

Summer Language Institute

East European  
Cookbook

*University of Pittsburgh*

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**POLISH CHRISTMAS KULEBIAK**  
Courtesy of Pawel Ciborowski, Jan Majer's cousin

**DOUGH:** 12 oz. all purpose wheat flour  
2 eggs  
5 oz. margarine  
2 tablespoons sour cream  
2 teaspoons baking powder

**FILLING:** 2, 16 oz. cans sauerkraut  
10 large white mushrooms  
1 large onion  
vegetable oil  
salt & pepper (herbs and spices optional)

1. Combine all dough ingredients in a bowl. Knead together until completely blended.
2. Rinse sauerkraut thoroughly in a sieve. Put it in a pot and boil in water for 20 minutes. Drain well. Chop sauerkraut finely and put it in a bowl.
3. Chop white mushrooms finely and fry them with vegetable oil. Add to sauerkraut.
4. Chop onion finely and fry it with vegetable oil. Add to sauerkraut and mushrooms.
5. Add salt and pepper. Mix all ingredients well.
6. Roll dough into sheets somewhat thinner than a quarter inch.
7. Cut out squares, oblongs, circles, etc.. Place portions of filling in the middle and wrap with dough.
8. Bake at 375 degrees F for 20-25 minutes (until light brown)
9. Serve immediately.

**CAULIFLOWER POLISH STYLE**  
Courtesy of Pawel Ciborowski, Jan Majer's cousin

**INGREDIENTS:** 1 large head cauliflower  
4 tablespoons butter or margarine  
4 tablespoons finely chopped blanched almonds

4 tablespoons bread crumbs  
 2 hard-boiled eggs  
 chopped parsley, fresh dill and bay leaf

1. Remove large coarse green leaves from outside cauliflower. Trim stem and wash cauliflower well.
2. Place whole cauliflower in boiling water right side up. Add salt and bay leaf to water. Bring back to boil. Cook cauliflower for 12-15 minutes or until tender.
3. Melt butter in a small frying pan and add almonds. Cook slowly to brown. Stir in bread crumbs and cook about 1 minute or until crisp.
4. Peel eggs and cut them in half. Remove yolk and cut whites into thin strips. Press yolk through a strainer.
5. When cauliflower is cooked, drain it and place on serving dish. Spoon bread crumbs and almond topping over cauliflower.
6. Arrange sliced egg whites around the base of cauliflower and sprinkle egg yolk over bread crumb topping. Sprinkle chopped parsley and dill.
7. Serve immediately.

#### HUNTER'S STEW

A harmonious blend of flavors known as the Polish national dish.

3 lbs. sauerkraut	2 lbs. green cabbage, chopped like sauerkraut
2 lbs. ham with bone, pork spareribs or pork rib roast	2 tablespoons butter or margarine
2 bay leaves	1 lb. Polish smoked sausage, cut into 1/2-inch cubes
1 oz. dried mushrooms, chopped	1 lb. Polish white sausage with garlic, cut into 1/2-inch cubes
20 black peppercorns	
10 allspice berries	
1/2 teaspoon salt	
11 cups beef broth, bouillon or water	

Rinse sauerkraut with cold water; drain well. In a large stockpot, combine sauerkraut, ham or pork, bay leaves, mushrooms, peppercorns, allspice, and salt. Add 6 cups broth, bouillon or water. Cook, uncovered, 15 minutes over medium heat. Cover and simmer over low heat 45 minutes. Remove meat. Let meat cool. Place cabbage in a large saucepan. Add remaining 5 cups broth, bouillon or water. Bring to boil. Cook, uncovered, over medium heat, 1 hour or until cabbage is tender. Add to sauerkraut mixture. Bone cooked meat. Cut cooked meat into 1/2-inch cubes. Melt butter or margarine in a large skillet. Add cooked meat, smoked sausage and white sausage. Saute over medium heat 10 minutes or until browned. Add to sauerkraut mixture. In same skillet, saute bacon over medium heat until crisp. Drain bacon on paper towels. Add to sauerkraut mixture. Cover; cook over low heat 1 hour or longer. Remove and discard bay leaves. Serve hot. Makes 12-14 servings.

Use only meat with large bones, so bones can be easily removed. The secret of old-time Bigos is that it gets better as it's reheated on successive days, peaking at the 6th or 7th day. In between, store covered in the refrigerator.

#### PIEROGI

DOUGH:	4 cups all-purpose flour	Pinch of salt
	2 eggs	About 3/4 cup water
	5 tablespoons dairy sour cream	Sauteed onions or melted butter or softened
	6 tablespoons vegetable oil cream cheese	

#### FILLING of your choice

Prepare choice of Pierogi fillings. Lightly flour two baking sheets. Sift flour into a large bowl or onto a flat working surface; make a well in the center. Break eggs into well. Add sour cream, 3 tablespoons oil and salt. Blend ingredients with your fingertips. Gradually add water, working and kneading mixture into a smooth, pliable ball. Divide dough into quarters. Cover 3 portions with a damp cloth. On a lightly floured board, roll 1 dough portion into a 1/16-inch-thick rectangle. Cut into a 3-1/2 to 4-inch circles. In center of 1 dough circle, place 1 heaping tablespoon filling. Fold dough in 1/2 over filling. Crimp resulting edge with your fingertips, forming a tight seal. Repeat process until remaining dough is used, placing pierogi on lightly floured baking sheet. Bring a large saucepan of salted water to a boil, using 1/2 teaspoon salt per 2 quarts water. Drop about 5 pierogi into boiling water. Stir gently to prevent them from sticking to the bottom. When water returns to a boil, add 5 more pierogi. Stir carefully. Cover with a tight-fitting lid. Cook savory pierogi over medium heat, 4 to 5 minutes or until they float. Cook fruit pierogi 10 to 15 minutes. Gently remove pierogi from pot; drain in a colander or strainer. Rinse with hot water. Repeat until all pierogi are boiled. Pat dry with paper towels. For savory pierogi, heat remaining 3 tablespoons oil in a large skillet. Add 10 boiled pierogi; saute over medium heat until browned on both sides, 5 to 6 minutes. Place in a large ovenproof serving dish. Keep hot in oven. Saute remaining pierogi. Serve hot, garnished with sauteed onions, if desired. Serve boiled fruit pierogi with melted butter or softened cream cheese. Makes about 70.

#### MEAT FILLING FOR PIEROGI

Pork is the most popular of all meat fillings in Poland.

1 lb. ground cooked pork, lamb, veal or beef (about 4 cups)

2 tablespoons butter or margarine  
1 medium onion, chopped  
2 eggs, beaten  
1/2 teaspoon salt  
1/2 teaspoon freshly ground black pepper

Using a grinder or food processor fitted with a metal blade, process meat. Do not puree or process too fine. Melt butter or margarine in a large skillet. Add onion; saute over medium heat about 5 minutes. Season with salt and pepper. Let cool. Makes about 4 cups or enough to fill 40 to 45 pierogi.

POTATO FILLING  
Courtesy of Barbara Slywczuk

PROPORTIONAL MEASUREMENTS:

60% potatoes to 40% farmer's cheese  
2 medium onions  
butter or margarine  
salt  
pepper

Boil potatoes, drain and mash plain with nothing added. While the potatoes are still warm, but not steaming, add the cheese and the golden fried onions. Add salt and pepper to taste.

CHERRY FILLING FOR PIEROGI

Use fresh sweet or tart cherries for this popular summer pierogi filling.

4-1/2 cups dark sweet or red tart cherries  
1 teaspoon lemon juice, if sweet cherries  
Sugar to taste, if red tart cherries

Wash, drain and pit cherries. Lightly press cherries in a strainer or colander to remove some juice. Place cherries in a medium bowl. If sweet cherries are used, sprinkle with lemon juice. If tart cherries are used, add sugar. Fill pierogi shells immediately, before juice is drawn out of fruit. Makes about 4 cups or enough to fill 40 to 45 pierogi.

BLUEBERRY FILLING FOR PIEROGI

Use fresh blueberries for this delicious filling.

4 cups fresh blueberries  
3 teaspoons sugar

Wash berries; drain. In a medium bowl, sprinkle berries with sugar. Mix lightly. Fill pierogi shells immediately, before juice is drawn out of fruit. Makes about 4 cups or enough to fill 40 to 45 pierogi.

Variation:

Substitute 4 cups blackberries, raspberries or strawberries for blueberries.

CHEESE FILLING FOR PIEROGI

Polish farmers make their own cottage cheese from curdled milk.

2 lbs. dry cottage cheese or ricotta cheese (4 cups)  
1 egg plus 2 egg yolks, beaten  
Pinch of ground white pepper  
1/2 teaspoon salt

Using grinder or food processor fitted with a metal blade, process cheese. Do not puree or process too fine. In a large bowl, combine cheese, egg and egg yolks, salt and white pepper. Stir to combine. Makes about 4 cups or enough to fill 40 to 45 pierogi.

Variation:

Sweet cheese filling - add 1/4 cup granulated sugar and omit pepper. Stir until smooth. Serve hot filled pierogi with whipped cream.

REFRESHING STRAWBERRY SOUP

For a Polish fruit drink on a hot summer day, chill this sweet soup.

1 qt. fresh strawberries  
1-3/4 cups water  
2 tablespoons sugar  
desired

1 tablespoon lemon juice  
1 cup half and half  
1-1/2 cups cooked egg noodles, if

Reserve 4 whole strawberries; slice remaining strawberries. Place sliced strawberries and water in a medium saucepan. Bring to a boil over medium heat. Simmer, uncovered, over low heat 30 minutes. Puree in a blender or food processor fitted with a metal blade. Pour mixture back into medium saucepan. Stir in sugar and lemon juice. Add half and half. Simmer over low heat about 5 minutes; do not boil. Serve hot over noodles, if desired. Or serve chilled. Garnish with reserved whole strawberries. Makes 4 servings.

#### CANAPES WITH EGGS

Keep hard-cooked eggs on hand for this quick-to-fix appetizer.

3 tablespoons butter or margarine, Room temperature	Salt	4 hard-cooked eggs
20 thin slices French bread	Mayonnaise	
1/4 cup chopped fresh chives	Ground sweet paprika	

Spread butter or margarine on 1 side of each slice of bread. Sprinkle with chives. Season with salt to taste. Cut 1/4 inch off both end of each egg. Carefully slice each egg crosswise into 5 equal slices. Place 1 egg slice on each buttered slice of bread. Spoon mayonnaise into a pastry bag fitted with a medium fluted nozzle. Pipe mayonnaise onto egg slices. Garnish with paprika. Arrange on platter. Makes 20 appetizers.

Variation:

Place bite-sized pieces of sliced, peeled cucumber, smoked ham or sausage on mayonnaise flowers.

#### STUFFED CUCUMBERS

4 small to medium cucumbers, peeled	1 tablespoon chopped fresh parsley	2 tablespoons water
2 tablespoons butter or margarine, Room temperature		1 teaspoon all-purpose flour
2 eggs, separated	1/2 cup dairy sour cream	
2 tablespoons dry bread crumbs		1 tablespoon chopped fresh dill
1/2 teaspoon salt		

Cut 1/4 off each cucumber lengthwise. Use a spoon to scoop out seeds and pulp, leaving a 1/4 to 1/2-inch-thick shell. Preheat oven to 350 F. Heavily butter a medium baking dish; add 2 tablespoons water to baking dish. In a medium bowl, combine butter or margarine and egg yolks. Stir bread crumbs, salt and parsley into egg-yolk mixture. Fill cucumber shells with egg mixture. In a small bowl, combine flour and sour cream. Stir dill into sour cream mixture. Spoon sour cream mixture over filled cucumber shells. Arrange filled cucumber shells in baking dish. Bake, covered, 20 minutes or until tender when pierced with a fork. Serve hot. Makes 4 servings.

#### STUFFED POTATOES

5 medium to large baking potatoes	1 hard-boiled egg, chopped
3 tablespoons butter or margarine	1 tablespoon dairy sour cream
1 medium onion, chopped	Salt
1 cup chopped, leftover, cooked lean beef, Pork or sausage	Freshly ground pepper

Scrub potatoes; pat dry with paper towels. Cut 1/2 inch off 1 end of each potato; reserve ends. Carefully hollow out each potato with a thin-bladed knife and spoon, leaving a 1/2-inch-thick potato shell. Reserve potato flesh for other use. Melt 1 tablespoon butter or margarine in a skillet. Add onion; sauté over medium heat until tender. Preheat oven to 350 F. In a small bowl, combine sautéed onion, meat, egg and sour cream. Stuff potato shells with meat mixture. Recap potatoes by replacing ends; secure with wooden picks. Brush each potato with butter or margarine. Arrange potatoes on a rack in a baking dish. Bake 1 hour or until tender when pierced with a fork. To serve, slice lengthwise. Sprinkle with salt and pepper to taste. Makes 5 servings.  
Some Specialties of Russian Cuisine

Although many of the ingredients used in Russian dishes are the same as many found in the U.S., Russian cooking has its own particular dishes, for which it has become famous. Here are some examples:

Kotlety> kotlety po-kievski (kotlety): "Chicken Kiev" is a boneless chicken breast stuffed with herbed butter, breaded and deep-fried to a golden brown. When you plunge a knife or fork into the finished product, the butter spurts out. This tells you the dish was well-prepared.

ji (Shchi): This is cabbage soup, made either with sauerkraut or fresh cabbage. It is found in almost any cafeteria in the Former Soviet Union and there is even a folk saying that goes:  
Wl da kawa> pij a nawa.  
(Shchi and porridge is our diet.)

Bor] (Borshcht): This is probably the best-known of Russian soups and there are many varieties of borshcht as there are cooks in the kitchens. The primary ingredient is beets, although quite often cabbage and onion are added, and it simmers in a meat stock. The proper way to serve borshcht is with sour cream on top and a piro'ok (a little meat-filled turnover) on the side.

Kawa: "Kasha" translates as "porridge", but, unlike our idea of oatmeal, there are several varieties of kasha. This hearty staple of Russian life can be made from cracked wheat, rye or millet, and it is served often with melted butter poured over the top. How do you eat kasha? With a knife and fork!

Kvas (Kvas): This is a drink made from fermented black bread. It is acidic and slightly alcoholic. In the summer you can find kvas trucks on the street corners, dispensing refreshment to young and old alike. But beware! Communal drinking glasses are the norm.

As you can see, Russian cooking is unique. We stress Russian because the other former Soviet republics are populated by other nationalities, each having its own national dishes. There are some other interesting facts about Russian food that you may wish to know:

Xleb (Khleb): Literally, "the staff of life", bread is very important as a foodstuff in Russia. Russian bread comes in two types:  
hemyj - Russian black bread, similar to pumernickel  
belyj - White bread, not much different from ours

Xleb i sol; (Khleb i sol) - a traditional, symbolic ceremony in which the visitor is offered bread and salt as a token of the host's esteem.

Mushroom hunting and berry picking: For most Russian city-dwellers a day in the country is the preferred outing. Russians love nature at any time of the year, but in summer and fall the mushroom and berry seasons find them out in the woods in great numbers. These activities are practically national traditions; any Russian worth his salt can identify several types of mushrooms in the wild. In fact, children are taught from any early age to tell the "good" mushrooms from the poisonous ones.

Haj (Chai): Tea is the beverage of choice all over the former Soviet Union. It is drunk plain or with lemon and sugar and with jam. Yes, Russians love to put a dollop of thick, sweet jam in their hot tea.  
In the countryside, a common tea-drinking practice is to hold a sugar cube between your teeth and drink tea through it.

Samovar (Samovar): The samovar was the traditional way to heat the water for tea; the hot tea was not in the samovar, but kept warm in a small pot on the top of the samovar. The water in the samovar was heated through the use of a charcoal tube. Nowadays, the samovar is not generally used (although there are now electric samovars); a family will, however, proudly display an antique samovar as part of the home decor.

Natasha's Russian Recipes  
Courtesy of Natasha Gavriilina

#### POTATO SALAD

4-6 servings

1 medium size potato  
1 medium size carrot  
2 hard-boiled eggs  
2 small cucumbers or half of a large one  
1 small to medium yellow onion  
2 cloves of garlic  
8 oz. canned green peas  
8 oz. canned black petite olives  
2/3 cup of ham or beef (not hamburger meat)  
2-3 tablespoons of mayonnaise  
Salt, black pepper according to taste

Boil potato in the jacket, carrot with the skin on, cool off, peel. Cut potato, carrot, cucumber, eggs, ham (or beef) and onion in small cubes. Cut garlic very finely. Mix together. When adding canned peas and olives make sure to drain them first. The juice from the can can make your salad soggy. Stir everything together and add mayonnaise.

#### MARINATED MUSHROOMS

8-10 appetizer servings

1 lb. mushrooms  
1/2 cup lemon juice  
1/2 cup olive oil (or olive and corn mixed)  
2 green onions, thinly sliced  
1/4 cup chopped parsley  
1 decent-sized clove garlic, finely chopped  
3/4 teaspoon salt  
1/4 teaspoon black pepper  
1/4 teaspoon paprika  
2-3 bay leaves

Use small mushrooms or cut larger ones into thickish slices. Mix everything together except the paprika, which should be added at the end. Mix up with mushrooms. Turn the mushrooms around every few hours - leave overnight in the refrigerator, or at least leave them to marinate for about three hours. (The longer the better.) Note: olive oil may get hard in the refrigerator. Before serving keep at room temperature for a few minutes and stir for the oil to melt.

#### PANCAKES STUFFED WITH MEAT

Pancakes

1 1/2 cups flour  
1 1/2 cups milk  
1/4 teaspoon of sugar  
1/4 oz. yeast  
1 tablespoon of butter or oil  
1 egg

1/4 teaspoon of salt

Dissolve yeast in 1/4 cup of warm milk (110-115 F) and 1/4 teaspoon of sugar. Let sit till "bulbs" appear (usually 10-15 minutes but sometimes takes longer). Add more warm milk to make 1 cup and gradually mix in 3/4 cup of flour. Wrap up in a towel and put in a warm place to rise. DO NOT COVER THE MIXING BOWL WITH A LID. Make sure the mixing bowl is big enough because the dough will increase 2-3 times. After the dough rises add the rest of the milk and flour, salt, egg, and tablespoon of butter or oil. Wrap up in a towel and let rise for a second time. Check occasionally. Depending on the quality of yeast and milk, the dough may take 1-3 hours to rise.

Preheat the frying pan at medium to high setting. Brush the pan with oil lightly. Too much oil on the frying pan may ruin the first pancake. Immediately after removing a pancake from the pan, put it on a warm platter or pan, brush the upper side with oil and cover with a lid. The inside of the lid should be wrapped in a gauze, any moisture absorbent cloth or towel. It will accumulate excess moisture from the pancakes. Note: covering with the lid and brushing the pancakes with oil will make them more elastic, soft and easier to stuff.

#### Meat Stuffing

3-4 skinless, boneless chicken breasts or 1/2 lbs. boiled or roast beef  
1 average sized yellow onion  
1/2 tablespoon soy-sauce  
1/2 teaspoon black pepper  
1/4 teaspoon dried dill  
1/4 teaspoon curry powder  
Salt according to taste

Bake, roast or fry chicken or beef. When ready, chop finely (the smaller the better). Chop onion finely. Saute in oil. Add chopped meat and spices. Keep warm for stuffing. If not being served immediately, wrap each pancake in aluminum foil for warming up in the oven before serving.

warming instructions: Preheat oven to 400 F. Wrap pancakes in foil and place on a rack for 10-15 minutes. Avoid placing pancakes directly on a hot pad. It may over-dry them. STUFFING SHOULD BE DONE WHILE PANCAKES AND STUFFING ARE STILL WARM.

#### SALMON SALAD

4-6 servings

1/2 cups of cooked rice  
2-3 salmon steaks or 16 oz. canned salmon  
1 small to medium sized yellow onion  
1 celery  
1 medium sized pickle  
2 hard-boiled eggs  
2 tablespoons mayonnaise  
Olive oil

Salt salmon slices, dip all sides in flour, fry in olive oil. Remove skin and bones while still warm. Cool off. Chop salmon, onion, celery, eggs, pickles into small pieces. Mix together with cooledoff rice. Add mayonnaise.

#### VEGETABLE SPREAD

6-8 servings

1 medium sized eggplant  
1 large carrot  
1 large yellow onion  
1 celery stick  
1 lb. fresh tomatoes or 16 oz. can peeled whole tomatoes or tomatoe sauce  
2 cloves finely chopped garlic  
1/4 cup chopped parsley  
1/4 cup chopped dill  
1/4 cup chopped cilantro  
1/4 teaspoon black pepper  
1/2 teaspoon salt  
1/2 tablespoon soy-sauce  
2 bay leaves  
Olive oil

Fresh tomatoes should be peeled, chopped and stewed for 30-40 minutes on low heat (after bringing to boil) to make a sauce. In order to peel fresh tomatoes pour hot (boiling temperature) water over them. Pour boiling hot water over eggplant (it eliminates a possibly bitter taste of the eggplant skin). Chop eggplant into cubes, salt and put into well-oiled frying pan. Stew on low for 30 minutes, mix frequently, add oil if pan gets too dry. Avoid burning the peel. When the eggplant gets soft and decreases in size add finely chopped (best to grind) carrot, finely chopped celery, onion, garlic, tomato sauce, black pepper, bay leaves. Mix cook for 20 minutes. Add dill, cilantro, parsley. Cook for another 10-15 minutes. Stir frequently.

#### SALMON IN A BLANKET

4-6 servings

4-6 Fresh salmon slices  
1 large carrot

1 medium to large yellow onion  
1 lb. fresh tomatoes or 16 oz. can peeled whole tomatoes or tomatoe sauce  
1/2 teaspoon salt  
1/2 teaspoon sugar  
1/4 cup finely chopped cilantro  
2-3 bay leaves  
10-12 peppercorns  
Olive oil

Wash salmon, dry with paper towel, salt, roll in flour on all sides. Preheat frying pan to medium to high, spray with olive oil. Put salmon on the pan with skin down. After skin becomes brownish turn to the other side, lower the heat to low, cover with a lid and fry for 10 minutes. Regulate the heat nor to over-dry the fish. It may be necessary to turn the salmon over one more time and to lower the heat. Remove from pan. Take off skin and bones while still warm. Arrange all salmon slices on the bottom of a deeper pan.

On a separate pan prepare the tomato sauce. If using fresh tomatoes, peel them first (see instructions for vegetable spread). Grind carrot and chop onions into small pieces. Saute in olive oil till half-cooked. Mix with tomato sauce and add salt, sugar cilantro, bay leaves, peppercorns. Pour over cooked fish and simmer on low heat for 10-15 minutes. Do not stir or fish may fall apart. Pour sauce onto salmon. May be served hot or cold.

#### MUSHROOM JULIENNE 6-8 servings

1/2 lb. mushrooms  
1 medium yellow onion  
2-3 tablespoons sour cream  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
2 teaspoons flour  
3-4 tablespoons cheese of your choice (mozzarella is not recommended because it is too elastic)  
Olive oil

Slice mushrooms, salt and saute together with finely chopped onion. When half-done, add sour cream, pepper, flour. Stir and saute for a few minutes till the sauce starts to thicken. Place in containers (metal or ceramic), sprinkle with cheese. Preheat oven to 400 F. Bake at 375 for about 10 minutes (until julienne in containers gets soft).

#### RAY'S BORSHCHT 4-6 servings

2 cans sliced beets, diced  
1 can green beans, drained  
1 can navy beans  
4-5 medium potatoes, peeled and diced  
2-3 carrots, peeled and diced  
2-3 celery stalks, diced finely  
vinegar  
sugar  
dill  
salt  
pepper  
thyme  
basil  
sour cream

You can add really any kind of vegetables you have on hand: turnips, mushrooms, sundried tomatoes, and/or red cabbage (finely diced) are all really good additions. Boil potatoes and remaining fresh vegetables in large pot until tender. Then remove from heat. In a separate saucepan, heat the beets with sugar and vinegar until a nice sweet/sour taste is achieved. Remove from heat. Heat beets in a large pot until simmering, about one hour with the lid on. Then add remaining canned vegetables and spices and allow the soup to simmer about another hour with the lid off. As you let a little water boil off the soup will thicken a little. Serve with sour cream.

#### CHRISTMAS EVE SOUP - SLOVAKIA From Mike Chinoransky 4 servings

My dad came from Katlovce where the family looked forward to this s~tedry Ved~er Polievka (Christmas Eve Soup) every year. These days we look forward to the first Christmas Eve when some unsuspecting new inlaw is served this soup. They are usually quite surprised by a prune staring back at them from a sea of sauerkraut and mushrooms!

1 small can sauerkraut  
1 box pitted prunes  
2 tablespoons melted butter  
1 1/2 tablespoons flour  
8 oz. can of mushrooms  
sour cream

Empty sauerkraut into soup kettle and add 2 1/2 cans of water (using the sauerkraut can). Simmer for 1 1/2 hours. Add mushrooms (don't drain can) and prunes. While this mixture is cooking, prepare the zapras=FEka (the French call it "roux"). Mix flour and butter and fry in a skillet until a light brown. Add 3/4 cup water, beat until smooth, then mix with soup.

Season to taste. Scoop sour cream into individual bowls when serving.

#### DUMPLINGS WITH FETA CHEESE

Courtesy of the Slovak Heritage and Cultural Society of British Columbia

1 1/2 lbs. of uncooked potatoes  
3/4 lb. fine whole wheat flour  
1/2 lb. bryndza feta cheese  
1/4 lb. smoked bacon  
Salt  
Butter

Grate the peeled raw potatoes, mix with flour and add a little water if necessary. Add salt to taste. Halusky are formed with a knife or a teaspoon on a wooden plate washed with cold water and thrown into bubbling salted water. Boil a little. When they float to the surface take them out, rinse with water and mix with feta cheese. Serve with bacon cut up into small pieces and mix with feta cheese. Fry in butter. Bon appetit. Bryndza from the feta cheese: wash the feta cheese with water, grate and mix with butter to bryndza consistence.

KOLACHKY (Rich Cold Dough Cakes)  
Contributed by Dennis Melko

8 cups flour  
8 egg yolks  
1 pint sour cream  
1/4 cup lukewarm milk  
1 lb. butter  
1 lb. crisco  
1 large cake fresh yeast  
3 teaspoons baking powder

Dissolve yeast in lukewarm milk. In large bowl, sift baking powder and flour then add butter and crisco and "work like dough." Add sour cream, beaten egg yolks and then milk with yeast. Work dough thoroughly and place in refrigerator overnight. Take small portion and roll on sugar. Cut in 3-inch squares and place filling (nut, apricot or poppy-seed) in center. Can make into small rolls or fold corners into middle. Brush tops with beaten egg whites and bake for 15 minutes at 325 F (do not grease cookie sheet).

#### FILLINGS (NUT AND POPPY-SEED)

2 1/2 lb. chopped nuts (walnuts or other, or poppy-seed)  
1 1/2 box powdered sugar  
8 egg whites  
1 teaspoon vanilla  
1 tablespoon cinnamon  
Enough milk to make nuts spread easy

Mix all ingredients well in bowl

\*Can also make into large rolls. Instead of cutting squares, roll dough out flat (about 1/4" thick) and spread desired filling on top (be generous). Then roll from one end and bake at 350 F approximately 50 minutes.

#### CHEREGIES

Contributed by Dennis Melko

2 cups flour  
2 tablespoons sugar  
1/2 teaspoon salt  
1 tablespoon butter or margarine  
2 tablespoons wine or beer  
5 egg yolks  
2 tablespoons sour cream  
Powdered sugar

Sift flour, sugar and salt in bowl. Work butter into flour. Beat egg yolks well. Pour into mixture. Add sour cream and wine or beer. Mix until well blended. Turn out on floured board and knead until smooth. Divided into 2 or 3 pieces. Roll very thin. Cut into about 5-inch diamond shaped pieces (at this point, you could also make a 2-inch slit lengthwise in the diamond and pull one end through- just to make them fancier...) Fry in very hot deep fat (or crisco or other oil) for about 1 to 2 minutes or until golden brown. When cool, dust with powdered sugar.

#### MUSHROOM SOUP

Contributed by Dennis Melko

1 large can sauerkraut  
1/2 lb. dry mushrooms  
1/2 gallon of water (or more)  
4 or 5 cloves of garlic  
3/4 cup of flour  
1 whole onion (chopped)  
1 stick butter

1 teaspoon salt  
1 teaspoon black pepper  
1 large bayleaf

Soak dry mushrooms in small bowl for 1/2 hour in warm water, making sure all are covered. Drain and save water. Chop mushrooms on board (not too small in size). Put sauerkraut in large pot with 1/2 gallon water and add all ingredients (EXCEPT flour, butter and onion - these are to make what is called "za praska" to be added later) and boil for one hour (keep pot covered).

Fry stick of butter in pan until just brown. Add 3/4 cup flour and brown again (don't burn and don't leave it whitish). When almost brown, add onion and brown again. When onions are almost brown, add water saved from the soaking of the mushrooms (only 1/2 cup of this water and not the residue). Mix out lumps and add to pot only after pot has boiled for one hour. Cook for 1/2 to 1 hours more while stirring occasionally and make sure all garlic cloves are crushed.