

Traditional Ukrainian Dishes

Babka (Easter Bread) – Babka, or baba, is a rich yeast-raised cake bread traditionally served at Easter and is one of the most distinctive Ukrainian breads. A good babka is rich, tender, fine-textured and very light. It is baked in tall round pans, such as 2 or 3 lb. coffee cans and is always sliced in rounds across the loaf.

2 tbsp. dry yeast 1 tsp. sugar
1/3 cup lukewarm water

- Combine until yeast and sugar are dissolved.

1 cup milk ½ cup butter
1 cup sugar 1 tsp. vanilla
1 tsp. salt 8 egg yolks and 2 egg whites
6 cups flour 1 lemon rind (grated)
½ cup orange juice ½ cup raisins
(1 orange rind – grated)

- Boil milk, add butter and cool.

- Beat egg yolks and whites till light. Add sugar and beat again. Then add eggs to milk mixture. Add orange juice and rinds, vanilla and salt and add yeast which has risen.

-Mix with spoon and add flour and raisins (which have been washed, dried and mixed with a little flour), add and knead and let rise. Knead again and let rise till double in size. Form dough into a ball, small enough to fill 1/3 of a container. Let rise in warm place. Bake in preheated oven at 350° F for 30 minutes.

Baked Stuffed Fish – Not surprisingly fish is a large part of the Ukrainian diet because of the country's proximity to the Black Sea and access to two large rivers including the Dnieper and Dniester. A baked stuffed fish makes a decorative and attractive dish for any occasion, particularly religious holidays such as Christmas Eve which requires meatless dishes.

5 lb. salmon or whitefish 2 cups breadcrumbs
1 medium onion, chopped fine 2 tbsp. chopped parsley
1 cup sliced mushrooms ¼ tsp. savory
½ cup celery, diced ¼ cup water
½ cup of butter (oil on Christmas) Salt and Pepper to taste.

Scale and clean fish. Salt lightly inside and out. In skillet sauté onion, mushrooms and celery in oil. Combine with all the remaining ingredients. Stuff the fish. Brush outer surface with oil. Bake on large cookie sheet at 400° F, allowing 10 minutes cooking time for every inch of fish. Baste several times with mixture ½ cup water and ¼ cup oil. Serve garnished with parsley and lemon.

Beef Stroganoff - in its simplest form includes tender beef with a [mushroom](#), [onion](#) and [sour cream](#) sauce served over [rice](#) or [noodles](#). The recipe dates back to the 1800s and is popular in Ukraine and Russia, however, through immigration, it is found in parts of China, Brazil, Europe, and North America.

1 lb. beef sirloin or tenderized round steak.	1 tbsp. ketchup or tomato paste
1 tbsp. flour	1 10 oz. can consommé or 1 ¼ cups beef stock
2 tbsp. butter	½ tsp. salt
1 cup thinly sliced mushrooms	1/8 tsp. pepper
½ cup chopped onion	½ tsp. basil
1 clove garlic, crushed	1 cup sour cream
2 tbsp. butter	2 tbsp. sherry
3 tbsp. flour	

Dredge ¼ inch wide strips of beef in flour. Melt butter in chafing dish or frying pan and brown strips of meat on all sides, quickly. Add mushrooms, onion and garlic and cook until golden. Remove from pan. In the frying pan or chafing dish prepare sauce from the butter, flour, ketchup and consommé. Return the meat, mushrooms and onions to the pan and stir in seasonings, sour cream and sherry. Heat through. Serve on buttered noodles.

Borsch – Borsch is the national soup of Ukraine. It is a mildly tart vegetable soup with beets predominating and is made with a rich meat stock. During the Christian Lent, borsch is meatless. Traditionally, the soup would have a chunk of meat (usually pork) and vegetables. At mealtime, the meat would have been taken out and served as a separate course. A little smoked pork is often added to borsch for a subtle smoked flavour. Ukrainians have several varieties of borsch depending on the region or time of year. For example, it can be served as a cold soup made with cabbage, tomatoes, and beets. However, if meat (usually beef) is added, it is served hot.

3 cups of beets, cut in thin strips	½ cup fresh or canned mushrooms
1 large onion, chopped	2 cups tomato juice
¼ cup cooking oil	½ clove garlic, crushed
¼ cup shredded fresh parsley	2 bay leaves
1 cup of carrots cut in thin strips	5 tbsp. lemon juice
1 cup celery, diced	1 cup cooked white beans
2 cups of cabbage, shredded	Salt and Pepper to taste

Place cut beets in large pot and cover with 9 cups of water. Sauté the onion in the oil until slightly wilted and add to beets. Cook until beets are barely done. Add salt, bay leaves, carrot, and celery and continue cooking for about 15 minutes. Add cabbage and cooked or canned mushrooms with stock. Simmer until tender but not overcooked. Add tomato juice, cooked white beans, garlic and lemon juice. Season to taste. Bring to a boil. Serve with “vushky” (dumplings).

Chicken Kyiv (Kiev) – Although this recipe contains the name of the capital of Ukraine, this dish was actually invented by a French chef in the 18th century, who was working for a Russian Empress. During this period, many Eastern European countries were fascinated with French cuisine.

4 chicken breasts	2 tbsp. chopped parsley
4 oz. butter	½ - ¾ cup flour
Rind of ½ lemon	2 eggs, beaten
4 tsp. lemon juice	Fine bread crumbs and oil for frying
Salt and Pepper	1 large clove of garlic

Cut each chicken breast into 2 fillets and debone. Pound the fillets thin. Shape butter into 8 pieces ¼ x 2 inches and freeze. Dust fillets with salt and pepper. Place each piece of butter on the fillet folding the ends carefully and make a neat roll. Secure with a wooden pick. Dust each roll with flour. Dip each roll in the beaten egg and then in bread crumbs. Brown quickly in hot oil. Place in hot oven at 400° F for 50 minutes. Serve with mushroom sauce. **Mushroom Sauce:** to 1 10oz. can Cream of Mushroom Soup, add ½ can milk and 1 10 oz. can mushrooms, chopped and heat well.

Holubtsi (Cabbage Rolls)

Holubtsi is the Ukrainian name for stuffed cabbage rolls and is literally translated as “little pigeons”. Ground beef and rice wrapped in cabbage leaves and served with thick gravy or tomato sauce seems to be the most popular, however, there are many versions of holubtsi that do not include meat. On Christmas Eve, the meal can contain a number of different types of meatless holubtsi.

Meatless Holubtsi (Cabbage Rolls)

4 cups water	1 tsp. salt
2 cups rice	½ tsp. pepper
4 tsp. oil	1 medium onion (finely chopped)

Cook rice in water according to package instructions, slightly underdone. Sauté the onions in the oil until transparent. Add the onion to the rice mixture. Stir. Add salt and pepper to taste. Remove from heat. Cool. The mixture is now ready to place into cabbage leaves.

To prepare cabbage:

1 medium-sized cabbage
Boiling water
1 tbsp. vinegar

Remove core from cabbage. Place cabbage in boiling water to cover. Simmer the cabbage long enough for the leaves to become limp and be easily removed from the head

itself. Do not overcook. Remove the leaves from the water; remove the hard centre part of the leaf. The cabbage leaves are now ready to use.

Place a spoonful of rice mixture on the leaf. Roll tightly, closing the ends as you roll each cabbage roll.

Place cabbage rolls in a 2-quart casserole.

Combine $\frac{3}{4}$ cup tomato juice or $\frac{3}{4}$ cup-1 cup of tomato soup, diluted with $\frac{1}{2}$ cup water, and pour over the holubtsi.

When baking you may pour tomato juice, stewed tomatoes or tomato soup over the cabbage rolls. Bake at 350° F for 1 $\frac{1}{2}$ -2 hours.

Yield: 20-30 cabbage rolls.

* For Rice and Meat Filling, add $\frac{1}{2}$ lb. of cooked ground pork or beef to the rice filling. Cabbage rolls can also have a bacon and rice filling which includes $\frac{1}{2}$ cup or more of chopped crisp bacon to the rice filling. Some cabbage rolls include buckwheat.

Kolach – (Braided bread) On Christmas Eve, three round braided loaves are placed one on top of each other. A candle is set in the middle of the Kolach and placed at the centre of the table for Sviata Vechera (Christmas Eve Supper). The Kolach is not eaten at this meal but remains as the centerpiece throughout the evening as a symbol of Christ who is the “light of the world” and the “Living Bread” who nourishes their souls. Historically, the Kolach is a very old symbol of good luck, prosperity, and a bountiful life. Being symbolic, the Kolach is used in various religious and family rituals. It is also featured at memorial services. The ring shape of the Kolach, without a beginning or end, also reminds us of eternity.

2 packages of yeast	1 tsp. salt
1 cup warm water	Rind & Juice of 1 lemon
1 tsp. sugar	2 cups scalded milk, lukewarm
4 eggs, well beaten	3 cups flour, sifted
$\frac{1}{2}$ cup sugar	5-5 $\frac{1}{2}$ cups flour, sifted
$\frac{1}{2}$ cup oil	2 9 inch pans, well greased

Dissolve sugar in warm water, sprinkle yeast over it and let stand 10 minutes

In large bowl mix milk, 3 cups flour, yeast and beat well. Cover and put in a warm place to rise until light and bubbly.

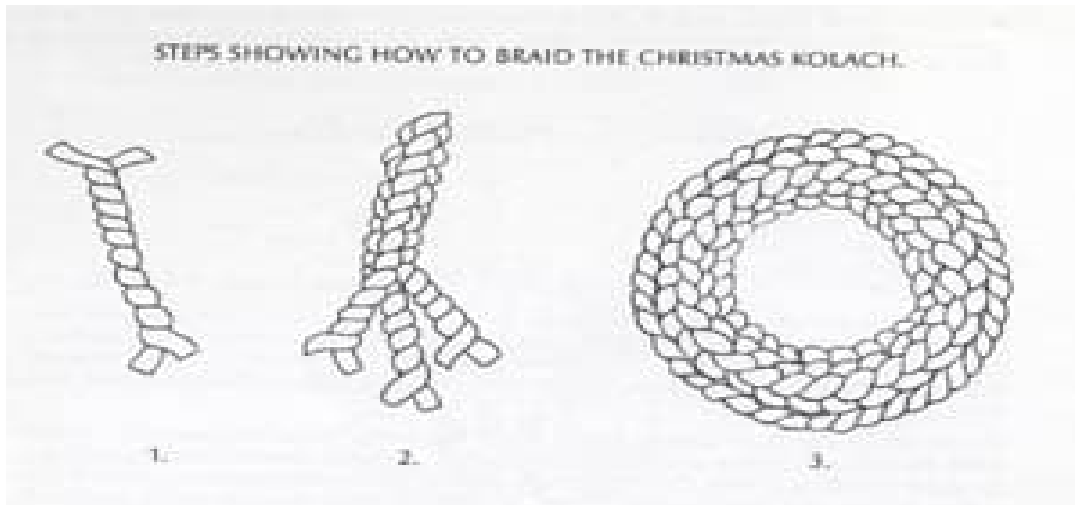
Beat eggs, add salt, sugar $\frac{1}{2}$ of the oil and lemon and add to yeast mixture. Mix in the remaining flour, cup by cup, kneading remaining oil until smooth and elastic. Cover and let rise in warm place until double in bulk, approximately 1 $\frac{1}{2}$ to 2 hours and punching down every 20 minutes.

Divide dough in two equal portions. Divide each portion into 8 equal parts. Roll out 2 parts into ropes approximately 36 inches long. Entwine these two ropes starting in the centre and working from left to right, turn away this end and repeat other end. Place rope around edge in bottom of the pan.

Roll out remaining 6 parts into approximately 20 inch ropes and entwine 3 pairs of the ropes same as before except right over left.

Braid the 3 entwined ropes evenly. Bring ends together and join by pressing gently to form a circle with an opening in the centre. Place in pan inside the first entwined rope.

Cover pans and set in a warm place to rise until double in size. Brush with beaten egg diluted with 1 tbsp. water. 400°F for 15 minutes and then lower oven to 350°F for 45 minutes or until done. This will make 2 kolachi.



Kutya (Kutia) – The Holy Supper (Svyata Vechera) on Christmas Evening always begins with a ritual and ceremonial dish called “kutya”. It is said that this dish predates Christianity in Ukraine and symbolizes the earth and harvest.

1 lb. high grade wheat
12 cups water
½ tsp. salt
1 cup poppy seed

1 cup sugar
½ cup honey
½ cup chopped nuts

Pick over wheat, wash well and place in a heavy pot. Add water and soak overnight. Do not drain. Bring to boil over medium heat. Add salt and skim the scum off the top. Reduce heat to low; cover and simmer, stirring occasionally. Cook 4-5 hours, or until kernels burst and white appears. Scald poppy seed and simmer 5 minutes. Drain well and grind using the finest blade. When wheat has cooked, let cool. Discard starch skin and pour on 1 cup boiling water; stir gently to separate kernels. Add poppy seed, sugar

and honey dissolved in hot water, to make medium thin mixture. Cool. Garnish with chopped nuts. Serve chilled.

Lviv Style Veal Cutlets – this is a traditional recipe from Ukraine.

8 veal cutlets or round steak ½ inch thick	4 tbsp. water
Salt and Pepper	1/3 cup oil
¾ cup flour	½ cup dairy sour cream
1 cup fine dry bread crumbs	1 can cream of mushroom soup
2 slightly beaten eggs	

Season cutlets with salt and pepper. Dip veal into egg and water mixture, then into flour, again into egg mixture and then into bread crumbs. In pan brown meat on both sides in hot oil. Add water in bottom of pan. Cover pan lightly with foil. Bake 350°F for 20 minutes. Uncover and bake 15 minutes longer. For gravy combine sour cream and mushroom soup. Cook and stir over low heat just till heated through. Spoon over meat. Serves 8.

Makivnyk (Poppy Seed Roll) – This is one of many types of breads served at the Christmas dinner.

½ cup warm water	¾ cup butter or margarine
1 tbsp. sugar	2 eggs
2 pkgs. yeast	2 egg yolks
4 ½ cups flour	½ cup sour cream
½ tsp. salt	1 tsp. vanilla
Grated rind & juice of 1 lemon	

Dissolve sugar in water, sprinkle yeast over it, and let stand 10 minutes. Mix flour with sugar and salt. Cut in butter with a pastry blender or two knives until mixture has a fine, even crumb. Beat eggs and egg yolks; mix with yeast and then stir into flour mixture. Add sour cream, vanilla, lemon, and mix well. Knead dough on floured board for 5 minutes.

Divide dough into 3 or 4 pieces. Roll out each piece into 12 inch square about ½ inch thick. Spread with poppy seed filling*. Roll up like a jelly roll, and seal the edges. Place on greased baking sheets. Cover. Let rise in a warm place until doubled in bulk. Brush with a beaten egg diluted with 2 tbsp. of water or milk. Bake at 350° F about 45 minutes or until golden brown.

***Poppy Seed Filling For Makivnyk**

2 cups poppy seeds	Grated rind of 1 orange and 1 lemon
3 tbsp. butter	½ cup chopped nuts
¾ cup sugar	½ cup raisins (optional)

2 tbsp. honey
1 tsp. vanilla

2 egg whites stiffly beaten

Scald poppy seeds in boiling water, cover, let stand for one hour. Drain. Grind the poppy seed, using the finest blade. Melt butter in large saucepan. Add poppy seed. Stir-fry 3 minutes. Add sugar, honey, vanilla, grated orange and lemon rinds, nuts and raisins. Fold into egg white.

Medivnyk (Honey Cake) – This is just one of many types of desserts found in Ukrainian cuisine.

8 eggs, separated
1 cup honey
1 cup sugar
½ cup Mazola oil
½ tsp. baking soda, dissolved
in 2 tbsp. hot water
2 cups flour

½ tsp. salt
1 tsp. baking powder
½ tsp. ginger
1 tsp. cloves
1 tsp. all-spice
1 tbsp. brandy or whiskey
¾ cup chopped walnuts

Sift dry ingredients together 3 times. Beat egg yolks until thick. Add sugar and beat. Melt honey. Cool and add to yolks and sugar mixture, add baking soda dissolved in hot water. While still beating, add Mazola oil. Beat egg whites and fold carefully into batter gradually with flour mixture. Add brandy and chopped walnuts. Pour into a tube pan, and bake at 325° F for 1 hour.

Orange Chiffon Cake – This is only one example of a dessert which is found on Easter Sunday.

1 ¾ cups flour
3 tsp. baking powder
1 ½ cups sugar
1 tsp. salt
8 egg yolks
½ cup oil

1 tsp. vanilla
2/3 cup water
Juice of 1 orange and rind of 2 oranges
8 egg whites
½ tsp. cream of tartar

Sift together flour, baking powder, sugar, and salt. Separate eggs. To unbeaten yolks add the oil and vanilla. Add cream of tartar to egg whites and beat well until stiff peaks form. Set aside. Place sifted dry ingredients into large mixing bowl; make a well in the centre and add the yolk, oil, water mixture, and beat well. Gently fold in beaten egg whites, one-half at a time. Pour into ungreased tube-pan approximately 4 inches deep and bake for 70 minutes at 350° F. Invert pan to cool. When cold, spread with your favourite chocolate or mocha butter icing.

Pampushky – This is one of many desserts served during the Christmas dinner and is similar to a doughnut or the Polish “Pączki”

½ cup lukewarm water	5 egg yolks
2 tsp. sugar	1 tsp. vanilla
2 pkgs. Yeast	Grated rind & juice of 1 lemon
½ cup butter or margarine, soft	1 tsp. salt
½ cup sugar	1 cup milk
1 whole egg	5-5 ½ cups sifted flour

Dissolve sugar in water, sprinkle the yeast over it, and let stand 10 minutes.

In large bowl, cream butter and sugar until fluffy. Beat in egg, then egg yolks, one at a time. Add vanilla, lemon, yeast and salt. Beat until well mixed. Add the flour gradually and knead in the bowl for about 10 minutes; this dough should be soft. Cover and let rise until doubled in bulk. Punch down, knead a few times, and let it rise again. Roll out the dough to ½ inch thickness. Cut out with small glass. Place a tsp. of desired filling* on each round, bring the edges together and press to seal securely. Place pampushky on a lightly floured board and let rise until double in bulk.

* (Poppy seed, thick jam or cooked prunes pitted and unsweetened)

Poppy Seed Filling For Pampushky

2 cups poppy seeds	Grated rind of 1 orange and 1 lemon
3 tbsp. butter	½ cup chopped nuts
¾ cup sugar	½ cup raisins (optional)
2 tbsp. honey	2 egg whites stiffly beaten
1 tsp. vanilla	

Scald poppy seeds in boiling water, cover, let stand for one hour. Drain. Grind the poppy seed, using the finest blade. Melt butter in large saucepan. Add poppy seed. Stir-fry 3 minutes. Add sugar, honey, vanilla, grated orange and lemon rinds, nuts and raisins. Fold into egg white.

Paska (Easter Bread) – Paska is a round-shaped Easter bread, much richer than the ordinary bread. The top is elaborately decorated with fancy dough ornaments which have a cross as its central theme. This bread is brought to church on Easter morning, along with other Easter foods to be blessed by the priest.

3 tbsp. yeast	¾ cup oil (use ¼ cup for kneading)
5 cups water	12 cups flour
½ cup sugar	1 tsp. vanilla (optional)
4 eggs, beaten	Saffron (optional)
1 tbsp. salt	

Soak yeast in ½ cup water and 1 tbsp. sugar for about 10 minutes. Combine eggs, sugar, salt, and oil and beat well. Add the yeast mixture and stir well. Add the water and flour

and knead about 10-15 minutes using the remainder of oil to make a soft dough, a little stiffer than for bread. Cover and let rise in a warm place until double in size. Punch down every 20 minutes, about 4 times. Grease well 4 or 5 (8inch) round pans (3 inches high). Use 2/3 of the dough for the base and 1/3 for the top ornaments. Shape round loaves into the pans for base and flatten the tops. Allow to rise for ½ hour. (Do not make a braid for the bottom of base as in the Christmas Kolach, but this design be placed on top of the Easter Paska). Shape and arrange the ornaments on top of round loaves as desired. Cover loaves with cloth and set in warm place to rise until double in size (approximately 1 hour). Brush tops with beaten eggs diluted with 1 tbsp. water. Bake 400° F for 20 minutes, then turn down to 350° F and continue baking for 35-40 minutes.

Pickled Herrings – This is another Ukrainian favourite for Christmas dinner.

8 salt herrings with milt	1 tsp. mixed spices
3 large onions, sliced	1 cup vinegar
2 tbsp. of cooking oil	1 cup water
2 tbsp. sour cream (optional)	2 tbsp. sugar

Wash the herrings and soak in cold water overnight, changing the water two or three times. Remove the head, tail and entrails. Save the milt. The skin and bones could be removed if desired. Wash thoroughly and cut into serving pieces. Put the milt through a sieve and combine with cream and oil. Bring the vinegar, water and spices to a boil and cool. Add milt mixture. Pack in sterile jars the herrings and sliced onion in alternate layers. Cover with the milt sauce and seal. Store in refrigerator at least one day before using.

* Herrings are tastier if soaked in tea or milk for 2 hours before cutting.

Pidpenky (Mushrooms with Gravy) – This is one of many meatless dishes served on Christmas Eve.

2 cups dried mushrooms	4 tbsp. browned flour
1 large onion, diced	4 cups hot water
1 clove garlic, minced	½ tsp. salt
6 tbsp. oil	¼ tsp. pepper

Soak mushrooms overnight. Drain and wash well. Add water to cover mushrooms and boil for 15 minutes. Drain and rinse well. Add water again and boil for 15 minutes. Drain and rinse again. Set aside. Sauté onion and garlic in oil. Sprinkle browned flour over onion and add 4 cups of hot water. Stir well to make a smooth paste. Add drained mushrooms. Add salt and pepper to taste. Simmer 15-20 minutes. If desired, you can fry dill with your onions and garlic.

Pyrohy(Varenyky) – For most Ukrainians, no dish is more tempting to feast on than well-filled, plump varenyky made of a soft dough and served with a generous portion of sour cream. Sometimes called ***pyrogy***, these are dumplings filled with almost anything including cabbage, onions, potato, and fruits, although cottage cheese seems to be the national favourite of Ukrainians.

Pyrohy (Varenyky) Recipe

3 cups flour	2 tbsp. cooking oil
1 tsp. salt	¼ tsp. baking powder
1 egg	1 ¼ cup hot water or potato water (if using potato water, omit egg)

Mix flour with salt and baking powder in deep bowl. Beat egg, add hot water and oil. Mix with flour. Knead well to make soft dough. Divide the dough into 2 parts. Cover and let stand for about 10 minutes. Roll dough on floured board as for pie crust and cut into small squares 2” x 2” and place a little of the filling on each square. Fold over to form a half-circle or triangle, and press the edges together well. Be sure that the edges are sealed well to prevent the filling from running out. Place the varenyky on a tea towel side by side without touching one another. Cover with the towel.

Fill pot half full with water. Add on tsp. of salt and bring to a boil. Drop several varenyky into the boiling water. Do not attempt to cook too many at a time. Stir carefully. Boil 5-6 minutes until varenyky come to top of pot. Remove them with a strainer or slotted spoon to a colander and drain thoroughly. Place in a deep dish, sprinkle generously with melted butter; chopped onion browned in butter or chopped crisp bacon could be used if desired. Serve hot with sour cream.

Filling For Pyrohy (Varenyky)

Potato Filling

2 cups mashed potatoes	1 small onion, chopped
4 tbsp. oil	Salt & pepper to taste.

Sauté onions, season and add to potatoes. Mix well

Potato and Cheddar Cheese

Slice ¼ lb. cheddar cheese (medium) and mix well into 2 cups of hot mashed potatoes.

Cottage Cheese Filling

2 cups dry cottage or farmer's cheese
1 egg yolk
1 whole egg
Salt

Combine cottage cheese with slightly beaten eggs and season to taste. Add a little sour cream if mixture is too dry.

Sauerkraut Filling

3 cups sauerkraut 5 tbsp. bacon fat or oil
1 onion, chopped Salt and Pepper

Wash the sauerkraut well and squeeze dry. Chop it very fine. Fry the onion in fat, add the sauerkraut, season to taste with salt and pepper. Cook it over a low heat for about 10 minutes. Cool before using.

Prune or Plum Filling

1 cup of prunes or plums ¼ cup of sugar or to taste
½ cup of water

Boil fruit 20 minutes. Drain and cool. Remove stones and chop finely. Add sugar. Yield about 1 plum per varenyky. * Note: other fruits like blueberries or cherries may be used.

Studenetz (Jellied Meat) – This is an example of a traditional dish found during Easter dinner.

1 ½ lb. pork hocks 4 peppercorns
1 ½ lb. beef shank, cut in pieces 1 bay leaf
4 chicken feet 2 stalks celery and leaves
1 tbsp. salt 2 cloves garlic
1 onion

Wash well the meat and place in a large pot, add salt, cover with cold water, bring to a boil. Lift the meat out and rinse thoroughly; put in a clean pot, add fresh water to cover the meat. Bring to a boil and skim. Add salt, cover, boil slowly for ½ hour. Add onion, bay leaf, peppercorns, and celery and simmer very slowly for about 2 ½ hours. Add garlic crushed with salt, continue simmering until the meat comes off the bones easily. When done, remove the bones. Arrange the meat in suitable dish, strain the broth over the meat, let stand until cool. Place in refrigerator to set until firm. Before serving, scrape off all the fat from the top.