

МЕСЯ
Кавуны

FESTIVAL
ФЕСТИВАЛІ

BUKOVYNS'KA NACHYNKA
(Annytsa Slemko)

Maliatyntsi, Bukovyna
WESTERN UKRAINE

1 chopped onion (sauteed in butter,
lard or oil)
1 c. cornmeal (oven-dried)
1 tsp. salt

1/4 tsp. pepper
3 1/2 to 4 c. boiling water
3 beaten eggs

Dry cornmeal in the oven. Add sauteed onion. Add water gradually, mixing until smooth. Cook until the cornmeal is soft. Add salt, pepper and beaten eggs, stirring in gradually. Bake until done.

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One of the oldest forms of grain-based dishes known in Ukraine was *kasha* made from whole, unprocessed grains cleaned of their husks and cooked. Scholars believe that this dish dates to the Mesolithic, when clay cooking vessels were first used. As civilizations evolved and new technologies became available, grain groats and flour were introduced in place of whole grains. In the twentieth century, the only whole-grain *kasha* still used is the ritual *kutia* which still forms a part of the Ukrainian Christmas menu, and in earlier times, was also part of funeral and other rituals.

Kasha was widespread amongst Slavic peoples, and was made from a variety of grain groats including wheat, buckwheat, millet, oats and corn. It was prepared as a thick porridge, in thinner forms (*kulich* or *kulesha*), or in the form of a soup. Comparable dishes made from grain flour included *lemishka* (made from buckwheat flour), *malai* (from millet) and *mamalyga* (from corn flour).

Corn was widespread in southern Ukraine by the nineteenth century, and flourished here because of an accommodating climate. It was used in dishes such as *mamalyga*. This word has Moldavian origins, but it is significant that in many southern regions of Ukraine, corn *mamalyga* was referred to as *lemishka*, the name of the older, buckwheat-based dish. In Bukovyna, it was referred to as *kulesha*, and a richer, tastier version called *nachynka* was also made. Corn-based dishes were common in Podnistrovia, Bukovyna, Bessarabia and other southern regions, but rare in other parts of Ukraine. (М. Лисенко)

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Леся Кавушук

FESTIVAL ФЕСТИВАЛЬ



HOLUBTSI (WITH BARLEY GROATS) (Maria Fill)

Rolikivka, Sokal Region
WESTERN UKRAINE

In the Sokal region of Ukraine, *holubtsi* were made exclusively from sour cabbage. A favorite filling was barley groats mixed with potatoes. Buckwheat filling was also used.

2 c. barley
1 onion, chopped and sauteed in butter or lard
2 medium potatoes, peeled and coarsely grated
bacon
sour cabbage
cream or butter
salt and pepper

Cook barley groats (*pentsak*) in salted water until partially done. Add sauteed onion, grated potatoes and bacon, and combine. Add salt and pepper to taste. Make small *holubtsi* and layer in baking dish. Dot with butter or pour cream over before baking.



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Holubtsi (or cabbage rolls) were more common in Western Ukraine than in Eastern, and were especially popular in Podillia. They were made from a variety of fillings. In some areas of Bukovyna, wheat groats or rice were used exclusively. In other areas of Ukraine, buckwheat or barley fillings were used. Sour cabbage leaves were commonly used for *holubtsi*, but sweet cabbage and beet leaves were also common. *Holubtsi* were made small, and because their preparation was time-consuming, were often reserved for Sunday or holiday fare. (М. Лисенко)

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FESTIVAL' ФЕСТИВАЛЬ

MOSAICA: MOSAIC TORTE (S. Lazar)

Kiev
CENTRAL UKRAINE

A. Layers

Bake layers at 375 degrees F. for 15-20 minutes. Use round pans greased and lined with greased wax paper.

a) layer 1

5 eggs, separated
1 c. sugar
3/4 c. flour

1/2 c. raisins
1/2 tsp. vanilla

Beat egg whites until stiff. Gradually add sugar (one teaspoon at a time) and continue beating. Beat egg yolks until creamy. Gradually add sifted flour. Add vanilla and raisins. Fold egg whites into flour mixture. Transfer to baking pan.

b) layer 2

5 eggs, separated
1 c. sugar
3/4 c. flour

1 c. ground walnuts
1/2 tsp. vanilla

Follow procedure outlined for layer 1, substituting walnuts for raisins.

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c) layer 3

6 eggs, separated

1 c. sugar

3-4 tbsp. cocoa, sifted with flour

3/4 c. flour

1/2 tsp. vanilla

Follow procedure outlined for layer 1, substituting sifted cocoa for raisins.

B. Cream Filling

2 eggs

2 egg yolks

2 c. sugar (or less)

1 c. milk

1 pound unsalted butter, softened

Combine eggs, egg yolks, sugar and milk in a pot and bring to a boil, stirring constantly. Cool. Gradually add softened butter and mix well.

C. To Assemble Torte

Use cream filling between torte layers and to cover top and sides. Decorate torte with ground
(M. Liscova)FESTIVAL'88
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ЛЕСА КАСЬУНЧ

FESTIVAL
ФЕСТИВАЛІВ

ZELENI HOLUBTSI
(Annytsa Slemko)

Maliatyntsi, Bukovyna
WESTERN UKRAINE

beet leaves
bread dough
cream mixed with chopped dill and green onions
lemon juice or vinegar (optional)

Wash beet leaves. Use as is, steam lightly, or scald with boiling water. Wrap bits of bread dough in beet leaves. Place *holubtsi* in a casserole or deep pan, and pour cream over each layer. Sprinkle on salt to taste. Sprinkle a bit of lemon juice or vinegar between layers to improve the firmness and tartness of the beet leaves. Fill casserole to within about three inches of the top. Pour cream over and let rise. Bake until done (1 to 1 1/2 hours at 350 degrees F).

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BALABUKHY (PAMPUSHKY) Skorodynets, Chortkiw Region
(Bessie Topilko) WESTERN UKRAINE

A. Dough

4 c. lukewarm water
3 packages yeast
1 tbsp. salt
3 c. Crisco

1 c. sugar

4 c. flour (plus 8-10 additional cups)
8 egg yolks (reserve whites for filling)

Dissolve sugar in lukewarm water. Sprinkle yeast over water and let stand until yeast is dissolved.

Cut four cups of flour with Crisco and add salt.

Beat egg yolks until light. Add to dissolved yeast mixture. Then add Crisco-flour mixture and combine. Add more flour (8-10 cups) to make a soft dough. Cover and let rise until double in bulk.

B. Filling

2 c. poppy seeds
grated rind of one lemon
1 c. chopped raisins

boiling water

3/4 c. sugar

Pour boiling water over poppy seeds to cover. Let stand for about one hour and drain. Grind poppy seeds. (Two processings through a meat grinder is usually sufficient.) Add sugar, lemon rind and raisins to ground poppy seeds.

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C. To shape *balabukhy*

These *balabukhy* are triangular, and can be shaped in two ways.

1. Once the dough has risen, bits can be pinched off, rolled into marble shapes and slightly flattened. When these are filled, they are formed into triangles and the edges are tightly sealed.
2. The dough can be rolled into a large round (less than half an inch thick), and small circular shapes can be cut out with a glass or cookie cutter. Filling is placed in the centre of each small dough round. The edges are folded into the centre to form a triangle, and sealed. When this method is used, it is important to roll the dough as little as possible. Extensive handling will result in a tough texture.

When the *balabukhy* are made, let them rise slightly. Fry in hot oil or lard until they are a reddish-brown color. Turn and repeat. Let cooked *balabukhy* drain on paper towels. (M. Лисба)

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Леся Кавуанч

FESTIVAL'
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FASOLIA

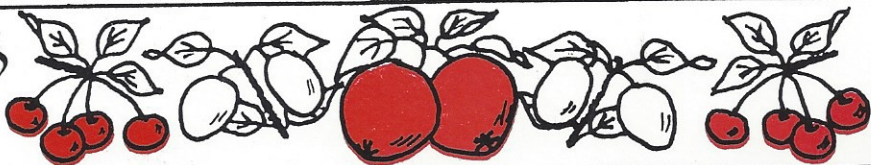
Chortkiw, Podillia Region
WESTERN UKRAINE

1 pound white beans
1/2 c. oil (or more)

2 medium onions
4 cloves garlic (crushed)

Wash beans in water and drain. Add fresh water to cover the beans, cook until done, drain, and mash with a potato masher. Saute onions in oil until they are soft and light yellow. Add to mashed beans and mix. Add crushed garlic and mix well.

Beans and peas were components of Ukrainian cuisine by the sixth to eighth centuries A.D.. They were prepared in a variety of ways. In the Carpathians, a dish called *tovchenka* was made from broad beans, beans and potatoes cooked separately and then mashed with poppy seeds, pepper and onions. In some areas of *Hutsulshchyna* and *Boikivshchyna*, beans were cooked with dried apples and plums. *Khalamoniia*, a variation of this dish from the village *IAsen*, was made from stewed dried apples, pears, plums and yellow beans. (М. Аїкоба)



IAHODIANKA
(FRUIT SOUP)
(Olha Iryna Derkach)

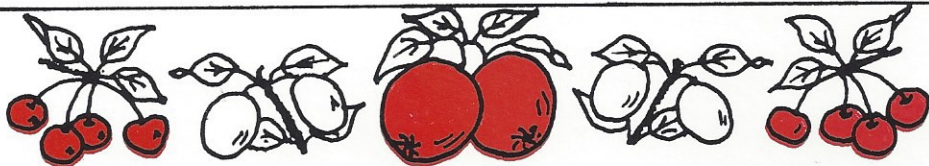
Ternopil
WESTERN UKRAINE

2 c. (16 to 20 oz.) berries
(e.g., gooseberries, cherries, plums, apples)
4 c. cold water

1/4 c. sugar
2 tbsp. flour
8 tbsp. milk

Cover berries with cold water. Bring to a boil (about an hour on high heat). Break berry skins. Add 1/4 c. sugar and stir. Bring to a boil (to dissolve sugar). Mix the milk and flour to a smooth paste. Add gradually to berries to prevent curdling. Stir and bring to a boil. Serve cold.

According to the ethnographer Lydia Artiukh, fruit soups were uncommon in the north and east regions of Ukraine. (M. Liscov)



Листопад
FESTIVAL
ФЕСТИВАЛЬ



MEDIVNYCHKY
(Anastasia Swityk)

Borshchiw Region
WESTERN UKRAINE

4 eggs
1/2 c. cooking oil
1 c. liquid honey
1 1/2 c. sifted flour
1/4 tsp. baking soda

1/2 tsp. cinnamon
few grains salt
1 pound assorted fruit (dates, figs, raisins),
chopped
1 c. chopped walnuts

Beat the eggs until light. Beat in the honey gradually, and then the oil. Sift the flour with the dry ingredients and add to the mixture. Stir in the fruit and nuts. Spread the batter in a greased and lightly floured 9" x 12" baking pan. Bake in a moderate oven (325 degrees F. to 350 degrees F.) for 30 to 35 minutes. Remove from the pan and cool. Cut into bars. Wrap in waxed paper and store for a few days to ripen. (M. Лиско)



Леся Кабуляч

FESTIVAL
ФЕСТИВАЛІВ



PYRIZHKY
(Raisa Macewko)

Izium, Kharkiv Region
EASTERN UKRAINE

3 pkg. yeast
1 tsp. sugar
2 c. lukewarm water
1/2 pound butter
3/4 c. oil

10 c. flour
4 eggs
1 tsp. salt
2 tbsp. honey
1 potato (and water)

apple or cherry preserves
(for filling)

Peel potato. Cook in enough water to cover and mash, reserving liquid. Dissolve 1 tsp. of sugar in 1 c. lukewarm water. Add yeast and let stand 10 minutes in a warm place. Place the flour in a large bowl, making a well in the middle. Beat the eggs. Add oil, melted butter, milk, balance of water, honey, salt, and mashed potato (plus cooking liquid). Add this to the flour. Add yeast and mix well. Knead in a bowl for about 10 minutes. This dough should be soft. Cover and let rise in a warm place until double in bulk. Punch down, knead a few times, and let rise again.

Take small, egg-sized pieces of dough, flatten each, or roll 1/2" thick. Make a slit near one corner of each dough piece. Place a generous portion of the filling in the center. Bring the edges together, and pull a corner of the dough through the slit (opposite it) to form a little peak. Press the edges together securely. All edges must be free of filling. Bake at 325 - 350 degrees F. (M. NicoBa)

Леся Кавунач

FESTIVAL' ФЕСТИВАЛІЙ

SYRNYK (Maria Fill)

Rolikivka, Sokal Region
WESTERN UKRAINE

A. Dough

1/4 pound butter
2 egg yolks

2 tbsp. sugar
1 c. flour

Combine ingredients and place in a greased pan. Bake slightly until the dough hardens a bit (about 10 minutes at 300 degrees F.).

B. Cheese Filling

2 pounds cottage cheese
(processed through a meat grinder)
1/4 pound butter
5 eggs, separated
1/4 c. raisins

1/2 pound sugar
2 tsp. vanilla
2 tbsp. baking powder
cinnamon

Cream egg yolks with butter and sugar. Add cheese, vanilla and baking powder. Add raisins. Fold in stiffly beaten egg whites. Pour mixture onto dough base. Sprinkle with cinnamon. Bake at 300 degrees F. until done. (M. Лиса)