bit longer. You want the potatoes to break apart easily. Drain and return the potatoes to the pot. With a masher, or a fork, begin to mash the potatoes. Many Ukrainians simply add butter at this stage. You may also add a little milk and/or sour cream, as well as salt and pepper. Start with a little, then keep adding to get the desired consistency.

Helpful Hints and Information

*How to...Cook Beans**

First, wash your beans in cold water. Second, if possible, soak your beans overnight prior to cooking them. They triple in size so make sure to add plenty of water. (Lentils don't need to be soaked.) Third, look at the following chart:

Type of beans (1 cup)	Cups of water	Cooking time	Yield (cups)
Black beans	8	1 ½ hours	4
Chick peas	6	2 ½ - 3 hours	4
White beans	7	1 hour	4
Kidney beans	6	1 hour	4
Lentils	6	35 minutes	4 ½
Pinto beans	6	1 ½ hours	4
Small beans	6	1 hour	3

* These times are for *pre-soaked* beans. If you're not the pre-soaking type, cooking time and water needed to cook them in will increase *a lot*.

Helpful Hints and Information

How to...Handle Poultry

Chicken. Turkey, Duck or Goose. You bought one at the bazaar or store (recommended with the prevalence of bird flu), a whole one or maybe a few pieces. But now what do you do with it?

First and foremost, always wash your hands, utensils, cutting boards, counter tops, etc., with HOT soapy water after handling raw poultry. Also, if possible, cut up your bird on a plastic cutting board rather than a wooden one.

Next, if your bird still has its insides, remove them, you can make pate with them. It is not recommended to stuff your birds. If you're going to marinate the bird, do it in the refrigerator. Also, any and all marinade that has touched the bird must be thoroughly cooked.

If you buy a chicken or turkey and don't plan to eat it immediately, you can freeze it for up to 3 months. It's best to wrap it up in a plastic bag the aluminum foil, or have some freezer bags sent from the USA.

When thawing frozen birds, do so in the refrigerator. Plan on 1 day for every 5 pounds. An alternative (and quicker option) is to submerge the wrapped bird into a large bowl of cold water. Allow 30 minutes for each pound.

Skillet cooking times vary, depending on the thickness of the meat. It's always done, however, when the center is no longer pink. When in doubt – cook it longer.

Oven Cooking Times for Poultry:

Type of Bird	Oven Temperature	Time
Chicken pieces	375F or 190C	45-55 minutes
Whole chicken	375F or 190C	1 ¼ hours (2 ½ - 3 pounds) Add 30 minutes for each half pound.
Whole stuffed turkey	325F or 170C	3 ½ hours (8-12 pounds) Add 15 minutes for each additional pound.

Helpful Hints and Information

How to...Bake in an Oven-less Kitchen

If you are dreaming of chocolate chip cookies or homemade bread, but do not have an oven, here is the solution! You can bake almost anything, from pizza to cakes, in a makeshift oven called a Dutch oven.

What you need:

- A large, heavy pot with a tight fitting lid
- Small baking pans that will fit within the pot
- 2 empty "tuna" cans with the tops and bottoms removed
- Stove-top burner or hot plate

What to do:

Place the large pot on a burner. Place the tuna cans on the bottom, inside the pot. Turn on the heat at low. Cover with the lid to allow the pot to preheat.

Put whatever you are baking into the small baking pans. Place these pans on top of the tuna cans. This allows air to circulate, thus baking evenly and preventing burning. Cover and bake. Note that it will take some trial and error to find the right temperature and cooking time. Check progress of baking by frequently lifting the lid slightly to peek at your dish.

Tips:

- Check baking frequently, especially the first few times using this method.
- Once you figure out correct flame height, baking times and other tricks for a particular recipe, write it down for next time.
- Tight lids keep the heat in better, prevent longer baking times and thus, dried out baked products.
- Keep this pot just for baking, if possible.
- The heavier pot, the better. Thin, aluminum pots tend to warp and will not last as long.

Helpful Hints and Information

Important Ukrainian and Russian Translations:

You might be surprised by what you can find in even the tiniest village store or food stand. However, many products are kept under the counter or hidden behind another item in the counter display. Here is a list of items that will be helpful when shopping at the bazaar or your local store. Just ask the shopkeeper – you can count it as your language lesson for the day. Or try again the next day. In time, you will find what you need.

English	Ukrainian	Russian
Almond	Мигдаль	Миндаль
Aluminum foil	Фольга	Фольга
Anise	Аніс	Анис
Baking powder	розрихлювач для тіста	рыхлитель для теста
Baking soda	Сода	Сода пищевая
Basil	Базилик	Базилик
Bay leaf	Лавровий лист	Лавровый Лист
Breadcrumbs	Сухарі панірувальні	Сухари панировочные
Butter	Масло	Масло
Buttermilk	Пахта	Пахта
Butterscotch	Ірис	Ирис
Cardamom	Кардамон	Кардамон
Caramel	Карамель	Карамель
Caraway seed	Тмин	Тмин
Cayenne pepper	Гострий перець	Красный горький перец
Celery	Селера	Сельдерей
Chili pepper	Чили	Чили
Cilantro	Киндза	Киндза
Cinnamon	Кориця	Корица
Cloves	Гвозика	Гвозика
Condensed milk	Згушене молоко	Сгущенное молоко
Coriander	Корьяндр	Кориандр
Corn/potato starch	Крохмаль картопляний	Кукурузный крахмал
Cream	Вершки	Сливки
Cream cheese	Вершковий сир	Сливочный сыр
Cream of tartar	Винний камінь	Винный камень
Cumin	Римський тмин	Римский тмин
Curry	Карі	Карри
Date	Фінік	Финик
Dill	Кріп	Укроп
Eric	Ерік	Эрик
Flax seed	Сім'я льону	Льняное семя

Helpful Hints and Information

Flour	Борошно	Мука
Food coloring	Барвник	Краска
Garlic	Часник	Чеснок
Ginger	Імбир мелений	Имбирь молотый
Honey	Мед	Мёд
Lard	Жир кулінарний	Жир кулинарный
Marjoram	Майоран	Майоран
Mustard seed	Гірчине сім'я	Горчичное семя
Nutmeg	Мускатний горіх мелений	Мускатный орех молотый
Oil	Олія	Масло
Olive oil	Маслинова	Масло из маслин
Oregano	Реган	Орегано
Paprika	Паприка	Паприка
Parsley	Петрушка	Петрушка
Pepper	Перець чорний мелений	Перец черный молотый
Poppy seed	Мак	Мак
Powdered sugar	Цукровна пудра	Сахарная пудра
Rosemary	Розмарин	Розмарин
Salt	Сіль	Соль
Sage	Шавлія	Шалфей
Saffron	Шафран	Шафран
Sesame seed	Кунжут	Кунжут
Sour Cream (Smetana)	Сметана	Сметана
Soy sauce	Соевий соус	Соевый соус
Sugar	Цукор	Сахар
Thyme	Тим'ян	Тимьян
Turmeric	Куркума	Куркума
Vinegar	Оцет	Уксус
Yeast	Дріжджі	Дрожжи

Ukrainian Recipes

Belochka

2 eggs, hard boiled
1 packet *plavnyy syr* (spreadable cheese)
2-3 cloves garlic, minced or pressed
1 heaping tablespoon of mayonnaise
salt to taste.

Dice the eggs into small pieces. Finely grate or dice the cheese. In a bowl, combine eggs, garlic, cheese, mayonnaise and salt. Using a fork, gently mix until it reaches a spreadable consistency. Serve on bread or halved cherry tomatoes. Yields 2-4 servings.

Salo

½ kilogram fresh *salo*
garlic cloves, sliced
brown bread

Cut *salo* into thin slices. Put some on a slice of brown bread, garnish with garlic and eat. Yield depends on your love of *salo*.

Pechen (Liver) Tort

500 grams liver, ground until very thin
3 eggs
1 cup flour
½ teaspoon salt
sunflower oil, for cooking
½ cup fried onion, for layering
mayonnaise, for layering
1 packet *Kyivski* spreadable cheese, grated, for layering

Combine all ingredients in mixing bowl, or if available in a food processor or blender. Lightly oil skillet and bring to heat. Add a ladleful of batter into the hot skillet. Spread batter with a spoon so there is a smooth, thin layer covering the base of the pan. Lower the flame and cover the skillet with a lid. After a few minutes, flip the liver crepe to the other side and cook. Repeat with batter until all liver crepes are cooked.

To build the tort, spread mayonnaise and fried onion on the first crepe. Cover with another crepe, then repeat process until last crepe is used. Cover top with mayonnaise, fried onion and grated cheese. Yields 4-6 servings.

Ukrainian Recipes

Deruny from Potatoes

5 large potatoes, uncooked, peeled and grated
1-3 tablespoons flour
1 egg
dash of salt
dash of pepper
1 clove garlic, pressed
½ small onion, finely diced
sunflower oil, for cooking
sour cream

Put potato into a bowl and add flour, egg, salt, pepper, garlic and onion. Mix well. Pour a small amount of oil into a frying pan and heat. Shape potato mixture into small pancakes and fry until golden brown on both sides. Serve hot with *smetana*, and if desired *adzhyka* or mushroom sauce. Yields 4-6 servings.

Deruny from Kabachki

1 medium sized *kabachki** (approximately ½ kilo)
1 small onion, finely diced
1 egg
½ cup flour
½ teaspoon salt
¼ tsp black pepper
4 tablespoons sunflower oil

Coarsely grate the *kabachki*, or alternatively run through manual food grinder one time. Place in medium bowl with diced onion, egg, flour, salt and pepper. Stir well until combined.

Heat 2 tablespoons of oil in a large frying pan. When the oil is hot, drop a shot glass-full of batter at a time into the pan to form pancakes about 3 inches in diameter. Cook until brown on both sides. Repeat with the remaining oil and batter until all batter is used. Serve hot with *smetana*. Yields 4 servings.

**Kabachki* is a summer vegetable in the squash family. It looks like a giant, pale zucchini and is delicious in any number of dishes.

Ukrainian Recipes

Lezhny (Savory Potato Pirozhky)

½ kilo potatoes, peeled, boiled and mashed
1 egg
2 pinches of salt
flour, as needed

To make the dough, combine plain mashed potatoes with one egg, a spoonful of salt and enough flour to make pliable dough. Once dough is suitable, cut and roll out into large circles. You can fill these *lezhny* with any amount of things. Try seasoned meat (see *pelmeni* recipe) or chopped and sautéed sour cabbage. Once you choose and make your filling, scoop it into the center of the dough, pinch the edges shut and fry until golden brown in a generous amount of oil. Yields 4 servings.

Blinchiki

2 eggs
1/3 cup milk
1 teaspoon sunflower oil
½ cup flour
pinch of salt
butter, for cooking

Whisk eggs, milk and oil together. Whisk in flour and salt. Batter will be very soupy. Add a little butter to a hot skillet. Pour a small amount of the batter into the skillet, rotating the skillet to spread it. Flip after 60 seconds to cook on the other side. Repeat with remaining batter, greasing skillet occasionally. Fill with honey, cheese, mushroom sauce or other filling of choice. Yields 2 servings. Recipe may be doubled.

Filling Ideas:

Sweet cheese, with or without raisins, served with *smetana*

Ham or smoked salmon and grated hard cheese

Mushroom sauce served with *smetana*

Condensed milk or honey

Nutella, walnut pieces and sliced bananas

Ukrainian Recipes

Olady

½ cup buttermilk (*ryazhanka*) or kefir
1/3 teaspoon baking soda
1 egg, beaten
1 heaping tablespoon sugar
pinch of salt
1 heaping cup of flour
sunflower oil, for cooking

Mix all ingredients well to form batter. Heat a generous amount of sunflower oil in heavy skillet. Pour batter into pan so it forms four small circles, approximately 2 inches in diameter. Cook until golden brown on one side, then flip to complete cooking. Repeat until all batter is used. Serve hot with sour cream, preserved fruit, or anything else that feels good. Yields 2-3 servings.

Variations for Olady:

Add a dash of cinnamon or vanilla powder to the batter.

Cut up small pieces of fruit. Fold into batter right before cooking.

Syrniky

½ kilo *domashny syr**
2-3 tablespoons *manka* (a.k.a. cream of wheat)
2 eggs
4 tablespoons sugar
¼ teaspoon salt
½ teaspoon baking soda
½ teaspoon vanilla powder
½ cup flour

Mix all ingredients. Cover and refrigerate for 30 minutes. Sprinkle flour on a plate. Covering your hands with extra flour, drop heaping spoonfuls of batter onto the plate, then form into small pancakes with your hands. Heat sunflower oil in a skillet and fry over medium heat until golden brown on both sides. Serve with *smetana* and fruit preserves. Preserved apricot sauce makes an especially nice accompaniment. Yields 4 servings.

**Domashny syr* is the cheese that looks like cottage cheese which may be purchased in the local bazaar. Alternatively, you can find out how to make it yourself by spending time with a local babushka!

Ukrainian Recipes

Pirozhky

½ liter milk
25 grams yeast (½ small square)
2 eggs
flour
2 pinches of salt
pinch of pepper
oil, for brushing
1 egg and 1 tablespoon water, beaten together

To make the dough, mix together milk, yeast, eggs and enough flour to make consistent dough. Knead until smooth. Then cut into pieces and roll into circles about the size of a small dinner plate. Set aside. Prepare your filling. Fill each piece of dough with a spoonful of filling. Fold and pinch together the edges, leaving the ends slightly open for beans, and completely pinched together for all other fillings. Place in lines onto a greased baking sheet, and lightly oil the edges of all touching *pirozhky*. They should be touching so that they can be pulled apart later. Brush tops with egg and water mixture. Bake on medium flame 30-40 minutes, or until golden brown. Separate and enjoy. Yields approximately 2 dozen *pirozhky*.

Filling Ideas:

Mash together cooked beans, pressed garlic, salt and pepper with a few spoonfuls of water. Garnish these with dill if it is available fresh.

Combine peeled, cored and sliced apples with a pinch of cinnamon and sugar.

Combine peeled and diced rhubarb (called *raven*) with a handful of sugar.

Finely chop sour cabbage and carrots. Sauté in a small amount of sunflower oil, then cool.

Combine diced hard-boiled eggs, sliced green onion, salt and pepper. Add a handful of cooked rice, if desired.

Use the preserved cherries or other fruit from your neighbor.

Tvorog syr or other *domashny syr* from the bazaar

Ukrainian Recipes

Lapsha

2 cups milk
1 handful fettuccini or spaghetti noodles
1 tablespoon sugar
½ teaspoon salt

Gently bring the milk to heat. Before it boils, add the pasta, sugar and salt. Watch the dish carefully, being careful not to scald the milk. Cook pasta until soft. Serve in a large bowl as a hearty Ukrainian breakfast treat. Yields 2 servings.

Sweet Rice Pie (Holiday Breakfast)

1 cups dry white rice
250 grams soft, sweet cheese (*syrok*)*
¼ cup sugar
1 egg
preserved cherries

Boil rice in two cups of water until done, and cool. Then, mix all ingredients in a large bowl. Oil an iron skillet or pie pan and pour in the mixture. Bake 30 minutes in a medium oven. Serve hot with preserved cherries. Yields 4 servings.

*If you cannot find sweet cheese (*syrok*), *domashny syr* from the bazaar with an extra ¼ cup sugar is a perfect substitute.

Ukrainian Recipes

Salat Olivie

Equal proportions of:

- carrots
- potatoes
- hardboiled eggs
- ham or kielbasa
- pickles
- peas

To taste:

- mayonnaise
- salt
- pepper

Boil and cool potatoes, carrots and eggs. Cube potatoes, eggs, meat, pickles and carrots. Mix with peas. Add mayonnaise, salt and pepper. Chill before serving. While this salad is traditional at the New Year and Christmas holiday season, it is enjoyed by Ukrainians throughout the year. Yield varies.

Salat Shuba

Bottom layer:

- salted, smoked fish
- onions, diced
- 1 teaspoon oil

Subsequent layers:

- potatoes, cooked, cooled, peeled and grated
- mayonnaise
- carrot, cooked, cooled, peeled and grated
- beet, boiled, peeled and grated
- mayonnaise

Remove the bones from fish and finely chopped. In a small bowl, combine ingredients in bottom layer. Then, on a medium sized plate, layer equal proportions of ingredients in the order listed. Cover and chill for 30 minutes in refrigerator, then serve with a big spoon. This salad is common at celebratory events year-round.

Ukrainian Recipes

Salat Three Agnya (3 Fire)

- 1 medium carrot, peeled and grated
- 1 medium beet, peeled and grated
- 1/2 celery root, peeled and grated
- 2 medium cloves garlic, finely minced
- 2 tablespoons sunflower oil or mayonnaise
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Mix all ingredients in a large bowl. Refrigerate for 30 minutes, then enjoy. For a variety, any combination of root vegetables, or just one at a time, can be used. Yields 2-4 servings.

Salat from Bar (the town)

- 1/2 medium white onion, finely sliced
- 1 small can corn nibblets, drained
- 1 red bell pepper, chopped
- 1 snack-size bag *suhari*
- 5 krab sticks, chopped
- 1/4 cup mayonnaise

Make pile of onions at the center of a large plate. Arrange the corn, red pepper, *suhari* and krab sticks in four sections surrounding the onion. Top the onion with mayonnaise. Refrigerate until ready to serve. After the salad is on the table, mix the sections together and serve. Yields 2-4 servings.

Ukrainian Recipes

Ukrainian Mayonnaise Salads

Combine any ingredients from the list below (or others you want to try) with enough mayonnaise to "hold" the mixture together, but not to dominate the taste of the salad. The secret to preparing these salads is to dice the ingredients finely enough to create interesting blends of flavors.

diced cooked potatoes
diced onions
finely sliced green onions
diced or grated marinated beets
diced krab sticks
diced or grated carrots
finely chopped walnuts
diced cooked eggs
diced dill pickles
rinsed canned peas or corn
rinsed canned beans
minced or smashed garlic
diced fresh apples/pears
sliced marinated mushrooms
diced kilbasa or other meat
finely chopped parsley or dill
salt and pepper to taste

You may also add chopped cooked or smoked fish, fowl or meat to make a nice light meal with sliced bread.

Mayonnaise dish warning notice: Once you prepare these salads, refrigerate immediately until serving. Once served, do not let stand for longer than 4 hours in order to prevent food poisoning. And if you are served these salads at a summer wedding or other celebration, consider how long the salad was sitting in the sun before you dig in.

Ukrainian Recipes

Salat Vinnigrette

1 medium beet, whole and unpeeled
1 medium carrot, whole and unpeeled
1 medium potato, whole and unpeeled
1 large dill pickle
1 medium onion
1 small can green peas or white beans, rinsed and drained
1-2 tablespoons sunflower oil
½ teaspoon salt
½ teaspoon black pepper

In the evening, boil beet (20 minutes), carrot and potato (10 minutes) in large pot of water. Cover pot with vegetables in water and leave until morning.

In the morning, peel and cube beet, carrot and potato in even pieces. Chop pickle and onion, and combine with root vegetables in large bowl. Add peas/beans, oil, salt and pepper. Mix thoroughly. Enjoy *vinnigrette* throughout the day as a healthy winter alternative to the ever-present mayonnaise salads! Yields 4 servings.

Marinated Mushroom Salad

½ kilo fresh mushrooms (gray, elephant ear kind)
1 medium onion, sliced very thin
1 tablespoon oil
1 ½ tablespoons vinegar
1 teaspoon salt
½ teaspoon pepper

Wash and dry then thinly slice the mushrooms into strips. Add mushrooms to a large mixing bowl with onions. Add oil, vinegar, salt and pepper. Toss carefully for two minutes. Cover and put in the refrigerator for at least 2 hours. Toss again, and serve chilled. Yields 2-4 servings.

Ukrainian Recipes

Ukrainian Borshch

1 chicken leg on bone
2 medium whole tomatoes
1 medium beet, peeled and grated
1 carrot, peeled and grated
1 medium onion, chopped
2 tablespoons sunflower oil
¼ teaspoon salt
¼ teaspoon pepper
1 or 2 peppers, chopped
2-3 potatoes, peeled and cubed
1 handful white beans, pre-soaked overnight
1 spoonful tomato paste
1 bouillon cube
3 cups cabbage, thinly sliced
1 tablespoon fresh dill, chopped
1 tablespoon fresh parsley, chopped

If the beet is hard (fall or winter), boil for 45 minutes to 1 hour the evening before (until medium-soft). In large soup pot with 6-8 cups cold water, bring chicken leg to boil. Wash tomatoes and add to boiling water, whole. Boil 15 minutes, and then remove tomatoes and chicken. Clean chicken off bone and set aside for later use. Meanwhile, peel and grate soft beet. Fry the grated beet, carrot, and onion in oil for 5 minutes. Season with salt and pepper, add sliced green pepper and sauté 5 minutes more. Add potatoes to chicken stock (with bone), as well as a handful of soaked white beans. Simmer 5 minutes (until potatoes are softened but keep form) and then add fried mixture, bouillon, tomato paste, tomatoes (already boiled) and chicken pieces to the pot. Simmer 15 more minutes and then add sliced cabbage, parsley, and dill. Simmer 10 more minutes, and then serve. Yields 6-8 servings.

Although enjoyed throughout the world,
borshch originated in Ukraine!

Ukrainian Recipes

Zelony (Green) Borshch

1 chicken leg on bone
1 cup beans, presoaked overnight
4-5 potatoes, peeled and cubed
½ medium cabbage, shredded
2 onions, diced
2 carrots, peeled and grated
2 tablespoons tomato sauce
3 tablespoons sour cream
2 eggs, hard boiled
2 cups fresh chervil, shredded (spinach may be substituted)
pinch of salt
pinch of pepper
pinch of dill

First, boil the chicken leg in 8 cups of water. When done, remove meat from water, pick meat off bones and remove bone. Add beans to chicken stock and boil for 1 hour. Next, add potatoes and cabbage. Reduce to a simmer. In a frying pan, fry onions and carrots in a little oil. Add tomato sauce and sour cream. Simmer for 3-5 minutes. Add mixture to the soup pot. Next, add the chervil. Finally, dice and add the hard boiled eggs. Continue simmering 20-30 minutes. Serve hot and with a thick slice of brown bread and a dollop of sour cream. Yields 6-8 servings.

Easy Sour Cabbage Soup

½ liter jar (2 cups) of sour cabbage, juice squeezed out
8 cups water
½ kilo pork meat on the bone (optional)
2 bay leaves
1 large carrot, peeled and sliced
1 medium onion, chopped
2 bouillon cubes
3 small potatoes, peeled and diced
pepper

Bring water and pork to boil. Add all ingredients, except sour cabbage. Simmer 10 minutes. Add sour cabbage and simmer 10 more minutes. Yields 4-6 servings.

Ukrainian Recipes

Butterbrot

slices of white or brown bread
mayonnaise or flavored spread or butter
a selection of toppings

While you can't go wrong while making open-faced sandwiches, here are a few popular options:

- * Mayo, sliced pickles, sliced sausage
- * Mayo/butter, sliced sausage, sliced cheese
- * Flavored spread, sliced tomato, sliced cucumber
- * Flavored spread/mayo/butter
- * *Sprotty* (whole tinned fish), sliced lemons
- * Tuna/chicken/egg salad
- * Cream cheese, 2-3 small scallions
- * Cream cheese blended with minced onion, minced garlic, finely grated carrots and/or minced dill pickles
- * Flavored spread, caviar, minced onion
- * Pate (*pashtet*), thinly sliced onion
- * Peanut butter, sliced banana

To make your *butterbrot* pretty, top with fresh parsley, minced onions, grated cheese, grated egg white, grated horseradish, pepper and/or paprika.

Mushroom Sauce

1 large onion, chopped
1 tablespoons flour
2 tablespoons sunflower oil
200 grams sour cream
1 kilo fresh mushrooms, cooked in water and drained*

Fry onion with flour in oil, being careful not to burn. Add the sour cream to the onion mix. Add a little water if the sauce is too thick. Add mushrooms and cook until mushrooms are heated through. Serve over rice, potatoes or pasta. Yields 2-4 servings.

- * An equal amount of canned mushrooms may be used.

Ukrainian Recipes

Varenyky

5 ½ cups flour
1 egg
1 ¾ cups water, warm
½ teaspoon salt
1 tablespoon oil
varied fillings (see below)
salo, finely chopped
½ onion, finely chopped

In large mixing bowl, combine 3 cups flour with egg, warm water, salt and oil. Mix well. Knead in the remaining flour. Knead until smooth and pliable. Let stand 10 minutes. Cut into pieces, and roll flat (1/8 inch thickness). Cut circles in the dough using a drinking glass. Continue rolling and re-rolling dough until you have as many circles as possible, using additional flour if needed to keep the dough from sticking. Take a dough circle in your palm and scoop in a small spoonful of filling. Dip your fingers into a little water, fold over and press edges together. Repeat this process until all of the dough is used. This recipe yields many *varenyky*, but you may store them in the freezer until ready to use.

To cook, add up to 6 *varenyky* to a pot of salted, boiling water. Boil 4-5 minutes, until cooked through and floating. If the *varenyky* are savory, transfer to a frying pan with *salo* and chopped onions that have been cooked until crispy. Toss, then serve with a dollop of sour cream and *adzheka*, if desired. For sweet *varenyky*, simply transfer cooked *varenyky* directly to a plate and serve with sour cream.

Fillings Ideas:

Sautéed sour cabbage with carrots and onions

Mashed potatoes and sautéed mushrooms

Domashny syr and sautéed mushrooms (try this with Béchamel sauce, sautéed onions and garlic, and fresh herbs)

Domashny syr, sweetened

Strawberries or cherries

Cooked apples with cinnamon and walnuts

Ukrainian Recipes

Pelmeni

4 cups flour
1 ¾ cups water
1 egg
250 grams *farsh*
1 small onion, chopped
2 dashes of pepper
¼ teaspoon salt

To make the dough - mix and then knead well flour, water and egg. Let rest. Roll flat on a floured surface, flouring the dough as little as possible. Use a glass to cut out round pieces of dough. Handle as little as possible, as it will make the dough tough.

To make the filling - Fry together *farsh*, onion, salt and pepper. When the meat is done, drain it of excess fat.

To make the *pelmeni* - Take the round piece of dough in the palm of your hand. Spoon a small amount of meat into the dough. Fold it over and pinch the edge closed, then pinch together the corners, making the classic *pelmeni* shape. Yields many *pelmeni*, but may be stored in the freezer until ready to use. To prepare, boil for 5-7 minutes and serve hot.

Serving Suggestions for Pelmeni:

Homemade *adzhyka* (see Canning and Preserving) and *smetana* (*sour cream*)

Plop the hot little suckers down on a pat of butter and watch it melt

Douse with vinegar and black pepper

Boil the *pelmeni* in bouillon for a slightly different flavor

Try some hot sauce!

Ukrainian Recipes

Plov

2 cups rice
4 cups water
1 boullion cube
1 onion, grated
2 carrots, grated
2 tablespoons sunflower oil
4 tablespoons butter
½ kilo chicken cut into pieces
½ teaspoon salt
½ teaspoon pepper
2 bay leaves
1 tablespoon fresh dill, chopped
1 tablespoon fresh parsley, chopped
½ cup tomato sauce

Place rice, water and boullion in a large, oven-proof pot. In a frying pan, sauté the onion and carrots in oil for 10 minutes. Add butter and chicken. Brown the chicken, then add contents of frying pan to rice mixture. Add salt and pepper, bay leaves, dill and parsley, as well as tomato sauce. Mix all together. Place pot into 350F oven and bake for 1 hour. Yields 4 servings.

Savory Cabbage, Carrots and Rice (a.k.a. Host Family Breakfast)

3 tablespoons sunflower oil
1 medium carrot, peeled and grated
1 cup sour cabbage
1 ½ cups cooked white rice
½ teaspoon salt and pepper
fresh parsley, for garnish (optional)

Heat oil in frying pan over medium heat. Add carrots and sour cabbage to pan. Sauté for 10 minutes, stirring with wooden spoon to prevent sticking. Add rice, salt and pepper and continue to cook 5 minutes. Finish with a sprinkle of fresh parsley. Serve hot. Yields one hearty main-course or two side-dishes. Yields 2 servings.

Ukrainian Recipes

Super Kasha

- 1 tablespoon sunflower oil
- 1 small onion, chopped
- 1 medium clove garlic, chopped
- 1 teaspoon fresh parsley or green onion
- 2 cups water
- 1 cup kasha
- ¼ teaspoon salt
- ¼ teaspoon black pepper

In a small pot, heat oil over medium heat. Sauté the onion, garlic and green vegetables for 3 minutes. Add water and bring to a boil. Add the kasha, salt and pepper and simmer until all of the water is absorbed. The kasha should be al dente in the same fashion as cooked rice. If the kasha is too firm, continue simmering and add boiling water ¼ cup at a time until water is absorbed and kasha is the right consistency. Serve as an accompaniment to kotlety or other dishes. If desired, serve with sauce such as *ikra kibachki*. Yields 2 servings.

Holubtsi

- 1 head of cabbage
- 1 cup dry rice
- 1 kg *farsh* or 2 cups dried soy
- 1 carrot, shredded
- 1 medium onion, chopped
- 1 egg
- ½ teaspoon salt
- ½ teaspoon black pepper
- 1 cup tomato juice
- 1/8 cup vinegar
- 2 tablespoons sour cream

Remove core from the cabbage the boil in water until the leaves are tender. Remove leaves carefully after the cabbage cools. Meanwhile, boil rice in 1 cup water so that it is half-cooked. In a separate pan, brown the onions and *farsh* and drain of excess grease. [If using soy, pre-soak in seasoned water for 30 minutes.] Then, mix *farsh/soy*, rice, carrot, egg, salt and pepper together in a large bowl. Scoop mixture into the center of a leaf and roll it securely. Repeat. Place rolls in a circular pattern at the bottom of a large pot, so that they support one another. Add as many rings and layers as you need. Cover the rolls with tomato juice and vinegar. Cover the pot and simmer on low heat for 1 hour and 45 minutes. Carefully stir in the sour cream and cook and additional 15 minutes. This can also be done in a 350F/180C oven. Yields 6-8 servings. You may also make *holubtsi* with hollowed out peppers instead of cabbage.

Ukrainian Recipes

Chicken Kiev

- 1 tablespoon green onion, chopped
- 1 tablespoon parsley
- 1 clove garlic, minced
- 100 grams butter, chilled
- 1 egg, beaten
- 1 tablespoon water
- ¼ cup flour
- ½ cup dry bread crumbs
- 4 boneless, skinless chicken breasts
- 1 tablespoon butter
- 1 tablespoon oil

In a small bowl, combine onions, parsley, and garlic. Set aside. Cut chilled butter into four equal slices. In a shallow bowl, stir together egg and water. Place flour in another shallow bowl or plate. Place bread crumbs in yet another bowl or plate. Set aside. Put chicken breast between two pieces of plastic wrap and, using a meat mallet, pound chicken into a rectangular shape about 1/8 inch thick. Remove plastic wrap. Sprinkle with salt and pepper and ¼ of the onion mixture. Place a slice of butter at the center of the breast. Fold in the sides, roll up and press edges to seal. Repeat with remaining three breasts. Coat chicken rolls in flour. Dip in egg mixture; coat with bread crumbs. Dip in egg mixture again; coat with more bread crumbs. Make sure to coat the ends well to seal in the butter. Place chicken rolls on a baking sheet, cover and chill 1-24 hours. In a large skillet, melt the additional 1 tablespoon butter; add oil. Add chilled chicken rolls. Cook over medium-high heat for 5 minutes or until golden-brown, turning to brown all sides. Place in baking dish. Bake in a 400F oven (medium-high flame) for 15-18 minutes or until chicken is no longer pink. Spoon any drippings over rolls before serving. Yields 4 servings.

Ukrainian Recipes

Ukrainian Marinated Poultry

- 1 cup vinegar
- 1 cup wine or grape juice
- 8 garlic cloves, minced
- 2 onions, chopped
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 kilograms fowl (chicken, turkey, duck or goose)

Combine vinegar, wine, garlic, onions, salt and pepper in a shallow pan or bowl. Clean and quarter the bird, leaving the skin on (cut into pieces - leg, thigh, breast, etc.). Completely submerge the pieces into the marinade, cover with plastic and place in the refrigerator overnight. The next day, preheat the oven to 350 (medium flame). Remove the meat from the marinade and place it in a shallow baking pan. Spoon some of the marinade's juice (not onion or garlic) over the meat pieces to keep them moist while baking. Bake uncovered approximately one hour. During the last 20 minutes of baking, spoon the onions and garlic over the bird and continue baking until crispy. Yields 3-6 servings.

Kotlety

- ½ kilogram *farsh*
- 1 onion, chopped
- 1-2 cloves garlic, pressed
- 1 egg
- 1-2 handfuls breadcrumbs or oatmeal
- pinch of salt
- pinch of pepper (or chili pepper)

In a large mixing bowl combine all ingredients. Mix well. Divide and form patties approximately 3 inches in diameter. Fry patties in a little oil or *salo*. They're done when the insides are no longer pink. Yields 8-10 patties.

Ukrainian Recipes

Kapusnyak

- 1 kilo pork shanks, ham hocks, or pigs' feet
- 1 liter water
- 1 medium onion, sliced
- 1 bay leaf
- 5 peppercorns
- 1 sprig parsley or ¼ teaspoon dried parsley flakes
- ½ kilo sauerkraut (sour cabbage)
- 2 cups meat broth, bouillon, or meat stock
- ¼ cup raisins (optional)
- 3 tablespoons lard or margarine (at room temperature)
- 3 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon pepper

Cook pork shanks in water in a 5-liter pot 20 minutes. Skim off foam. Add onion, bay leaf, peppercorns, and parsley. Cook about 45 minutes, or until meat is tender. Remove meat from broth. Strain broth; return to pot. Remove meat from bones; discard skin and bones. Dice meat. Rinse sauerkraut with cold water; drain. Add sliced meat, drained sauerkraut, beef broth, and if desired, raisins to pot. Simmer 1 hour. Mix lard and flour to a smooth paste; stir into simmering soup. Cook and stir over medium heat until thickened. Mix in salt and pepper. Serve with plain boiled potatoes or potato dumplings. Yields 4 servings.

Ukrainian Recipes

Ukrainian Beef Braise

1 jar marinated tomatoes in juice
1½ kilograms boneless chuck/rump/beef roast
1 teaspoon salt
1 teaspoon pepper
2 tablespoons cooking oil
½ cup finely chopped sausage
3 carrots, chopped
2 onions, chopped
4 garlic cloves, chopped
1 bay leaf
1-2 cups red wine
2 dill pickles, chopped
½ cup parsley, finely chopped
2 tablespoons sour cream (optional)

Drain and save the juice from canned tomatoes. Discard any excess seeds. Coarsely chop the tomatoes and set aside. Sprinkle beef on both sides with salt and pepper. In a large stewing pot, heat 1 tablespoon oil over a medium heat and brown beef well on both sides. Remove meat and discard oil and any burned meat. Add the other tablespoon of oil to the pot. Add sausage, carrots and onions. Sauté the mixture until ingredients are slightly softened (about 5 minutes). Stir in garlic, bay leaf and 1 cup red wine and cook until the mixture is reduced to about ½ cup (about 5 minutes). Return the beef to the pot and add the dill pickles, tomatoes and ¼ cup tomato juice and half of the parsley. Cover and simmer the meat for 2-3 hours, until very tender. Turn the meat 2-3 times during cooking, adding more tomato juice and wine as needed to keep the meat moist. Remove the meat and let stand a few minutes before slicing. When sliced, sprinkle with remaining parsley on the meat and surround with the cooked vegetables. Press the remaining sauce through a sieve and serve this sauce with the meat. At this point, mix in the sour cream for a thicker, heartier sauce. Serve with mashed potatoes or lightly buttered noodles. Yields 6-8 servings.

Ukrainian Recipes

Shashlik

2 kilograms chicken, pork, or beef
mayonnaise
sour cream
shashlyk spice (can be bought pre-package)

Cut the meat into chunks. In a large bowl or pot, make a marinade of sour cream, mayonnaise and a generous helping of *shashlyk* spice. Add the meat, making sure that all pieces are well coated. Let marinate overnight in the refrigerator. The next day, build a fire. Let the fire reduce itself to coals. When the fire is smoldering, put your marinated meat onto skewers. Place the skewers over the coals and slowly cook the meat, so that it acquires a mellow, smoky flavor. Turn the skewers often and keep them moist by basting with the marinade. The *shashlyk* is done when the meat is no longer pink. Yields 4-8 servings.

Kholodets

1 meaty pig or chicken's leg (from knee and down), cut into pieces
1 medium onion, chopped
1 medium carrot, chopped
½ teaspoon salt
¼ teaspoon pepper
2 cloves garlic, pressed or minced
1 bay leaf

Add the meat and bones to a large pot. Add enough water so that the meat/bones are submerged and covered by 2 inches. Simmer over a low flame for 2 hours. After 2 hours, add onion, carrot, salt and pepper. Continue boiling until the meat is ready. Then, for 5 minutes, increase the flame and add garlic and bay leaf. From the broth, remove the bones, but leave the rest. Transfer the gelatinous mixture into large, shallow plates. Put them in a cold place (refrigerator, balcony). Leave until firm, until the dish is a jello-like consistency. Yields 4 servings.

Ukrainian Recipes

Pampushki

1 liter 2.5% *kefir*
75 grams fresh yeast (1 ½ small squares)
150 grams margarine, melted
2 tablespoons sugar
1 teaspoon salt
7 ½ cups flour, divided
2 eggs
3 tablespoons *smetana*
12 tablespoons (¾ cup) sunflower oil, divided
1 egg and 2 tablespoons of water, beaten together for egg wash

Bring *kefir* to room temperature in the oven, microwave or just by leaving it out for several hours. Crumble yeast into large bowl of *kefir* and beat with a whisk or fork. Add sugar, salt and 1 ½ cups flour and beat well. Cover with a clean towel and let sit for 1 hour in a warm place.

Add 2 eggs, melted margarine and *smetana*. Beat well. Add 3 cups additional flour and beat with a spoon until smooth. Add 3 more cups of flour and fold in with your hands. Pour 3 tablespoons of oil on your hands and into the bowl, and knead the dough for 3 minutes. Pour 2 additional tablespoons of oil on your hands and into the bowl and knead the dough an additional 2 minutes. Cover again with a towel and let rise 20 minutes.

Pour 2 tablespoons of oil on your hands and into the bowl and knead for 5 minutes. Cover and let rise 30 minutes. Pour 2 tablespoons more of oil on your hands and into the bowl and knead one minute. Cover and let rise 20 minutes more.

Oil your hands, a clean working surface and baking sheet with the remaining 3 tablespoons of oil. Knead the dough for 1 minute and turn out onto the working surface. Squeeze small bun-size pieces of dough from the large piece of dough. Form into balls with your hands. Put on the oiled baking sheet, then repeat with remaining dough. Allow the buns to touch each other on the baking sheets, as they can be pulled apart after baking. Brush with egg wash and bake in a 300C oven until golden brown. This is the hottest temperature before broiling in a Ukrainian oven, and if there is no broiler, then it is the hottest. When the rolls are done, remove from oven and cover with a towel until ready to eat. Serve with a bowl containing 1 cup of water, 1 tablespoon sunflower oil, a pinch of salt and 10 garlic cloves cut in half. *Pampushki* are a traditional accompaniment to *borshch*. Yields 40-48 *pampushki*.

Ukrainian Recipes

Easter Babka

150 grams fresh yeast (3 small squares)
1 tablespoon sugar
2 cups milk, scalded and cooled to lukewarm
2 tablespoons flour

Mix yeast cakes, sugar, and flour in lukewarm milk; stir until dissolved. Cover bowl and let stand in warm place to work until bubbly, about 1 ½ half hours.

15 egg yolks
2 cups powdered sugar, sifted
8 cups flour, sifted
1 teaspoon salt
1 teaspoon vanilla
grated rind of 1 lemon
1 ¼ cups butter, softened
1 cup golden raisins, lightly floured

Beat the egg yolks until thick; add confectioners' sugar, mixing in until thoroughly blended. Add yeast mixture to yolk mixture; mix well. Stir in flour, salt, vanilla, and grated lemon rind; knead together until the mixture is smooth. Add the softened butter, kneading it in a little at a time. Continue kneading the dough until it no longer sticks to your hands. Knead in raisins, Cover with plastic wrap and a bath towel and set in a warm place to rise until doubled in height. Punch dough down to release air. Grease hands with butter and shape dough to fit greased round baking containers (four 1-lb coffee cans work well) approximately 1/3 full. Let rise until doubled in height. Bake in a preheated oven at 400F for 8 minutes; turn oven down to 300F and continue baking for 45 minutes. Yields 4 cakes.

* If desired, use only ½ cup raisins and add 2 ounces blanched chopped almonds and 2 ounces finely diced candied orange peel; mix these in near the end of kneading.

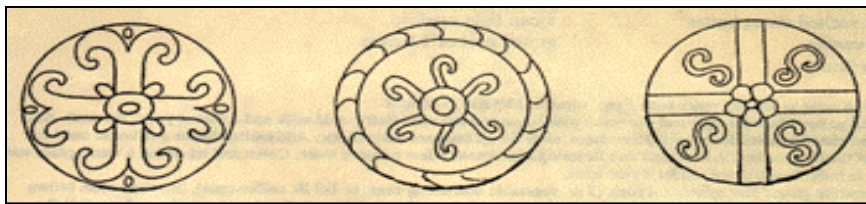
Don't let any of your neighbors or worse – strangers - come into the house when you are preparing the paska. They could put an evil eye on your paska, and it will not rise as it should. Don't make any sudden noises while the paska is rising or while it is in the oven baking. Also, don't sit down while the paska is in the oven, or it will become flat.

Ukrainian Recipes

Easter Paska Bread

- 1 teaspoon sugar
- 1 cup lukewarm water
- 1 tablespoon dried yeast (1 package)
- 3 cups scalded milk, cooled to lukewarm
- 5 cups flour
- 6 eggs, beaten
- 1 cup sugar
- 2/3 cup melted butter
- 1 tablespoon salt
- 9 to 10 cups sifted flour
- 1 egg (to glaze)

Dissolve the sugar in the lukewarm water and sprinkle the yeast over it. Let sit for 10 minutes. Combined the softened yeast with the lukewarm milk and 5 cups of flour. Beat well until smooth. Cover and let the batter rise in a warm place until light and bubbly. Add the beaten eggs, sugar, melted butter, and salt; mix thoroughly. Stir in enough flour to make dough that is neither very soft nor very stiff. Knead until the dough no longer sticks to the hand. Turn the dough onto a floured board and knead until smooth and satiny. Place in a bowl, cover, and let rise in a warm place until doubled in bulk. Punch down and let it rise again. Divide the dough into 3 parts. Wrap one in plastic and set aside. Shape the remaining two parts into round balls and place in greased, round pans, such as a 9-inch spring-form pan. Cover with towels and let rise in a until dough reaches the tops of the pans. Divide the reserved dough into 4 equal parts. Shape each into a 20-inch rope. Cross the center of each pan of dough with the ropes. With a scissors, make a 6-inch slit lengthwise down the end of each rope and twist the ends into swirls, forming a stylized cross. Once the cross is in place, use additional dough to fill in spaces with rosettes, birds, or other designs. Brush loaf tops with a beaten egg diluted with 2 tablespoons of water. Bake in a moderately hot oven (400F) for about 15 minutes, then lower the temperature to 350F and continue baking for another 25 minutes or longer, or until done. It may be necessary to cover the tops with aluminum foil to prevent excessive browning. Remove the loaves from the pans and allow them to cool. Yields 2 large loaves.



Ukrainian Recipes

Christmas Kutya

- 1 kilogram wheat or "kutya" purchased at bazaar
- 2-3 liters water
- salt
- 1-2 packets poppy seeds
- sugar or honey
- raisins
- walnuts

Over a low flame, boil the wheat in the water, adding a little salt, for about 1 1/2 hours, or until the water is nearly evaporated and the *kutya* is soft. Cover with a towel for 2-3 hours, and let cool. Then, preferably in a large mortar, grind the poppy seeds with a pestle. Add a little hot water to help the process, and to make a paste-like consistency. Pour this into a big pot and let stand until cool. Once the *kutya* and the poppy paste have cooled, combine them, adding sugar or honey, raisins and walnuts to taste. You may also need to add extra water to achieve desired consistency - some *kutyas* are runny, some are thick. It's up to you to decide which is better. Yields 8-10 servings.



Beverages

Lemonade

½ cup lemon juice
3 cups water
½ cup sugar

Combine all ingredients and place in the refrigerator. Serve cold with a slice of lemon. Yields 4 cups.

Smoothies by Hand

1 ripe banana
1 cup *kefir*
1 pinch vanilla sugar

In a medium bowl, mash the peeled banana until very smooth with a fork or potato masher. Add kefir and vanilla sugar and beat with a whisk or wooden spoon. To cool this drink down, add a few ice cubes before mixing with a whisk. Remove the cubes before drinking.

Note: You can also try strawberry, raspberry or any other type of fruit to create your very own smoothie by hand during the summer months. Yields 1 serving.

Coke Float

1 scoop plain ice cream
.25 liter bottle of Coca Cola®

Put ice cream in a large cup or *banka*. Pour Coke over the ice cream. Add a straw or spoon. Celebrate the heat of summer with this cool treat. Yields 1 serving.

Beverages

Apple Cider

4 liters apple juice
1 tablespoon cinnamon
1 tablespoon nutmeg

Combine all ingredients. Bring to a simmer. Simmer for a few minutes. Serve hot or cold. Yields 4 liters.

Hot Spiced Cider

1 liter apple juice
2 cinnamon sticks (or 1 teaspoon cinnamon)
3 cloves (or 1 teaspoon cloves)
1 fresh orange, sliced
1/3 cup sugar

Mix all ingredients except orange slices in a saucepan. Simmer for 10 minutes. Serve with orange slices. Yields 6-8 servings.

Hot Cocoa

2 tablespoons cocoa powder
2 tablespoons sugar
1 ¾ cups milk

Combine cocoa and sugar; add 2 teaspoons cold milk to make a paste. Add remaining milk and heat slowly, being careful not to boil. Yields 1 serving.

Note: For a hot mocha, just add a few granules of instant coffee to your cup of hot cocoa. Add *konyak* for a kick on a cold night.

Hot Juice Toddy

1 mug non-citrus fruit juice*
dash of cinnamon or clove
slice of orange or lemon (optional)

Over a low heat bring juice and spices to a low boil. Remove from heat and enjoy from a mug with a slice of citrus. This is a nice alternative to hot tea and lighter than hot chocolate. To notch it up, add a shot of vodka or *konyak*. Yields 1 serving.

* Cherry, apple/black currant and mixed berry are good options.

Beverages

Hot Spiced Wine (Glühwein or Mulled Wine)

1 bottle sweet red or white wine
1 tablespoon (1 stick) cinnamon
4 whole cloves
¼ teaspoon nutmeg
orange slices

Add the spices to the wine and slowly warm in a covered pot over a low heat. Add a slice of orange or other citrus and serve warm. Yields 4 servings.

Eggnog

4 egg yolks, beaten
2 cups milk
1/3 cup sugar
1 cup whipping cream
4 tablespoons brandy (*konyak*)
½ packet vanilla
nutmeg, for garnish

In a large saucepan, combine the egg yolks, milk and sugar. Cook and stir over low heat until the mixture coats a metal spoon. Remove from heat. Place the pan in a sink or bowl of COLD water, and stir for 2 minutes. Stir in whipping cream, alcohol, and vanilla. Cover and chill 4-24 hours. Serve sprinkled with nutmeg. Yields 2-3 servings.

Kahlua

1 quart water
1 ½ tablespoons instant coffee
1 ½ cups sugar
1 packet vanilla sugar
1 ½ cups vodka

Bring water, sugar and coffee to a boil in a saucepan. Simmer slowly for 2-3 hours. Mixture should turn very dark and syrupy. Add the vanilla and vodka, then pour into vodka bottle and store in the refrigerator. Yields 8-10 servings.

To make a White Russian, combine 2 parts kahlua, 2 parts milk and 1 part vodka. Garnish with ice.

Beverages

Mimosa

champagne, chilled
orange juice, chilled

In pretty glasses, combine equal parts chilled champagne and orange juice. Other juices can be used as well; champagne and peach juice creates a festive Bellini. Yield varies.

Bloody Mary Mix

1 liter tomato juice
1 garlic clove, peeled but whole
1 teaspoon salt
2 dashes soy sauce
¼ teaspoon chili powder or red pepper
1 jar olives, divided
1 lemon
1 bunch green onions, whole

Mix tomato juice, garlic clove, salt, soy sauce, chili powder or red pepper, ½ jar olives and 2 tablespoons olive juice in a pitcher. Slice lemon in half. Squeeze half of the lemon into the pitcher. Slice the other half for garnishes. Chop 1 green onion and add to pitcher. Reserve the other onions for garnish, in place of celery stalks. Stir pitcher well and refrigerate 30 minutes. Yields 6 servings.

To make a Bloody Mary, combine 1 part chilled vodka, 3 parts Bloody Mary Mix, 1 olive, 1 slice lemon and one green onion. Serve over ice, if available.

Sangria

1 cup orange juice
¼ cup lemon juice
1 bottle dry red wine
¼ cup sugar
ice cubes
orange and lemon slices

In a large container, combine all ingredients except ice. Stir until all sugar dissolves. Cover and chill 3-24 hours. Serve over ice. Yields 6-8 servings.

Beverages

Hard Cider

- 3 liters apple cider (see recipe)
- 1 packet dry yeast
- 1 cup sugar
- 3 liter glass jar
- 1 plastic lid
- 1 straw
- 3 1 liter plastic bottles

Pour warm cider into the jar. Add the yeast. Cover with plastic lid, making sure to poke a small pen-sized hole in the lid beforehand. Stick a straw in the hole; so that air can escape but nothing can get in (bend the straw slightly). Let sit for 2 weeks at room temperature, or until bubbling stops.

Transfer to clean plastic bottles. Add 1/3 cup sugar to each bottle, using a funnel. Tightly screw on caps. Let sit for at least one more week at room temperature. Refrigerate before drinking. Open over the sink, because the cider can be *very* carbonated. Yields 3 liters.

Samagon

As if we could publish it here...go ask your neighbor or host dad!!!

Pomegranate Martini

- 2 parts pomegranate nectar (try it from fresh fruit*)
- 1 part vodka
- dash of vermouth or white wine
- ice cubes

Place glasses in freezer or on winter balcony. Mix chilled juice, vodka and vermouth or wine in a pitcher and stir, or shake for the 007 fans. Serve in chilled glasses garnished with fresh pomegranate, berries or lemon slice. Yields 1 serving.

* Tear a fresh pomegranate in half and carefully remove all the fruit kernels and put in a deep bowl or small pot. Smash with potato masher until all juice is removed from the kernels. Strain into a glass.

Appetizers

Latvian-style Suhari

- ½ cup sour cream
- 1 tablespoon buttermilk (*ryazhanka*), *kefir* or milk
- 2 cloves garlic, sliced very thin
- 1 pinch pepper
- 2 pinches salt
- day old (or older) black bread or dark rye
- 1 tablespoon oil

Mix the sour cream, *ryazhanka* (or *kefir* or milk), one clove garlic, pepper and one pinch salt together and put in a cool place. Heat the oil in heavy skillet or frying pan. Slice the bread in to large finger-like pieces (toast points). Add the other clove of garlic and an additional pinch of salt to the hot oil. Fry the toast-points until crusted on all sides. Serve with the dipping sauce. Yields 2 servings.

Roasted Garlic

- 2 bulbs (head) garlic
- 2 teaspoons olive or sunflower oil

Peel some of the skin off the bulbs, but keep them intact. Slice the top ¼ inch off the top of the bulb. Place on foil and drizzle with oil. Wrap the garlic in foil and bake at medium heat for 50 minutes. Serve with toasted bread. Yields 2 servings.

Festive Cheese Mold

- 2 cups cheddar cheese, finely grated
- 2 tablespoons mayonnaise
- ¼ cup onion, diced
- 3-4 dashes hot sauce
- ½ teaspoon black pepper
- ½ teaspoon salt
- ¼ cup strawberry preserves

Mix all ingredients, minus the preserves, gently in small bowl. Mold into a circle, heart, Christmas tree or other fun shape. Cover with a thin layer of strawberry preserves. Serve at a festive occasion with crackers or toast. Yields 8 servings.

Appetizers

Tortilla Chips

1 cup sunflower or vegetable oil
Corn or Flour Tortillas (see International section)

Heat oil in a small sauce pan. Cut tortillas into triangles. In small batches, add tortilla triangles to oil, watching carefully so they cook evenly and don't burn. When they are crispy, remove chips from oil and place on a paper towel-lined plate to absorb excess oil. Repeat with next batch of triangles. Add more oil if necessary. Lightly salt if desired. Yield varies.

Variation for Tortilla Chips:

Healthier version: Heat oven to 400F. Line the triangles on a baking sheet, brush with oil and sprinkle with salt. Bake triangles for 5-7 minutes until browned and no longer chewy.

Bean Paste

1 cups white beans
2 cloves garlic, crushed
½ lemon
1 tablespoons olive oil
¼ teaspoon salt
¼ teaspoon pepper
spices to taste

Soak beans overnight. Then boil the soaked beans until soft; drain and mash. Crush the garlic and add to the beans. Cut and squeeze the lemon, adding the juice. Add oil, salt and pepper, as well as any other spices you like. Serve with toast, lavash chips or vegetables. Yields 2-3 servings.

Appetizers

Fried Pickles

pickles
flour
salt and pepper
oil, for frying

optional spices:
chili
paprika
dill, fresh or dried
cumin
basil

Cut the pickles into quarters. Heat oil in a frying pan. Mix flour, salt, pepper and any spices you wish. Dredge the pickles through the flour coating each side with flour. Place the dredged pickles into the hot oil. Fry each side; when each side has a nice brown color remove from oil and drain on towel (paper or cloth). Serve warm with sauce (Ranch or Fried Pickle Sauce below). Yield varies.

Fried Pickle Sauce:

Mix together mayonnaise, hot sauce, little dash of soy sauce, and chili powder.

Appetizers

Eggplant Caviar

2 medium eggplants, pricked
1 clove garlic, minced
1 small onion, chopped finely (red ideal)
1 tablespoon chopped parsley
1 green or red bell pepper, chopped finely
1 large tomato, chopped finely
1 teaspoon salt
½ teaspoon pepper
¼ cup olive oil
2 tablespoons lemon juice

Pierce eggplant with a fork and bake at 350F for 40 minutes. Cool, take out pulp and discard the skin. Add remaining ingredients and chop very fine.* Add salt and pepper to taste. Refrigerate for at least 2 hours and then serve. Yields 6 servings.

* If you have a hand-crank meat grinder, put cooked and cooled eggplant, garlic, onion, parsley, pepper and tomato through the grinder. Add remaining ingredients and proceed as directed.

Eggplant "Pizzas"

1 large round eggplant
1 large zucchini
2 large beefsteak tomatoes
1 large onion, minced
2 small hot peppers, minced (optional)
4 cloves of garlic, minced
300 grams shredded cheese
1 teaspoon oregano
sunflower oil

Slice eggplant, zucchini, and tomatoes into discs. Make many small stacks of eggplant, zucchini, and tomatoes in order. Mix together onion, peppers, and garlic and spread dollops of the mixture onto the tomato slices. Top with shredded cheese and oregano. Place each "pizza" on a baking sheet and drizzle with sunflower oil. Bake for 30-40 minutes at about 350F. Yields 4-6 servings.

Appetizers

Caramelised Walnuts

½ cup sugar
2 tablespoons balsamic vinegar
1 ½ cups walnuts
oil

Preheat oven to 350F. Line heavy rimmed baking sheet with foil or wax paper. Coat with a thin layer of oil. Combine sugar and vinegar in small saucepan. Stir over medium heat until sugar dissolves, about 3 minutes. Add nuts; toss to coat. Transfer mixture to baking sheet.

Bake until nuts are deep brown and syrup thickens and coats nuts, stirring occasionally, about 10 minutes. Cool completely on baking sheet. Break nuts apart. This dish may be made 2 days ahead and stored in an airtight container at room temperature. Yields 1 ½ cups.

Spicy Walnuts

2 tablespoons vegetable oil
1 ½ teaspoons thyme
½ teaspoon Tabasco or other hot sauce
4 cups shelled walnuts
½ teaspoon salt

Preheat oven. In large bowl, combine oil, thyme and hot sauce. Add nuts and stir gently until they are all coated. Place nuts in a single layer on a baking sheet. Coat with remaining sauce and sprinkle with salt. Bake 8-10 minutes until toasted. Repeat until all nuts are toasted. Yields 4 cups.

Sweet Spiced Nuts

½ cup (125-150g) sugar
½ teaspoon cinnamon
½ teaspoon cloves
½ teaspoon nutmeg
2 egg whites
500 g (half kilogram) of walnuts

Mix sugar and spices in a large bowl. Add egg whites and mix until blended. Add nuts and toss until nuts are evenly coated. Bake on a greased cookie sheet in a 350F oven about 20-25 minutes until coating is crunchy. Yields 5 cups.

Salad Dressings and Dipping Sauces

Thousand Island Dressing

1 hard boiled egg
1 tablespoon onion, minced
1 tablespoon pickle, minced
1 cup mayonnaise
¼ cup ketchup
2 teaspoons fresh parsley

Finely chop the boiled egg. Mix in small bowl with onion and pickle, mayonnaise, ketchup and parsley. The dressing will be on the thicker side. Chill and use as salad dressing or when you want a homemade Reuben sandwich or Big Mac. Yields 1 ½ cups.

Blue Cheese Dressing

100 grams crumbled blue cheese (available in most oblast grocery stores)
1 cup buttermilk (*ryazhanka*)

Combine cheese and buttermilk. Enjoy as a dipping sauce for vegetables, or as a salad dressing. Yields 1 ½ cups.

Ranch Dressing

1 cup buttermilk (*ryazhanka*)
½ cup *smetana*
½ medium onion, grated
1 clove garlic, pressed or minced
1 teaspoon lemon juice
2 pinches dried oregano
1 pinch dried parsley
¼ teaspoon black pepper
2 pinches salt

Combine all ingredients in a medium bowl, stirring well. Refrigerate and use for up to two weeks on anything your heart desires. Yields 1 ½ cups.

Salad Dressings and Dipping Sauces

"Caesar" Dressing

3 tablespoons *kefir*
1 tablespoon oil
1 teaspoon vinegar (or 2 teaspoons lemon juice)
pinch of dried parsley
salt, to taste
pepper, to taste

Mix the *kefir*, oil, vinegar or lemon juice and spicesto your taste. Use with lettuce, grated cheese and croutons to make a "caesar" salad, or pour over steamed vegetables or fresh cabbage salad. A delicious, tangy and healthy alternative to mayonnaise. Yields 1 serving.

Country Salad Dressing

1 cup sugar
1 cup olive oil
1/3 cup vinegar
½ cup ketchup
1 small onion, diced
1 teaspoon finely grated celery root
pinch of salt

Blend all ingredients together until well mixed. Yields 2 ½ cups.

Vinaigrette

2 tablespoons red or white vinegar
1 teaspoon spicy mustard
1/3 cup olive oil
salt
pepper

Place vinegar and mustard in a bowl. Whisk to blend. Add olive oil while whisking. Season to taste. Yields 2 servings.

Salad Dressings and Dipping Sauces

Red-Wine Vinaigrette

2 tablespoons vinegar
1/3 cup olive oil
1-2 tablespoons dry red wine

Blend all ingredients together. Shake or stir well before using. Yields 1/2 cup.

Zacarpattia Dressing

1/2 cup vinegar
1/2 cup oil
2 tablespoons *Vigora* seasoning (found in bazaars in Western Ukraine)
1 tablespoon mustard
1 tablespoon honey

Add all ingredients together in a jar. Shake well and pour over fresh vegetables or salads. Yields 1 cup.

Chili Oil

1 cup sunflower oil
3 hot peppers, sliced
3 sprigs fresh or a pinch of dried oregano
2 teaspoons coriander

In a saucepan, heat sunflower oil, 2 hot peppers, oregano and coriander for 5 minutes. Strain the oil into a jar and add the remaining pepper. Oil may be stored for 2-3 days in the refrigerator. Discard if the oil becomes cloudy. This oil is good for sautéing vegetables, or to spice up a cabbage and carrot salad. Yields 1 cup.

Creamy Mustard Sauce

1 cup *smetana*
1 1/2 tablespoons mustard
1 tablespoon green onion, minced
pinch of salt
pinch of pepper

Combine all ingredients in a small bowl and mix to blend well. Cover and chill. Sauce keeps for one week, and can be used as a dipping sauce for fresh vegetables or chicken. Yields 1 cup.

Salad Dressings and Dipping Sauces

Honey Mustard Sauce

1/2 cup honey
1/2 cup mustard
1 tablespoon sunflower oil
1 tablespoon vinegar
pinch of salt
pinch of pepper

In a jar, add all the ingredients, slowly mixing in the honey. Cover and shake well. If you like a creamier dressing, add a small amount of thick *smetana*. Use this recipe to baste for chicken, as a dip for French fries or chicken fingers, or as salad dressing. Yields 1 cup.

Simple Homemade Tartar Sauce

2-3 pickles, finely chopped
2 tablespoons lemon juice
1 cup mayonnaise

Stir all ingredients together until well mixed. Yields 1 1/2 cups.

Tzatzkik Sauce

1 small cucumber
250 grams *kefir*
1 tablespoon dill
juice of 1/2 lemon
1 clove garlic, pressed or minced
salt
pepper

De-seed and finely dice cucumber. Dry on a paper towel. Dice dill (if not pre-packaged). Combine remaining ingredients and chill 30-60 minutes before serving. Using this cooling sauce on falafel, or as a veggie dip. Yields 2 cups.

Salads

Tabbouleh

1 cup dried *gretchy*
1 ½ cups boiling water
4 tomatoes
1 onion
3 cloves garlic, pressed or minced
juice of 1 lemon
1 teaspoon oil
salt, to taste
pepper, to taste
herbs, to taste

Combine the *gretchy* and boiling water in a bowl. Immediately cover and let stand 15-20 minutes. The *gretchy* should absorb some of the water. Drain any excess water. Refrigerate for at least 30 minutes. In the meantime, chop the vegetables. After 30 minutes have passed, add the vegetables to the *gretchy*, mixing in the lemon juice, oil and any herbs you wish. Keep chilled until ready to eat. Yields 4 servings.

Bean Salad

1 cup white beans, dry
2-3 tomatoes, chopped
1 medium onion, chopped
1 cucumber, chopped
100 grams *brinza*, cubed
1 clove garlic, pressed or minced
2 tablespoons sunflower oil
1 tablespoon vinegar
pinch of salt
pinch of pepper

Soak and boil beans. They need to be cooked through, but not overly mushy. Chill beans. To chilled beans, add remaining ingredients. Mix well and serve. Yields 2-3 servings.

Salads

BLT Tomatoes

1 kilogram cherry tomatoes, washed and cored
500 grams meaty *salo*, chopped fine and fried until crispy
1 cup green onions, chopped
1 cup *smetana*
1-2 tablespoons mayonnaise

Mix mayonnaise and *smetana* together; add chopped onions, and *salo*. Fill cored cherry tomatoes with mixture and enjoy at your next holiday gathering. Yields 8 servings.

Carrot and Raisin Salad

3-4 medium carrots, peeled and grated
½ cup raisins
¾ cup mayonnaise
few drops of vinegar
2 tablespoons cream or milk
sugar, to taste

Soak raisins in hot water until soft. Drain. In a separate bowl, mix mayonnaise, vinegar, milk or cream, and sugar to taste. Pour over shredded carrots and softened raisins and stir. You may not want to add all the dressing at first, you can always add more. Yields 4 servings.

Healthy Morning Salad

1 small carrot, grated
1 apple, grated
½ teaspoon sugar
1 tablespoon *smetana*

Mix all ingredients and enjoy a vitamin-filled, healthy morning with this easy, inexpensive salad. Yields 1-2 servings.

Salads

Dr. Sasha's Daily Cabbage Salad

1 red/purple cabbage
sunflower oil, to taste
vinegar, to taste
salt, to taste
pepper, to taste

Remove outer leaves and rinse the cabbage. Slice thinly and squeeze until tender. Add salt, pepper, oil and vinegar to taste. Yields 1 serving.

Note: Based on the prevalence of cabbage in the average PCV diet, it is recommended you purchase a mandolin (wood board with blade for slicing vegetables) to shorten the prep-time for this versatile and healthy vegetable. They are widely available in baazars throughout Ukraine for less than 20 hrv. After countless cabbage salads and pots of borshch, you will not regret it!

Simple Cabbage Salad

cabbage, thinly sliced
carrot, grated
red bell pepper, diced
cucumber, peeled sliced into coins and quartered
tomato, seeded and diced
sunflower oil, to taste
salt, to taste
pepper, to taste

Combine all ingredients. Let set for 10 minutes, then enjoy. Yields vary.

Note: Red bell pepper, cucumber and tomato are all optional ingredients based on availability. If you find them in the winter, indulge in a deserved vitamin booster.

Salads

Party Cabbage Salad

1 large head of cabbage
6 to 7 medium carrots
1 to 2 cucumbers
2 onions optional
1 can corn optional
3 packages of *mivina* noodles
1/3 cup vinegar
2/3 cup sunflower oil
1/2 cup *kefir*
1 cup mayonnaise
2 tablespoons sugar
pinch of salt
pinch of pepper

Cut, rinse and dry cabbage. Wash, peel and slice carrots into salad bite-sized pieces. Slice cucumber (peel if you like). Chop any other vegetables and mix in a big bowl. Crunch up uncooked *mivina* noodles and add to vegetables. Set aside the powder flavor packets. In a separate bowl, mix vinegar, oil, *kefir*, mayonnaise, sugar, flavor powder from 3 packages of *mivina*, salt and pepper and whisk until well mixed. Add dressing to vegetables and noodles. You may not want to add all the dressing. If the dressing is too "zingy" you can decrease vinegar or add sugar. Yields 8-10 servings.

Note: This salad is perfect for a large gathering. It is much better the second day, and thus allows for advance party preparation.

Radish Salad

1/4 kilo radishes
sunflower oil, to taste
vinegar, to taste
pinch of salt
pinch of pepper

If using white radishes, clean and peel. If using red radishes, just rinse and cut the root strings from the radish. Grate radishes and add remaining ingredients according to your taste. This salad makes a great accompaniment to any meat dishes. Serve cold. Yields 2 servings.

Salads

Southern-Style Potato Salad

½ kilogram potatoes
1 medium onion
mayonnaise
spoonful mustard
salt
pepper
paprika

Peel and chop potatoes. In a large pot, begin boiling them. Boil them until they are tender, but not soft. Meanwhile, chop the onions. Once the potatoes are done, drain them and set aside until cool.

Coarsely chop onion. In a large bowl, combine potatoes and onions. Add mayonnaise, mustard, salt and pepper until a desired consistency and taste is achieved. Garnish with paprika. Chill before serving. Yields 4-6 servings.

Note: Try serving this to your Ukrainian friends on the 4th of July. A cross-cultural moment discussing the similarities and differences between *Salat Olivie* with American Potato Salad will surely result.

Greek Potato Salad

6 medium potatoes
1 large or two small onions, chopped
juice of 1 lemon
½ teaspoon dried oregano
1 tablespoon fresh parsley (or 1 teaspoon dried)
2-3 tablespoons oil (olive oil is best, but sunflower will work)
2-3 tablespoons vinegar
salt, to taste
pepper, to taste

Peel and chop potatoes. Boil until tender. Drain. While still warm, add remaining ingredients. Mix well, but be careful not to break up potatoes. Chill. Serve cold. Yields 4-6 servings.

Salads

American-style Coleslaw

3 cups shredded green cabbage
1 cup shredded red cabbage
2 medium carrots, shredded
2 small onions, thinly sliced
½ cup mayonnaise
1 tablespoon vinegar
1-2 teaspoons sugar
½ teaspoon celery seed or 1 tablespoon celery root, grated
½ teaspoon salt
½ teaspoon pepper

In a small bowl, mix together mayonnaise, vinegar, sugar, celery seed and salt. Place cabbages in a medium/large bowl, and pour mayonnaise dressing over them. Stir well. Chill before serving. Yields 6 servings.

Macaroni Salad with Tuna

½ kilo macaroni noodles
1 large onion, chopped
1 small can peas, drained
1 can tuna fish, rinsed and drained
1-2 spoonfuls mayonnaise
salt, to taste
pepper, to taste

Boil macaroni until al dente. Drain and set aside to cool. Once cool, combine macaroni with onion, peas and tuna. Stir well. Add mayonnaise, salt and pepper. Serve hot or cold. Yields 2 entrée portions or 4 smaller portions.

Salads

Macaroni Salad with Vegetables

½ kilo macaroni noodles
1 onion, chopped
1 bell pepper, chopped
1 carrot, shredded
1 cucumber, chopped
2-3 tomatoes, chopped
olive or sunflower oil
vinegar
fresh or dried herbs, chopped

Cook the macaroni according to directions. Drain and set aside to cool. Once cool, combine macaroni with onion, pepper, carrot, cucumber and tomatoes. Slowly add equal amounts of oil and vinegar until everything is well coated. Add herbs to taste. Stir. Chill before serving. Yields 2 entrée portions or 4 smaller side portions.

Super Simple Pasta Salad

2 cups of dried pasta (macaroni and ziti noodles are best)
1 medium onion, chopped
3-4 large pickled tomatoes (see canning section, or purchase at the store)
1 pickle, chopped
1 teaspoon black pepper

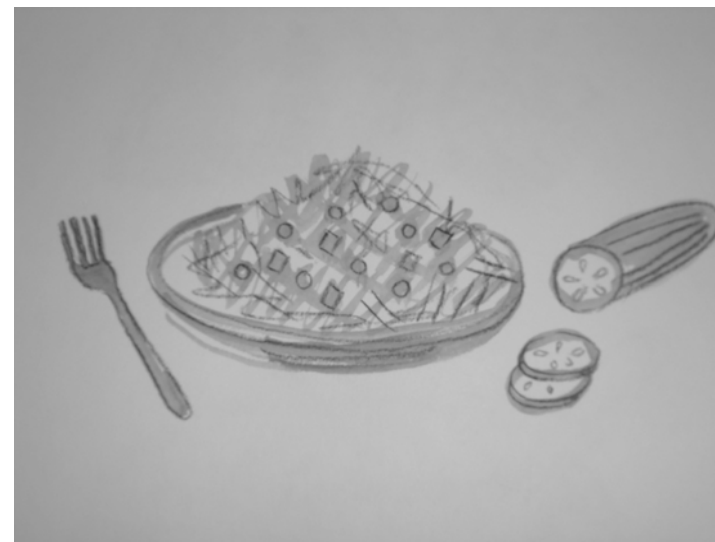
Boil pasta noodles and drain. Chop up onions, tomatoes and pickles. Add to noodles, including the juices from the pickled tomatoes. Add pepper and mix. Tastes great served hot or cold. Yields 2 servings.

Salads

Curry Chicken Salad

1 chicken breast
1 small onion, sliced
3 pinches of dried herbs
1 heaping tablespoon mayonnaise
1 tablespoon raisins
½ teaspoon curry powder
salt, to taste
pepper, to taste

Boil chicken breast in salted water with sliced onion and dried herbs. When cooked completely through, remove and cool. Tear into pieces. Add remaining ingredients, mix and chill. Yields 1 serving, but can easily be doubled or tripled for more.



Soups

Vegetable Stock

4 medium onions, unpeeled and quartered
4 medium carrots
3 medium potatoes
1 small head cabbage
2 liters water
1 teaspoon salt
½ teaspoon each of dill, basil and rosemary
¼ teaspoon pepper

Scrub all vegetables; cut off root and stem. Do not peel unless waxy. Cut onions into wedges. Cut carrots, potatoes and cabbage into 2 inch pieces. Heat the oil in a big pot. Add vegetables, stirring and cooking for about 10 minutes until they start to brown. Fill the pot with water adding herbs and spices. Bring to a boil; reduce heat and simmer, covered, 2 hours. After simmering, strain broth, removing vegetables. Freeze, refrigerate, or use immediately for soup or *borshch* base. Yields 1 ½ liters of stock.

Chicken Stock

1-2 chicken legs or a whole chicken carcass
2 liters water
1 onion, chopped
2 carrots, chopped
2 cloves garlic, unpeeled
2 bay leaves
1 teaspoon parsley
½ teaspoon black peppercorns, whole
1 tablespoon salt

Put chicken into a large pot. Fill with water. Add onion, carrot, garlic, herbs and seasonings. Bring to a low simmer. Cover and let simmer for about 2 hours. Remove chicken pieces (bones and meat) and save for a later use. Strain broth, removing vegetables and excess spices. To remove excess fat, refrigerate broth overnight. The next day, skim congealed fat from the top of the broth and discard. Freeze, refrigerate, or use immediately for soup or *borshch* base. Yields 1 ½ liters of stock.

Note: This recipe may easily be adjusted to beef or pork stock. Simply substitute beef or pork bones for the chicken carcass.

Soups

Homemade Chicken Noodle Soup

1 small chicken
6 cups water
1 onion, chopped
2 carrots, sliced
2 stalks celery (optional)
1 bay leaf
2 cups dry macaroni
salt, to taste
pepper, to taste
parsley, to taste

In a large pot combine chicken, water, onion, carrots, salt, pepper and bay leaf. Bring to a boil; reduce heat. Simmer, covered, about 2 hours until chicken is tender. Remove pot from heat and remove chicken from broth. When cool enough to handle, remove meat from bones. Discard bones and cut up meat into bite-sized pieces; set aside. Discard bay leaf and skim fat off top of broth. Return the pot to heat and bring to a boil once again. Blanch the pasta in boiling water for 5 minutes, drain. Add blanched pasta and celery (if using). Continue simmering until the pasta and vegetables are tender. Stir in chicken; heat through. Add salt, pepper and parsley to taste. Yields 4 to 6 servings.

Soups

Curry Chicken Soup

6 cups water
2 large chicken leg quarters, skinned
sunflower oil, for browning
4 medium carrots, peeled and sliced
2 medium onions, sliced
1-2 potatoes, peeled and cubed
6-8 cloves garlic, minced
2 tablespoons fresh ginger, finely chopped (or 1 teaspoon dried ginger)
1 tablespoon curry powder
½ teaspoon chili powder
1 teaspoon whole cloves
1 teaspoon whole black peppercorns

Bring water to boil in a large soup pot. Meanwhile, brown chicken in skillet with oil. Remove chicken to cool. Add a bit of boiling water to de-glaze the skillet and pour back into soup pot. Add remaining ingredients to soup pot, including chicken pieces plus the bones. Simmer 2-3 hours, until broth thickens. Remove bone and serve. The rumor among PCVs is that this soup prevents colds better than even *salo* and garlic! Yields 4 to 6 servings.

Easy Tomato Soup

1 chicken bouillon cube
4 cups water
3-4 tablespoons tomato paste
pinch of pepper

Prepare chicken broth by bringing water and bouillon to a boil. Add tomato paste and pepper. Stir. Simmer until hot, then enjoy with a grilled cheese sandwich. Yields 2 servings.

Soups

Pappa al Pomodoro

1 cup dried beans, soaked overnight
2 cloves garlic, diced
1 medium onion, diced
2 cups stock or water
1 cup fresh or canned tomatoes
3 tablespoons olive oil (sunflower will also work)
2 tablespoons fresh or 1 teaspoon dried basil
1 tablespoon fresh parsley
bread
1 tablespoon salt
pinch of salt
pinch of pepper

Sauté garlic, onion and dried herbs in 2 tablespoons of oil until translucent. Strain soaked or canned beans, then add to the stock or water with salt. Cook over medium heat for 30 minutes, or until beans are soft and half the water has been absorbed. Slightly smash the beans with a potato masher, being careful not to create a paste. Cut tomatoes into one inch cubes and add to the beans along with the fresh herbs. Simmer 5 minutes more. Remove from the heat and spoon over bowls with broken pieces of stale bread in the bottom. Drizzle with oil, and add a pinch of salt and pepper. Yields 2 entrée-sized servings.

Gazpacho

2 ½ cups tomato or vegetable juice
1 cup peeled, seeded, finely chopped tomatoes
½ cup celery root, grated
½ cup cucumber, finely chopped
½ cup green bell pepper, finely chopped
½ cup green onion, finely chopped
3 tablespoons white wine vinegar
2 tablespoons extra virgin olive oil
1 large clove garlic, minced
½ teaspoon salt
½ teaspoon Worcestershire sauce or chili pepper & honey

Combine all ingredients in large bowl and refrigerate one day before serving so that the flavors can mix. Serve cold. Yields 6 servings.

Soups

Split Pea Soup

1 cup dried split peas
1 medium onion
1 tablespoon oil
100 grams *salo* or bone-in ham*
8 cups water or stock
1 teaspoon salt
2 medium carrots
1 teaspoon pepper

Soak peas overnight in water in the refrigerator. Sauté onion in oil until translucent. Cook *salo* or bone-in ham for 5 minutes*. Strain soaked peas and add to the stock or water with salt. Simmer on a low heat for two hours. Peel and cut carrots into ½ inch pieces and add to the soup after one hour of simmering. Add the pepper and serve. Yields 4 to 6 servings.

* The pork is optional and can be omitted for a vegetarian soup.



Soups

Ribolita

1 pound white beans
2 medium onions, diced
6 medium carrots, diced
olive oil, for cooking
4 stalks celery, diced, or ½ cup celery root, grated
1 bunch swiss chard, spinach or small red cabbage, roughly chopped
4-5 cloves garlic, minced
5 large tomatoes, diced
1 small banana pepper, diced
1 bunch parsley, minced
5 cups chicken or vegetable stock
heel of parmesan cheese, if available
stale bread

Wash beans. Cover with water and bring to a boil in small saucepan. Remove from heat and let sit for several hours. Add more water to cover, add seasonings and simmer until barely done. They become mushy quickly, so watch carefully. Then in a large soup pot, sauté onions and carrots in olive oil over medium heat. After a few minutes, add the celery, then chard (spinach or cabbage), garlic and additional oil as needed. Add tomatoes, pepper, beans and heel of parmesan cheese. Cover with stock and bring to a boil. Simmer one hour. Remove from heat. Add cubes of bread to the pot and let rest for several hours. Add parsley and reheat. Serve with parmesan and olive oil for garnish. Yields 10-12 servings.

For leftover soup, green beans, peas, sliced pancetta, potatoes or leftover pasta may be added the next day. When reheating, add fresh garlic and olive oil.

Note: Parmesan is starting to become available in Ukraine. For Italian food-lovers, it is available in Bessarabsky Market in Kyiv, as well as many oblast superstores. If you do not have parmesan, simply omit the addition of the heel to the soup and serve with grated hard Ukrainian cheese.

Soups

Vegetable Soup

1 ½ liters (6 cups) prepared chicken or vegetable broth
1/3 small cabbage, sliced and chopped
1 onion, chopped
2-3 carrots, chopped
2-3 cloves garlic, diced
2-3 tomatoes, chopped
2 potatoes, peeled and chopped
2 cups dry macaroni or 1/2 cup dry rice
herbs - basil, oregano, bay leaf, cilantro, to taste
salt, to taste
pepper, to taste

Add cabbage, onion, carrots, garlic, potatoes and tomatoes to a large pot. Pour in broth. Add herbs to your taste. Bring to a boil; reduce heat and simmer, covered. After 10 minutes, add macaroni or rice. Continue simmering until macaroni or rice is done. Add salt and pepper to taste before serving. Yields 8-10 servings.

Yalta Onion Soup

2 yalta onions, sliced (other onions may be substituted)
4 cloves garlic, minced
50 grams butter
3 cups water
1 beef bouillon cube
1 teaspoon mustard
1 tablespoon dry wine
bouillon to taste
toasted bread
Swiss or similar cheese, sliced or grated

In medium-heat soup pot, saute the garlic and onions in butter for 10-15 minutes. Add water, bouillon, mustard and dry wine. Bring to boil, then cover and let simmer for 20 to 30 minutes. Toast a slice of bread, and place in oven-proof bowl. The decorative enamel or clay serving bowls popular in Ukraine work well for this dish. Pour broth over bread. Add a slice of cheese or grated cheese to the top and bake in the oven about 10 minutes at medium heat, or until cheese is melted. Yields 1 to 3 servings.

Note: If you do not have an oven-proof serving dish, you may omit the baking portion of this recipe. Simply put the toast at the bottom of a bowl, add the cheese, then pour the broth over the bread.

Soups

Cream of Mushroom Soup

1 cup Béchamel sauce (see Sauces section)
250 grams fresh mushrooms
2 tablespoons celery or celery root, minced or grated
¼ cup onion, minced
3 tablespoons butter
2 sprigs fresh parsley
2 cups vegetable broth or water
pinch of paprika
pinch of salt
pinch of pepper

Prepare 1 cup of Béchamel sauce according to directions in this book. Set aside. Rinse and slice mushrooms. Wash, peel and mince the celery and onion. Then, in a medium soup pot, melt the butter over a medium flame. Add the mushrooms and sauté until they are tender. Stir in the broth and vegetables. Rinse and finely chop the parsley and add to the soup. Simmer for 20 minutes. Slowly begin adding the Béchamel, stirring constantly. Stir over medium heat until the soup is hot, but not boiling. Serve immediately. Yields 2 serving.

Butternut Squash Bisque

2 cloves garlic, minced
2 medium onions, chopped
2 tablespoons sunflower oil
1 kilo butternut squash, peeled, seeded and chopped into pieces
1 medium carrot, peeled and sliced
½ teaspoon cumin
½ teaspoon red pepper or chili
½ teaspoon salt
5-6 cups of chicken stock
¼ cup cream

In a large soup pot, sauté garlic in onions in the oil over medium heat for 5 minutes. Add the butternut squash, carrot, cumin, red pepper and salt. Cook for 5 minutes more, stirring mixture with a big wooden spoon. Add chicken stock to pot up to the level of the squash (no more). Bring to a boil, reduce heat, cover and simmer for 30 minutes, until the squash is tender. Remove from heat. In batches, puree the soup in a food processor* until all is smooth. Return to heat, stir in cream and serve hot. Yields 6 to 8 servings.

*If you do not have a food processor, use a potato masher. Or, run the onions, butternut squash and carrot through a manual meat grinder before cooking.

Soups

Potato Leek Soup

4 medium potatoes
1 small onion
2 leeks
1 tablespoon butter
1 liter chicken stock
1 cup milk
½ cup *smetana*
pinch salt
pinch pepper

Peel, chop and boil the potatoes. Thinly slice onion and the white portion of the leeks. Sauté in butter until soft, 5-7 minutes. Put the cooked potatoes and leeks, plus a 1 cup of stock, in a blender, food processor or meat grinder blend until smooth. If you do not have a blender or food processor, mince the onions and leeks very fine. Add the potato-leek mixture to the broth and bring to a slow boil. Add the milk and sour cream, stirring constantly. Reduce heat to a low flame and simmer for 15 minutes, stirring occasionally. Season with salt and pepper. Garnish with fresh chives, green onions and more sour cream. Serve with thick bread. Yields 1 large serving.

Variation: For potato-cheese soup, stir in ½ cup shredded cheese before serving.

US Senate Bean Soup

2 cups dried navy beans
10 cups water
1 ham bone (any pork bone will do)
2 ½ cups mashed potatoes*
2 teaspoons salt
¼ teaspoon pepper
1 onion, chopped
2 stalks celery, chopped (optional)
1 clove garlic, finely chopped

Soak beans overnight, or heat beans and water to boiling. Boil uncovered 2 minutes, remove from heat. Let stand 1 hour, covered. Add ham bone, then heat to a boil again. Reduce to low and simmer for 2 hours or until beans are done. Stir in remaining ingredients. Cover and simmer 1 hour. Remove bone and serve. Yields 4 to 6 servings.

* For Navy Bean Soup, follow this recipe without the mashed potatoes.

Soups

Meat Stew

1 kilogram stewing meat (beef, pork, veal, lamb)
1-2 tablespoons oil
2-3 onions, coarsely cut
3-6 cloves garlic, coarsely chopped
2-3 potatoes, coarsely chopped
1 bay leaf
2-3 carrots, chopped
1-2 tomatoes, chopped
1 parsnip, chopped (optional)
1 pepper, chopped (optional)
½ cup soaked white beans (optional)
flour (if needed for thickening)

Trim meat of excess fat then brown in oil at the bottom of a large pot. Fill the pot halfway with boiling water, garlic and bay leaf. Bring to a boil. Next, add all the rest of the vegetables, except potatoes; reduce heat and simmer 45 minutes. Add potatoes. Continue simmering until potatoes are tender. If cooking liquid evaporates before potatoes are done, add cups of water (one at a time) and continue simmering until all liquid is absorbed. If stew needs thickening, make a paste of cold water and 1 tablespoon flour; add to simmering stew slowly. Yields 6-8 servings.

Soups

Corn Chowder

3 small cans of corn kernels
5-6 small potatoes, peeled and diced
3 cups chicken stock
100 grams butter
3 small onions, diced
½ bell pepper, diced
1 small carrot, finely diced or grated
2 cloves garlic, minced
½ cup flour
2 cups milk or cream
salt
black pepper
herbs and spices of your choice

Combine the corn (with juice from the cans), potatoes and chicken stock in a medium saucepan. Bring to a boil and simmer for 10 minutes. Then, melt butter in a large soup pot over medium heat. Add the onion, pepper, carrot and garlic. Saute for 2 minutes. Add the flour and stir to make a roux. Cook until the roux is lightly browned. Pour the boiling stock with the corn and potatoes, a little bit at a time, into the soup pot with the roux. Bring to a boil. The mixture should become thicker. Stir milk into the soup pot. Add salt, pepper and other herbs and spices to taste. Yields 8-10 servings.

Note: If you want thicker soup, mix a bit of potato or cornstarch in a small cup of water and add to the soup. If you want heartier soup, add more potatoes, onions, peppers, etc. If you want a smaller pot of soup, this recipe can easily be halved.

Note: You can easily turn this into crab-corn chowder. Simply slice up some crab sticks and add them to the pot.

Soups

American Chili

1 cup dry pinto beans
1 cup dry kidney beans
2 kilograms tomatoes
½ jar tomato paste
½ kilogram farsh
2 medium onions, chopped
3-5 cloves garlic, crushed
2 bay leaves
2-3 tablespoons chili powder
1 teaspoon pepper
1 teaspoon cumin
salt to taste
1 cup beer
1 cup barley or *gretchky* (optional)
shredded cheese
sour cream

Soften dry beans by covering them with three times their volume of water, bringing to a boil and simmering until tender. This will take approximately one hour. Drain and rinse, then set aside. While the beans are cooking, wash and chop tomatoes. Put into a large pot and begin simmering on low heat. Add onions, garlic and spices. Simmer until the tomatoes begin to break up, becoming watery and more orange in color. This will take about an hour. Add tomato paste at this point and continue cooking.

In a separate frying pan, cook farsh until brown, drain of excess grease, and add to the tomato sauce. Add beans to the pot. Cover and simmer on low for a few hours, stirring often and making sure to scrape the bottom so that the chili doesn't burn. After the first hour, stir in a cup of beer and return to a low simmer. The chili is done when it has thickened and all of the tastes have blended together. To speed up the thickening process, you can add a few handfuls of barley (*gretchy*) and simmer until it plumps. Serve hot with shredded cheese and sour cream. Yields 6-8 servings.

Variations for American Chili:

Vegetarian Chili: Omit the farsh and substitute with several large cups soy.

Spicy Chili: Chop several fresh chili peppers, as well as regular peppers. Add to the pot when the rest of the spices are added.

Soups

Cajun Gumbo a la Ukraine

1 large chicken
1 cup oil
1 cup flour
1 celery root, peeled and grated
3 large onions, chopped
1 green pepper, chopped
1 small can corn nibblets
2 cloves garlic, minced
2 liters water
2 tablespoons soy sauce
½ cup ketchup
½ can tomatoes (4-5 whole canned in water – not salted)
2 teaspoons salt
½ pound kielbasa sausage, chopped
2 bay leaves
¼ teaspoon parsley
¼ teaspoon red pepper
1 kilo frozen shrimp

Cook whole chicken in kettle in 2 liters salted water to cover until tender. Reserve stock. Remove meat from skin and bones; cut into bite-sized pieces. Set aside. Heat oil in large pot. Add flour slowly; cook until roux is medium to dark brown. Add celery, onions, green pepper, corn and garlic to roux. Cook over low heat, stirring constantly, until soft. Add chicken meat, reserved stock, 2 liters water, soy sauce, ketchup, tomatoes, salt, sausage, bay leaves, parsley and red pepper. Simmer for about 3 hours. Add shrimp and simmer for 30 minutes longer. Stir in small amount of lemon juice if desired. Serve hot gumbo over rice. Yield is 10 servings.

Soups

Cajun Borshch

1 large onion, chopped
1 red bell pepper, chopped
1 medium carrot, peeled and grated
2 whole tomatoes, boiled for 5 minutes and peeled
1 cup sliced cabbage
2 tablespoons celery root, grated
2 cloves garlic, minced
2 tablespoons sunflower oil
1 ½ quarts of beef stock
4 small beets, peeled and grated
2 potatoes, peeled and cubed
1 tablespoon lemon juice
2 eggs, beaten
salt, to taste
red and black pepper, to taste

In a sauce pan over medium heat, sauté onions, bell pepper, carrot, tomatoes, cabbage, celery root and garlic in sunflower oil for about 10 minutes. Add stock, beets, potatoes and lemon juice. Simmer for 1 hour. Add eggs and cook for 10 minutes more. Add seasonings to taste. Serve with Tabasco, a pinch of *filé* powder (if available) and a dollop of sour cream. Yields 4 servings.

Note: A resident-Cajun PC Ukraine Volunteer developed this recipe through extensive testing. We will leave it to you to decide whether you prefer the original or the newer, spicier version of *borshch*.

Sauces

Béchamel Sauce (a.k.a. White Sauce)

1 ¼ cups milk
2 tablespoons butter
2 tablespoons flour
pinch of salt
pinch of pepper

Heat milk in pan over low heat. In a separate pan, melt butter over low heat. Stir in flour. Cook stirring constantly until paste forms and bubbles (the roux), about 2 minutes. Add hot milk, continuing to stir as it thickens. Bring to a boil, then immediately lift pan off of fire. Lower the heat, add salt and pepper, and cook 2-3 minutes more, stirring constantly. Remove from heat. Yields 1 ½ cups.

Variations to Béchamel Sauce:

Thick Cream Sauce: Use 3 tablespoons of flour and one cup of milk. This is consistency needed for croquettes and soufflés.

Curry Cream Sauce: Add 1 teaspoon curry powder and ¼ teaspoon of ginger. This is delicious on baked chicken.

Lemon Cream Sauce: Just before serving, beat in 2 egg yolks, 6 tablespoons of butter (one tablespoon at a time) and 1 tablespoon of lemon juice. This would be used as a dessert sauce for crepes, cakes and torts.

Cheese Sauce: Stir in ½ cup grated cheddar (or your favorite other) cheese during the last two minutes of cooking, along with a pinch of cayenne pepper. This is good on everything!

Alfredo Sauce

6 tablespoons unsalted butter (about 80 grams)
1 small clove garlic, finely minced
1 cup heavy cream (½ cup milk and ½ cup sour cream will work)
pinch of nutmeg
½ teaspoon salt
¼ teaspoon pepper
½ cup Parmesan cheese (or other hard cheese)

Melt butter over a very low flame, add garlic and cook for 2 minutes. Add the heavy cream, nutmeg, salt, and pepper. Slowly add the Parmesan cheese until melted. Serve immediately over pasta. Yields 1 ½ cups.

Sauces

Kreamy Krab Sauce

1 small onion, diced
½ cup sliced cabbage, sliced
¼ cup sliced carrots, sliced
1 ½ cups mushroom, sliced
1 tablespoon sunflower oil
2 cups chicken broth (boiling water and a bouillon cube will work)
½ cup sour cream (milk may be substituted)
3 tablespoons flour
pinch of salt
pinch of pepper
2 cups chopped fake crab sticks (a.k.a. krab)

In a frying pan, sauté the onion, cabbage, carrots and mushrooms in sunflower oil until tender. Add the broth and reduce the heat. In a small bowl, mix the sour cream (or milk), flour, salt and pepper until smooth. Add to the frying pan and stir constantly. Boil for one minute, until thickened. Finally, stir in the krab and cook until they are heated through. Serve over rice, baked potato or pasta. You may also eat like crab chowder with a slice of bread. Yields 4 cups.

Salmon Cream Sauce

200 grams salmon (smoked or salted)
1 lemon
1 tablespoon flour
2 cup milk
1 clove garlic minced
2 green onions, chopped (or 1 small yellow, chopped)
2 tablespoons oil
1 teaspoon dill
½ teaspoon honey
¼ teaspoon pepper

Soak the salmon in fresh, cold water with 1 teaspoon of lemon juice to help remove some of the salt. In a small cup mix flour and a ¼ cup milk thoroughly. Sauté the garlic (the onion, if using yellow) in a sauce pan until transparent. Add in the drained salmon, dill, green onion and juice of half the lemon and sauté for 2 minutes. Over a low heat slowly stir in ¾ cup milk, then mix in the flour milk mixture stirring constantly for 5 minutes. Add the honey and pepper and stir for 3 minutes. Serve over pasta with sliced lemon. Yields 2 ½ cups.

Sauces

Gravy

2 tablespoons onions, minced
4 tablespoons butter
4 tablespoons flour
¼ cup dry red wine
1 ½ cups beef or chicken broth
½ teaspoon salt
½ teaspoon pepper

Sauté onion in 3 tablespoons butter until translucent. Stir in flour, cooking slowly until it turns light brown. Remove pan from flame, add wine and ¼ cup broth, stirring constantly. Return to flame and slowly add remaining broth. Continue to cook for 5 more minutes, stirring frequently. Swirl in remaining butter and salt and pepper. More stock or water can be added to thin the gravy. Yields 2 cups.

Brown Sauce

2 tablespoons butter
½ inch-thick slice of onion
½ teaspoon pepper
2 tablespoons flour
1 ¼ cups beef broth

Melt butter in pan and add the onion. When butter is barely brown, stir in the pepper and flour, cooking slowly until the flour is brown. Gradually add the broth, stirring constantly. Boil gently for one minute. Remove the onion with a slotted spoon and cook for 15 minutes more. Add more liquid if the sauce becomes too thick. Serve over meat roasts or french fries. Yields 1 ½ cups sauce

Red Wine Sauce

1 cup dry red wine
2 tablespoons cold butter, cut into pieces
pinch of salt

Heat wine in small saucepan over medium-low heat until it reduces, about 8-10 minutes. Remove from heat and add butter. Stir until melted and sauce thickens. Serve over meat or cooked vegetables. Yields 1 cup.

Sauces

Classic Spaghetti Sauce

1 kilo fresh tomatoes, chopped (canned or jarred unsalted tomatoes)
2 medium onions, chopped
4-5 cloves garlic, chopped
¼ cup olive oil (sunflower will work)
2 tablespoons tomato paste
mix of basil, rosemary, thyme, oregano, parsley (fresh or dried)
1 bay leaf
¼ cup dry red wine
salt
pepper

To remove tomato skins in your sauce, first blanch and then skin the tomatoes. (Submerge the tomatoes for 30-45 seconds in boiling water, then submerging them in cold water. Peel them after piercing the skin.) Chop the tomatoes and set aside (with their juices). Sauté the onions and garlic in a large sauce pot in olive oil until transparent. Add the tomatoes and dried herbs and simmer this mix on medium heat for 10 minutes. Add the tomato paste, fresh herbs if you have them and wine, continuing simmering another 20 minutes. The longer you simmer, the better the flavors will blend. The sauce will get thicker with time, add water if necessary. Yields 1 ½ liters.

Variations for Classic Spaghetti Sauce:

Meat sauce: Fry and drain some *farsh*. Add to the sauce after you add the tomato paste and wine.

Meatball sauce: Use the *kotlety* recipe (see Ukrainian Food section of this cookbook) to make small meatballs. Cook and brown before adding them to the sauce.

Vegetable sauce: Sauté some mushrooms and peppers with the onions and garlic in the beginning.

Spicy sauce: Add ½ teaspoon chili powder, hot sauce or fresh chilies.

One-pan quick sauce: Omit the tomato paste and wine. Good for quick, fresh meals for one person.

Sauces

Tomato Basil Cream Sauce

1 tablespoon flour
1 cup milk
2 cups sour cream
6-8 tomatoes, chopped
½ teaspoon basil
¼ teaspoon salt
¼ teaspoon pepper
flour (to thicken)

Mix the flour and milk, then add to sour cream. Warm mixture in a skillet, being careful not to boil. Add tomatoes and simmer 20 minutes over low heat. Add basil, salt and pepper. If sauce is runny, you can add a little more flour to thicken it. Serve over pasta. Yields 4 cups.

Pesto Sauce

2 cups fresh basil (loosely packed)
¼ cup pine nuts (walnuts may also be used)
2 cloves garlic
1/3 cup olive oil
½ cup parmesan cheese, grated
pinch of salt
pinch of pepper

Blend all of the ingredients in a food processor, blender or mortar and pestle. Serve over hot pasta, as a sauce for pizza or a delicious spread for bread. Yields approximately 1 cup.

Entrées

Easy Spanish Rice

2 cloves garlic, minced
1 medium onion, chopped
1 cup uncooked rice
2 cups canned tomatoes in liquid
1 ½ cups water
1 tablespoon saffron powder
1 teaspoon black pepper
10 green olives

In a large skillet, sauté garlic and onion until translucent, add rice, tomatoes, water, and spices. Bring to a boil. Reduce heat and simmer for 20-25, stirring occasionally. Add olives. When the rice has absorbed the liquid it is ready to eat. Top with sour cream. Yields 2 ½ cups.

Variations for Spanish rice:

You can substitute fresh tomatoes, salsa, or *adzhika* for the canned tomatoes.

Spicy Lemon Pepper Chicken Pasta

4 tablespoons butter
1 chicken breast, cut into pieces
4 cloves garlic, minced
½ large hot pepper (fresh or dried), chopped
juice of half a lemon
2 pinches of salt
2 pinches of pepper
1 tablespoon capers (optional)

Melt butter in large frying pan. Sauté garlic and hot pepper. Add chicken, lemon juice, salt, pepper and capers, if desired. Boil pasta until *al dente*. Drain pasta. Mix pasta into the frying pan, stirring together all the ingredients for about one minute. Serve hot. Yields 2 servings.

Entrées

Chicken and Dumplings

1 small onion, chopped
1 medium carrot, coined
1 tablespoon celery root, chopped
1 bay leaf
1 chicken breast
4 cups water
2 cups flour
4 ½ teaspoons baking powder
1 teaspoon salt
2 tablespoons butter
milk

Prepare chicken broth by adding onion, carrot, celery root, bay leaf and chicken to water. Simmer for 30 minutes or until chicken is cooked. Remove chicken and cool, the tear in to pieces and set aside.

In a large bowl, combine all of the flour, baking powder and salt. Cut in the butter and mix well. Begin adding the milk in small amounts, until a soft and sticky dough forms. Heat the chicken broth to a boil over a medium-high flame. Drop the dough by the teaspoon into the boiling broth. Cook uncovered for ten minutes. Reduce heat, cover and cook for another 5-10 minutes. To serve, place the chicken pieces in to a serving dish and pour dumplings and broth over chicken. Serve hot with black pepper. Yields 6 servings.

Poached Chicken with Apples

4 chicken breast halves
1 medium apple, thinly sliced
½ cup apple juice
½ chicken bouillon cube
1 clove garlic, minced
¼ cup green onions, diced
1 tablespoon water
½-1 tablespoon flour

Cook chicken for about 7 or 8 minutes in a skillet. Add sliced apples, apple juice, bouillon, garlic, onions and cook for another 5 minutes until chicken is done. Remove chicken and apples. Add water and flour to the "sauce" in the pan. Cook until it thickens. Pour over chicken and apples. Yields 4 servings.

Entrées

Kefir Chicken

1 ½ cups *kefir*
1 tablespoon lemon juice
2 cloves garlic, crushed
2 teaspoon yellow mustard
2 bay leaves
1 teaspoon fresh dill, chopped
1 teaspoon nutmeg
½ teaspoon thyme
1 ½ cups plain breadcrumbs
4 skinless, boneless, chicken breasts
salt
pepper

Put *kefir* in medium-sized bowl. Add lemon juice, mustard, garlic, dill and spices. Mix thoroughly. Place breadcrumbs in separate bowl. Rinse chicken and pat dry. Dip each breast first into kefir mixture, covering top and bottom. Next, roll each piece in breadcrumbs, coating the chicken. Bake in a 350F pre-heated oven for 45 minutes. Serve with either rice or noodles. Yields 4 servings.

Baked Chicken

1-2 kilo chicken (legs, breasts, whole, etc.)
2 tablespoons dried herbs of your choice
1 teaspoon salt
1 teaspoon pepper
1 cup marinade (optional)

If you want to marinate the chicken, place it in a plastic bag with preferred marinade (see recipes in the Salad Dressings and Dipping Sauces section of this book). Let the chicken marinate at least an hour in the refrigerator. Alternatively, rub herbs into the chicken. Put chicken in an oven-proof dish, bake legs and breasts on medium high heat 20-30 minutes. For a whole chicken, cooking time varies depending on size, but assume 1 hour. Cook until no pink remains. Yields vary based on amount of chicken used.

Entrées

Buttermilk Fried Chicken

1 kilo chicken pieces cut up
buttermilk (*ryazhanka*)
1 cup flour
2 cups breadcrumbs
shortening or oil
½ teaspoon salt
¼ teaspoon pepper

Wash and marinate chicken with buttermilk (make enough to cover chicken) 45 minutes. Mix flour, breadcrumbs, salt and pepper together in a bowl. Coat chicken pieces in this mixture. Heat shortening or oil in a frying pan. Fry pieces until cooked through, 6-8 minutes on each side at medium heat). Remove from skillet and drain of excess grease on paper. Yields 4-6 servings.

Beer-Battered Fried Chicken Fingers

½ kilo boneless, skinless chicken breast
1 ½ cups flour
1 teaspoon baking powder
2 eggs, beaten
¾ cup beer
oil for deep frying
¼ teaspoon pepper
¾ teaspoon salt

Rinse chicken and slice into 1 inch strips. In a medium bowl, combine 1 cup flour, baking powder, salt and pepper. Mix in the eggs and beer with a whisk or fork.

Heat the oil in a deep, heavy skillet. If you have a thermometer, the temperature should be 375F / 190C. If not, the oil will be ready when a drop of water "jumps" in the oil.

Place remaining ½ cup flour in a small bowl. Coat the chicken strips in flour, then dip floured strips into the batter. Fry a few at a time in the hot oil, turning once, until coating is golden brown on both sides. Remove, and keep warm until serving. Yields 2 servings.

Entrées

Lemon Herb Chicken

2 cups flour
1 teaspoon salt
1 teaspoon pepper
4 chicken breasts, cut into bit size chunks
2 tablespoons butter (15 grams)
2 tablespoons olive oil
2 cups water (240 grams)
1 chicken bouillon
juice of 1 lemon
8-10 fresh basil leaves, thinly sliced (1 tablespoon dried basil)

Mix flour, salt and pepper in a large bowl. Toss chicken in flour mixture. In frying pan over medium heat, brown chicken pieces in butter and oil. Once the pieces are nicely browned, add remaining ingredients. Cover and simmer for 20 minutes. Serve hot over rice, pasta or potatoes. Yields 4 servings.

Fanta-tastic Chicken

2 chicken breasts (leg quarters will work as well)
1 cup Fanta® (orange soda)
¼ cup soy sauce
4-6 green onions (or 1 medium yellow onion), finely chopped

Combine orange soda and soy sauce. Marinate chicken in the liquid overnight in the refrigerator.

Place the chicken and marinade in a baking dish. Sprinkle with onions. Bake in a medium heat oven for 1 hour. Baste occasionally with the liquid. This recipe goes great with fried rice or pasta. Yields 2 servings.

Entrées

Thanksgiving Day Turkey

- ¼ cup oil
- 1 medium turkey, 5 to 6 kilos
- 1 medium yellow onion cut in half
- 2 large lemons, halved
- 2 tablespoons + 1 teaspoon salt
- 1 tablespoon black pepper

After rinsing the turkey with clean water and patting dry, rub down with olive oil, 2 tablespoons salt, and pepper. Place the onions in the cavity of the turkey. Squeeze the lemons over the turkey and place one of the remaining lemon halves in the turkey cavity and the other under the skin flap at the top of the turkey. Cut one half of a lemon into thin slices, mix with oil and a teaspoon of salt. Slide them under the turkey breast skin. At this point you can put the turkey back in the refrigerator for 1 to 3 hours to marinate.

Preheat the oven to 450F / 230C. Place the turkey on a roasting rack, or any other oven safe dish that will collect the drippings, and place in the oven. (If you have extra onions, oranges or any large vegetables, it would help to set the bird on them in the pan. They will keep the bottom from resting in its own juices.) Cook for 45 minutes at 400F / 230C, then reduce the heat to 350F and cook for 2 hours and 20 minutes. Use a meat thermometer to make sure the turkey has reached a temperature of 375F / 190C; obtain the reading by putting the thermometer about an inch into the thigh. There should be no pink meat. Yields 6-10 servings.



Entrées

Chicken Cacciatore

- 2 tablespoons olive or sunflower oil
- 1 kilogram chicken pieces, bone-in or boneless
- 4 cloves fresh garlic, finely chopped
- 2 teaspoons dry Italian seasonings (or substitute dry oregano and basil)
- small bunch of fresh parsley, chopped
- 2 bell peppers, diced
- 1 medium onion, diced
- 1 kilo of canned tomatoes in juice, crushed
- 2 heaping tablespoons tomato paste
- 1 small jar or can of sliced mushrooms
- ½ teaspoon salt
- ½ teaspoon black pepper

Heat oil in a large skillet or pot and brown the chicken, about 15 minutes. Remove browned chicken from pot and set aside. Sauté garlic, herbs, peppers and onions until slightly tender, about 5 minutes, stirring frequently. Add tomatoes, with juice, and tomato paste. Stir to mix sauce. Put the chicken back into the pot with the sauce. Bring to a boil, reduce heat to medium, and cover pan or pot. Cook about 20 minutes and then add sliced mushrooms, salt and pepper. Cook five minutes. Serve chicken in sauce over hot cooked pasta or rice and garnish with grated cheese. Yields 4 servings.

Chicken Parmesan

- 4 chicken breast halves
- 1 egg, beaten
- ½ cup breadcrumbs
- 2 tablespoons butter
- 1 ½ cups spaghetti sauce
- ½ cups mozzarella cheese, shredded (mellow white cheese)
- 1 tablespoon Parmesan cheese (optional)
- 2 teaspoons fresh parsley, chopped

Cut the breast halves in half and flatten out with a meat mallet or bottle. Dip chicken into egg, then into crumbs to coat. In skillet over medium heat, brown chicken in butter. Add spaghetti sauce (see recipe in this book). Reduce heat, cover and simmer for 10 minutes. Sprinkle with cheeses and parsley. Cover; simmer for 5 minutes or until cheese melts. Yields 6-8 servings.

Entrées

Chicken Marsala

½ kilo chicken cutlets
3 eggs, beaten
½ cup flour
pinch of salt
½ teaspoon pepper
½ cup oil
250 grams fresh mushrooms, sliced
1 clove garlic, pressed or minced
2 chicken bouillon cubes
1 cup boiling water
¼ cup parsley, chopped
½ cup sweet Ukrainian red wine

Dip cutlets in egg and then in flour seasoned with salt and pepper. Sauté cutlets in oil until golden. Remove cutlets to shallow baking pan. Add mushrooms and garlic to the hot oil. Dilute bouillon in boiling water and add to skillet. Add the parsley and wine. Let simmer 1 or 2 minutes. Pour liquid over chicken cutlets and bake at 350F / 180C for 15 minutes until bubbling hot. Yields 4 servings.

Entrées

Lasagna

½ kilogram *farsh*
1 clove garlic, minced
½ teaspoon salt
2 jars of tomato sauce, either store bought or homemade
1 package lasagna, store bought or homemade
2 eggs, beaten
2 cups of *domashny syr*
½ cup grated parmesan cheese (omit if you don't have it)
2 tablespoon fresh parsley, chopped (or 1 tablespoon dried parsley)
½ teaspoon black pepper
250 grams mozzarella cheese, grated (other hard cheese may be substituted)

If you're making homemade sauce, do this first and then set aside. Brown the meat and drain off excess fat. Add garlic and salt and simmer for 3-5 minutes. Stir in about 75% of the sauce and simmer another 10-15 minutes. Boil the lasagna noodles in a little oil so the noodles don't stick together. Drain and rinse in cool water. Combine eggs, *domashny syr*, parmesan, parsley and pepper in a small bowl. Mix well. Turn on oven and let it heat up. Lightly cover the bottom a baking dish in a little plain sauce. Next, proceed to layer your ingredients - lasagna noodles, cheese mix, meat sauce, and mozzarella. Repeat one time, changing the direction of the noodles. Finish with a top layer of noodles covered in plain sauce and topped with mozzarella. Bake at medium-high flame for 30 minutes. Let stand 10 minutes before cutting. Yields 6 servings.

Lavash Pizza

lavash or other pre-prepared pizza dough
pasta sauce
mozzarella or other cheese, shredded
toppings as desired

Cut *lavash* in half lengthwise. Douse liberally with pasta sauce. Shred cheese and sprinkle over sauce. Add toppings. Heat in the oven until cheese is melted. Yields 2-4 servings.

Entrées

Gnocchi

4 potatoes
3-4 cups flour

First, make plain, dry mashed potatoes. Next, begin adding flour to the mashed potato mixture. Once it achieves a pliable consistency, begin kneading. Continue adding flour until the dough is not sticky, but not hard (like *varenyky* dough). Add more flour later if the dough starts to get sticky. Separate the dough into large pieces and roll out snake-like strips. Each "snake" should be about 2 centimeters in diameter. Slice the snake into many 2 centimeter wide pieces. Take a fork in your hand. Don't move it. Roll the dough piece off the fork so that it is now round(er) and imbedded with grooves. Boil the gnocchi until they float. Yields 3-4 servings.

Serving Suggestion: Serve with pesto sauce or "Veress" brand squash sauce (it's orange and has a picture of a squash on it. Top with grated cheese.

Homemade Pasta

2 1/3 cups flour
1 teaspoon basil (optional)
1/2 teaspoon salt
2 eggs, beaten
1/3 cup water
1 teaspoon oil

In a large bowl, stir together 2 cups flour, basil, and salt. Make a well in the center of the mixture. In a small bowl, combine eggs, water and oil. Pour this mixture into the flour well. Stir to combine. Sprinkle a clean, flat surface with remaining flour. Turn dough out onto the surface. Knead until the dough is smooth and elastic (8-10 minutes). Cover and let rest 10 minutes. Divide dough into 4 equal portions. Roll each portion into a 12 inch square, about 1/16 inch thick. Let stand, uncovered, about 20 minutes. If making lasagna noodles, cut 1/2 inch wide strips of desired length. If make fettuccine or linguine, loosely roll up the dough, and slice strips of desired widths. To serve immediately, cook pasta 2-3 minutes for lasagna, and 1-2 minutes for linguine and fettuccine. To store pasta, hang it from a clothes hanger. Let pasta dry overnight or until completely dry. Place in an airtight container and keep in the refrigerator for up to 3 days. If you want to store it longer, only dry the pasta for about an hour, then put it in freezer bags/containers and freeze for up to 8 months. Yields 2 1/2 cups fresh pasta or 4 cups cooked pasta.

Entrées

Bachelor Pasta #1: Pickled Tomatoes

1 medium onion, thinly sliced
1 clove garlic, pressed or minced
1-2 tablespoons sunflower oil
2 pickled tomatoes*
2-3 tablespoons liquid from pickled tomatoes
1 tablespoon tomato paste
2 pinches of oregano
2 pinches of pepper
2 pinches garlic powder

In a frying pan, sauté onion and garlic in sunflower oil. Cut pickled tomatoes into small chunks; keep the juice. When onions are translucent, add chopped pickled tomatoes, tomato paste, extra liquid from pickled tomatoes, oregano, pepper, and garlic powder. Simmer on stove for about 10 minutes. Pour over your favorite pasta and enjoy. Yields one hungry-man portion.

Bachelor Pasta #2: Pickled Tomatoes with Cheese

1 cup of any kind of dried pasta
1 onion, chopped
2 cloves of garlic, finely diced
200 grams (approx. 1/2 block) hard cheese, shredded
4-5 pickled tomatoes, chopped with juices*
2 tablespoons tomato paste
1 tablespoon oregano
1 teaspoon black pepper
2-3 bay leaves
2 tablespoons sunflower oil

Boil pasta in a large pot. While the pasta boiling, sauté onions and garlic in a small amount of oil until lightly browned.

Drain the pasta and return to the large pot. Bring the pasta back up to heat on a low setting. Add cheese, tomatoes, tomato paste, oregano, pepper, bay leaves, garlic and onions. Cook for 10 to 15 minutes, stirring often until cheese is thoroughly melted and all pasta is covered with the mixture. Yields another hungry-man portion.

*See recipe in Canning and Preserving section, or use store bought.

Entrées

Bachelor Pasta #3: Meat and Pivo

1 cup of any kind of pasta
2 cloves of garlic, finely diced
1 onion, chopped
250 grams cubed chicken or pork
1 bay leaf
1 beer (preferable canned)
½ lemon
2 tablespoons tomato paste
1 tablespoon oregano
1 teaspoon black pepper
½ teaspoon salt
2 tablespoons sunflower oil

Boil pasta in a large pot. While the pasta is boiling, sauté garlic in a small amount of oil until lightly browned. Then add onions and cook until transparent. Add chicken or pork and bay leaf and sauté for 5 minutes. Pour in a generous splash of beer and the lemon juice. Sauté for an additional 5 minutes. Drain the pasta and return to the large pot. Bring the pasta back up to heat on a low setting. Add meat, tomato paste, oregano, pepper and salt and another splash of beer. Cook for 5 to 10 minutes, stirring often. Drink remaining beer. Yields 1 more hungry-man portion.

Hungarian Goulash

2 large kilogram of onions, chopped
2 medium carrots, peeled and coined
1 tablespoon oil
½ kilogram of meat, cubed into 1-inch pieces
2 cups of chicken or beef stock
1 bay leaf
2 tablespoons paprika
½ teaspoon pepper
½ teaspoon salt
sour cream

Sauté onions and carrots in oil until onions are transparent. Add meat and brown with vegetables. Add stock and bay leaf, simmer, covered on a low flame for 1 hour. Stir occasionally. Add paprika, salt and pepper after 45 minutes of cooking. Pour over potato pancakes, noodles, potatoes or rice. Add a dollop of sour cream to serve. Yields 4 servings.

Entrées

Stroganoff

500 grams beef, chicken, pork, or soy, cut to 1-inch cubes (clean fat from meat)
2 medium onions, sliced
2 cloves garlic, minced
1 cup mushrooms, sliced (optional)
5 tablespoons *smetana*
flour and water
½ teaspoon salt
½ teaspoon pepper

Dust meat cubes with 1 tablespoon flour, plus salt and pepper. In a frying pan, heat oil then brown meat or soy. Add garlic and onions and cook until onions are translucent. Add mushrooms. Heat through. Add sour cream, being careful not to boil or it will curdle. If it curdles, add 1 tablespoon flour with a little water, then stir and let thicken. Serve with pasta, mashed potatoes, rice or kasha. Yields 4-6 servings.

Shepherd's Pie

½ kilo *farsh*
½ tablespoon oil
1 medium onion, finely chopped
1 medium carrot, peeled and chopped
½ cup of beef stock or bouillon
½ teaspoon rosemary
¼ teaspoon dill
1 tablespoon parsley, chopped (optional)
¼ teaspoon salt
¼ teaspoon black pepper
2-3 medium potatoes, boiled and mashed
1 tablespoon butter

In a frying pan, brown beef in oil. Remove from pan and set aside. Drain most of the fat from the pan. Sauté onions until tender, then add chopped carrot and cook for 2-3 minutes more. Add the broth, herbs and seasonings and stir. Return brown meat to skillet and continue cooking for five minutes. Transfer all ingredients to a casserole or a deep pie dish. Top with mashed potatoes, scoring them with a fork. Dot the mashed potatoes with butter. Bake uncovered in 375F oven for 30-40 minutes. Serve hot. Yields 2-3 servings.

Entrées

Pork in Pastry

puff pastry (available in most local stores)
200 grams cooked pork (beef will work)

Filling option 1:

½ bell pepper, thinly sliced
1 small onion, thinly sliced
pinch of salt
pinch of pepper

Filling option 2:

2 tablespoons jam
1 garlic clove
juice of ½ lemon
1 tablespoon chopped parsley

Preheat oven to 350F. Divide puff pastry in half. Roll it out to about ½ centimeter thick and about 6 inches square. Place meat in the center and add ingredients from filling option one or two. Dab edges of pastry with milk and fold into an envelope, sealing the edges with milk. Cook on a slightly greased cookie sheet for 20-30 minutes, until pastry is brown and inside is hot. If the top becomes brown too quickly, cover with aluminum foil. Yields 1 serving.

Pork Schnitzel

2 pork steaks (chicken or beef can be substituted)
2 eggs
1 cup breadcrumbs
½ teaspoon salt
½ teaspoon pepper
oil, for frying

With a mallet, meat tenderizer, or the bottom of a wine bottle, pound steaks for 3 to 5 minutes until flattened out.

In a bowl beat the eggs well. In a separate bowl add the bread crumbs (crushed *suhari* or toasted stale bread), salt and pepper.

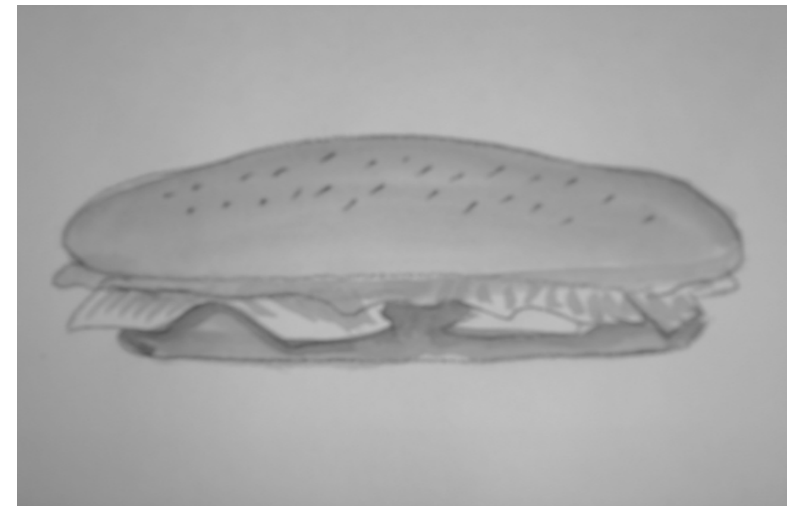
In a large pan, heat the oil over medium heat. Dredge the meat through the egg, then through the breadcrumbs, and put into the pan. Cook on each side 4 to 6 minutes. Pork meat will be white when finished, chicken should have no pink. Serve as a main course or on sandwiches. Yields 2 servings.

Entrées

Almost-a-Reuben

sliced brown bread
thinly sliced ham or other similar meat
any yellow cheese you can find
sour cabbage (see Canning and Preserving section)
Thousand Island dressing (see Salad Dressings and Dipping Sauce section)
butter, for stovetop grilling

Butter the sliced bread. Stack ham, cheese, and sauerkraut on bread. Spread on *Thousand Island* dressing. Grill in butter in a frying pan or heavy skillet, until cheese is melted. Yields 1 serving.



Vegetarian Entrées

Beet this Burger

1 medium onion
1 medium carrot
1 small green pepper (in winter use more onion and carrot)
2 cloves garlic
1 tablespoon grated beet
¾ cup shelled walnuts (15 whole walnuts)
2 tablespoons shelled sunflower seeds
1 cup uncooked oatmeal
1 teaspoon parsley
½ teaspoon dill
¼ teaspoon black pepper
½ teaspoon oregano
1 egg, beaten (optional)
1 vegetable bouillon cube, grated into powder
¼ teaspoon mustard powder
2 tablespoons soy sauce
3 tablespoons water
3 tablespoons uncooked oats

Mince onion, carrot, green pepper, garlic, beet, walnuts, and sunflower seeds. Ideally, this should be done in a hand-cranked meat grinder for speed and even consistency. Combine the vegetable-nut mix together in a large bowl with the uncooked oats and spices.

In a small sauce pan with a lid, bring the soy sauce and water to a boil. If your minced veggies are particularly juicy, drain them and substitute this juice for the water. Add the remaining oats, reduce heat to low, cover and let simmer for five minutes. Add these cooked oats to the veggie-nut-oat-spice mixture, and mix well. If desired, add an egg at this point for added protein. Form into patties and fry with a little oil in a non-stick frying pan until cooked through. They are ready to flip when they are just barely beginning to burn (at this point they have their best flavor, color and texture). Try to turn patties only once, as they tend to be a little on the mushy side and will fall apart if handled too much. Left over raw patties freeze very well if separated by layers of plastic. Yields 6 burgers.

Editors Note: Beet this Burger may be used as a substitute for ground beef or farsh to transform many of the recipes in this cookbook into vegetarian friendly meals. Based on this, the purchase of a hand-cranking meat grinder at your local bazaar is recommended for vegetarians (typically less than 30 UAH).

Vegetarian Entrées

Veggie Burger a la Ukraine

1 medium onion, minced
2 cloves garlic, pressed
1 medium carrot, shredded
1 teaspoon dill
½ teaspoon basil
1 tablespoon oil
3 cups hot, cooked, rice
¾ cups breadcrumbs
1/3 cup fresh parsley, chopped
¼ cup shredded cheese
3 tablespoons soy sauce
1 egg
½ cup crushed nuts or sunflower seeds

In a hot skillet, sauté the onion, garlic, carrot, dill and basil in oil. In a bowl, combine the fried mixture with rice, breadcrumbs, parsley, cheese and soy sauce. Lightly beat egg and add to mixture along with nuts or seeds. Take about 1-2 tablespoons of the mixture and form it into a patty. Lightly coat with breadcrumbs and fry in a little oil. Eat like a *kotlety* or serve with a bun. Yields 2 servings.

Falafel

2 cups dried chickpeas (or white beans)
½ cup onion, chopped
½ cup parsley, chopped
1-2 cloves garlic, pressed
1 tablespoon cumin
½ teaspoon salt
½ teaspoon pepper
pinch of chili pepper
1 egg white
oil, for frying

Soak beans overnight. Drain water and mash the next day. Combine all remaining ingredients (except the egg white) in a bowl. Then, add egg white and mix thoroughly. Form into patties and fry in hot oil until crispy on both sides. Yields 1-2 servings.

* Top with tzatzkik sauce and vegetables and wrap in thin lavash for a delicious sandwich.

Vegetarian Entrées

Grilled Cheese Sandwich

2 slices white or brown bread
butter
2-3 slices of cheese*

Make a cheese sandwich. Then, butter both sides of the sandwich. Place the buttered sandwich in a frying pan over low-medium heat, and slowly begin cooking. When one side has turned golden, flip the sandwich and repeat the process. Enjoy with a bowl of tomato soup. Yields 1 sandwich.

* In addition to cheese, consider adding a slice of tomato, herbs, or a piece of ham (for omnivores).

Macaroni and Cheese

2 cups dry elbow macaroni
1 medium onion, chopped
2 tablespoons butter
2 tablespoons flour
1/8 teaspoon pepper
2 1/2 cups milk
1 1/2 cups shredded cheddar cheese
1 1/2 cups shredded mellow (hard) cheese

Cook macaroni according to directions. Drain. Set aside. Meanwhile, prepare cheese sauce. In a medium saucepan, cook onion in hot butter until translucent. Stir in flour and pepper. Add milk. Cook and stir over medium heat until slightly thickened and bubbly. Add cheese, stirring until melted. Stir in cooked macaroni. Then transfer entire contents to a oven-proof dish. Bake uncovered, at medium flame for 25-30 minutes, or until bubbly. Let stand 10 minutes before serving. Yields 4 servings.

Vegetarian Entrées

Vegetarian Lasagna

4 medium eggplants and/or squash
1 large onion
2 medium size peppers
3 cloves garlic
2 medium carrots
5 medium tomatoes
2 tablespoons olive oil
1 tablespoon parsley
1 tablespoon butter
1/2 teaspoon each basil, thyme, oregano, pepper, salt
1 cup tomato sauce
1/2 cup water
1 cup *domashny syr* (cottage cheese)
1 cup grated cheese (white or yellow)
2 eggs

Wash all vegetables. Slice eggplant/squash long way after removing top, bottom and sides. Sprinkle eggplant with salt and let drain in colander for 20-30 minutes then squeeze out excess liquid. Mix *domashny syr*, eggs, grated cheese, salt, pepper and parsley and set aside. Chop onions, garlic, carrots, peppers and tomatoes. Sauté in heated oil and butter. Add salt, pepper and herbs. Add tomato sauce and water and put on low to simmer. Sauté lightly slices of squash or slices of eggplant in oil and set aside. Line baking dish with layer of eggplant/squash; place a tablespoon of cheese mixture on each slice; spoon large mixing spoon of vegetable sauce over layers. Continue layering until all cheese mixture and squash/eggplant has been used. Pour any remaining sauce over the layers. Cover with foil and bake on low for 45-60 minutes. Yields 6 servings.

Vegetarian Entrées

Cabbage Lasagna

- 1 medium head cabbage
- 1 tablespoon olive or sunflower oil
- 2 cloves garlic, minced
- 1 medium onion, chopped
- 1 green bell pepper, chopped
- 1 recipe *Beet this Burger* "farsh" (see recipe in this section)
- ½ cup tomato paste
- 1 cup tomato sauce
- 1 teaspoon dried oregano
- 1 teaspoon pepper
- 1 cup *domashny syr*
- 1 cup mozzarella cheese, grated (other hard cheese may be substituted)
- ¼ cup parmesan cheese, grated (optional)

Preheat oven to 350F. Wash cabbage and remove tough outer leaves. Cut head in half. Carefully peel back leaves, trying to keep them intact. Boil leaves slightly until nearly tender. Remove and dry. Heat oil in a large skillet over a medium-high heat. Sauté garlic, onion and green pepper until onion is translucent. Add *Beet this Burger* "farsh", tomato paste, sauce and seasonings to mixture and combine well.

Coat a large pan with oil. Line the bottom with a layer of cabbage leaves. Top with half of the "farsh" mixture. Add a third layer of mozzarella and half of the *domashny syr*. Add another layer of cabbage leaves and remaining half of the "farsh" mixture, then another third of the mozzarella and the rest of the *domashny syr*. Top with the remaining mozzarella. Scatter parmesan on top. Bake covered for about 20 minutes. Uncover and bake for 5 minutes more. Yields 6 servings.

Vegetarian Entrées

Eggplant Parmesan

- 1 large eggplant
- 2 eggs
- 1 cup breadcrumbs (crushed *suhari*)
- 2 cups tomato sauce
- mozzarella cheese (or *molochny syr*)
- grated Parmesan cheese
- oil

Wash and slice eggplant into 1 inch discs, discarding either end of the plant. Beat eggs with 1 tablespoon of water. Dip eggplant into the egg mixture, coating both sides. Coat each piece with breadcrumbs by pressing coated eggplant onto a plate filled with breadcrumbs. Repeat egg-dipping and breadcrumb coating one more time. Fry breaded eggplant in a generous amount of heated oil. When golden on both sides, place on a plate and set aside. Repeat until all eggplant is breaded and fried. Spoon a thin layer of sauce onto the bottom of a baking dish. Alternate layers of eggplant, mozzarella, Parmesan and sauce. The top layer should be sauce covered with mozzarella. Bake covered at medium heat for about 30 minutes. Let cool 10 minutes before serving. Yields 4-6 servings.

Ratatouille

- 1 medium eggplant, peeled and cut into 1-inch cubes
- ¼ cup oil
- 1 medium onion, peeled and thinly sliced
- 2 cloves garlic, minced
- 2 medium zucchini, sliced into ½-inch cubes
- 1 medium green pepper, thinly sliced
- 5 medium tomatoes, peeled and quartered, or 1 can tomatoes, drained
- ¼ cup chopped parsley
- 1 teaspoon basil
- ½ teaspoon pepper

Heat oil in a large saucepot, add onion and garlic and cook until tender. Add eggplant, zucchini and green pepper; cook and stir 2-3 minutes. Add tomatoes, parsley, and dry seasonings; stir. Cover and cook until tender, 20 minutes. Serve over pasta. Yields 2-3 servings.

Vegetarian Entrées

Stuffed Eggplant

1 medium eggplant
2 tablespoons oil
1 clove garlic, minced
1 small onion, chopped
1 small carrot, shredded
½ cup bread crumbs
1 teaspoon parsley
¼ teaspoon red pepper or chili
¼ teaspoon salt
½ teaspoon black pepper
¼ cup grated cheese

Cut the eggplant in half and scoop out the insides, leaving a ½ inch thick shell. Chop insides and set aside. In a sauté pan heat oil and add garlic and onion, cooking until translucent. Add the carrot and chopped eggplant and sauté for 10 minutes. Slowly mix in the breadcrumbs, parsley and red pepper, stirring constantly. Add salt and pepper and remove from the heat. Scoop the mixture into the eggplant halves and put into a 375F oven. Bake for 45 minutes. Sprinkle grated cheese over the tops and cook an additional 5 minutes, until melted. Remove from the oven and serve. Yields 2 servings.

Vegetarian Stuffed Peppers

3-4 red or green bell peppers
1 cup dry rice
1 cup dried soy
½ cup breadcrumbs or crushed *suhari*
1 carrot, shredded
1 medium onion, chopped
1 teaspoon salt
½ teaspoon black pepper
1 teaspoon soy sauce or other sauce
¼ chopped walnuts or sunflower seeds
3 cups tomato juice or sauce

Wash and dry the peppers. Cut the very top and de-seed. Boil rice in 1 cup water so that it is half-cooked. Pre-soak soy in seasoned water for 30 minutes. Then, mix soy, rice, breadcrumbs, carrot, onion, salt and pepper together in a large bowl. Add the nuts and soy sauce. Scoop mixture into the center of the peppers; cover the peppers with tomato juice. Cover the pot and simmer on low heat for 2 hours. This can also be done in a medium-heat oven.

Vegetarian Entrées

Russian Vegetable Pie

1 large onion, chopped
1 tablespoon oil
3 cups cabbage, shredded
1 medium carrot, shredded
2 cups fresh mushrooms, sliced
1 *Butter Pie Pastry* recipe from this book
200 grams cream cheese or *domashny syr*
5 hard boiled eggs, sliced
2 teaspoon salt
1 teaspoon pepper
1 tablespoons dill

Sauté onions in oil over a medium heat until soft and transparent, remove them from the pan. Add shredded cabbage and carrot to the same pan and sauté until the cabbage is soft, remove cabbage from pan. Add mushrooms and sauté for 5 minutes. Preheat the oven to 400F, and begin assembling the pie.

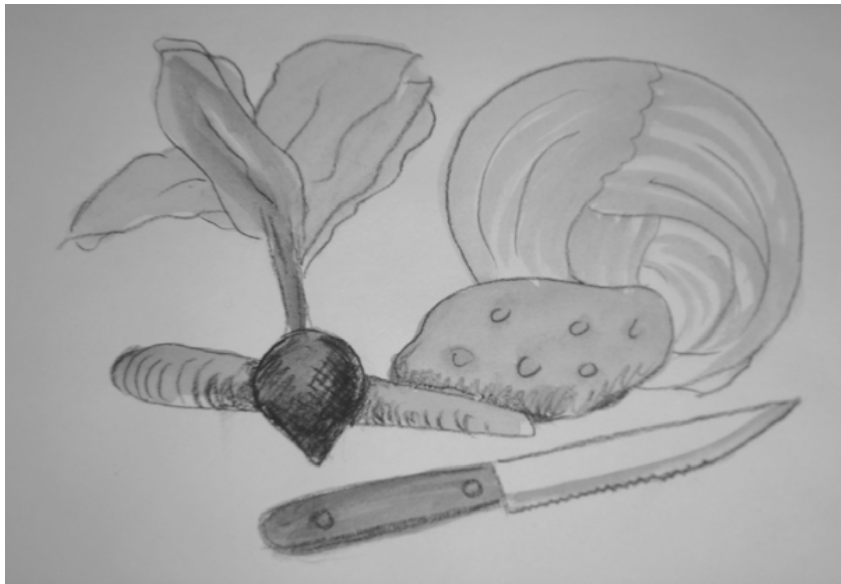
Place the bottom pie crust in a deep pie tin or oiled skillet and cover crust with thick layer of cream cheese or *domashny syr*. Add sliced eggs the salt, pepper and dill. Add a layer of mushrooms, then a layer of cabbage and carrots, then a layer of onions. Alternate layers till all ingredients are used up. Place the top crust on the mound of vegetables. Crimp the edges of the pie shells together so nothing leaks out. Don't cut off the extra dough, just fold it under. Put three slashes in the middle area of the top crust to allow steam to escape. Put in the oven let cook approximately 50 - 60 minutes, until the crust is a golden brown. Let rest for ten minutes then cut and serve. Yields 4-6 servings.

Vegetarian Entrées

Roasted Vegetables

- 2 potatoes
- 2 medium carrots
- 1 small eggplant
- 2 medium zucchini or *kabachki*
- 1 red pepper
- 2 medium onions
- ½ cup oil
- ½ teaspoon rosemary, basil, oregano and dill
- 1 teaspoon salt
- ½ teaspoon pepper

Pre heat oven to 425F. Wash, peel and cut all vegetables into bit sized pieces. Put in a baking pan. Pour ½ cup olive oil over vegetables. Stir, making sure all veggies are covered with oil. Sprinkle vegetables with rosemary, basil, oregano, dill, salt and pepper (if using fresh herbs, double the herb amount). Roast in oven until tender, approximately 45 minutes. Yields 4 servings.



International Dishes

Southern Asian Cucumber Salad

- 1 cup sugar
- 1 cup vinegar
- pinch dried hot pepper flakes (optional)
- ½ kilogram cucumbers, quartered and cut into small fine slices
- 1 medium carrot, peeled and thinly sliced into coins
- 200 grams radish, cleaned and thinly sliced

Mix sugar and vinegar in sauce pan until boiling, then add hot dried pepper flakes, if desired. Let cool. Pour over vegetables and toss lightly. Refrigerate for at least 30 minutes to marinate. Before serving, drain the liquid. The leftover liquid may be saved for up to one week to make the recipe again. Yields 2 servings.

Asian Crunch Coleslaw

- 1 medium cabbage, shredded
- 1 bunch of green onions, sliced (or 1 medium onion, thinly sliced)
- ½ can of green peas
- ¼ cup oil
- 2 tablespoons vinegar
- pinch of salt
- pinch of pepper
- 1 teaspoon ginger powder
- 1 teaspoon chicken bouillon powder
- 1 tablespoon dried basil
- 2-3 teaspoons soy sauce
- 1 teaspoon honey or sugar
- 1 tablespoon sesame seeds*

Toss the cabbage, green onions, green peas together in a bowl. Add oil, vinegar, salt and pepper to taste. Add ginger powder, chicken powder, basil, soy sauce, honey or sugar, and sesame seeds. Mix and eat! Yields 6 to 8 servings.

* Toast sesame seeds (*kunzhut*) in an oven, or over a low simmer in a frying pan on the stove. Keep them in a closed jar for occasional use.

International Dishes

Kim Chee

5 cups water
3 tablespoons salt
½ kilogram cabbage, sliced into bite-sized chunks or strips
½ kilogram white radish, peeled and sliced (optional)
2 tablespoons fresh ginger minced (1 tablespoon dried)
1 ½ tablespoons minced garlic
5 green onions, cut into fine rounds, including green tops
1 tablespoons cayenne or hot Korean red pepper
1 teaspoon sugar

In a large bowl, mix 5 cups water and 2 tablespoons plus 2 teaspoons salt. Add cabbage and radish, mixing well. Cover with a clean dish towel and let sit for 12 hours, stirring 2-3 times. Put ginger, garlic, green onions, hot pepper, sugar, and remaining 1 teaspoon of salt into another large bowl. Mix well. Drain cabbage (but save liquid) and add to the bowl with the seasonings. Mix well. Put this mixture into glass jars. Pour enough of the saved liquid solution to cover the vegetables, leaving at least one inch headroom at the top of the jar. Cover loosely with a clean cloth and let sit 3-7 days to ferment, stirring daily. Taste occasionally to test the sourness. When the cabbage has fermented to your taste, place the lid on the jar and refrigerate. Yields 2 half-liters.

Egg Drop Soup

2 tablespoons cornstarch (flour or potato starch will work)
¼ cup water
4 cups stock (bouillon and water will work)
2 eggs
2 teaspoons soy sauce
¼ cup green onions, chopped

In a small bowl or glass, mix the corn starch thoroughly into the water. Bring the stock to a boil and slowly add in the cornstarch mixture. Add the soy sauce, reduce heat and simmer for 30 minutes or until soup begins to thicken. In a cup, beat the eggs. Pour into the thickened soup stirring constantly. Remove the soup from heat and serve in bowls with green onion. Yields 2 to 3 servings.

International Dishes

Sweet Vegetable and Fruit Stir Fry

2 cloves garlic, diced
1 teaspoon of oil
½ medium onion, chopped
1 medium carrot, grated
¼ teaspoon salt
¼ teaspoon pepper
1 small zucchini, chopped
¾ cup fruit juice, divided
200 grams mushrooms, chopped
1-2 teaspoons soy sauce
½ teaspoon powdered ginger
2 mandarin oranges, peeled and sectioned
small can of pineapple, in its own juice

Sauté garlic in oil until golden brown. Add onions and grated carrots into the pan with salt and pepper. When onions begin to caramelize, add zucchini and ½ cup fruit juice. Let simmer for 5-10 minutes. Add mushrooms. Mix all ingredients together, adding fruit juice as needed (so that the veggies don't burn). Add ginger and soy sauce, tasting often. Add pineapple and oranges and cook for 2 minutes. Serve over rice. Yields 4 servings.

Eastern Fried Rice

2 tablespoons oil
2 eggs, beaten
3-5 green onions, finely cut
1 medium carrot, grated
½ cup cooked meat, diced into small pieces (optional)
2 cups rice, cooked
1-2 teaspoons soy sauce

Heat oil in a large frying pan or wok over high heat. Pour in eggs and stir until nearly cooked. Add the green onions and carrots, and cook 2 minutes more. Add meat at this point, if desired. Add pre-cooked rice, stir, then soy sauce and stir again. Cook 15 minutes stirring often. Yields 2 ½ cups rice.

International Dishes

Sweet and Sour Pork

- 1 cup malt vinegar
- 1 cup sugar
- ½ cup orange juice
- ½ cup pineapple juice
- 4 tablespoons tomato paste
- 1 tablespoon corn starch (flour or potato starch will work)

In a wok, saucepan or skillet, mix sugar in vinegar until dissolved over a low heat. Add juice and tomato paste, mixing until paste is smooth. Take a small amount of the sauce and put in measuring cup and mix with 1 tablespoon cornstarch until creamy. Add back to the pot and mix well. Remove from the heat and place in a glass jar. Store covered in a cool dark place for up to three months. Yields 2 ½ cups of sauce.

- ½ kilo pork (chicken, fish or soy may be substituted)
- 2 tablespoons + 1 teaspoon soy sauce
- ¼ cup red wine
- ¼ cup water
- batter (¼ cup milk, 1 egg, ½ teaspoon salt and flour – to batter consistency)
- oil, for frying
- 1 large onion
- 1 large red or green bell pepper (jarred will work)
- 2 small tomatoes, chopped
- 1 small can pineapple, drained and cut into pieces
- 1 teaspoon salt

Prepare the meat by slicing into bite sized pieces. Marinate in 2 tablespoons soy sauce, red wine and water up to 24 hours. Prepare the batter by mixing milk, egg, salt and flour to a thick clinging paste. Heat oil in a wok or skillet so that the meat can be at least half covered in the oil. Drain off the marinade and squeeze the meat until it gets most of the liquid out. Put that meat in the batter and cover each piece. Place covered pieces in the hot oil and cook each piece to a golden brown. As the meat is finished place it on paper towels to drain. Note: Do not fry soy if you are using it; instead soak in water and a dash of soy sauce for 30 minutes. Set this aside. Chop the vegetables up in bite-size strips. Add oil to a wok or skillet and drop in the onions, stir fry for 1-2 minutes, Add peppers and stir fry one minute. Add meat and stir fry one to two minutes. Add sweet and sour sauce to taste. Mix together and add the tomatoes and pineapple chunks. Mix until everything is coated. Serve on a bed of steamed rice. Yields 4 servings.

International Dishes

Curry Sauce 1

- 2 tablespoons oil
- 2 cloves garlic, minced
- 1 medium onion, diced
- 2 tablespoons curry powder
- 1 ¾ cups chicken stock, vegetable stock or water
- 1 tablespoon flour or corn starch
- ¼ cup water

In a sauce pan, heat oil over medium heat. Add garlic and onions and sauté until translucent. Stir in the curry powder and sauté for 2 minutes. In a small bowl thoroughly mix flour and ¼ cup water. Slowly add stock or water, stirring constantly. Combine flour and water in a small cup, then add the mixture to the curry, continuing to stir. Simmer for 10-15 minutes, stirring often. Remove from heat and set aside for use with other recipes. Yields 2 cups.

Variations for Curry Sauce 1:

Sweet Spiced: Add 1/8 teaspoon cinnamon and 1/8 teaspoon clove at the same time as the curry powder. This will give it a bit of sweetness.

Fired Up: Add ½ teaspoon of hot red flakes or chili pepper powder at the same time you add the curry powder. This will give it more heat.

Creamy: Add ½ cup *kefir*, then remove from heat. This will make it creamy.

Eggplant Curry

- 1 medium eggplant, cut into 1 inch cubes
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 green sweet pepper, chopped
- oil

In a large sauce pan, heat oil over medium-high heat and sauté garlic, onion and pepper for 5 minutes. Add the eggplant and sauté for 10 minutes. Add *Curry Sauce 1* and simmer for twenty minutes. Serve with steamed rice and *Kefir (Fire Fighter) Sauce* on next page. Yields 2 servings.

International Dishes

Aloo Gobi Mater

2 cups *Curry Sauce 1* (see previous page)
3 potatoes
½ kilo cauliflower
½ cup canned peas

Peel and chop potatoes into ¾ inch cubes. Break cauliflower into florets (fork size). Add to curry sauce and simmer 20 minutes. If the skillet with the sauce isn't big enough, transfer to a pot. Stir occasionally. Add ½ cup canned peas 5 minutes before cooking is finished. If the sauce doesn't look like it is going to cover the vegetables, remember that the vegetables will reduce in size and will give off water. If you do not use the peas, it is only Aloo Gobi. Yields 4 servings.

Other Curries

You can make a variety of curry dishes using the basic *Curry Sauce 1*. Cut chicken, fish, pork or soy (after soaking in seasoned water for 30 minutes) into 1-inch cubes and sauté in oil with onion and garlic. You can also use any combination of vegetables instead of meat. Remember to cook harder vegetables a little longer. Add the *Curry Sauce 1* and simmer for twenty minutes. Serve with steamed rice and *Kefir (Fire Fighter) Sauce*.

Kefir (Fire Fighter) Sauce

½ liter *kefir*
2 teaspoons fresh mint (1 teaspoon dried)
1 tablespoon carrots, minced
1 tablespoon red bell pepper, minced
pinch of cardamon
pinch of cinnamon
pinch of salt

Finely chop fresh mint and add to *kefir* along with the other ingredients. Stir vigorously and put in the refrigerator for at least 30 minutes. Serve with curry dishes to cool the fire. Yields 2 cups.

International Dishes

Basmati Fried Rice

½ medium onion, chopped
3 tablespoons oil
1 teaspoon curry powder
½ teaspoon cardamon
3 cups of basmati rice, cooked
½ teaspoon salt
½ cup of boiled peas (optional)

Sauté onion in oil until translucent, then add curry, cardamon and sauté for 2 minutes. Add the rice, salt and peas and stir fry 10 to 15 minutes. Yields 3 cups.



Southwest Bean Soup

2 cups cooked kidney/red beans
4 cups water
½ tablespoon cumin
1 teaspoon salt
1 tablespoon chili powder (or crushed red pepper)
½ cup salsa
¼ sour cream
½ cup shredded cheese

To medium sauce pan, add cooked beans, salt, spices, herbs and water. Bring it to a boil and the reduce heat and simmer for one hour, stirring often. Beans should begin to break down into a kind of puree. At this point, remove from heat. Add cheese, sour cream and salsa and serve. Yields 4-6 servings.

International Dishes

Tortilla Soup

½ cups shredded meat or soy
1 bay leaf
2 teaspoons salt, divided
1 tablespoon red pepper flakes
3 cloves garlic, diced
2 medium onions, diced
1 teaspoon red pepper or crushed chilies
2 cups red beans
425 grams of canned corn
3 tomatoes, diced
2 tablespoons fresh cilantro, chopped
1 teaspoon black pepper
1 packet of tomato paste
2 ½ cups water
8 tortillas
hot sauce
sour cream

Poach meat (beef, chicken or pork) in water with 1 bay leaf, 1 teaspoon salt and red pepper flakes. Remove from water and let cool. Shred the meat with your fingers when cool. If using soy, soak in seasoned water for 30 minutes.

In a large pot, sauté garlic, onions and crushed chilies for 5 minutes. Add the beans (if using dried beans, soak over night first), corn, tomatoes, cilantro, 1 teaspoon salt, pepper and meat or soy and sauté an additional five minutes. Add the water and tomato paste and simmer over medium heat for 30 minutes. While simmering cut tortillas into 2 to 3 inch strips and bake in a medium oven for 10 minutes. Serve soup in bowls with tortillas on top with a dollop of sour cream and a few dashes of hot sauce. Yields 6-8 servings.

International Dishes

Mole Sauce

2 chicken breasts*
4 splashes hot sauce
1 clove garlic, minced
1 tablespoon green chili, minced
1 tablespoon chili powder (or 2 tablespoons fresh red hot peppers)
½ teaspoon cumin
¼ teaspoon cinnamon
1 cup canned tomatoes, crushed (not salted)
1 tablespoon toasted and crushed sunflower seeds or walnuts
½ teaspoon salt
3 teaspoons cocoa powder
½ cup stock
1 teaspoon honey (sugar)

Rub chicken breasts with hot sauce and refrigerate for one hour. Sauté the breasts in oil until browned on all sides. Remove to an oven safe dish and place in a warm oven. In the sauté pan, add the garlic and fresh chilies. Sauté over low heat until translucent. If using dried chili or powder add now and cook for 5 minutes stirring often. Add cumin, cinnamon and nuts, sauté for 5 minutes. Add the tomatoes and salt, sautéing an additional for 5 minute. Add the cocoa powder and cook an additional 5 minutes. Add the chicken (whole or cut into pieces), stock and honey. Simmer on a low heat for at least 20 minutes and up to 1 hour, stirring constantly. Serve over rice, enchiladas, or with tortillas or lavash. Yields 2 servings.

* Pork may be substituted if necessary.

International Dishes

Chicken Chile Rellenos

- 4 skinless, boneless chicken breasts
- 1 cup breadcrumbs
- 1 egg
- 1 tablespoon water
- 2 chili peppers, seeded and cut in half lengthwise
- 100 grams of mellow cheese, grated
- 2 tablespoons parsley or cilantro, chopped
- ¼ teaspoon pepper
- 2 tablespoons butter, melted

Place chicken breasts between two pieces of plastic wrap. With a meat mallet, pound chicken into rectangular shapes about 1/8 inch thick. In a shallow dish, combine egg and water. Whisk together. In another shallow dish, place breadcrumbs. For each roll, place chili pepper half on a chicken piece near the edge. Place a stick of cheese on the chili pepper. Sprinkle with cilantro and pepper. Fold in sides; roll up, starting from edge with cheese and pepper. Secure with wooden toothpicks. Dip chicken rolls in egg mixture; coat with breadcrumbs. Place rolls, seam side down, in a shallow baking pan. Drizzle with butter. Bake, uncovered, in a 375F (190C) oven 25-30 minutes or until chicken is no longer pink. Remove toothpicks prior to serving. Garnish with salsa (see recipe in this book). Yields 4 entrée or 8 appetizer servings.



International Dishes

Chicken or Vegetarian Enchiladas with Red Sauce

- 10 corn or flour tortillas (see recipe in this section)
- Red Enchilada Sauce (see below)
- Chicken or Vegetarian Enchilada Filling (see below)
- 2 cups shredded cheese

Red Enchilada Sauce:

- ½ cup tomato paste
- 1 cup water
- 2 garlic cloves, minced
- ½ cup onion, diced
- 2 tablespoons oil (olive or sunflower)
- ½ tablespoon oregano
- 2 teaspoons cumin
- 2 teaspoons red pepper or chili powder
- 2 tablespoons cilantro

In a large skillet, heat oil and sauté the garlic and onion. Add the spices and herbs and continue to sauté for one minute. Add tomato paste and water to skillet, mix to make a smooth sauce and simmer for 5 minutes.

Chicken Enchilada Filing:

- 1 whole chicken breast (400- 500 grams)
- 1 bay leaf
- ½ teaspoon salt
- ¼ cup salsa or enchilada sauce

Poach chicken in water with bay leaf and salt. Remove from water and let cool. Shred the chicken with your fingers when cool. Mix with salsa or enchilada sauce.

Vegetarian Enchilada Filling:

- 2 cans rinsed red beans (400 gram)
- 1 medium onion, chopped
- 2 sweet peppers, chopped

Combine soft precooked beans, onion and peppers in a bowl.

Dip both sides of tortillas in red sauce, place 3 tablespoons filling and 1 tablespoon shredded cheese in each tortilla. Roll tortillas and place seam side down in baking dish. Top with remaining sauce and cheese. Bake at 375F for 25 minutes. Yields 8-10 enchiladas.

International Dishes

Empanadas (Argentine Hot Pockets)

Pastry:

3 cups flour
1 cup water
1 tablespoon soft butter
1 teaspoon salt
1 teaspoon pepper

In a bowl, combine dry ingredients with butter, so that the butter takes on a crumbly consistency. Add water. Mix with your hands to form dough. Add more flour or water as needed. Roll the dough into a ball, then using a rolling pin (or a bottle) roll flat on a floured surface; ½ centimeter thick. Using a tea saucer (or other tiny plate) cut out circles. Re-roll the dough so that you get as many circles as possible from the dough. Set aside.

Filling:

½ kilo farsh
3 hard boiled eggs, diced
1 onion, chopped
1 teaspoon cumin

Sauté the onion and cumin in a skillet then add *farsh* breaking it into small pieces. Once cooked, drain off any excess grease. Add hard boiled egg and let cool.

To make the empanadas: Hold the dough in one hand and scoop filling into the center. Dip a finger in a cup of water, then dab the edges of the circle, fold the dough in half (around the filling), and begin sealing. Do this by pressing and pinching the edges shut. Repeat. Place sealed pockets on a lightly oiled baking sheet, and bake until golden brown in a 350F oven. Yields 10-15 empanadas.

Variations: shredded cheese, shredded chicken or ham and cheese.

International Dishes

Chiles Rellenos Casserole

8 sweet peppers
125 grams *domashny syr*
125 grams mellow white cheese
3 eggs
1 cups milk
¼ teaspoon ground cumin
pinch salt
pinch black pepper
hot peppers (optional)

Blister the peppers over a gas flame, using caution. Place inside a plastic bag for 10 minutes. Remove blistered skin, stem and remove seeds. Cut the white cheese into narrow strips and stuff each pepper with both types of cheese.* Place the peppers on an oiled baking dish. If the pepper tears, place the tear on the bottom. In a separate bowl, beat the eggs, milk, salt, pepper and cumin until frothy. Pour the egg mixture over the peppers and bake in a 350F oven for 45-60 minutes. Remove from oven and immediately cover with additional grated cheese. Allow to cool 5 minutes then serve. Yields 6-8 servings.

*To add spice, add some chopped chilies peppers to the cheese mixture when stuffing the peppers.

Refried Beans

1 can red beans (any beans will work)
1 small onion, chopped

Heat beans in a saucepan, then mash and add onions. Reheat and serve. Yields 1 cup of refried beans. Yields 2 servings.

International Dishes

Quick and Easy Mexican Rice

2 cups canned tomatoes in liquid
1 cup rice
1 tablespoon chili powder or red pepper
1 teaspoon cumin
1 ½ cups water

In a large skillet, add rice, tomatoes, liquid, and spices. Bring to a boil. Reduce heat and simmer for 20-25, stirring occasionally. When the rice has absorbed the liquid, it is ready to eat. Top with sour cream or shredded cheese. Yields 2 ½ cups of rice.

Variations for Quick and Easy Mexican Rice:

Substitute fresh tomatoes, salsa, or *adzyka* for the canned tomatoes.

Add 1 chopped onion, 1 minced garlic clove, and 1 chopped sweet pepper.

Add one can (400 grams) rinsed, cooked red beans or 1 cup cooked chicken for extra protein.

Mexican Tortillas

2 cups flour
1 teaspoon salt
¼ cup lard
½ cup warm water

Place flour and salt in a bowl. Cut in lard with a knife until the flour mixture resembles crumbs. Stir in warm water to form smooth, pliable dough. On a lightly floured board (or countertop) knead dough until it is smooth and flecked with little air bubbles. (To make the dough easier to handle you can lightly grease it and then refrigerate 2-24 hours. Or you can cover it with a cloth and let it rest 10 minutes.) Roll into a log. Cut dough into 8-11 pieces. Shape pieces into balls, then flatten. Roll out into very thin circles. Stack on floured plate, making sure there is enough flour on each one to prevent sticking. Heat frying pan until hot (when water drops sizzle when thrown onto the pan), then slightly reduce heat. Place tortilla on non-oiled pan. Cook for about 20 seconds, or until beginning to bubble. Then turn, and cook 10 more seconds. Tortillas will look undercooked and pale, but if you cook them too long they'll be brittle and dry. To store, place in a plastic bag in the refrigerator. Yields 10-12 tortillas.

International Dishes

Flour Tortillas

2 cups flour
¾ cup warm water
1 teaspoon salt
1 tablespoon oil
2 tablespoon baking powder (optional)

In a large mixing bowl, combine flour, baking powder, and salt. Slowly add warm water and oil. Work flour, water, salt until you get firm dough that does not stick to your fingers, adding flour or water as needed. Knead dough for an additional 2 minutes. Break into golf ball size balls then roll into a thin circular shapes on a floured surface. Place rolled tortillas on a plate, flouring each to prevent sticking to other tortillas. Heat a skillet without oil. Place tortillas, individually, on heated skillet. Heat for about 20 seconds until tortilla begins to bubble. Flip and repeat. Remove from skillet and repeat with next tortilla. With leftover tortillas, you can store them in the fridge in a plastic bag, or make tortilla chips. Yields 10-12 tortillas.

Corn Tortillas

1 ½ cups flour
2 cups fine cornmeal
1/3 cup oil
pinch salt
1 cup hot water

Mix all ingredients, knead and roll into a log. Cut into 10-12 equal sized pieces. Shape pieces into balls, flatten and then roll out into thin circles. Use extra flour on your rolling surface and rolling pin to help along the process, since corn tortillas are more difficult to work with. Cook tortillas in a hot frying pan for 30 seconds on each side. Yields 10-12 tortillas.

Side Dishes

Thickened Sauerkraut

2 cups sauerkraut (sour cabbage)
100 grams *salo*
2 tablespoons flour

In a medium-sized pot, start warming the sauerkraut. Cut the *salo* into small pieces and put in a frying pan. Slowly warm so that the *salo* begins to melt. Once you have a liquid consistency, slowly add the flour. You are making *salo* roux. Once the roux thickens, add the sauerkraut. Continue heating, stirring often. Serve hot. Yields 2 cups.

Polish Cabbage Noodles

1 medium head cabbage, shredded
2 medium onions, sliced
100 grams butter
½ kilo egg noodles (or other wide noodles)
pinch of salt
pinch of pepper

Cook pasta in a large pot of boiling water. Meanwhile, melt butter in a large skillet and begin sautéing cabbage and onion. Sauté until tender. Drain pasta and return to the pot. Add cabbage, onion, salt and pepper before serving. Yields 4-6 side servings.

Cauliflower Au Gratin

5 cups cauliflower florets
1 clove garlic
1 ½ quarts water
¼ cup mayonnaise
¼ cup shredded cheese
2 pinches of salt
2 pinches of pepper

Wash and cut cauliflower into small pieces. Steam cauliflower and garlic until tender, 15 or 20 minutes. Put water into a large pan and heat it; put cauliflower and garlic into a metal colander; set the colander over the pan of water; cover. Steam for 20 minutes. Drain cauliflower and garlic. Lightly mash until smooth. Add mayonnaise, cheese and mix. Add salt and pepper to taste. Yields 6-8 side servings.

Side Dishes

Corn Pudding

2 cups canned corn, drained
1 cup + 2 tablespoons flour
1 teaspoon salt
4 teaspoons sugar
50 grams (¼ cup) butter, melted
4 eggs
4 cups whole (3.2%) milk

Mix corn, flour, salt, sugar and butter in large bowl. Beat eggs and add to milk, then stir into the corn mixture. Pour mixture into a casserole dish. Cook in a 450F oven for 10 minutes. Remove and stir with a long-pronged fork, disturbing the top as little as possible. Return to the oven for 10 more minutes at 450F. Serve warm. Yields 6 side servings.

Corn Pancakes

1 cup flour
1 teaspoon salt
1 large egg
1/3 cup milk
2 cups corn
2 tablespoons sunflower oil

In a medium bowl, whisk together flour, salt, egg, and milk till combined; fold in the corn. Heat the oil in a heavy skillet over medium heat. Make pancakes by ladling about ¼ cup of batter in pan at a time. Cook till brown, 3-4 minutes each side, pressing down on the pancake with a spatula once the pancake is flipped. Add more oil if needed. Serve warm with *smetana*, preserved fruit or *adzheka* for a savoury dish. Makes 8–10 pancakes.

Side Dishes

Thanksgiving Stuffing

1 loaf of white bread
½ cup butter
¾ cup minced onion
½ cup chopped celery (celery root will work)
2 teaspoons salt
¼ teaspoon pepper
½ teaspoon sage (parsley will work)
½ teaspoon thyme (dill will work)
1–1 ½ cups prepared chicken broth
1 turkey heart (optional)
2 turkey gizzards (optional)
1 turkey liver (optional)

Prepare the bread by slicing and removing the crusts. Let dry out overnight. Break the stale bread into crumbs. In a pot with salted water, simmer the heart and gizzard meat until tender (1-2 hours). During the last 20 minutes of simmering, add the liver. Remove from heat and cool. Grind and set aside. Then melt the butter in a large frying pan and sauté the onions and stir in some of the breadcrumbs. Then, pour the onion-breadcrumb mixture and the rest of the breadcrumbs into a large mixing bowl. Add celery, salt, pepper, herbs and ground turkey giblets and mix well. Drizzle with broth, tossing lightly until all breadcrumbs are wet. Bake in a baking dish at 350F/180C for 45-50 minutes. Yields 8 side servings.

Fideo

2 cups thin pasta broken into small pieces
1 tablespoon oil
1 clove garlic, minced
½ small onion, diced
2 tomatoes, finely chopped
3 cups water
1 cube chicken bouillon

In a pot, brown dry pasta in oil with garlic and onion. Add remaining ingredients. Cover and simmer 20 minutes. Yields 2 side servings.

Side Dishes

Calabacitas

3 cloves garlic, minced
1 medium onion, chopped
2 tablespoons sunflower oil
4 yellow squash, cubed
1 can corn, drained (or 1 fresh cob)
½ cup shredded cheese
salt, to taste

Sauté the garlic and onion in the sunflower oil over medium heat until translucent. Add squash. When tender (about 3 minutes), add corn. When heated through, add cheese and salt to taste. Cover and simmer 5 minutes before serving. Yields 4 side servings.

Potatoes Au Gratin

4-5 potatoes, peeled and sliced thinly
1 medium onion, chopped
2 cups milk
2 cups cheese, shredded
¼ teaspoon salt
¼ teaspoon pepper
½ cup bread crumbs

Cover the bottom of a casserole dish (or oven-proof pan) with a layer of potatoes. Then sprinkle with onions, cheese and milk. Repeat until all ingredients are used. You should be able to make 4-5 layers. For the top layer, sprinkle with salt and pepper, then breadcrumbs until covered. Bake on medium heat about 45 minutes or until golden and the potatoes are soft. Let sit 5 minutes before serving. Yields 4-6 side servings.

Side Dishes

Mashed Potatoes

1 kilo potatoes
2 tablespoons butter
¼ cup sour cream
½ teaspoon salt
½ teaspoons pepper

Wash and peel the potatoes. Cut into even sized pieces and boil for 15-20 minutes. A fork should easily pull out. Drain the water, reserving for later use. Mash with a potato masher. Add butter, sour cream, salt and pepper. If they are too thick, add some of the reserved water. Yields 8 side servings.

Adjust the proportions of this recipe according to your serving requirements. In addition, any number of variants can be made from the basic recipe listed above. Just add the additional ingredients. All these variants can also be added to baked potatoes.

Variations for mashed potatoes:

Roasted Garlic: See recipe in Appetizers section. Smash into a paste and incorporate into the mashed potatoes.

Herb: Add fresh or dried herbs to the mashed potatoes. Use half as much dried as fresh herbs. Herb flavor intensity varies, so use to your tastes.

Mushroom: Top with Mushroom Sauce from the Ukrainian section of this book.

Loaded Baked Potato: Add chopped green onion, sour cream, bacon (sautéed salo), and grated cheese to the mashed potatoes.

Nutmeg: Add a ½ teaspoon of grated nutmeg and an additional tablespoon of butter to the mashed potatoes.

Side Dishes

Curried Beets

3 cloves garlic, minced
2 medium onions, diced
3 tablespoons butter
3 medium beets, peeled and grated
1 cup water
2 tablespoons curry
2 teaspoons cumin
½ teaspoon turmeric

In a large pan, sauté the garlic and onions in butter until transparent. Add grated beets and sauté for 5 minutes. Add water and spices and slowly bring to a boil. Reduce heat and simmer for until the mixture thickens. Serve warm over rice or lentils. Yields 4 side servings.

Honey Orange Beets

4 medium beets
3 tablespoons butter
1 orange (juice and 1 teaspoon of zest)
¼ cup honey
¼ cup water
dash salt
dash pepper

Wash beets and bake in a one inch of water at 350 for 1 hour, covered. Uncover and bake an additional 30 minutes. Cool and peel the beets, then cut into ¼ inch slices. In a sauce pan sauté the orange zest in the butter with a dash of salt and pepper for 2 minutes. Add the beets, honey, orange juice and water. Cook until beets are soft and sauce thickens. Serve warm. Yields 8 side servings.

Carrots & Zucchini

3 medium carrots, peeled and sliced
1 medium zucchini, sliced
½ cup vegetable broth (water and vegetable bouillon is fine)
1 teaspoon Italian seasonings

In a medium saucepan, cook the carrots and zucchini in the vegetable broth until both tender. Drain and return to the sauce pan. Add the seasonings and toss gently. Yields 2-3 side servings.

Side Dishes

Glazed Carrots

½ kilogram carrots
1 tablespoon butter
1 tablespoon honey
pinch of salt
pinch of pepper
pinch of cinnamon
pinch of nutmeg

Wash, peel and cut carrots into coins. Blanch in lightly salted boiling water. Remove from water and sauté with butter and honey in skillet. Season with salt, pepper and spices and cook for 2 minutes. Serve warm. Yields 4 side servings.

Orange Juice Tzimmes

8 large carrots, peeled and grated
1 cup prunes or dried apricots, diced
2 cups orange juice
1/3 cup white sugar
4 tablespoons butter, melted
1 teaspoon grated lemon zest
½ teaspoon grated fresh ginger root (pinch of dried)

Place carrot and prunes or apricots in a pot and cover with orange juice. Bring the mixture to a boil, let boil 10 minutes. Reduce heat and stir in sugar and butter. Simmer for 1 hour or until the liquid is almost absorbed. Sprinkle with lemon zest and ginger and let simmer another 5 minutes. Yields 4-6 side servings.

Fruit Saver

6 apples or pears
1 ½ cups orange juice

Peel and core the fruit. Cut into small cubes and add to a sauce pan. Add the orange juice and simmer on low heat for 2 to 3 hours. Eat warm or refrigerate and serve cold. Yields 4-6 side servings.

Breakfast

Cake Doughnuts

3 cups flour
2 teaspoons baking powder
½ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon salt
2/3 cup milk
¼ cup butter, melted
2 eggs
2/3 cup sugar
1 teaspoon vanilla
oil (for frying)
powdered sugar

Combine 2 cups of the flour, baking powder, cinnamon, nutmeg and salt. In another bowl, combine milk and butter. In another bowl (a large mixing one) combine eggs, sugar and vanilla - stir vigorously until thick if you don't have an electric mixer. Otherwise, use the mixer for 3 minutes or until thick. Alternately, add flour mixture and the milk mixture to the sugar mixture, beating after each addition. Stir in remaining 1 cup flour. Chill dough for 2 hours. Turn dough out onto a lightly floured surface. Roll until 1 inch thick. Cut with a doughnut cutter or improvise by rolling into tubes, slicing, and then attaching the ends to form "doughnuts". Fry doughnuts, 2 or 3 at a time in a deep pot of hot 350F oil. Fry each side, turning after a minute. Remove with a slotted spoon and drain on paper towels or clean rags. While doughnuts are still warm, but not hot, shake them in a bag with powdered sugar. Yields 8-10 donuts.

Variation: Make chocolate doughnuts by omitting cinnamon and nutmeg, increasing sugar to 1 cup, reducing the amount of extra flour stirred in to ¼ cup and instead stirring in ¾ cup of cocoa powder.

Breakfast

Cinnamon Rolls

4 cups flour
1 package dry yeast
1 cup milk
1/3 cup sugar
1/3 cup butter
1 teaspoon salt
2 eggs
3 tablespoons butter, melted
1/2 cup sugar + 2 teaspoons cinnamon
1 recipe Cinnamon Roll Icing

In a large mixing bowl, combine 2 cups of the flour and yeast; set aside. In a medium saucepan heat and stir milk, sugar, butter and salt just until warm and butter almost melts. Add milk mixture to dry mixture along with eggs. Beat with a wire whisk for 5 minutes, scraping the sides of the bowl as you go. Using a wooden spoon, stir in as much of the remaining flour as you can.

Turn dough onto a floured surface. Knead in enough remaining flour to make moderately soft dough that is smooth and elastic, approximately 3 to 5 minutes. Shape dough into a ball. Place dough in a lightly greased bowl; turn once to grease dough. Cover and let rise in a warm place until double in size, about 1 hour.

Punch dough down. Turn onto a lightly floured surface. Divide in half. Cover and let rest 10 minutes. Lightly grease two 9x1-1/2-inch round baking pans.

Roll each portion of the dough into a 12x8-inch rectangle. Brush the 3 tablespoons melted butter over dough. Combine the 1/2 cup sugar and cinnamon; sprinkle over dough. Roll up into a spiral, starting from a long side. Seal seam. Slice each roll into 12 equal pieces. Place in prepared pans. Cover and let rise in a warm place until nearly double (about 30 minutes).

Bake in 375F oven for 20 to 25 minutes or until golden. Cool slightly; remove from pans. Frost with Cinnamon Roll Icing. Makes 24 rolls.

Breakfast

Cinnamon Roll Icing

100 grams cream cheese, softened
1/4 cup butter, softened
1 1/2 cups powdered sugar
1/2 teaspoon vanilla extract or powder
2 teaspoons milk

Well mix ingredients together. Spread over hot rolls. Yields 2 cups.

Homemade Syrup

1 cup sugar
1/2 cup water
2 tablespoons jam – or – 1 teaspoon vanilla or maple extract (from the US)

Boil sugar and water together over low heat, stirring until all sugar is dissolved. Add the jam, vanilla or maple flavoring. Serve hot or cold over French Toast or Pancakes. Yields 1 1/4 cup of syrup.

French Toast

1 egg
3 tablespoons milk
1/4 teaspoon cinnamon
4 slices of bread

Beat together eggs, milk and cinnamon. Dip bread into the egg mixture, coating both sides. In a hot skillet, fry until golden, flipping once. Serve with Homemade Syrup. Yields 4 slices.

Breakfast

Buttermilk Pancakes

1 ¼ cups flour
1 teaspoon baking powder
½ teaspoon baking soda
1 tablespoon sugar
½ teaspoon salt
1 egg, beaten
1 ½ cups buttermilk (*ryazhanka*)*
2 tablespoons vegetable or sunflower oil

Combine dry ingredients in a large bowl. Whisk in eggs, buttermilk and oil. For standard-sized pancakes, pour 3" circles into a hot, slightly greased, skillet. Cook over medium heat about 2 minutes on each side, flipping only when the pancakes have bubbly surfaces and the edges are slightly dry. Serve with a pat of butter and Homemade Syrup. Yields 2-3 servings.

* If *ryazhanka* is unavailable, *kefir* may be substituted.

Note: The pancake batter can be stored covered, in the refrigerator, for up to 2 days.

Variations for Buttermilk Pancakes:

Cornmeal: Decrease flour to ½ cup and add ½ cup cornmeal.

Buckwheat: Decrease flour to ½ cup and add ½ cup buckwheat.

Walnut: Stir 1/3 cup broken walnuts into the batter.

Cheese: Omit sugar and stir in 1 cup shredded cheese into the batter.

Fruit: Slice up and add your favorite fruit to the batter. Bananas, apples, raspberries and preserved cherries all work great. If using apples, leave the peels on for added vitamins.

Breakfast

Crepes

2 eggs
1 ½ cups milk
1 cup flour
1 tablespoon oil
¼ teaspoon salt

Beat all ingredients together until well combined. Heat a lightly greased skillet; remove from heat. Spoon in 2 tablespoons batter, lift and tilt skillet to spread. Return to heat, browning on one side only. Invert skillet over paper towels or a plate, removing crepe. Repeat as necessary, occasionally greasing skillet. Yields 12 crepes.

Toast

There are two ways to make toast without a toaster:

1. Use your oven. Place sliced bread directly on oven rack. Using medium-high heat, turn it once it starts to brown.
2. Use a skillet. Put a little butter in the skillet, let it melt and then add the bread. Turn when browned.

Cheesy Scrambled Eggs

2-3 eggs
2 tablespoons milk
1 tablespoon water
dash of salt
dash of pepper
¼ cup cheese, grated
1 tablespoon oil or butter, for cooking

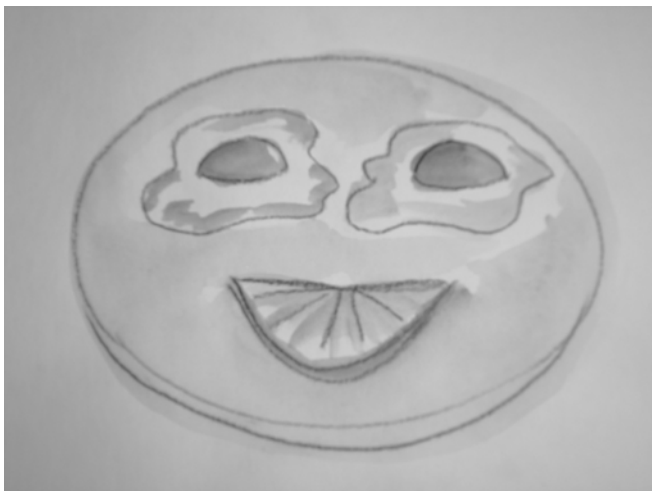
In a bowl, beat eggs, milk and water with fork or wire whisk. Add salt and pepper. Melt butter or heat oil in a frying pan over medium-low heat. Pour in eggs. Add cheese. Once the eggs start to cook, scrape the bottom of the pan every so often with a wooden spoon or spatula to keep them from burning. They're done when they are no longer runny and have a light, fluffy consistency. Serve hot. Yields 1-2 serving.

Breakfast

Western Omelet

3 eggs
dash of salt
dash of pepper
2 dashes of hot sauce
1 tablespoon oil, for cooking
2 tablespoons red or green bell pepper, diced
1 tablespoon onion, diced
1 slice ham, chopped (optional)
¼ cup cheddar, grated

In a bowl, beat eggs, salt, pepper and hot sauce together with fork or wire whisk. In a non-stick frying pan or iron skillet, heat oil over medium-low heat. Pour eggs into pan. Cook undisturbed for 3-5 minutes, then gently pull up the edges on all sides with a spatula. When the bottom is cooked through, either flip the omelet to the other side with the spatula or slide the omelet onto a plate. If using the plate technique, invert the frying pan on top of the plate and flip the uncooked side of the omelet back into the frying pan, immediately removing the plate. Sprinkle pepper, onion, ham and cheese on one side of the omelet, then fold the other half over to cover. Cook a few minutes more, until the cheese is melted and egg is cooked completely through. Serve hot. Yields 1-2 servings.



Breakfast

Quiche

Pastry Crust:
2 cups flour, plus more for dusting
1 teaspoon salt
¼ teaspoon sugar
150 grams unsalted butter, cold and cut into small chunks
1 egg yolk
3 tablespoons cold water, plus more if needed

Combine flour, salt and sugar in a large mixing bowl. Add butter and mix with hands until coarse crumbs form. Beat yolk and ice water together and add to pastry. Work to bind dough and squeeze together with hands. If the pastry is too crumbly, add more water 1 tablespoon at a time. Form a disk, cover with plastic wrap or bag, and refrigerate for 30 minutes.

Quiche Filling:
1 *Ingredient Variation* (see below)
2 ½ cups hard cheese, grated
4 eggs, beaten
2 cups milk
¼ teaspoon salt
¼ teaspoon pepper
pinch of nutmeg

Using a rolling pin or wine bottle, roll out quiche pastry into a ¼ inch thick circle. Dust with flour as needed to prevent sticking. Gently place in a pie pan or iron skillet that can go in the oven. Press pastry down into pan. Sprinkle ingredients and cheese over the pastry. Whisk together eggs, milk, salt, pepper and nutmeg. Pour into pastry crust. Bake in medium oven (350F) for 45 minutes to 1 hour, until filling is set and the top is golden brown. Serve hot. Yields 8 slices.

Ingredient Variations for Quiche:

Crab: Combine 1 cup diced crab sticks, ½ cup yellow onion, thinly sliced, 2 tablespoons fresh chopped parsley. Proceed as directed.

Mushroom and Onion: In 1 teaspoon of oil, sauté 200 grams of cleaned, sliced mushrooms with 2-3 thinly sliced green onions for 10 minutes. Add 2 tablespoons chopped, fresh parsley if available. Proceed as directed.

Ham and Swiss: Chop 100 grams of ham. Use Swiss cheese as the hard cheese. Proceed as directed.

Breakfast

Oatmeal

1 cup oats
2 cups milk, water or combination of both
¼ teaspoon salt

Bring liquid almost to a boil. Stir in oats and salt. Stirring often, cook until oatmeal is soft. Serve with a spoonful of butter, honey and/or cinnamon sugar. Yields 2-3 servings.

Suggestions for Oatmeal:

When adding oats, include handful of raisins for extra fiber and flavor.

Add a handful of walnuts before serving for extra protein and texture.

Cream of Wheat

2 cups milk, water or combination of both
5 tablespoons cream of wheat (*manka*)
¼ teaspoon salt.

Bring liquid to a boil. Stir in cream of wheat and salt. Stirring constantly, cook until liquid is completely incorporated. Serve with butter, a spoonful of honey and, if desired, fruit preserves. Yields 2-3 servings.

Hot Muesli

1 ½ cups of prepackaged muesli cereal
½ cup hot milk
Sprinkle of sugar or spoonful of honey

Combine muesli cereal with milk, sugar or honey and enjoy a fast, hot breakfast. Yields 1-2 servings.

Breakfast

PCMO Granola

½ cup vegetable oil
½ cup honey
6 cups rolled oats
¾ cup walnuts, chopped

optional ingredients:

½ cup sunflower seeds
½ cup shredded coconut
½ cup pumpkin seeds
½ cup dried apricots, chopped
1/3 cup sliced almonds
¾ cup seedless raisins

Preheat oven to 165C / 325F and check that oven rack is in the center of the oven. Blend oil and honey in a pot and bring to a boil. Pour mixture into a large bowl. Add oats and mix well. Spread mixture evenly in a baking pan and bake uncovered, stirring every 5 minutes until golden brown, approximately 25 minutes. Remove from oven and stir in raisins, chopped apricots and your selection of nuts. Cool to room temperature. Store in an airtight container. Yields 7-8 cups of granola. Recipe may be halved if desired.

Note: Add or substitute almost any dried fruit, nut and or seeds. Each time you make this it tastes different according to what is available in the market.

Fried Potatoes

¼ cup sunflower oil
4-5 potatoes, peeled and sliced
1 onion, chopped
1 clove garlic, pressed
½ teaspoon chili pepper, paprika or herbs
½ teaspoon salt
¼ teaspoon black pepper

Bring oil to medium heat in a heavy frying pan. Add sliced potatoes. Cover and let cook for 10 minutes, stirring occasionally. Add onions, garlic and spices. Cover and let simmer, checking frequently for tenderness. Once the potatoes are soft and the onions are dark brown, it is done. Serve hot with spicy ketchup. Yields 2-3 servings.

Breads

Biscuits

2 cups flour
1 teaspoon salt
2 teaspoons baking powder
½ teaspoon baking soda
50 grams butter or lard (¼ cup), cut into small pieces
1 cup buttermilk (*ryazhanka*)

Sift the flour with salt, baking powder and soda. Mix in the butter or lard with your fingers. Add the buttermilk and stir. Mix into a soft dough. Using a spoon, drop pieces of the dough about the size of a walnut onto a greased baking sheet. Leave 2 inches between each biscuit. Bake in a medium oven until browned, about 10 minutes. Yields 10 biscuits.

Fast Irish Scones

¾ cup flour
1 teaspoon baking powder
pinch of salt
1 teaspoon sugar
1 tablespoon soft butter
¼ cup milk
handful of raisins (optional)

Grease an ovenproof baking sheet. Preheat oven to 450F. Mix flour, baking powder, salt and sugar in a small bowl. With your hands, mix butter into mixture until it is crumbly throughout. Add raisins. Add small amounts of milk, little by little, until the dough is thick but soft (approximately ¼ cup milk total). Knead for 30 seconds. Make into round shape, then divide into quarters with a knife. Place on greased sheet and cook for 7-9 minutes. Be attentive, they can burn quickly. After 5 minutes, flip the scones to prevent the bottoms from burning. Serve warm with butter, jam and/or thick *smetana*. Yields 4 scones.

Breads

Beer Bread

3 cups flour
3 teaspoons baking powder
1 cup sugar
1 teaspoon salt
¼ cup oil
400 milliliters beer

Preheat oven to 400F (medium-high flame). Grease loaf pan and set aside. In a medium bowl, combine all ingredients, mixing well. Pour mixture into loaf pan. Bake 1 hour, rotating the pan every 15 minutes. Depending on your oven, you may want to cover the top of the bread with aluminum foil after 30 minutes of baking, to prevent burning. Check doneness by inserting a knife into the center. When the knife comes out clean, the bread is done. Serve warm, thickly sliced, and accompanied by butter or honey. Yields 10-12 slices.

Cornbread

4 cups cornmeal
2 teaspoons baking soda
2 teaspoons salt
4 eggs
4 cups buttermilk (*ryazhanka*)
½ cup melted *salo* drippings or lard

Combine all dry ingredients in large bowl. Add eggs and buttermilk to the bowl, mixing well. Stir in *salo* grease. Pour batter into a greased baking dish. Bake at 450F for 40 minutes. Serve warm, cut in squares. Yields 10-12 pieces of bread.

Variation:

Mexican Cornbread: Add sliced hot peppers and shredded cheese before baking.

Breads

Pizza Dough

2 cups flour, plus more for dusting
2 teaspoons dried yeast
1 teaspoon sugar
½ teaspoon salt
1 tablespoon olive or sunflower oil
½ cup milk and ¼ cup water, hot to touch

Mix dry ingredients in large bowl. Form a well in the center. Add the oil to the hot milk/water mixture, then pour into the well. Combine ingredients using a fork until sticky dough. Turn out onto floured surface and knead for 5-10 minutes. Roll the dough into ball and place in lightly oiled bowl, covered with plastic, for one hour. Roll out the dough, brush lightly with oil and add sauce and toppings. Cook in a 425F (medium-high oven) for 7-10 minutes, until crust is golden brown. Slice and enjoy. Yields 2-4 portions, depending on your appetite

Sauce Ideas:

Canned tomato sauce from your local store

Classic Spaghetti Sauce, Béchamel or Pesto Sauce recipes from this book

Pizza Topping Ideas:

Vegetarian: Add sliced mushrooms, chopped onions, sliced tomatoes, sliced peppers and corn, then grated cheese.

Meat: Add cooked, cubed chicken, sliced kielbasa, or pepperoni with chopped onion, then grated cheese. Drizzle with olive oil and sprinkle with dried oregano.

Payday-Salmon-: Use Béchamel sauce for this pizza. Soak a small piece of smoked salmon in lemon water for 30 minutes. Pat the fish dry. Thinly slice and arrange on pizza with diced onions and a generous sprinkle of fresh dill. Top with grated or sliced mozzarella cheese; squeeze ¼ lemon over the top.

Breads

Zucchini Bread

1 egg
1 cup sugar
¼ cup plus 2 tablespoons sunflower oil
½ teaspoon vanilla extract or powder
1 cup zucchini, peeled, seeded and grated
1 ½ cups flour
¼ teaspoon baking powder
½ teaspoon baking soda
½ teaspoon salt

Mix egg, sugar, oil, vanilla and zucchini together in a large mixing bowl. In a separate bowl, combine flour, baking powder, baking soda and salt. Add to the zucchini mixture and combine. Pour into a greased loaf pan and bake at 325F for approximately 50 minutes, until top is golden brown and a knife or toothpick inserted into the center comes out clean. Cool, and then slice. Yields 10 slices.

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pan.

Carrot Bread

1 cup carrot, grated
3 tablespoons sunflower oil
½ cup sugar
3 tablespoons water
1 egg
¾ cup flour
½ teaspoon baking soda
1 teaspoon salt
1 teaspoon baking powder
1 teaspoon cinnamon
¼ teaspoon vanilla powder
½ cup raisins
½ cup nuts

Mix all ingredients together in a large bowl. Pour into a greased loaf pan and bake at 350F for 35-45 minutes, until firm. Cool, and then slice. Yields 10 slices.

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pan.

Breads

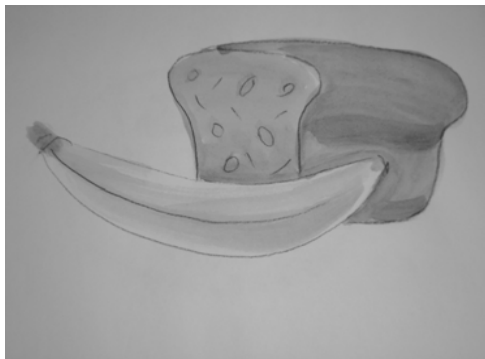
Pumpkin Bread

1 cup mashed pumpkin*
1 ½ cups sugar
½ cup oil
2 eggs
1 ⅔ cups flour
1 teaspoon baking soda
¾ teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
1/3 cup water

Lightly oil and flour the bottom and sides of a loaf pan. Preheat oven to a medium flame. In a large mixing bowl, mix sugar and oil very well. Add eggs and stir vigorously. Set aside. In another large bowl, combine flour, baking soda, salt, cinnamon and nutmeg. Add flour mixture to the sugar mixture. Mix well. Add mashed pumpkin and water, and continue mixing. Pour mixture into prepared loaf pan. Bake at a medium flame for approximately 1 hour or until a wooden toothpick inserted near the center of the bread comes out clean. Cool in pan for ten minutes before inverting and sliding the bread out of the pan. Cool bread completely before slicing. Yields 10 slices.

**To make mashed pumpkin, cut a gutted pumpkin into chunks and then skin it. Boil, and when soft, mash.*

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pan.



Breads

Moist Banana Bread

1 cup sugar
100 grams cream cheese (*vershkovyy syr* or *syrok*)
2 eggs
2 large, overripe bananas, mashed
2 cups flour
1 teaspoon baking soda
1 teaspoon baking powder
1 cup broken walnuts (optional)

Blend together the sugar and cheese. Add eggs and beat well. Add bananas, flour, baking soda and baking powder. Fold in nuts, if desired. Pour into a greased loaf pan and bake at 350F for approximately 50 minutes, until top is golden brown and a knife or toothpick inserted into the center comes out clean. Cool, and then slice. Yields 10 slices.

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pan.

Spiced Banana Bread

1 1/3 cups sugar
½ cup butter
2 medium, overripe bananas, mashed
1/3 cup water
1 packet vanilla sugar
2 eggs
1 ½ cups flour
1 teaspoon baking soda
1 teaspoon salt
1 teaspoon cinnamon
½ teaspoon cloves
¼ teaspoon baking powder
½ cup raisins and walnuts (optional)

In a bowl, mix sugar and butter. Add banana, water, vanilla and eggs; mix well. In a separate bowl, combine flour, baking soda, salt, cinnamon, cloves and baking powder. Slowly mix into banana mixture. Stir in raisins and nuts, if desired. Pour into a greased loaf pan and bake at 375F for approximately 50 minutes, until top is golden brown and a knife or toothpick inserted into the center comes out clean. Cool, and then slice. Yields 10 slices.

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pan.

Breads

Bread Pudding

3-4 cups cubed bread
½ cup raisins
3 eggs, beaten
3 cups milk
1 cup sugar
½ teaspoon salt
2 teaspoons vanilla extract or 2 vanilla sugar packs
½ teaspoon cinnamon

Preheat oven to 350F. Grease a casserole or baking dish, then line with bread cubes. Sprinkle raisins over the dry bread. Beat together all remaining ingredients, except cinnamon. Pour this custard over the bread, and then sprinkle cinnamon over the top. Bake for 35 minutes or until firm, but not too dry. Serve warm or at room temperature. Yields 6-8 servings.

Soft Pretzels

3 ½ cups flour
2 tablespoons sugar
1 teaspoon salt
1 packet active dry yeast
1 cup water
1 tablespoon butter or margarine
1 egg yolk, beaten
1 tablespoon water
pinch of salt

In a large bowl, mix together 1 cup flour, sugar, salt and un-dissolved yeast. In a small saucepan, heat 1 cup water and butter or margarine until melted. Gradually add to the dry ingredients; stir until smooth. Add ½ cup flour. Stir very well, then stir in another ½ cup flour and stir again. Continue incorporating flour until enough is stirred in to make a soft and non-sticky dough. Turn dough out onto a floured board and knead for 5 minutes. Set in greased bowl, turning once to grease the top. Cover with plastic or a clean towel and let rise in warm place for 40 minutes.

Cut off pieces of the dough with a knife and roll dough into ropes. Shape into pretzels or other interesting shapes. Place pretzels on greased baking sheets. Cover with a towel and let rise for 5 minutes. Mix egg yolk and water; brush on pretzels. Sprinkle with coarse salt. Bake at 375F for 15 minutes. Watch carefully. Yields 8 pretzels.

Breads

Bagels

Dough:
1 tablespoon active dry yeast.
4 cups flour
2 teaspoons salt
1 tablespoon sugar
1 ½ cups lukewarm water

Water bath:
2 quarts water
3 tablespoons sugar
½ teaspoon salt

Combine all dough ingredients and knead vigorously for 10-15 min. The dough will be stiff. Put dough in a lightly greased bowl. Let rise for 60-90 minutes, until noticeably puffy, although not necessarily doubled in size.

Transfer dough to a clean work surface. Divide into 8 pieces. Working with one piece at a time, roll into smooth, round balls. Cover the balls with a towel and let rise for 30 min. They should puff up very slightly.

In the meantime, prepare water bath. Mix water and sugar and bring to a very gentle boil in a large pot. Preheat oven to medium heat. Use your index finger to make a hole in the center of each ball. Twirl the dough on your finger to stretch the hole until the hole is about 2 inches in diameter. Place each bagel on a greased baking sheet, and repeat with remaining balls. Transfer 4 bagels at a time to the simmering water. Increase heat to make water continue the gently simmering boil. Cook bagels for 2 min on one side, then flip over and cook for 1 minute more. Using a slotted spoon or strainer, remove bagels from the water and return to baking sheet. Repeat with remaining bagels. When all bagels are boiled, bake for 20-25 minutes until deep brown, turning over after 15 minutes. Remove and cool on a rack. Yields 8 bagels.

Compared to most bread dough, the dough for bagels is quite a bit stiffer. This is to ensure that the bagels are dense, close-grained and chewy.

Flavoring Options:

More flavors: Before baking, dip bagels in sautéed and dried onions, kosher salt, poppy seeds, or a combination of all three for an "everything bagel."

Desserts

Butter Pie Pastry

2 cups flour
¾ teaspoon salt
1 cup (200 grams) butter, room temperature
1 egg
2 tablespoons cold water
1 tablespoon white vinegar

Combine flour and salt in a bowl. Cut butter into flour until there are uniform, pea-sized crumbles. Beat egg, water and vinegar together to blend. Pour liquid over flour and stir with a fork until moist. Divide pastry in two and shape each half into a ball. Flatten into a 4-inch circle, wrap in plastic and chill 15-30 minutes. Roll each pastry into a 12-inch wide circle and use accordingly for top and bottom of one pie. This crust is best for double-crust pies, like apple or cherry pie. Yields 1 double pie crust.

Easy Oil Pastry

1 ¼ cups flour
1 tablespoon sugar
¼ teaspoon salt
¼ cup oil
3 tablespoons milk

In a medium bowl, stir together flour, sugar and salt. Add oil and milk. Stir with a fork. Form into a ball. Press dough firmly onto the bottom and up the sides of a pie plate. Fill and bake as directed. This crust is best for single-crust pies, like pumpkin pie. Yields 1 pie crust.

Graham Cracker (Cookie) Crust

1/3 cup butter
¼ cup sugar
1 ¼ cups finely crushed cookies (about 18 of them)

Crush cookies by placing them into a bag and rolling/hitting them with a rolling pin. Next, melt butter. Stir sugar into butter. Add crushed cookies and toss to mix. Spread evenly into a pie plate, pressing onto bottom and up sides. Chill about an hour or until firm. Fill and bake as directed. Yields 1 pie crust

Desserts

Ice Cream Pie

1 large bag of ice cream
1 *Graham Cracker (Cookie) Crust*
whipped cream (*smeta*)

Prepare graham cracker crust as per recipe. Fill with ice cream. Top with whipped cream. Freeze several hours before serving. Yields 4-6 servings.

Caramel Banana Pie

2 cans sweetened condensed milk
3 bananas, sliced
1 *Graham Cracker (Cookie) Crust*
¼ cup chopped walnuts

Remove the labels from the milk tins and place them, unopened, in a pot of boiling water so that they are fully submerged. Boil for 2 hours, watching that they remain covered with water. Remove cans from water and let cool. Prepare the crust in a pie pan or greased and floured frying pan. Add layers of sliced bananas to the crust. Pour caramelized milk over the bananas. Sprinkle with walnuts. Refrigerate for at least 4 hours. Yields 4-6 servings.

Pumpkin Pie

1 ½ cups mashed pumpkin
½ teaspoon salt
1 ½ cups 3.2% milk
2 large eggs
2/3 cup plus 2 tablespoons sugar
1 tablespoon honey
1 ¼ teaspoons cinnamon
½ teaspoon ginger
½ teaspoon nutmeg
¼ teaspoon cloves
1 *Easy Oil Pastry*

Combine all ingredients except the pastry; mix well. Press your pie pastry into a pie plate. Pour the pumpkin mix onto the pie pastry. Bake at medium-high heat (400F) for 50-70 minutes or until you can insert a toothpick into the pie and have it come out clean. Let cool before serving. Yields 8-10 servings.

Desserts

Apple Pie

5 large apples, peeled, cored and sliced
½ to ¾ cup sugar, depending on the sweetness of the fruit
2 tablespoons flour
1 teaspoon cinnamon
1 tablespoon lemon juice (optional)
1 *Butter Pie Pastry*

Combine all ingredients and scoop into pie pastry. Cover with second pie pastry, pinching edges shut and cutting a few slices in the top so that hot air escapes. Decorate with excess pastry if desired. Bake in 400F oven 30-40 minutes. Yields 8 servings.

Variations to Apple Pie:

Substitute 3 cups of pitted red or golden cherries, sliced fresh strawberries or sliced plum for the apples. Proceed as directed.

Sour Cream Apple Pie

2 cups apples peeled, cored, and chopped
2 tablespoons flour
¼ teaspoon cinnamon
¼ teaspoon nutmeg
1/8 teaspoon salt
1 egg, beaten
1 cup sour cream
¾ cup sugar
1 teaspoon vanilla powder
½ *Butter Pie Pastry*

Crumb Topping:

1/3 cup sugar
1/3 cup flour
¼ cup butter

Combine apples, flour, cinnamon, nutmeg and salt. In a separate bowl, mix egg, sour cream, cup sugar and vanilla. Stir into the apple mixture and pour filling into prepared pie pastry. Bake pie for 15 minutes at 400F /205C. Reduce heat to 300 F/150C and bake 30 minutes more. Meanwhile, cream together the sugar, flour and butter for the topping. Then, remove pie from oven and sprinkle with topping. Increase temperature to 400F and bake 15 more minutes, until crumb topping is golden brown.

Desserts

Over-the-Top Chocolate Chip Cookies

400 grams butter, softened*
4 cups sugar
2 tablespoons honey
4 eggs
2 teaspoons vanilla extract or 2 packets vanilla powder
4 cups flour
5 cups oatmeal
2 teaspoons salt
2 teaspoons baking soda
2 teaspoons baking powder
1 ½ cups of chipped dark chocolate
1 cup grated chocolate
3 cups walnuts, broken into pieces

Cream butter, sugar and honey together in bowl. Add eggs and vanilla. In a separate bowl, mix flour, oatmeal, salt, baking soda and powder. Fold into butter-egg mixture, incorporating all the flour well. Fold in chocolate and nuts. Stir well, then roll into balls, place on cookie sheets and bake at a medium flame approximately 10 minutes or until golden brown. Yields 10 dozen cookies.

Original Chocolate Chip Cookies (modified for Ukraine)

200 grams butter, softened*
1 ½ cups sugar
2 eggs
1 teaspoon vanilla extract or 1 packet vanilla sugar
1 tablespoon honey
2 ¼ cups flour
1 teaspoon baking soda
1 teaspoon salt
2 cups chocolate chips or 2 chocolate bars (broken into tiny pieces)
1 cup chopped nuts (optional)

Preheat oven to 375 F / 190C. Mix butter, sugar, eggs, vanilla and honey. In separate bowl, mix flour, baking soda and salt. Add to butter mixture, slowly stirring in. Fold in chocolate and nuts, if desired. Then, on lightly greased cookie sheets, drop teaspoonfuls of batter. Bake for 7-9 minutes, or until golden brown. If the dough is too sticky after the first batch of cookies (resulting in too-flat, overly crisp cookies), incorporate an extra ¼ cup of flour into the cookie dough. Yields 5 dozen cookies.

*For Chocolatey-Chocolate Chip Cookies, use chocolate butter.

Desserts

Oatmeal Cookies

2 cups flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt
2 cups sugar
200 grams butter
1 tablespoon honey
2 eggs
1 teaspoon vanilla extract or 1 packet vanilla powder
2 cups oats
1 cup raisins or chocolate chips

Combine flour, baking soda, baking powder and salt. Set aside. Cream the sugar, butter and honey. Beat in eggs and vanilla. Incorporate flour mixture, a little bit at a time. Mix well after each addition. Finally, stir in oats and raisins or chocolate chips. Drop by heaping teaspoons onto lightly greased cooking sheet. Bake at 350F for 10-12 minutes, or until golden brown. Remove from baking sheet to cool. Yields 6 ½ dozen cookies.

Snickerdoodles

1 cup butter
1 ½ cups sugar
2 eggs, beaten
2 ¾ cups flour, sifted
2 teaspoons cream of tartar
1 teaspoon baking soda
¼ teaspoon salt

Cinnamon Sugar:

2 tablespoons sugar
2 teaspoons cinnamon

Cream the butter and sugar together. Add eggs and mix thoroughly. In a separate bowl, sift together flour, cream of tartar, baking soda and salt. Add flour mixture to the sugar mixture. Combine well. Chill dough for 20 minutes. Roll into walnut-sized balls, coating in cinnamon sugar mixture. In a 350F oven, bake 2 inches apart on an ungreased cookie sheet for 8-10 minutes. Yields 5 dozen cookies.

Desserts

Gingersnaps

2/3 cup vegetable or sunflower oil
1 cup sugar
1 egg, beaten
¼ cup honey or molasses
2 cups flour, sifted
2 teaspoons baking soda
1 teaspoon cinnamon
1 teaspoon powdered ginger
½ teaspoon salt

Preheat oven to 350F / 180C. Combine all ingredients in a large mixing bowl. Place rows of batter by the teaspoonful onto an un-greased cookie sheet. Bake for 10-15 minutes, until cookies are flattened and slightly crusted. Yields 99 two-inch cookies.

Sugar Cookie Cutouts

2/3 cup butter, softened
¾ cup sugar
1 teaspoon baking powder
¼ teaspoon salt
1 egg
1 tablespoon milk
1 tablespoon vanilla sugar
2 cups flour

In a large bowl, beat butter until smooth. Add sugar, baking powder, and salt. Mix well, scraping the sides of the bowl. Add egg, milk and vanilla sugar and mix well. Slowly start adding flour. Continue stirring until all flour is added and well-mixed. Divide dough in half, cover, and chill for 30 minutes. On a lightly floured surface, roll half the dough at a time until 1/8" thick. Use cookie cutters to cut dough into desired shapes. Re-roll any extra dough. Repeat until all dough is used. Place cookies on ungreased cookie sheet(s) and bake at 375F for 7-8 minutes, or until the edges are firm and the bottoms lightly brown. Remove from baking sheet to cool.* Yields 4 dozen cookies.

* If frosting the cookies, let them cool completely before doing so. Powdered Sugar Icing in this section works well for frosting.

Desserts

Chocolate Lover's Brownies

1 ¼ cups sugar
¾ cup butter
½ cup cocoa powder
2 eggs, beaten
1 teaspoon vanilla extract or 1 packet vanilla sugar
1 ½ cups flour
1 teaspoon baking powder
¼ teaspoon baking soda
1 cup milk
¾ cup broken pieces of milk or dark chocolate

In a pan heat sugar, butter, and cocoa powder over medium heat till butter melts, stirring constantly. Remove from heat. Add eggs and vanilla. Using a wooden spoon, beat lightly just until combined. Combine flour, baking powder, and baking soda in a separate bowl. Add half the flour mixture, half the milk, the rest of the flour mixture and the rest of the milk, beating after each addition. Stir in chocolate pieces. Pour batter into greased baking pan. Bake at 350F for approximately 20 minutes, until brownies are set. Cool and slice. Yields 24 brownies.

Granola Bars

2 cups oatmeal
¾ cup sugar
2 tablespoons honey
½ cup flour
½ cup butter, room temperature
1 teaspoon vanilla extract or 1 packet vanilla powder
dash of salt
½ teaspoon cinnamon

Mix all ingredients* except cinnamon. Press into a greased baking pan. Sprinkle top with cinnamon and bake 20 minutes in a medium oven. Let cool 10 minutes, then remove from the pan. Cut into squares. Yields 12 granola bars.

* Includes the following optional ingredients: ½ cup raisins, ½ cup other dried and chopped fruits, chocolate pieces, ½ cup nuts or seeds.

Desserts

Peanut Butter Cups

15 200-milliliter plastic disposable cups
butter, for greasing
3 100-gram milk chocolate bars
1 ½ cups peanut butter

Cut the tops off the cups so they are 2 inches high, then grease them with butter. In double boiler, break 1 ½ chocolate bars into pieces and melt with a heaping tablespoon of peanut butter. Use a teaspoon to put a small amount of this mixture into the bottom of each cup, swirling to spread evenly. To the rest of the chocolate/peanut butter mixture, add the rest of the peanut butter. Melt and then spoon into cups. Let cool for 2 hours until the cups harden. Melt the rest of the chocolate. Spoon it over the top of the filled cups. Let cool for 10 minutes before serving. Yields 15 cups.

Apple Cake

4 eggs
1/3 cup orange juice
2 ½ teaspoon vanilla extract or 1 packet vanilla powder
1 cup sunflower oil
1 ½ cups sugar
3 cups un-sifted flour
1/3 teaspoon salt
3 teaspoons baking powder
5 or 6 apples, pared and sliced
cinnamon sugar (2 tablespoons sugar and 2 teaspoons cinnamon)

Whisk together eggs, orange juice, vanilla, oil, and sugar in large mixing bowl. Sift flour, salt and baking powder in a separate bowl. Mix flour mixture into wet mixture a little at a time. Beat for 10 minutes. Spoon half of the batter into a greased and floured 10-inch tube pan. Arrange half of the apple slices over the batter and sprinkle with half of the cinnamon sugar. Add remaining batter, arrange the rest of the apples over the batter and sprinkle with remaining cinnamon sugar. Bake in pre-heated 350F oven for 1 hour and 30 minutes. Cool completely before removing from pan. Yields 12 servings.

Desserts

Applesauce Cake

100 grams butter
1 ½ cups sugar
1 cup applesauce
2 eggs
2 cups flour
1 ½ teaspoons baking soda
½ teaspoon salt
2 teaspoons cinnamon
½ teaspoon nutmeg
½ cup raisins
½ cup chopped walnuts

Butter and lightly flour 2 round cake pans, 1 large casserole dish or a deep oven-proof frying pan. Cream the butter and sugar. Add the applesauce and blend well. Beat in the eggs and mix thoroughly. In a separate bowl, mix the flour, baking soda, salt, cinnamon and nutmeg. Add to the first mixture and beat just until mixed. Stir in the raisins and nuts. Spread in the pan or pans and bake in a 350F/180C oven. The layers will take 25-30 minutes, larger pans 35-40 minutes. Test to see if a toothpick or knife comes out clean. Cool in the pan for 5 minutes; turn out onto a clean surface. Cool completely. If desired, spread with *Cream Cheese Frosting* or sprinkle with powdered sugar before serving. Yields 10-12 servings.

Chocolate Cake

1 ¼ cups sugar
1 cup buttermilk (*ryazhanka*) or *kefir*
2/3 cup sunflower or vegetable oil
2 eggs
1 teaspoon vanilla extract or 1 packet vanilla powder
1 ½ cups flour
½ cup unsweetened cocoa powder
1 ¼ teaspoons baking soda

Grease and flour 2 small round cake pans or one deep pan. Whisk the first five ingredients together until blended. Sift flour, cocoa and baking soda together. Slowly add to wet mixture, stirring until smooth. Pour batter into prepared pan. Bake in a 350F oven until a toothpick comes out clean, about 25-30 minutes. Let cool entirely before frosting. Frost with *Chocolate Frosting* in this section. Yields 8-10 servings.

Desserts

Chocolate Mayonnaise Cake

2 cups flour
½ cup cocoa
1 ½ teaspoons baking soda
¼ teaspoon salt
1 cup sugar
¾ cup mayonnaise
1 cup water
1 teaspoon vanilla extract (1 packet vanilla sugar)

Sift together the flour, cocoa, baking soda and salt. Cream together sugar, water, mayonnaise and vanilla, then add dry ingredients to the creamed mixture. Mix well. Pour batter into greased and floured layer cake pans, casserole dish or deep frying pan. Bake at 350°F for approximately 25 minutes. Let cool and top with your favourite frosting. Yields 12 servings.

Vegan Chocolate Cake

1 ½ cups flour
1 cup sugar
1/3 cup cocoa powder
1 teaspoon baking soda
½ teaspoon salt
1 tablespoon vinegar
1/3 cup vegetable or sunflower oil
1 packet vanilla sugar
1 cup water or cold coffee

Grease and flour cake pan. Whisk all ingredients together until smooth. Pour into prepared pan. Bake in a medium oven (350-400F) for approximately 40 minutes until a toothpick comes out clean. Yields 8 servings.

No-bake Trifle Cake

1 package plain gelatin
¼ cup water
100 grams sugar
500 grams sour cream
300 grams broken cookies

Add gelatin to ¼ cup water until softened. Mix sugar, sour cream, cookies and softened gelatin. Pour into any mold and refrigerate until firm enough to cut. Yields 6-8 servings. You can add vanilla, cocoa, sliced fruits or fruit juice for a different flavored trifle cake.

Desserts

Rich Yellow Cake

1 ½ cups sugar
2/3 cup butter, softened
3 eggs
1 ½ teaspoons vanilla extract
1 cup milk
2 ¼ cups flour
2 ½ teaspoons baking powder
1 teaspoon salt

In a mixing bowl, cream the sugar and butter together. Stir in the eggs, vanilla and milk. Mix well. In a separate bowl, sift together the flour, baking powder and salt. Slowly add the flour mixture to the sugar mixture and stir until well blended. Pour the cake batter into a greased and floured baking pan. Bake in a medium to medium-high temperature oven until cooked through, approximately 30-35 minutes. The cake is done when a toothpick comes out clean. Allow the cake to cool completely before removing from pan. If desired, top with frosting. Yields 10-12 servings.

Carrot Cake

2 cups of sugar
2 cups of flour
2 teaspoons of baking soda
1 teaspoon of salt
3 teaspoons of cinnamon
1 ½ cups of vegetable oil
4 eggs
3 cups of grated carrot
1 cup of chopped nuts, optional
1 teaspoon of vanilla (vanilla sugar packet)

Sift together the sugar, flour, baking soda, salt and cinnamon. Stir in the oil. Add the eggs, one at a time, mixing well after each addition. Add carrots, nuts, and vanilla, mixing thoroughly. Pour into a floured and greased 13 x 9 x 2 inch cake pan or oven-proof deep frying pan. Bake at 350°F for 30 minutes. Allow the cake to cool completely before removing from pan. Frost with Cream Cheese Icing. Yields 12 servings.

Desserts

Poppy Seed Cake

½ cup poppy seeds (*mak*)
2 cups flour
1 ½ cups sugar
1 teaspoon baking powder
1 teaspoon salt
2 eggs
¾ cup sunflower oil
1 cup milk
½ teaspoon vanilla extract (vanilla powder)
1 teaspoon almond extract (optional)

Pre-heat oven to medium-high heat. Mix poppy seeds, flour, sugar, baking powder and salt until blended. In a separate bowl, beat the eggs with oil, milk, vanilla and almond extract.. Add to the dry ingredients and whip until smooth. Bake in 2 greased and floured loaf pans for 50-55 minutes until cooked through. Yields 12 servings.

Note: Oven-proof frying pan or casserole dish may be substituted for loaf pans.

Apple Crisp

2 large apples
4 teaspoons sugar
2 tablespoons flour
½ teaspoon cinnamon
pinch of salt
1 tablespoon butter
½ teaspoon honey
1 tablespoon rolled oats
1 ½ tablespoons chopped walnuts

Peel, core and slice apples ¼-inch thick. Add 1 teaspoon of sugar and toss to coat evenly. In another bowl, sift together remaining sugar, flour, cinnamon and salt. Add the butter and honey and mix well. Add the oats. Work with your fingers until the mixture forms clumps. Stir in the walnuts. Then, put the apples into a small baking dish and pat into an even layer. Sprinkle the topping evenly over the apples. Bake in a medium oven until the topping is lightly browned and the apples are tender, approximately 40 minutes. Let cool 15 minutes then serve. Yields 4 servings.

Desserts

Raspberry Buckle

2 ½ cups flour, divided
2 ¼ tablespoons baking powder
¼ teaspoon salt
150 grams butter, divided
1 ¼ cups sugar, divided
1 egg
½ cup milk
2 cups fresh and juicy raspberries (may use mulberries as well)
½ teaspoon cinnamon

Grease a bread pan and set aside. Combine 2 cups flour, baking powder, and salt; set aside. In another mixing bowl beat 100 grams of butter. Add ¾ cup sugar and beat until light and fluffy. Add eggs and beat well. Add dry mixture and milk alternately to beaten egg mixture, beating till smooth after each addition. Spoon batter into pan then spread with berries. Combine remaining ½ cup flour, ½ cup sugar, and cinnamon. Cut in remaining 50 grams of butter with a fork till mixture resembles coarse crumbs. Sprinkle over berries. Bake at 350F for 50 to 60 minutes. Remove from the oven let rest 5 minutes. Serve warm. Yields 10 servings.

Bananas Foster a la Ukraine

100 grams butter
2 tablespoons sugar
1 teaspoon vanilla (1 packet vanilla sugar)
2 bananas, peeled and sliced ½-inch thick
2 shots brandy (*konyak*)
ice cream

In a sauce pan over low heat, melt the butter and stir in the sugar and vanilla. Cook until sugar is melted. Add bananas and toss lightly. Add brandy but be careful as it may flame up. Sauté for 1 minute, then pour over ice cream. Yields 4 servings.

Desserts

Vanilla Pudding

¾ cup sugar
3 tablespoons cornstarch
3 cups milk
4 egg yolks, beaten
1 tablespoon butter
1 packet vanilla sugar

In a medium saucepan, combine sugar and cornstarch. Stir in milk. Cook and stir mixture over medium heat until thickened.. Cook and stir 2 minutes more. Remove pan from heat. In a separate bowl, beat the egg yolks. Add 1 cup of the heated milk mixture. Then add the egg mixture back into the milk mixture in the pan. Bring it to a gentle boil. Immediately reduce to a low heat. Cook and stir 2 minutes more. Remove pan from heat. Stir in butter and vanilla. Pour pudding into a bowl. Cover pudding with plastic wrap or bag and cool at least 2 hours. Yields 4 cups of pudding.

Banana Pudding

1 recipe *Vanilla Pudding*
4 bananas, sliced into ½ inch pieces
200 grams vanilla wafer-like cookies

In a large bowl or casserole dish, layer vanilla pudding, bananas and cookies. Repeat layers as appropriate. Finish with a layer of vanilla pudding and the remaining cookies on top. This will prevent the bananas from browning. Refrigerate for 2 hours, then serve. Yields 6-8 servings.

Desserts

Flan

1 can condensed milk
2 cans evaporated milk (or 1 cup regular milk + 1 can condensed milk)
8 eggs
8 ounces cream cheese (*vershkovyy syr*)
1 teaspoon vanilla extract

Blend all ingredients above in the blender, or aggressively whisk for 7 minutes.

Caramel:

2 cups sugar
½ cup hot water
separate pan of warm water

Cook sugar in a small saucepan over low heat. Stir continuously until it turns brown. Add HOT water to pan. Being careful of bubbling, boil and continuously stir for ten minutes. Don't leave the stove, as caramel can burn in an instant.

When the caramel is ready, pour into a flat, glass casserole dish until the caramel is all even. Next, fill the pan with the flan mixture. Put the dish into a larger pan that has some warm water in it. There should be enough to go halfway up the side of the flan dish. This will allow the flan to cook in a water bath that creates moist steam during the cooking, creating a custard instead of a dry cake. Bake the flan at 350F for 45 minutes, or until a knife comes out clean. Check periodically to ensure it does not burn. Let cool for 30 minutes, serve. Yields 8-10 servings.

Powdered Sugar Icing

1 cup powdered sugar, sifted
¼ teaspoon vanilla sugar
1-3 tablespoons milk or orange juice

In a small bowl combine powdered sugar, vanilla and 1 tablespoon milk. Stir in additional milk 1 teaspoon at a time until icing reaches drizzling consistency. Yields approximatly 1 cup frosting.

Desserts

Butter Cream Frosting

3 tablespoons sugar
3 tablespoons cornstarch
½ cup canned milk
1 cup milk
¾ cup softened butter
¾ cup powdered sugar
1 tablespoon vanilla extract or 1 packet vanilla powder

Mix together sugar and cornstarch. Add evaporated milk and regular milk. Cook in saucepan over medium heat, stirring frequently, until thick. Chill thoroughly to form a custard. After chilled, cream together butter and powdered sugar. Add cold custard a little at a time and continue beating until like a whipped cream. Flavor with vanilla. Frost cool cake and refrigerate. Yields 2 ½ cups frosting.

Cream Cheese Frosting

200 grams cream cheese, softened
50 grams (¼ cup) butter, softened
2 teaspoons vanilla (2 vanilla packets)
½ kilo powdered sugar

Beat together cream cheese and butter until smooth. Blend in vanilla. Sift powdered sugar. Gradually beat together powdered sugar and mixture. Use this icing for Carrot Cake. Yields approximately 2 cups frosting.

Chocolate Cake Frosting

100 grams unsalted butter
1 cup unsweetened chocolate, chopped into pieces*
½ cup unsweetened cocoa powder
1 packet vanilla powder
1 cup powdered sugar
2/3 cup sour cream

Melt butter and chocolate on low heat, stirring constantly. Transfer to a big bowl and whisk in cocoa and vanilla powders. Add sugar and sour cream, stirring until smooth. Yields approximatly 3 cups.

*70% cocoa (or higher) chocolate will work if you cannot find unsweetened chocolate. Simply reduce the powdered sugar by ¼ cup.

Desserts

Smooth and Creamy Chocolate Frosting

1 can of caramel condensed milk
½ package of cocoa powder

Mix well and refrigerate at least 30 minutes. This can be used for many cakes or other desserts. Yields 1 cup.

Variation:

Coffee: Add 1 tablespoon of instant coffee to the mixture.

Chocolate Ganache

1 dark chocolate bar
2-4 tablespoons milk

Melt chocolate bar over low heat in a small saucepan. Add milk 1 tablespoon at a time, until smooth. Pour over cooled cake. Yields ¼ cup.



Canning and Preserving

Freezing vegetables and fruits

If you have a freezer, ask someone at home to send you some freezer bags. Wash and dry vegetables and/or fruits, core if necessary, and place in the bags. Good vegetables to freeze include string beans, cauliflower, corn on the cob, and red or yellow peppers. Good fruits to freeze are strawberries, raspberries and currants, as well as pumpkin. These items have a limited freezer life, unlike canned goods, so try to use them first.

Drying vegetables and herbs

Dried hot peppers

Wash and dry fresh hot peppers. Tie or thread stems onto a piece of string so they can be hung. Hang in a well-ventilated place for a month until completely dried and hard. Store in plastic bags or jars. They will last the remainder of your Peace Corps service.

Sun-dried tomatoes

Wash and dry 1 kilogram plum tomatoes. Halve and de-seed using a spoon. Place on a foiled lined baking sheet and lightly drizzle with oil. Bake on the lowest setting possible 8 to 9 hours, turning the tomatoes every 2 hours. Tomatoes should be hard, but not burned, and retain a deep red color. Let cool overnight and store in glass jars or plastic bags. Will last several months.

Dried herbs

Choose, wash and hang herbs upside down in a well-ventilated place. Once completely dry, store in plastic bags or glass jars.

Canning (a.k.a "Seal and Store")

Canning in Ukraine is a bit different from canning in America. There aren't pressure boilers or hermetic sealers. The key to safe canning in Ukrainian is sterilization, through which you will be able to can almost anything.

Things you'll need:

glass jars (save these throughout the year)
canning lids (available at any bazaar)
sealer (buy at the bazaar - it's called a *klyuch* in Ukrainian)
a big, wide pot
several small rags or scraps of cloth

Canning and Preserving

Before you put anything in a jar (*banka*), wash it with hot, soapy water, and rinse thoroughly. Let air dry. Or keep submerged in clean warm water if the contents you'll be placing in the jars will be hot. This will keep them from cracking. Alternatively, you can place a spoon in the cool jar to keep it from cracking while adding hot ingredients. Always leave space, approximately ½ to 1 inch, which is called headroom, at the top of the jar. Never fill them all the way to the top.

After you put your product into the jars, place the lids on top of the jars. Carefully place the jars into your biggest, widest, pots. Place clean rags between the jars so that they don't hit each other and crack. Slowly add water to about 2/3 the height of the jars. Gently bring to a boil on medium-high heat. Reduce heat to a medium but continuous boiling. Do not let the boiling stop. Only begin timing the boil once you actually see bubbles. For vinegar-based and jam recipes, boil for 20 minutes. For non-vinegar or jam recipes, boil the jars for 40 minutes. Shut off the burners and carefully remove the jars (they will be hot), trying not to remove the lids as best you can. Place on a hard, flat surface and seal immediately.

To work the sealer, place it on the lid and turn it clockwise then counterclockwise. It will stop automatically when you need to change direction. Then turn in the other direction until it stops. Carefully and gently place the sealed jars upside down on the floor and cover with a warm blanket or towel so they cool down slowly. It is okay if the lids pop out a bit from pressure at this time. They'll be concave again once the jars cool. Place a plastic bag(s) on the floor to protect against leaks and/or explosions. Check the jars in 24 hours for hissing, cracks and/or bubbles. If there are none of these problems, store them upright in a cool, dark place. If there are problems, pry off the lids, re-boil and seal again. Properly sealed jars will last up to a year.

Before eating any home-canned foods, check to make sure the seal has not been broken. A convex (pushed up in the center) lid means it is bad, as well as mold, funky smells or discoloration. If you see or smell any of these things, throw out the product as you would do with any spoiled foodstuff. It is better to be safe than get botulism. When in doubt – throw it out!

At the end of all these recipes you will see the words "seal and store". This represents the process mentioned above. Feel free, to use these recipes for reasons other than canning, in which case, simply follow the recipe to the end and store in the refrigerator, ignoring the directions to "seal and store".

Canning and Preserving

Skinless Sauce Tomatoes

2 kilos fresh tomatoes

Wash tomatoes. Bring a medium sized pot of water to boil. In the meantime, prepare a cool bowl of water at your workstation. Place 3-4 tomatoes into the boiling water, blanching them about 45 seconds. Using a slotted spoon, transfer them to the cool water. Chill about 1 minute. Remove from the cool water and using a fork or knife peel the skin off the tomatoes. Slice into quarters and put into jars. Fill the jars to about ½ inch from the rim. Pour boiling water into the jars to fill any empty space, covering the tomatoes and leaving ½ inch at the top (place a spoon into the jar while pouring to prevent the jar from cracking). Seal and store. Yields 2 liter jars of canned tomatoes.

Pickled "Salty" Tomatoes

2 kilos fresh tomatoes

1 small package whole black pepper

1 head garlic

½ kilogram small fresh onions, peeled

3-4 bay leaves

a few sprigs of fresh dill

a dash or two of oregano

2-3 each cherry and currant leaves (*lista vishny* and *lista smorodoney*), optional
small slices of fresh horseradish

1 tablespoon salt

4 cups of vinegar

4 cups of water

Peel and slice onions and garlic in half. Dump black pepper, bay leaves, dill, oregano and other herbs into the bottom of a 2 liter glass jar (or two one-liter jars, dividing everything evenly). Begin adding tomatoes and intermittently dispersing chunks of garlic and onion into small openings between tomatoes. Fill leaving about 1 inch of space. Pour equal parts vinegar and water into a pot, add salt and begin simmering on stovetop. Boil liquids for ten minutes. Remove from stove and pour hot liquid into filled jar, using a spoon to prevent the jars from cracking. Seal and store. Yields 2 liter jars.

Canning and Preserving

Tipsy Pickles

2 kilos fresh pickling cucumbers
1 shot of vodka
2 tablespoons coarse salt
2 heads of garlic, cloves peeled and halved
2 stalks of horseradish, sliced

Wash and remove stems and ends of the cucumbers. Pack tightly into as many glass jars as needed. Mix the vodka, salt, garlic and horseradish and divide evenly between the jars. Fill jars with boiling water, using spoon in the jar to prevent cracking. Seal and store. Yields 3 liter jars or more smaller jars.

Dill Pickles

40 pickling cucumbers
3 $\frac{3}{4}$ cups water
3 $\frac{3}{4}$ cups vinegar
 $\frac{1}{4}$ cup coarse salt
1 bunch fresh dill (or 2 tablespoons dried)
1 head of garlic, cloves peeled and halved

Wash and remove stems and ends of the cucumbers. Tightly pack cucumbers into jars. Add some dill and two pieces of garlic to each jar. Boil water, vinegar, and salt. Pour hot vinegar mixture over cucumbers. Seal and store. Yields 3 liter jars.

Sour Pickles

3 kilos cucumbers
2 tablespoons coarse salt
half a bunch of dill
2 stalks of horseradish sliced
1 head of garlic, cloves peeled

Wash and remove stems and ends of the cucumbers. Tightly pack cucumbers into a 3 liter jar. Add the dill, the horseradish, and the garlic. Fill the jar with cold water, then add the salt. Let stand, loosely covered, for three days. As it sours, it will start to bubble and froth. This is supposed to happen. Pour the liquid from the jar into a large pot and bring it to a boil. Then pour it back into the jar, using a spoon in the jar to prevent cracking. Seal and store. Yields approximately 4 liter jars.

Canning and Preserving

Hot Garlic Dill Pickles

4 liters water
40 cucumbers
1 bunch of dill
1 head of garlic, cloves peeled and halved
20 hot peppers cut into rings
 $\frac{3}{4}$ liter white vinegar
 $\frac{1}{2}$ cup salt

Wash cucumbers, dill and peppers. Add a layer of dill, garlic cloves, hot peppers and cucumbers to a big pot. Then add another layer of dill, garlic, hot peppers and cucumbers. Continue to layer until ingredients are used up. In a separate pot, boil water and add vinegar and salt. Pour boiling mixture over cucumbers. Place a clean plate on top of the cucumbers and weigh it down with 2-3 lidded jars filled with water. Next, place a heavy, clean towel on top of the bowl/bucket and move it to a warm, dark place. Let ferment for 10-14 days. Seal and store. Yields approximately 6 liter jars.

Mustard Pickles

40 cucumbers
4 liters cider vinegar
1 cup salt
2 cups sugar
1 cup dry mustard
1 cup water

Wash and remove stems and ends of the cucumbers. Tightly pack cucumbers into jars. Mix vinegar, salt, sugar and mustard until dry ingredients are dissolved. Add 1 cup water to vinegar mixture. Pour liquid over cucumbers. Seal and store. Yields 6 liter jars.

Canning and Preserving

Pickled Eggplant

3 kilos eggplant
4 sweet red peppers
2 small hot peppers
1 glass of vinegar
2 heads of garlic

Slice eggplant, sprinkle with salt and let sit for 30 minutes. Add eggplant to a large pot. Grind peppers and garlic in hand-crank meat grinder, mix with vinegar and spoon over eggplant. Place a clean plate on top of the eggplant. Then, place a heavy, clean towel on top of the pot and move it to a warm, dark place. Let ferment for 3 days, stirring daily. Seal and store. Yields 8 half-liters.

Sweet and Spicy Pickled Vegetables

2 kilos total of following in any combination: cauliflower, string beans, carrots, sweet peppers, cucumbers, mini onions
4 hot peppers
4 cups vinegar
4 cups water
¼ cup salt
¼ cup sugar

In a medium saucepan, combine vinegar, water, salt and sugar. Bring to a boil. Wash, peel (if necessary) and cut all vegetables into bite-sized pieces. Slice hot peppers into rings. Pack all vegetables into clean glass canning jars. Leave 1 inch space at the top of the jar. Cover the vegetables completely with the liquid. Repeat until you have used all your vegetables, making more brine as needed. Seal and store. Yields 4 liter jars.

Canning and Preserving

Sauerkraut (Sour Cabbage)

2 ½ kilos cabbage
3 tablespoons salt
water

Remove the core and outer leaves of the cabbage. Cut into quarters and very thinly slice each quarter. A mandolin is very helpful here. In a very large bowl or bucket*, combine the cabbage with salt. Using your hands, mash the cabbage until it becomes watery, about 10 minutes. If the cabbage does not produce enough juice to cover itself, add more brine (1 ½ tablespoon salt for ½ liter of water) until the cabbage is submerged 1-2" below the surface of the liquid. Place a clean plate on top of the cabbage and weigh it down with 2-3 lidded jars filled with water. Next, place a heavy, clean towel on top of the bowl/bucket and move it to a warm, dark place. Let ferment for 10-14 days, stirring daily and tasting occasionally.

After the cabbage acquires the desired sourness, transfer it to a large pot and slowly bring it to a boil. Simmer 10 minutes until the cabbage is tender. Pack cabbage into glass jars then pour enough of its own liquid back over it to cover it. Seal and store. Yields 3 liter jars.

*A 5 or 10 liter plastic water bottle with the top cut off works well for this purpose.

Canning and Preserving

Sweet Pickled Cabbage and Onions

1 ½ kilo cabbage, red and/or green
½ kilo mini onions
4 cups water
4 cups vinegar
¼ cup sugar
1 tablespoon salt

Wash and cut vegetables into bite sized pieces. Fill as many glass canning jars as needed (roughly 1 kilogram to a one-liter jar) with the vegetables. Combine water, vinegar, salt and sugar in a pot. Simmer liquids for ten minutes. Remove from stove and pour hot liquid into filled jar over a spoon so the jar doesn't crack. Leave about one inch of space from the top of the jar. Seal and store. Yields 3 liter jars.

Canning and Preserving

Savory Adzhyka

2 ½ kilograms tomatoes
½ kilogram carrots
½ kilogram sweet peppers
1 ½ hot peppers
¼ kilo garlic
2-3 bunches parsley
2-3 bunches dill
½ liter sunflower oil

Wash and dry all vegetables. Peel carrots. Grind tomatoes and carrots using a hand-crank meat grinder. In a large pot, boil the tomatoes and carrots for 2 hours. Meanwhile, peel the garlic. Then, grind the peppers, parsley, dill and garlic. After 2 hours, add them to the pot with the tomatoes and carrots. Pour in the sunflower oil and continue boiling for an additional 30 minutes. Pour hot product into canning jars leaving ½ inch of headroom. Seal and store. Yields 6 half-liter jars.

Note: Use this *adzhyka* throughout the year as a substitute for salsa or pizza sauce, or as a garnish for eggs, savory *vareneky* and *pelmeni*.

Sweet Adzhyka

5 kilos tomatoes, chopped
1 kilo sweet peppers, finely chopped
1 kilo apples, peeled, cored and finely chopped
1 kilo carrots, peeled and finely chopped
250 grams vinegar
500 grams oil
300 grams sugar
300 grams garlic

Combine the tomatoes, peppers, apples and carrots in a big pot. Simmer gently on low heat for 2 hours. Add the vinegar, oil, sugar and garlic. Simmer gently another hour. Cool slightly before putting into jars. Seal and store. Yields approximately 5–6 liter jars.

Canning and Preserving

Chili Sauce

40 large tomatoes (50 plum tomatoes)
24 red hot peppers (mix green & red)
12 medium onions
4 cups sugar
8 cups white vinegar
5 cloves garlic, pressed
6 teaspoons salt
2 apples, peeled, cored and diced

Grind tomatoes, peppers and onions together in food processor or with a hand 'meat' grinder. Add sugar, vinegar, garlic, and salt; bring to a boil. Add apples, reduce heat to medium and simmer for at least 4 ½ to 5 ½ hours. The longer you simmer it the thicker and more intense the flavor. Pour hot product into canning jars leaving ½ inch of headroom. Seal and store. Yields approximately 14 half-liter jars.

Salsa

3 kilos tomatoes, seeded and chopped
3 onions, chopped
2 tablespoons dried or fresh parsley, chopped
2 tablespoons dried or fresh cilantro, chopped
6 cloves garlic, pressed
2 hot red chili peppers, diced
1 green or red sweet pepper, chopped
juice of ½ lemon
2 teaspoons oil
1 teaspoon salt
½ teaspoon pepper

Combine all ingredients in a large bowl. Mix well. Seal and store. Yields approximately 3 liter jars.

Canning and Preserving

Berry Jam

4 cups fresh berries
½ lemon
2-3 cups sugar

Wash and drain berries. Put them in a bowl and squash. Squeeze in the juice of half a lemon. In large saucepan, slowly bring this mixture to a boil. Add sugar. Simmer 5 minutes, set aside until cool. Bring again to boil, simmer 5 minutes, set aside to cool. Again bring again to boil, simmer 5 minutes, set aside to cool. Finally bring the mixture to a boil for 15 minutes, stirring frequently. Seal and store. Yields 2 half-liter jars.

Watermelon Jam

1 watermelon

De-seed the watermelon 'meat'. Take the meat of the watermelon and fill up a large pot. Boil watermelon until all the water is gone, and the watermelon turns a deep red color. It will take about 3 hours and should boil down by half. There is no need for extra water or sugar in this recipe. Seal and store. Yields 2 half-liter jars.

Zucchini Jam

3 medium zucchini
½ kilogram lemons
2 cup sugar

Peel and chop zucchinis into small pieces. Cut lemons in quarters and de-seed. Put entire lemon through hand-crank meat grinder, making a lemony "*farsh*". Mix zucchini and lemon in saucepan, bring to boil and add sugar. Simmer 5 minutes, set aside until cool. Bring again to boil, simmer 5 minutes, set aside to cool. Again bring again to boil, simmer 5 minutes, set aside to cool. Finally bring the mixture to a boil for 15 minutes, stirring frequently. Seal and store. Yields 2 half-liter jars.

Canning and Preserving

Zucchini Relish

2 kilos zucchini
 2 bell peppers
 1 kilo onion
 5 tablespoons salt
 2 cups vinegar
 4 cups sugar
 1 teaspoon nutmeg
 1 teaspoon dry ground mustard
 1 teaspoon turmeric
 2 teaspoons celery seed or 2 tablespoons celery root, grated

Grind zucchini, peppers, and onions with hand-crank meat grinder. Add salt and store, covered, overnight in the refrigerator. Next, combine vinegar, sugar, nutmeg, mustard, and turmeric and celery seed in a pot. Bring the mixture to a boil, then add ground vegetables. Simmer uncovered for 30 minutes. Seal and store. Yields approximately 8 half-liter jars.

Applesauce

3 kilos apples, peeled and chopped
 2 cups water
 ½ teaspoon cinnamon
 1 cup sugar

In a large pot, combine water, apples and cinnamon. Bring to a boil, reduce heat and simmer covered for 30 minutes, or until apples are tender. Stir often. Cool and then press apples through a sieve or mash them, straining with a colander to remove any excess water. Return pulp to kettle. Stir in the sugar until dissolved. Seal and store. Yields 8 half-liter jars.

Compote

fresh berries and/or fruit
 sugar
 boiling water

Peel, wash, and cut (if necessary) fruit. Put into glass jars. Fill with boiling water. Add sugar to taste. Seal and store. Yields vary.

Safe Food Storage

You can't see, smell or taste harmful bacteria that may cause food borne illness. Here are some guidelines for protecting yourself and your loved ones.

PRODUCT	REFRIGERATOR	FREEZER
Eggs		
Fresh in shell	3-5 weeks	Do not freeze
Raw yolks and whites	1-2 days	3 months
Hard-cooked	3 days	Do not freeze
Mayonnaise		
Commercial, opened	2 months	Do not freeze
unopened	Check expiration date	Do not freeze
Butter	1 month	6 months
Sour Cream		
Commercial, opened	5-7 days	Do not freeze
unopened	Check expiration date	Do not freeze
Yogurt	7 days	1 month
Curd Cheese	5 days	Do not freeze
Prepared Salads		
Store prepared or homemade	3-5 days	Do not freeze
Processed Meats		
Hot dogs, opened	1 week	1-2 months
unopened	2 weeks	1-2 months
Lunch meats, opened	3-5 days	1-2 months
unopened	2 weeks	1-2 months
Bacon	7 days	3 month
Hard sausage	2-3 weeks	1-2 months
Fully cooked half ham	3-5 days	1-2 months
Fresh Meats		
All ground meats, stew meats	1-2 days	3-4 months
Beef, veal, lamb and pork	3-4 days	6 months
Organ meats	1-2 days	3 months
Soups and Stews		
Vegetable and meat added	3-4 days	2-3 months
Fresh Poultry		
Whole chicken or turkey	1-2 days	3 months
pieces	1-2 days	3 months

Safe Food Storage

PRODUCT	REFRIGERATOR	FREEZER
Cooked Leftovers		
Fried chicken, plain pieces	2-3 days	3 months
Poultry casseroles	2-3 days	3-4 months
Meat and meat casseroles	2-3 days	2-3 months
Pizza	3-4 days	1-2 months
Stuffing	3-4 days	1 month

REFRIGERATOR TIPS

Wipe spills immediately:

Clean surfaces with hot, soapy water. Then, rinse well.

To prevent smells:

Put an opened box of baking soda on the shelf to absorb smells.

To remove difficult smells:

Wipe with equal parts vinegar and water, or wash with a solution of baking soda and water.

Freezer burn:

If it smells funny and the food looks pale grey, throw it out.

SAFE THAWING TECHNIQUES

In the refrigerator:

Small amounts (a pound or so) usually require a day. Larger amounts, like a turkey, will take 24 hours for every 5 pounds.

In cold water:

Place food in leak proof packaging or plastic bag. Submerge in cold tap water, changing water every 30 minutes. Small packages can defrost in an hour or less. A 1-2 kilo package may take 2-3 hours. Cook immediately.

Do NOT thaw directly on the counter:

Use a plastic bowl or ceramic dish to thaw.

Nutritional Information

VITAMIN CHART

VITAMIN	NECESSARY in...	FOUND in...	WHEN DEFICIENT
VITAMIN A	hair retention, luster; supple, moist skin	fish oil; liver; carotene; yellow, orange fruits, vegetables; spinach, broccoli	dry inflamed eyes; styes; night blindness; brittle fingernails
Vitamin B-1 [Thiamin]	Growth, muscle tone; forms enzymes in liver; cleans arteries of fat	bran, grains, yeast; organ meats; fish; nuts; beets; leafy greens	loss of mental alertness, memory loss; emotional instability
Vitamin B-2 [Riboflavin]	good metabolism; healthy hair, skin, nails; healthy vision	organ meats; legumes; cheese; egg yolks; nuts; leafy green vegetables	fatigue; eye grittiness; scaling nose, mouth
Vitamin B-3 [Niacin]	Metabolism; circulation; creates sex hormones; healthy skin, tongue	brewers yeast; liver; poultry; tuna; milk; brown rice; peanuts	headaches; irritation; depression; mouth sores; breath
Vitamin B-5	produces enzyme that converts food to energy	eggs; salmon; wheat germ; legumes	low blood sugar; poor organ health
Vitamin B-6	body fluid balance; metabolism; digestion; to absorb vitamin B-12	milk; eggs; bananas; walnuts; peanuts; leafy greens; carrots	increased urination; skin cracks→eyes, mouth; cramping stomach
Vitamin B-12 [cultured]	develop red blood cells; helps use amino acids; helps create RNA / DNA	animal proteins, organs; brewers yeast; yolks; salmon; cheese; vegetables	depression; schizophrenia; nervousness; insomnia; unpleasant body odor
Vitamin B-15	metabolizes foods: proteins, sugars, fats	brewers yeast; grains; pumpkin, sesame seeds	impaired circulation; premature aging
Vitamin C [Ascorbic Acid]	fight bacterial infections; aids healing wounds; maintains collagen [smoking extracts it]	fresh citrus fruit, vegetables, tomatoes; potatoes; ⇒ take small amts often	Anemia; easy bruising; continued bleeding; poor digestion; painful swollen joints
Vitamin D [source: sun]	strong teeth; bones; heart functions; stable nerve system	fish oils; liver; yolks; salmon, herring, sardines; organs; fortified milk	bone deform; rickets; muscle spasms; muscle numbness
Vitamin K	liver functions; blood clotting	Kelp; leafy greens; yogurt; soybean oil	can't absorb nutrients colitis; poor clotting
Vitamin P [Bioflavonoid]	connects tissues, cells; works with Vitamin-C	Vegetable; fruit pulp; buckwheat; rosehips	excessive bleeding; skin bruising

Nutritional Information

MINERAL CHART

MINERAL	NECESSARY for...	FOUND in...	WHEN DEFICIENT
CALCIUM	Bones, teeth, muscle tissue; good metabolism	milk [also natural tranquilizer]; dairy products	poor growth; fragile bones; joint pain; muscle cramps
CHLORINE	aids liver functions; digestion; regulating acid balance	table salt; oats; kelp; cabbage; tomatoes; celery	loss of hair, teeth; improper muscle contraction
COBALT	essential for cell functioning and cell maintenance	organ meats; milk; clams; oysters	poor growth; pernicious anemia
COPPER	nerve functioning; bone health skin / hair pigmentation	whole grains; almonds; eggs; leafy greens; beets; oranges	iron deficiency anemia; poor red cell maintenance
FLUORINE	helping prevent dental cavities; strengthens bones	treated water; seafood; garlic; oats; sunflower seeds	tooth decay; degeneration of bones
IODINE	thyroid functioning controlling metabolism	sea, fresh water fish; sea plants; sea weed	hardening of arteries, goiter; poor metabolism; heart flutter
IRON	blood, liver functioning	liver; gently cooked spinach; dark leafy greens	iron deficiency; anemia
MAGNESIUM	blood sugar levels ⇒ energy; acid / alkali balance	soybeans; wheat germ; apples; green vegetables	mental disorientation; heart disease; muscle tremors
PHOSPHORUS	bone/muscle growth + function = body energy	fish; poultry; meat; eggs; corn; dried fruit	poor teeth and bones; rickets develop; arthritis
POTASSIUM	body fluid balance; good skin; normal heartbeat	vegetables; oranges, bananas; sunflower nuts; grains	nerve disorders; poor reflexes; saggy muscles
SODIUM	muscle activity; water balance	salt; most food; carrots; meat; poultry; seafood	not often lacking, but <u>do</u> limit intake to avoid water retention
SULFUR	youthful skin; hair; building collagen	cabbage; radish; soybeans; brussel sprouts; fish; nuts	with sufficient protein, adequate amount is found in normal diet
ZINC	body growth; development of reproductive system	brewers yeast; wheat germ; bran; green leafy vegetables	slow healing wounds; retarded growth

Peace Corps Living

Here are some simple, inexpensive and creative ways to improve your dwelling, as well as ideas for hosting friends and family. While this is a tough life, we all need a few creature comforts to help us feel at home.

Cleaning Suggestions:

- Leather cleaner: Erase salt stains from leather shoes or boots by treating them with a solution of equal parts vinegar and water. Use a cloth to apply.
- Bath improver: Add ½ cup of vinegar to soothe dry skin - and get a cleaner bathtub. Using bath salts or soap can help with the smell.
- Self made Drain-O: Place baking soda into your sink or tub. Then, dump enough vinegar into the drain to cause a reaction. Let sit for 30 minutes to 1 hour, then run hot water down the drain.
- How to clean your cutting board: Clean with a cloth or sponge-dipped in a solution of a few drops of mild detergent. Rinse the cutting board with water and pat dry. Bleach any stains with half of a cut lemon.
- Wax remover: Freeze so you can remove it from a tablecloth, fill a bag with ice and cover the wax for about 20 minutes. Then, remove wax.
- Laundry brightener: Skip the bleach, add ½ cup of lemon juice to your laundry to add a brighter side to whites.

Decorating:

- Flash from the past: Get those photos out of your albums and onto the walls. Use photos you brought from home or have taken while you are here. It will surely brighten up your mood and being interesting conversation pieces when guests are over.
- X-marks the spot: Using maps as wall decorations are always a good way to cover up white wall space. Hanging up maps will allow you to chart out your next adventure as well.
- A Charlie Brown Christmas Tree- during Christmas you can make a tree out of green paper. Buy 15 green sheets of paper and glue them together forming a base of five sheets working your way up to the last sheet at the top. Draw the shape of your tree and cut away, you can decorate as desired with paper bulbs or other designs. No need to water.
- Soap saver: For a nice look that leaves your soap slime free, cover a small plate with smooth rocks and set the soap on top. The rocks will prevent the bar from sitting in a puddle of water.

Peace Corps Living

- Stop and smell the flowers: Purchase some seasonal flowers. It is harder in the winter months, but having a glass full of color will guarantee some color in your life. If you can't find any flowers, a few lemons and oranges on a plate add a nice, colorful center piece.
- Hair lightener: For subtle highlights to blond hair, simmer two sliced lemons in water for one hour. Add more water if needed, strain and pour into spray bottle.
- Falling for the Fall season: Take a nature walk. Gather organic elements that can be used in your fall decorating. Acorns, pinecones, seed pods, bark even stones can be used as displays in bowls.
- Love is in the air: Decorate for Valentine's Day by buying cheap red candles at your local market and buying sheets of red paper. Cut out different shape hearts and place them in places where you will see them, place candles in places to highlight the hearts.
- Taste of vintage: Go to your local market. Surely you will discover an interesting piece that will either complete a look in one of your rooms, or make for a very fun conversation piece. The market is cheap and you can bargain and practice language at the same time!

Health Suggestions:

- Sore-throat soother: Roast a halved lemon over a flame until the peel turns golden. Remove from heat and mix the juice with one teaspoon of honey. Drink immediately.

Entertaining:

- Shed some light on the situation: Adding candles to any occasion will definitely "dress" the event up, whether they are long tapers or just simply tea candles you buy in the market.
- Sweet stirrers: When making cocktails for guests, a little extra earns you the "best host/hostess award." Add lollipops in different colors to allow the guest to stir up some more fun into their drinks.
- Skinny pretzels: Use store bought small stick pretzels as toothpicks at your next party, it is a fun and edible idea.
- Recycling mason jars: You have guests over and you don't have any beer glasses. Don't fret, just use those old mason jars under the kitchen sink for a unusual beer stein.
- Serve brunch: Entertain your Ukrainian friends with an American-style brunch. Banana bread, quiche, chicken salad and a pitcher of mimosas will get you started. Just don't forget to have a pot of *borshch* at-the-ready to make sure everyone feels at home!

Peace Corps Living

Village Living:

- Killer *Kolonka*: Is there a beast inside your *kolonka*? When in doubt, ask your landlord, neighbor or coordinator. Usually to operate: turn on the hot water, then light the *kolonka*. To turn it off: turn off the hot water, then the *kolonka*. But remember that each beast is different, and in order to conquer your own, you must befriend and understand it first.
- Dacha Days: Love fresh food? It can be fun to help others in the village with work on the dacha, and is a great way to build lasting relationships. If you are really brave, try starting a garden of your own. The expertise on fruits, vegetables and flowers of the village residents will amaze you, and you will always have someone to consult when you aren't sure what to do next.
- Bee Season: Not into gardening and bored on the weekends? Find the local beekeeper and learn to make honey. Your tea will be sweet all year round, and your friends at home will certainly be impressed with your new hobby.
- No Internet Access: Are you tired of making the hike to a regional or oblast center to access your email? Think about starting your own Internet café in the school computer lab. Other Volunteers have completed similar projects, so you won't be reinventing the wheel.
- Winter Blues: Tired of the lack of exercise during cold, dark winter nights? Try starting your own Shaping, Aerobics, Pilates or Yoga class! Gather 2 or 3 interested individuals and feel your endorphins soar.

Index

A

almond, 136
almond extract, 156
apple, 22, 28, 56, 127, 147, 152,
153, 156, 170, 171, 173
apple cider, 42, 45
apple juice, 42, 43, 83
apple sauce, 153, 173
apricot, 127, 136

B

baking powder,
banana, 27, 41, 142, 157, 158
basil, 81, 86, 106,
beans, 23-26, 47, 55, 68, 71, 72,
74, 112, 113, 116, 118, 167
beef, 35, 36, 72, 94
beer, 74, 85, 93, 138
beet, 21-25, 76, 95, 126,
borshch, 25, 26, 76
brandy (*konyak*), 42, 43, 157
bread, 46, 96, 99, 123, 130, 132,
143
bread crumbs, 33, 84, 85, 88, 95,
98, 102, 103, 115, 124
brinza, 55
butter, 27, 32, 77, 99, 157, 160
butter, chocolate, 148
buttermilk (*ryazhanka*), 18, 46, 51,
85, 131, 138, 153

C

cabbage, 25, 26, 31, 57, 58, 60,
68, 78, 96, 101, 104, 106, 107,
121, 168, 169
cabbage, sour, 26, 28, 121, 168
Cajun, 75, 76
cake, 128, 152-154
cardamon, 111, 112
carrots, 21-26, 35, 56-58, 60, 68,
78, 83, 97, 98, 100, 104-106, 108,
126, 127, 140, 155, 167, 170
cauliflower, 111, 121, 167

celery, celery root, 22, 42, 60, 64,
68, 71, 123, 173
cheese, blue, 51
cheese, hard, mellow, 27, 45, 49,
74, 92, 95, 99, 103, 112, 115-118,
121, 124, 132-134
cheese, mozzarella, 88, 90, 102
cheese, spread (*plavnyy syr*), 15
cheese, sweet (*syrok*), 20, 28
chervil, 26
Champagne, 44
cherries, 20, 28, 172, 173
chick peas (garbanzo beans), 98
chicken, 25, 26, 30, 32, 33, 36, 62-
64, 72, 75, 82-86, 88, 89, 93-95,
109, 114, 115
chili powder, 44, 74
chocolate, 148, 149, 151, 152, 160,
161
cilantro, 113, 115, 116, 171
cinnamon, 42, 43, 110, 111, 114,
127-130, 140-143, 146, 147, 149,
151-153, 155-157, 173
clove, 42, 43, 49, 110, 111, 116,
142, 146
cocoa, 42, 114, 151, 153, 154,
160, 161
coffee, instant, 43, 154, 161
Coke®, 41
compote, 173
cookies, 145, 148-150, 154, 158
coriander, 53
corn, 22, 23, 58, 73, 75, 113, 122,
124
cornmeal, 120, 138
cornstarch, 107, 109, 110, 158,
160
cream, 56, 70, 73, 77
cream, whipped (*smeta*), 43, 146
cream cheese, 27, 142, 159, 160
cream of tartar, 149
cream of wheat (*manka*), 18, 135
cucumber, 27, 54, 55, 57, 58, 61,
106, 165-167

Index

J

jam, 46, 95, 130

K

kabachki, 16, 105
kasha, buckwheat, 31
kefir, 17, 37, 41, 46, 52, 54, 58,
84, 110, 111
kielbasa, 27, 75
ketchup, 51, 52, 75
krab, 22, 78, 134

L

lard, 119, 137, 138
lasagna, 90, 100, 101
lavash, 90
leek, 71
lemon, 27, 38, 41, 42, 44, 47, 52,
54, 55, 59, 78, 82, 86, 87, 127,
148, 171, 172
liver, 15

M

macaroni, 60, 61, 64, 69, 99
maple extract, 130
mayonnaise, 15, 21-23, 27, 36, 46,
52, 54, 56, 58-60, 62, 121, 154
meat, 23, 72, 78, 93, 108, 113
milk, 20, 38, 39, 42, 43, 71, 73, 81,
99, 118, 122, 129, 135, 143, 146,
156, 157, 159-161
milk, canned (condensed), 146,
159-161
mint, 111
mivina noodles, 58
mushroom, 24, 27, 78, 88, 89, 94,
104, 108, 124, 125, 134
mushroom, marinated, 23, 24
muesli, 135
mustard, 52, 53, 54, 59, 84
mustard powder, 97, 166, 173

N

Nutella, 17

cumin, 70, 74, 98, 112, 114, 116-
119, 126
curry powder, 62, 110-112, 126

D

dill, 54, 78, 84, 164-166, 170
domashny syr, 18, 90, 100, 101,
118

E

eggs, 38, 43, 107, 108, 132-134,
155, 158
eggs, hardboiled, 15, 21, 23, 26,
51, 104, 117
eggplant, 49, 100, 102, 103, 105,
110, 167

F

Fanta®, 86
farsh, 29, 31, 33, 74, 78, 90, 94,
101, 117
feta cheese, see *brinza*
fettuccini, 20
fish, 21, 27, 111
fruit juice, 42, 108

G

garlic, 46, 125, 164-167, 170, 171
gelatin, 154
ginger, 106-108, 127, 150
gnocchi, 91
granola, 136, 151
gretchy, 55, 74

H

ham, 21, 67, 95, 133
honey, 40, 53, 54, 78, 106, 114,
126, 127, 135, 136, 146, 148, 149,
151, 156
horseradish, 164, 165
hot sauce, 46, 49, 113, 114, 133

I

ice cream, 41, 146, 157
ice cubes, 44, 45

Index

nutmeg, 42, 43, 49, 84, 125, 127, 128, 134, 141, 146, 147, 153, 173

O

oatmeal, 33, 97, 135, 148, 149, 151, 156
olives, green, 82
onion, 23, 69, 169, 171, 173
onion, green, 23, 27, 44, 78
orange, 42, 43, 108, 126
orange juice, 44, 109, 127, 152, 159

P

pancakes, 17, 18, 131, 132
Parmesan cheese, 68, 77, 81, 88, 90, 101, 102
paprika, 48, 93, 136
parsley, 98
pasta, 29, 61, 64, 91-93, 123
pastry, pie, 104, 117, 145-147
pastry, puff, 95
paté (*pashtet*), 27
pear, 23, 127
peanut butter, 27, 152
peas, 21, 23, 24, 60, 106, 111, 112
peas, split, 67
pepper, hot or chili, red or green, 49, 53, 70, 74-76, 80, 82, 98, 103, 105, 109, 112-115, 118, 119, 167, 170, 171
pepper, sweet red or green, 22, 49, 57, 61, 75, 80, 88, 95, 97, 100-102, 106, 107, 109, 110, 116, 133, 167, 170, 171, 173
pickle, 21, 23, 24, 35, 48, 51, 54, 61, 165, 166
pie, 104, 145-147
pineapple, 108, 109
pineapple juice, 109
pine nuts, 81
pizza, 90, 139
plum, 147, 173
pomegranate, 45
poppy seeds (*mak*), 40, 156

pork, 26, 34, 36, 72, 93-95, 109
potato, 16, 21, 23-26, 59, 60, 71-73, 91, 94, 105, 111, 124, 136
potato, mashed, 17, 71, 125
prune, 127
pumpkin, 141, 146

Q

R

radish, 58, 106, 107
raisins, 34, 38, 40, 56, 62, 136, 137, 140, 153
raspberry, 157, 172, 173
red wine, 35, 43, 44, 53, 69, 81, 82, 89, 109
ribolita, 68
rice, 20, 30, 75, 82, 88, 98, 103, 108, 109, 111, 112, 119

S

saffron, 82
salmon, 78, 139
salo, 28, 67, 121, 138
salsa, 112, 171
sauerkraut, 121, 168
sausage, 35, 75
sesame seeds, 106
shashlyk spice, 36
shrimp, 75
sour cream (*smetana*), 15, 26, 31, 35-37, 45, 53, 56, 71, 78, 81, 93, 94, 112, 147, 154, 160
soy, 74, 94, 103, 106, 109, 113
soy sauce, 44, 75, 86, 97, 98, 107-109
spinach, 26
squash, 100, 124
squash, butternut, 70
stock, homemade, 63
strawberries, 28, 46, 172, 173
stuffing, Thanksgiving, 123
sugar, 39, 40, 150, 171-173
sugar, powdered, 38, 128, 159, 160

Index

suhari, 22, 103
sunflower seeds, 97, 98, 103, 114, 136
Swiss cheese, 69, 134

T

tomato, 25, 27, 49, 55-57, 61, 68, 74, 75, 80-82, 88, 90, 100, 102, 109, 114, 119, 123, 164, 170, 171
tomato, salted or pickled, 92, 164
tomato juice, 31, 35, 103
tomato paste, 25, 74, 88, 90, 92, 101, 103, 116
tomato sauce, 26, 30, 100-102
turkey, 87, 123,
turmeric, 173
tuna, 27, 60
tzatzkik sauce, 98

U

V

vanilla extract, powder or sugar, 18, 38, 41, 43, 128, 130, 140, 142, 143, 147-160

vegetarian, 67, 74, 99-105,
vigora, 53
vinegar, 24, 31, 33, 49, 52-61, 106, 109, 145, 154, 164-167, 169-171, 173
vodka, 43, 44, 45, 165

W

walnuts, 23, 40, 49, 97, 103, 114, 136, 140, 142, 146, 148, 153, 155, 156
watermelon, 172
wheat (*kutya*), 40

X

Y

yeast, 19, 37, 38, 39, 45, 129, 139, 143, 144

Z

zucchini, 49, 102, 105, 108, 126, 140, 172, 173

Notes



Notes



Notes



Notes

