



Ukrainian

Cookbook

Mrs. VanBeek

Glossary & Definitions

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Carrot Soup

serves: 4 time: 30 min

| | | |
|--------------------------|-----------|---|
| 1 | 1 | onion, chopped |
| 1 tbsp | 15 ml | butter |
| 3-4 | 3-4 | grated carrots |
| 1-2 cans | 1-2 cans | condensed tomato soup (depends how much you want to make) |
| 1-2 cans | 1-2 cans | milk or water (use milk if you want it creamy) |
| Dill to taste | | |
| 1-2 cups | 250-500ml | cooked white rice |
| Salt and pepper to taste | | |

Mix onion, butter and carrots in a pot. Cook until tender.

Add tomato soup and milk. Cook until heated

Add dill, salt and pepper

Add rice. Heat to a simmer to heat

Grocery List

- Yellow Onion
- Bag of carrots
- 1 can Tomato soup
- Small carton of Milk
- Bunch of fresh Dill
- Small Bag of rice

Perogies

serves 3-4

time 60-80 min

Dough

| | | |
|--------|--------|---------------|
| 2 cups | 500 ml | flour |
| ¼ tsp | 1 ml | salt |
| ¾ cup | 175 ml | potato liquid |
| ¼ cup | 60 ml | milk |

Filling

| | | |
|--------|--------|----------------------------------|
| ½ cup | 125 ml | mashed potatoes (approx 2 large) |
| ½ cup | 125 ml | shredded cheddar cheese |
| 2 Tbsp | 30 ml | butter/margarine |
| ¼ tsp | 1 ml | Salt |

1. In a bowl, mix the dry ingredients together -Make a well and add the wet ingredients
2. Slowly mix the ingredients together and then gently mix the dough until it is stiff enough to shape into a ball
3. Remove dough ball from the bowl and knead 4-5 times. **DO NOT OVER-KNEAD.** The dough will become dry, hard and elastic. Let the dough rest for 5min. cover with a tea towel to prevent drying
4. Mix all ingredients together for filling
5. On a smooth surface, roll the dough into a circle. Cut out as many circles as possible with a glass or cookie cutter
6. Gather the remaining dough into a bowl, roll out again and cut out more circles
7. Drop about 5 ml of filling on the lower half a circle, bring the exposed half of the circle over the filling and seal the edges by pinching with your fingers
8. Bring water to a boil. Drop pyrogies into boiling water and cook for 5-8 min or until they float to the surface
Remove with a slotted spoon or strain with a colander.

Grocery List

- Small bag of Russet Potatoes
- Small carton of Milk
- 1 block Cheddar cheese
- Small container sour cream
- Small bottle bacon bits

Shortbread Platsok (Squares)

Serves 8-10

time 80min-100 min

| | | |
|--------|--------|--------------------|
| 3 cups | 750 ml | Flour |
| 1 cup | 250 ml | Sugar |
| 3 tsp | 15 ml | Baking Powder |
| | | Zest of a Lemon |
| ½ lb. | 250 ml | Cold Butter (1cup) |
| 4 | 4 | Egg Yolks |
| ½ cup | 125 ml | Sour Cream |

Homemade Jam (or filling of your choice)

Preheat oven to 350 F

- Combine dry ingredients and cut in butter until the mixture looks like coarse and crumbly
- Mix sour cream and 4 egg yolks together and then add to your dry ingredients using a fork.
- Form the mixture into a dough and into a ball. (I find it easier to form together using wax paper)
- Divide your dough into 2
- REFRIGERATE one dough ball and Freeze the other
- Once the refrigerated dough is cold roll it out to fit a 9x13 baking dish.
- Spread Jam (or dived apples or your choice of filling)
- Using your Frozen dough use your cheese grater and grate the dough on top of the filling evenly.
if you don't want to grate it you can clump it in chunks,
but you want to make sure to cover most of your filling.

Bake in preheated oven for about 45min or until golden brown

Grocery List

- 1 lemon
- 1 small container sour cream
- 1 jar of jam

Rhubarb Cake

Serves 8-10

time 80 min

| | | |
|---------|--------|--|
| 1 ½ cup | 625 ml | Sugar |
| 1 | 1 | Egg |
| 1/2 cup | 125 ml | Oil |
| Pinch | Pinch | Salt |
| 1 cup | 250 ml | Buttermilk (or substitute 1 cup milk + 1tbsp lemon juice) |
| 1 tsp | 5 ml | Vanilla extract |
| 2 cups | 500 ml | Flour |
| 1 tsp | 5 ml | Baking soda |
| 2 cups | 500 ml | Coarsely chopped rhubarb |

TOPPING

| | | |
|---------|--------|-----------------------------|
| 2/3 cup | 160 ml | Flour |
| ½ cup | 125 ml | Brown sugar |
| 1 tsp | 5 ml | Cinnamon |
| 4 tbsp | 60 ml | Cold butter (cut in pieces) |
| ½ cup | 125 ml | Chopped nuts (eg. Walnuts) |

Directions:

1. Beat sugar, egg, and oil until fluffy
2. Add salt, milk and vanilla
3. In a separate bowl combine dry ingredients – flour and baking soda and add it to the sugar mixture
4. Fold in chopped rhubarb.
5. Pour into greased 9x13 baking dish
6. TOPPING – combine flour, sugar and cinnamon.
7. Cut in butter pieces until the mixture resembles coarse gravel,
8. Mix in nuts,
9. Spread topping over batter and smooth it evenly on top with your hands
10. Bake at 350 F for about 50 min – or until a toothpick comes out clean

Grocery List

- 1 carton milk
- Small bottle Lemon juice
- Bag frozen rhubarb
- Small bag chopped walnuts

Potato Pancakes

Serves 3-4 time 40 min

Ingredients

| | | |
|--------|---------|----------------------------|
| 2 | 2 | medium potatoes |
| 2 | 2 | eggs |
| 1 | 1 small | onion |
| 2 Tbsp | 30 ml | dried parsley |
| 1 Tbsp | 15ml | vegetable oil (for frying) |
| ¼ tsp | 1ml | salt |
| ¼ tsp | 1 ml | pepper |

Directions:

1. Peel and shred the potato and shred the onion too
2. Beat the eggs in a medium size bowl.
3. Add salt, pepper, dried parsley and shredded potato (preferably in the given order) and mix well.
4. Heat the oil in a medium size frying pan over medium-high heat.
5. Pour the batter onto the frying pan. Fry about 5 minutes on each side or until pancake is golden brown.
6. Cut the pancake into two halves and serve each with salad and/or fresh fruits.

Grocery List

- Small bag russet potatoes
- 1 yellow onion
- Small bunch parsley

Wild Mushroom and Rice Chowder

serves 4-5

time: 45 min

| | | |
|------------|------------|---------------------------------------|
| 1 tbsp | 15 ml | Butter |
| 1 tbsp | 15 ml | olive oil |
| ½ | ½ | onion, thinly sliced |
| 1 | 1 | stalks celery, sliced |
| 1 | 1 | large garlic clove, minced |
| ¼ cup | 60 ml | flour |
| 3 cups | 750 ml | vegetable or chicken stock |
| 1.5-2 cups | 375-500 ml | sliced mixed mushrooms |
| 1 | 1 | large sprig of thyme (or ¼ tsp dried) |
| ¼ tsp | 1 ml | salt |
| ¼ tsp | 1 ml | pepper |
| ½ cups | 125 ml | cooked wild, brown or white rice |
| ¼ cup | 60 ml | whipping cream or half and half |

1. In a large pot, heat butter and oil over medium heat. Stir in onion celery, garlic and cook until onion has softened.
2. Sprinkle with flour and stir until absorbed. Take pan off heat.
3. Add stock a little at a time (to avoid lumps) stirring after each addition until smooth.
4. Return pot to heat. Add mushrooms and thyme – bring to a boil. Reduce heat and simmer covered and stirring occasionally for about 20min.
5. Stir in salt and pepper and remove the thyme sprig. Taste now and adjust seasonings as needed.
6. Just before serving stir in cooked rice and heat through.
7. Garnish with a swirl of cream in the center of each bowl

Grocery List

- Yellow onion
- Bunch of celery
- Head of garlic
- 1 carton chicken stock
- 1 small container mixed mushrooms
- Bunch of fresh Thyme
- Small bag of white rice
- Small container of Whipping Cream