



Flavours

# UKRAINE

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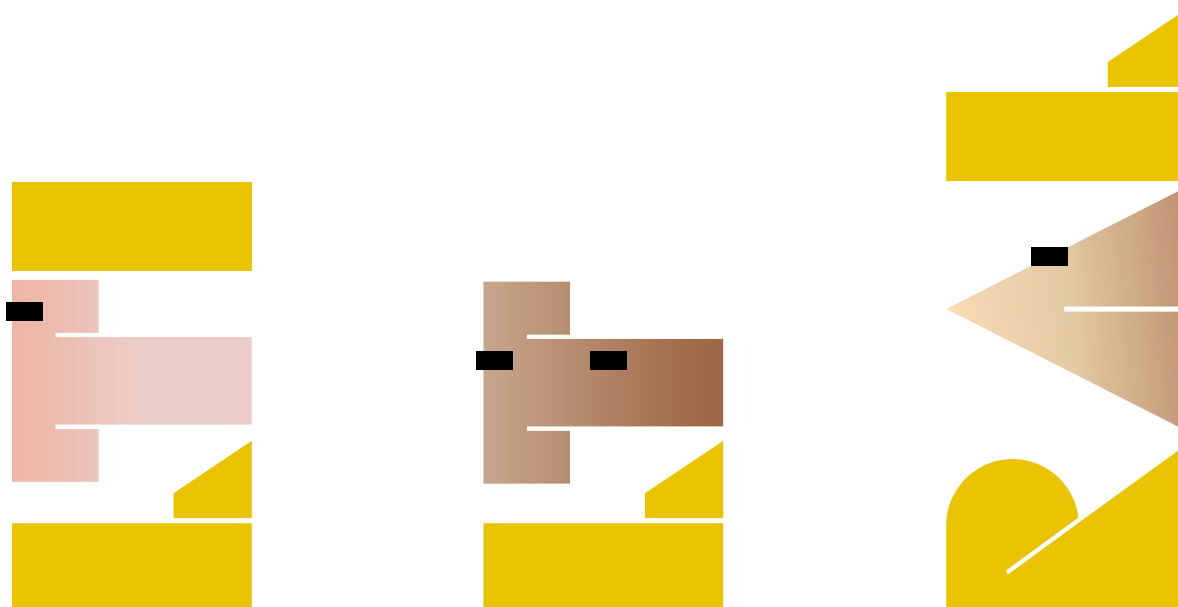
## about me

Hi! I'm Anastasiia. I'm from Ukraine originally but I'm moving all around the world and currently I'm based in Krakow. I love cooking for others and with others as it's the best way to spend quality time and share special moments

## intro

Ukrainian cuisine is very rich and generous, whenever you come to visit Ukrainian family, be sure they won't let you leave their home hungry. We have a tradition to offer all the best to our guests, and for every special occasion we cook plenty of different dishes. However, some dishes can be very heavy to digest as all traditional recipes were invented by our ancestors that used to work hard physically all day long and needed a lot of energy for that. But don't worry, we have a great variety of dishes to choose from: for people who like eating well and those who are vegetarians, lovers of pastries and people who are afraid to put on weight. Vareniki, borscht, deruny, golubtsi, banush, syrniki, nalisniki... don't these mysterious words bring you even more desire to discover our cuisine?

When I think about my parents' house, the first thing that come to my mind is the smell of mom's fresh baked pastries. We all truly love them, specially my dad. So, I decided why not share with you some of our traditional recipes of sweets?



# POPPY SEED ROLL



2h

*This is my Mom's special recipe and it's definitely favorite pastry in my family. Mom makes it every time when I come home and whenever I go I bring it with me. Moreover, in some regions of Ukraine poppy seed rolls are traditionally cooked for Christmas. So, if one day you'll decide to celebrate Christmas with us, be sure to taste different variations of this pastry, as each family has its secret ingredients :)*

## ingredients

- 500ml of milk
- 50g of dry yeast
- 2 eggs
- 200g of sugar
- 8 tbsp of butter
- 4 cups of all-purpose flour
- 1 cup of poppy seeds (you will need food grinder to prepare this)
- 1/2 tsp vanilla extract or vanilla powder
- 1 egg white (for egg wash)

## directions

**Step 1:** Heat milk in the microwave or on the stove until it's luke-warm. Pour milk in a large mixing bowl. Add yeast, sugar, eggs, butter, vanilla and flour. Mix until the dough form into a ball and the sides of the bowl are clean.

**Step 2:** Cover the bowl with a dish bowl and let rise in a warm place until doubled in size about 90 minutes.

**Step 3:** Prepare the poppy seeds while dough is rising: using a spice or coffee grinder, grind the poppy seeds. Add the poppy seeds to a medium size bowl and add the boiling water, and the rest of the poppy seed lilling ingredients, stir and set aside.

**Step 4:** After the dough has risen, preheat oven to 350°F/180°C. Roll out the dough into rectangular shape about 1 cm or so thick.

**Step 5:** Leaving some empty space along the edges, spread out the poppy seed paste in a thick layer across the dough.

**Step 6:** Roll the dough into a cylinder and place on the backing sheet, seam-side down.

**Step 7:** Brush with egg wash and sprinkle with some sugar or poppy seeds if preferred. Bake for about 35 minutes or until golden brown and fully baked inside.

And here you go! Make some extra rolls to share with your family and friends. And believe me, they will all appreciate it!



# CHEESE PANCAKES – SYRNIKI

 25 min

*Cheese pancakes, or how we call them “syrniki”, it’s a traditional desert that almost every Ukrainian knows from the childhood. Pillowy soft on the inside and slightly crispy on the outside, these cheese pancakes are a great option for a healthy and delicious breakfast. Syrniki pancakes are made from farmer’s cheese, which is somewhat similar to ricotta cheese. It’s the most important ingredient in this dish, so it’s specially important to find a good one!*

## ingredients

- 400g of farmer’s cheese (or cottage cheese)
- 2-3 eggs
- 3 tbsp of sugar
- 5 tbsp (plus extra for coating) of all-purpose flour
- 1/2 tsp of salt
- 1 tsp of baking soda
- 1 tsp of white vinegar
- 1 cup of raisins
- 1 tsp of pure vanilla extract
- 2-3 tbsp for each batch of extra light olive oil

## directions

**Step 1:** In a large bowl mix together cheese, eggs, flour, sugar and salt.

**Step 2:** Place 1 tsp baking soda in a small bowl and add 1 tsp vinegar; give it a stir as it lizzes. Add this mixture to the cheese mix.

**Step 3:** Mix everything just until well blended.

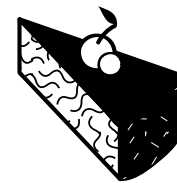
**Step 4:** Using a spoon or large ice cream scoop, form a ball and gently flatten into palm-sized patties, half an inch thick. Coat each patty with flour.

**Step 5:** Heat a large skillet over medium heat, add 2-3 Tbsp extra light olive oil. Once the skillet and oil are hot, place patties directly into the skillet. Cook each side on a medium heat for about 2 minutes or until it is golden brown.

**Step 5:** Serve the pancakes with sour cream, jam, fresh berries or just dust it with confectioner’s (powdered) sugar.

Smachnogo!

# HONEY CAKE — MEDOVYK



*Honey cake is an ideal dessert for a special occasion. We often bake it for the New Year, as it symbolizes the hope for a sweet year ahead. It's easy to cook and it stays amazing in the fridge for a several days, so this is also a great make-ahead cake!*

- ingredients*
- | <i>for layers</i>   | <i>for topping</i>   |
|---|--|
| <ul style="list-style-type: none"> <li>• 1/4 cup of honey</li> <li>• 3 cups of all-purpose flour</li> <li>• 3 large eggs</li> <li>• 2 tbsp of butter</li> <li>• 3/4 cup of sugar</li> <li>• 1 tsp of baking soda</li> <li>• Walnuts or fresh berries for decoration (optional)</li> </ul> | <ul style="list-style-type: none"> <li>• 500g of sour cream</li> <li>• 50g of powdered sugar</li> <li>• 50g of heavy whipping cream</li> </ul> |

## *directions*

**Step 1:** Add sugar, honey and unsalted butter to a medium sauce pan and melt them together over medium/low heat, whisking occasionally until sugar is melted (5-7 mins). Don't put them over high heat or they may scorch to the bottom.

**Step 2:** As soon as the sugar is dissolved, remove from heat and while it's still hot, add in eggs in a slow steady stream while whisking vigorously until all eggs are incorporated (whisk constantly so you don't end up with scrambled eggs).

**Step 3:** Whisk in the baking soda until no lumps remain, then fold in flour until the dough reaches a clay consistency and doesn't stick to your hands.

**Step 4:** Cut the dough into 8 equal pieces and then roll each piece into a thin circle. You can sprinkle the top with a little flour too to keep dough from sticking to your rolling pin.

**Step 5:** Transfer the dough to a large sheet of parchment paper and bake each layer (180 °C) for 4-5 minutes or until golden.

**Step 6:** Once the layers are baked and cooled, firm them and the left scraps crush with a rolling pin or pulse them in a food processor until you have fine crumbs (you will need them for topping).

### **How to make the frosting:**

**Step 1:** Beat heavy cream until fluffy form (1-2 min on high speed).

**Step 2:** In a separate bowl, whisk together sour cream with powdered sugar. Fold the whipped cream into the sour cream and you have your frosting. Refrigerate until ready to use.

### **Assembling your Cake:**

**Step 1:** Spread about 1/3 frosting on each cake layer. Press the cake layers down to avoid having air gaps.

**Step 2:** Dust the top and sides with your breadcrumbs and finally decorate it with walnuts to berries.

Bon appétit!