

Varenyky

Dough

4 cups of flour
1 egg
3 tablespoons of sour cream
1-1/2 cups of milk

Combine the 3 cups of flour, egg, sour cream and milk. Mix well, add and knead in the fourth cup of flour until the dough is smooth and elastic (you may need to add more flour to make it elastic). Roll out the dough as thin as a pie crust on a floured table. Cut out round shapes with a cookie cutter or glass. Place the round shape in the palm of your hand and add a spoonful of potato filling in its center. Fold over the round shapes to form a half-circle. Press the edges together with your finger tips making sure that the edges are free from the potato filling. Seal the edges. Place the varenyky on a dish towel side by side without touching each other. Cover the varenyky with another dish towel to prevent them from drying out. Drop the varenyky one by one into a large pot of boiling salted water. Gently stir the varenyky with a wooden spoon to prevent them from sticking to the bottom of the pot. Boil the varenyky for 4 to 5 minutes (varenyky should rise to the top of the boiling water). Drain the varenyky without touching each other. Smother the varenyky with diced cut, butter-fried onions (margarine may be substituted). Serve on a dish with sour cream on the side and dill topping.

Potato filling

3 lb. potatoes
1 chopped butter-fried onion (margarine may be substituted)

Boil the potatoes with water in a large pot until they are soft enough for mashing. Mash the potatoes and add the butter-fried onions to the potatoes. Do not add milk to the potatoes! Cool the potato mixture before filling the varenyky.

(yields about 60)

Grandma's Recipe of Ukrainian Borscht

Ingredients:

1 medium beet root peeled & shredded
4-6 medium potatoes peeled & cut
1 medium cabbage shredded
1 medium carrot peeled & shredded
1 medium bell pepper diced or cut in strips
1 medium onion chopped
1 garlic head peeled and sent through the press (use less if you prefer)
1 bunch of parsley or dill finely chopped
1-2 tablespoons of canola oil for sautéing
1 4 oz. can of tomato sauce

To get rid off the purple color add water to beets, bring to boil, skim the froth and simmer until discolored. Then drain the water and set aside.

In a large skillet sauté garlic, carrots, peppers, onions in the canola oil add tomato sauce and a little water, simmer a little more and set aside.

In a large pot cook potatoes in water (or broth) add some salt may be a tablespoon. You can always add more, but can not take it away. Make sure you have room to add all the set aside ingredients!!! When almost cooked add cabbage, bring to boiling add sautéed vegetables, bring to boiling add beets, bring to boiling add parsley or dill. If you have room and it is too thick or salty add a little boiling water. Bring to boiling. Adjust salt.

Tips:

*It tastes better the next day when all flavors blended. It might appear too salty when just finished, but the next day it will be just fine. Be cautious with salt.

*If diabetes is a concern use young potatoes, baby beets and baby carrots. The younger the root vegetables are the less sugar they contain.

*To add more nutrition make it with kidney beans or meat

Soak beans overnight, drain, cook in water and then add potatoes etc...

When making with meat make broth first and then add vegetables.

