



UKRAINIAN CUISINE

National dishes



Borsch



Beef on the bone 500 g

Cabbage

Potatoes 5 pieces

Beetroot

Tomato paste 2 tbsp

Carrot

Onion

Garlic 3 cloves

Salo (pork fat) 20 g

Sour cream 150 g

Table vinegar 1 tbsp

Bay leaf to taste

Ground black pepper to taste

Parsley to taste

Dill to taste

- Cook the meat broth. Gather the fat formed during the cooking in the bowl.
- Peel and rinse the beetroot. Then either shred it finely or grate. Add the vinegar, sugar, tomato paste and braise it in fat. Braise until half-ready; add a little of broth if necessary.
- Chop the carrot, slice the onion; and then brown everything in preheated sunflower oil or lard.
- Put the diced potatoes in the boiling stock; then bring to the boil. Add the shredded cabbage and cook for 10-15 minutes. Then add the braised beetroot, browned vegetables, salt and bay leaf.
- Dress the finished borsch with salted pork fat minced with garlic and parsley. Bring back to the boil and set aside for 15-20 minutes covered with a lid. Put the pieces of meat in every plate, drizzle with chopped herbs and dress with sour cream before serving it to the table.

Varenyky



Dough: 600 g flour, 3 eggs, 40 g melted butter, 250 g milk/water, 10 g salt.

Fillings: stewed cabbage, cottage cheese with sugar, boiled potato with fried onion and mushrooms, minced meat.

- Mix flour with milk, eggs, salt and work into dough. Finally, add the melted butter and knead it in.
- Roll the dough out thinly and cut out small round shapes. Place the desired filling on each piece of dough, fold the dough into half-moon shape and press together firmly.
- Cook varenyky in a good amount of boiling water for 5 minutes until they emerge on the surface.
- Get varenyky out of water, add some butter and serve with sour cream.

Deruny



3/4 c. bread crumbs (dry) / flour

2 1/2 c. potatoes (grated)

1 sm. onion (grated)

1 egg (beaten)

1/2 tsp. salt, pepper

- Mix all ingredients until well blended.
- Drop batter by tablespoonfuls onto hot, greased skillet. Spread the batter and brown pancakes on both sides.
- Serve hot with butter.
- Tip: using bread crumbs instead of flour makes the pancakes lighter and they brown quicker.



Golubtzi (cabbage-rolls)

1 tbsp black pepper

2 c water

18 cabbage leaves

3 c white rice

1 medium carrot

600 g minced beef (20%
fat)

1 medium onion

2 small tomatoes

- Boil a cabbage head just enough to separate leaves from it.
- Cook or half-cook rice to yield 3 cups.
- Mix with ground beef, grated carrot, diced tomato and onion. Salt and pepper to taste. Mix well.
- Stuff this mixture in each cabbage leaf making cabbage rolls.
- Pour some broth mixed with tomato sauce or ketchup into the pot, place the golubtzi and simmer until cabbage is very soft and translucent ; about an hour .

Thin pancakes (crepes)



4 eggs

1½ cups of flour

1 cup of milk

½ cup of water

1 tablespoon of sugar

1 teaspoon of salt

1 teaspoon of butter

Cottage cheese/
poppy / fruit

- Combine flour and milk, water, sugar and salt. Blend. Add eggs. Blend with mixer.
- Melt butter in skillet and then pour butter into the batter.
- Set the batter inside the fridge for 15 minutes.
- Heat skillet to high. Pour extremely thin layer of batter into the skillet. Tilt the skillet around so the crepe will fill most of the surface area.
- Keep a close eye and reduce heat to medium. Flip gently with fingers or a spatula when the one side looks ready.
- Fill crepes with fruit (cherries)/cottage cheese/ poppy and put powdered sugar or whipped cream on top.