



UKRAINIAN CHRISTMAS

RECIPES and TRADITIONS



The Ukrainian Museum

Carol of the Bells / Shchedryk

Mykola Leontovych (1877-1921)

Arranged William Wallace

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This image shows a page of musical notation for a piece in G major, 4/4 time. The score is written for a piano and consists of ten systems, each with a treble and bass staff. The melody in the treble staff is a simple, ascending and then descending line. The bass staff provides a harmonic accompaniment with chords and single notes. The piece concludes with a final chord in the bass staff.

SHCHEDRYK, SHCHEDRYK CAROL OF THE BELLS

This world-famous Christmas song originated from a Ukrainian folk winter song called a *shchedrivka*, which is sung after New Year's and during Epiphany. It relates, in musical form, wishes for good fortune, bounty, riches, and happiness to the listener. This original compositional arrangement of the folk melody by composer Mykola Leontovych makes use of two melodic parts sung simultaneously.

The Ukrainian Students Choir of the University of St. Volodymyr in Kyiv, led by conductor Oleksander Koshets, performed this beautiful arrangement for the first time in Kyiv in 1916. It received much acclaim, and Leontovych gained almost instant recognition as a composer.

The carol was brought to the United States by Ukrainian immigrants in the 1920s. In later years, it was given new lyrics in English and renamed "Carol of the Bells." It became widely known after Fred Waring began using an arrangement from a Carl Fisher publication in 1940.

Shchedryk

By M. Leontovych

*Shchedryk shchedryk, shchedrivochka,
pryletila lastivochka,
stala sobi shchebetaty,
hospodaria vyklykaty:
"Vyi'dy, viyi'dy, hospodariu,
podyvysia na kosharu –
tam ovechky pokotylys',
a iahnychky narodyls'.
V tebe tovar ves' khoroshyi',
budesh' maty mirku hroshei',
khoch ne hroshei, to polova,
V tebe zhinka chornobrova."
Shchedryk shchedryk, shchedrivochka,
pryletila lastivochka.*

Щедрик

М. Леонтовича

Щедрик щедрик, щедрівочка,
прилетіла ластівочка,
стала собі щебетати,
господаря викликати:
"Вийди, вийди, господарю,
подивися на кошару –
там овечки покотились,
а ягнички народились.
В тебе товар весь хороший,
будешь мати мірку грошей,
хоч не гроши, то полова,
В тебе жінка чорноброва."
Щедрик щедрик, щедрівочка,
прилетіла ластівочка.

SYKHEBAYK AND THE BELLS





UKRAINIAN CHRISTMAS EVE SUPPER MENU

Sviata Vecheria

Kutia ("God's food")

(usually wheatberries, poppy seeds, honey or sugar, optional nuts and/or raisins)

Christmas Eve *borshch* (meatless)

Vushka (tiny dumplings with mushroom filling)

Knysh (onion bread)

Garlic doughnuts

Marinated herring

Herring in tomato sauce

Fish in aspic

Baked pike (fish)

Sauerkraut with peas

Holubtsi (stuffed cabbage) with rice and mushrooms

Holubtsi (stuffed cabbage) with buckwheat kasha

Mushroom gravy

Pyrizhky with sauerkraut filling (baked dumplings)

Varenyky with sauerkraut filling (boiled dumplings)

Varenyky with potato filling

Varenyky with prune filling

Uzvar ("God's drink"; compote of dried fruits)

CHRISTMAS KOLACH (SWEET)

Starter:

2 envelopes dry active yeast
1 tbsp. sugar
1 tbsp. flour
2 tbsp. warm milk
2 ½ cups flour
2 cups warm milk

Dough:

2 whole eggs
8 egg yolks
¼ lb. sugar (8 tbsp.)
1 lb. flour (4 cups)
1 tsp. salt
2 tsp. vanilla
grated rind of 1 lemon
1 jigger alcohol (rum, brandy, or whiskey)
¼ lb. unsalted (sweet) butter, melted

Egg wash:

2 egg yolks
1 tbsp. water

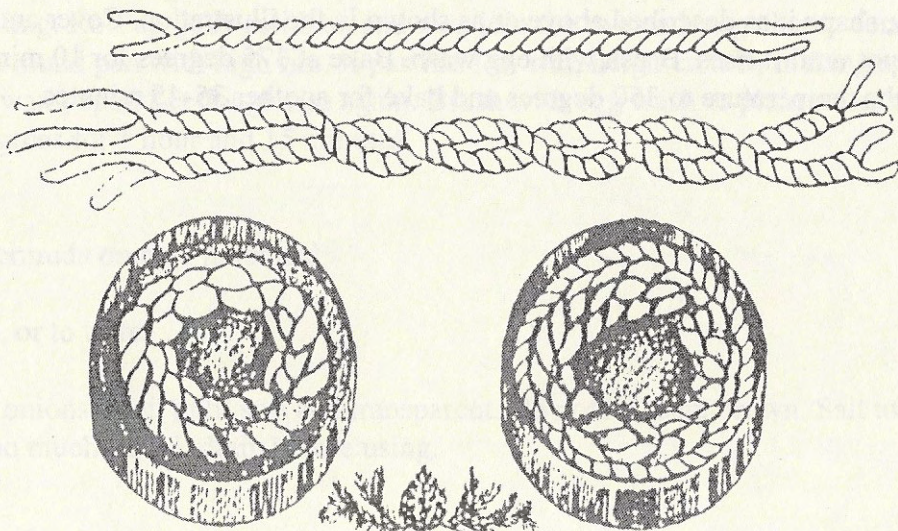
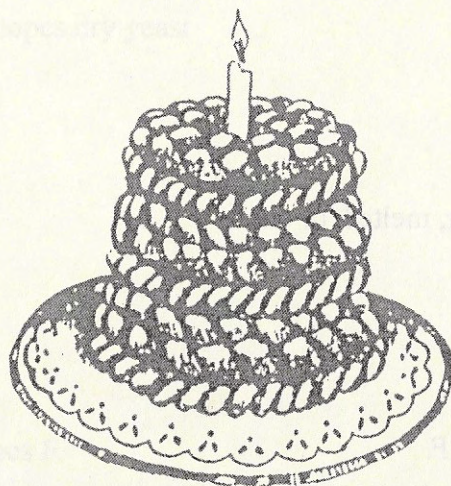
Pre-heat oven to 375 degrees F.

Mix yeast with 1 tbsp. sugar, flour, and 2 tbsp. warm milk. Let it bubble. Mix the proofed yeast with 2 ½ cups flour and 2 cups warm milk. Place in a warm spot, covered with a dishcloth or plastic wrap, and let it rise (to double in volume).

Beat egg yolks and whole eggs with sugar and add to starter. Add the rest of the ingredients except for the melted butter. Knead well, then add butter and continue to knead until dough is elastic and does not stick to hands. Place dough in a large bowl, cover, and let rise until double in volume.

When dough is ready, shape into a round *kolach* by braiding three or four strips of dough. You can also braid three, four, or six plaits into an oblong *kolach*.

Place in a round, well-buttered cake pan or (if oblong) on a cookie sheet. Let rise again. Prepare an egg wash (2 egg yolks and 1 tbsp. water). When the *kolach* has risen, brush with egg wash and bake at 375 degrees for 10 minutes. Lower temperature to 300 degrees and continue baking for another 45-50 minutes.



UKRAINIAN CHRISTMAS EVE KOLACH

2 oz. fresh yeast or 2 envelopes dry yeast
2 tbsp. warm water
1 tbsp. granulated sugar
5 cups flour
3 whole eggs
1 cup warm milk
1 tsp. salt
3 tbsp. unsalted (sweet) butter, melted, or oil

Egg wash:

2 egg yolks
1 tbsp. water

Pre-heat oven to 375 degrees F.

Soak yeast in warm water and sugar. When it bubbles, add 2 cups flour, eggs, warm milk, salt, and butter, and knead well until dough becomes elastic. Place dough in a bowl and cover with a plastic bag. Keep it in a warm spot and let it rise until double in volume. When ready, shape it as described above or as shown in the illustration. Cover and place in a warm spot until it rises. Brush with egg wash. Bake at 375 degrees for 10 minutes, then lower the temperature to 350 degrees and bake for another 35-45 minutes.

KNYSH

Ritual bread for Christmas Eve Supper

Dough:

2 oz. fresh yeast or 2 envelopes dry yeast

1 cup water

3 cups flour

1 tsp. granulated sugar

1 ½ tsp. salt

½ cup oil

Egg wash (optional):

2 egg yolks

1 tbsp. water

Pre-heat oven to 350 degrees F.

Soak the yeast in 2 tbsp. warm water, flour, sugar, and salt. When bubbly, add remaining ingredients and knead until dough is elastic. Let rise until double in volume. In the meantime, prepare the filling. When ready, roll out into a round disk to about ¼ in. thickness. Spread filling. Roll up, jelly roll like, and then join the two ends together to form a circle. Place in a round pan with high rim. If pan has low rim, heighten it by making a collar out of foil or wax paper. Let dough rise again. Brush with egg wash or plain water and bake at 350 degrees for 1 hour and 15 minutes.

Filling:

2 large Bermuda onions, julienned

½ cup oil

1 tsp. salt, or to taste

Sauté the onions in oil until soft and transparent. Do not let them brown. Salt to taste. If there is too much liquid, drain before using.

CHRISTMAS *PYRIZHKY* (BAKED DUMPLINGS) with sauerkraut filling

Dough:

2 oz. fresh yeast or 2 envelopes dry yeast

1 ½ cups water

4 cups flour

1 tsp. granulated sugar

2 tsp. salt

¾ cup oil

Egg wash:

2 egg yolks

1 tbsp. water

Pre-heat oven to 350 degrees F.

Soak the yeast in 2 tbsp. warm water, 1 tbsp. flour, and sugar. Add the remaining ingredients and knead until dough becomes elastic. Place in a warm spot and let rise until double in volume. Roll out parts of dough to about ¼ in. thickness and cut with a 2 inch cookie cutter into rounds. Fill each round with 1 tsp. filling, pinch together, and place seam down on greased cookie sheet, about 1 inch apart. Let rise again. Brush with egg wash or plain water and bake at 350 degrees until golden. Makes about 60 *pyrizhky*.

Filling (may be prepared a day in advance):

4 lbs. sauerkraut (sold in plastic bags)

2 large Bermuda onions, chopped

½ cup oil

1 tsp. salt, or to taste

pepper to taste

Rinse the sauerkraut, place in a pot, fill with fresh water, and cook until tender. Drain and squeeze out as much liquid as possible. Sauté chopped onions in oil until light golden-colored. Add sauerkraut and sauté on medium heat for about ½ hour, stirring to prevent burning. Season to taste.

UKRAINIAN HONEY CAKE FROM AUNT OLHA

1 envelope dry yeast
1 cup strong tea
1 cup honey (preferably buckwheat)
½ tsp. cinnamon
½ tsp. cloves
dash of nutmeg
6 whole eggs
1 cup sugar
1 cup oil
1 jigger rum
grated rind of 1 orange
3 cups flour
1 tbsp. baking powder
1 tbsp. baking soda
handful of chopped walnuts (optional)
handful of raisins (optional)

Pre-heat oven to 350 degrees F.

Sprinkle yeast over lukewarm tea. Boil honey and spices and cool. Beat eggs and sugar in mixer. Add other ingredients except flour, baking powder, and baking soda. Slowly add flour and baking powder and soda. Mix in walnuts and raisins.

Grease 2 loaf pans and sprinkle with flour. Pour mixture into pans. Bake at 350 degrees for 1 ½ hours. Do not open the oven for at least ½ hour; if you do, the cake will go flat.

Cool in pans.



COOKIE HORNS

1 lb. unsalted (sweet) butter
4 cups flour
 $\frac{3}{4}$ cup milk
1 envelope dry yeast
5 egg yolks
1 tsp. salt

Filling:

8 oz. jar apricot preserves

Topping:

2 egg whites, lightly beaten
1 cup chopped walnuts or pecans
granulated sugar

Pre-heat oven to 350 degrees F.

Cut the butter into the flour until it resembles a coarse meal. Dissolve the yeast in cold milk. Add rest of ingredients and mix into a nice dough. Divide the dough into four flat rounds. Wrap in plastic and refrigerate overnight. Roll out the dough over sugar and keep adding sugar as you roll.

Cut into small wedges. Place filling at wide end and roll to form a horn. Dip the horns into the egg whites and then into chopped nuts mixed with sugar. Place on a greased cookie sheet and bake at 350 degrees until golden.

TORT DELICATESSE

5 egg whites
½ lb. powdered sugar
1 lb. ground walnuts or pecans
juice of 1 lemon
2 tsp. instant coffee
1 jar apricot butter

Pre-heat oven to 350 degrees F.

Beat egg whites until stiff. While beating, gradually add powdered sugar. Add ground walnuts or pecans (set aside 2-3 handfuls for filling) and juice of 1 lemon. Pour into a 9-inch buttered springform pan and bake at 350 degrees for 20-30 minutes. Cool in pan. Dilute instant coffee in 1 cup boiling water. Cool and sprinkle over cake. Spread apricot butter over the top of the cake.

Topping I

½ lb. unsalted (sweet) butter, room temperature
2-3 tbsp. powdered sugar
30 lady fingers, crushed
2-3 handfuls walnuts or pecans
2-3 tbsp. rum

Blend ingredients and spread over apricot butter.

Topping II

½ lb. whipped butter
3 tbsp. powdered sugar
1 cup whipping cream
30 lady fingers, crushed
½ lb. ground walnuts
2-3 tbsp. rum

Blend ingredients and spread over Topping I.

Glaze:

3-4 tbsp. unsweetened cocoa
3-4 tbsp. sugar
2 vials of rum extract or 2 tbsp. rum

Put cocoa and sugar in double boiler. Add enough milk to make it spreadable. Mix over simmering water until smooth. Add rum. Cool, then pour over cake.

SHEET CAKE WITH APRICOT FILLING

3 egg yolks
3 cups flour
½ lb. unsalted (sweet) butter
1 cup granulated sugar
1 envelope Dr. Oetker Baking Powder
1 envelope Dr. Oetker Original Vanilla Sugar
1 heaping tbsp. sour cream
1 jar apricot preserves (Smuckers or Polaners)

Topping:

1 egg white
3 tbsp. granulated sugar
3 tbsp. chopped walnuts

Pre-heat oven to 350 degrees F.

Mix all ingredients together to form dough. Divide in two. Spread 1 part in the bottom of an 8 x 11 in. Pyrex dish; spread apricot preserves over it.

Spread the second half of the dough on a sheet of wax paper, the size of the Pyrex dish. Turn it over onto the preserves. Beat the egg white lightly and spread over top using a pastry brush. Pierce the top all over with a fork. Sprinkle some sugar, or sugar mixed with chopped walnuts, over the egg white.

Bake at 350 degrees for 45-60 minutes until the bottom is golden.

CREAM CHEESE COOKIES

8 oz. cream cheese
½ lb. unsalted (sweet) butter
2 cups flour

1-2 egg whites
raw (turbinado) sugar

Mix first three ingredients together, form into a disk or two, and refrigerate for 1-2 hours or overnight, until it is firm to the touch.

Pre-heat oven to 350 degrees F.

Roll out the dough. Cut out cookies with a cookie cutter. Brush cookies with egg white and sprinkle with raw sugar. Place on a greased cookie sheet and bake at 350 degrees until lightly golden. Cool on rack. Store in a covered container.

VANILLA CRESCENTS

½ lb. unsalted (sweet) butter
½ cup sugar
1 tsp. vanilla extract
½ tsp. almond extract
2 cups flour
½ tsp. salt
1 ¼ cups ground almonds or filberts
confectioners sugar

Pre-heat oven to 350 degrees F.

Cream butter and sugar. Add flavorings, flour, and salt, then mix in ground nuts. Shape into a roll and refrigerate until firm to the touch. To form cookies – pinch pieces of dough and shape into crescents. Place on a greased cookie sheet. Bake for 15-20 minutes at 350 degrees. When cool, sprinkle generously with confectioners sugar.

CHRISTINE'S TSVIBAK

6 eggs, separated
1 cup sugar
1 cup flour
1 bag dried fruits, diced
1 handful chopped walnuts (optional)
1 tbsp. baking powder

Pre-heat oven to 325 degrees F.

Beat egg yolks with sugar until lemony. Beat egg whites until they form soft peaks. Fold into egg yolks. Fold flour and baking powder into mixture. Add fruits and nuts. Pour into greased loaf pan. Bake at 325 degrees for one hour. Let cool in pan.

CHRISTINE'S HONEY CAKE (MEDIVNYK)

1 ¼ lb. honey (clover and buckwheat, mixed)
4 cups flour
½ cup confectioners sugar
½ cup granulated sugar
9 eggs
1 ½ tsp. baking powder
1 ½ tsp. vanilla sugar
1 stick butter
½ tsp. cinnamon
¼ tsp. cloves

Pre-heat oven to 325 degrees F.

Place all ingredients into a bowl and beat until small bubbles appear. Pour into a greased loaf pan and bake for 1 hour at 325 degrees. Do not open the oven for at least ½ hour; if you do, the cake will go flat.

CHRISTINE'S POPPY SEED ROLL (MAKIVNYK)

Dough:

3 envelopes dry yeast
1 cup milk
3 whole eggs
4 egg yolks
¼ lb. unsalted (sweet) butter
1 cup sugar
1 envelope vanilla sugar
4-5 cups flour
¼ lb. unsalted (sweet) butter, melted
½ tsp. salt
1 egg white

Filling:

3 ½ lbs. poppy seeds with honey (sold pre-mixed)
1 cup heavy cream
1 cup raisins
¼ to ½ cup candied orange peel

Egg wash:

2 egg yolks
1 tbsp. water

Pre-heat oven to 325 degrees F.

Dissolve yeast in 3 tbsp. warm milk and 2-3 tbsp. sugar. Add the rest of the milk and 8-10 tbsp. flour. Mix well and place in a warm spot to ferment. Beat the whole eggs and yolks, then add to yeast mixture. Beat butter, sugar, and vanilla sugar. Add to the yeast mixture. Add flour and knead well. Add melted butter and salt. Knead well and place in a warm spot to rise until double in bulk.

Prepare the filling by mixing all the ingredients. When dough has risen, divide into four parts. Roll out each part to about an 18 x 20 inch rectangle. Brush each with egg white, then spread ¼ of the filling. Roll up each section (jelly roll fashion) making four separate roulades. Place on a well-greased baking sheet. Cover and let rise again. Brush with egg wash and bake at 325 degrees for 1 hour.

NEW HONEY CAKE

8 eggs, separated
1 cup sugar
1 cup oil
1 cup honey
2 cups flour
1 tsp. baking powder
1 tsp. baking soda
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
½ tsp. ground cloves
jigger of rum (optional)
zest of 1 orange (optional)

Pre-heat oven to 350 degrees F. Spray a Pyrex dish (the size used for lasagna) with Baker's Joy.

Beat egg whites until stiff. Set aside.

Beat egg yolks with sugar until light and fluffy. Add oil and beat well. Add honey and beat until well blended. If using, add rum and orange zest. Add balance of ingredients. Mix well.

Gently fold egg whites into honey batter. Pour batter into prepared dish. Bake at 350 degrees for 1 hour. Do not open oven until done.

SHEET CAKE WITH MERINGUE TOPPING

Dough:

- 2 cups flour
- 4 egg yolks
- 1 container (8 oz.) sweet whipped butter
- 2 tsp. baking powder
- 2 tsp. vanilla sugar

Filling:

- 8 oz. jar preserves (raspberry, cherry, or currant)

Pre-heat oven to 350 degrees F.

Mix all ingredients to form smooth dough. Spread dough with fingers in the bottom of a 9 ½ x 11 in. Pyrex dish.

Spread preserves over dough.

Topping:

- 4 egg whites
- 1 cup granulated sugar
- 1 cup walnuts, finely chopped

Whip egg whites until stiff. Slowly add sugar, tablespoon by tablespoon. Fold in nuts. Spread over preserves.

Bake at 350 degrees for 45-60 minutes.

MY GRANDMOTHER'S CHRISTMAS COOKIES

1 lb. butter
1 small container (8 oz.) sour cream
2 cups sugar
6 egg yolks
2 envelopes Dr. Oetker Baking Powder
2 envelopes Dr. Oetker Original Vanilla Sugar
2 lbs. flour (8 cups)
grated rind of 1 lemon

Topping (optional):

1 egg white
chopped walnuts
granulated sugar

Pre-heat oven to 350 degrees F.

Mix all ingredients to form a smooth dough. Chill for a while.

Roll out dough to 1/8 in. thickness. Using a cookie cutter, cut out any shapes you like.
Bake at 350 degrees until lightly golden.

Optional topping:

Beat egg white slightly. Brush the top of each cookie with egg white. Sprinkle tops with chopped walnuts mixed with sugar.

Yaroslava Surmach Mills, *Bringing home the tree*, glasspainting





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