

Cooking with Culture

Submitted by: Paula Eppenstein

Department: Clinical Education



Pierogi

Ingredients

2 eggs	2 cups flour
½ cup water	½ tsp. salt
½ tsp. baking powder	1 Tbsp. butter (for sautéing)

Preparation:

Mound flour on pastry board (or in a large bowl) and make a hole in the center. Drop eggs into & cut into flour with knife or fork. Add salt and water; knead until firm & smooth. Let dough rest for 10 minutes covered with a warm bowl. Divide dough in half and roll out dough to ~1/8 inch thickness. Cut out circles with a doughnut cutter (4 or 5" diameter is ideal) or glass or cup. Place a small spoonful of filling a little to one side on each circle. Moisten edge of circle with water, fold over and press edges together firmly (be sure they are well sealed to prevent filling from running out).

To cook, bring a pot of water to boil in a large pot. Gently slide pierogi, one at a time, into boiling water. Adjust water to a gentle boil; boil for ~5 minutes (do not overcook). Pierogi will float to the top; lift out of water carefully with a slotted spoon and drain on a paper towel.

Melt 1 Tbsp butter in a 10-inch non-stick skillet. Add pierogi and sauté in a single layer, turning them once, until golden on both sides (~5 minutes). Remove to a heated platter and keep warm.

Cheese Filling (makes enough for 2-3 dozen)

1 cup small-curd cottage cheese, well drained
1 tsp. lemon juice
1 Tbsp sugar
1 egg
Salt to taste (optional)

Preparation: Force cottage cheese through a sieve (or process in a food processor until cheese is smooth). Mix with other ingredients thoroughly. Refrigerate filling until chilled.

Sauerkraut & Mushroom Filling

1 cup sauerkraut, well-drained
½ cup mushrooms, chopped
¼ cup onion, diced
~1 tablespoon butter
Salt (optional, to taste)

Preparation: Rinse and chop sauerkraut. Sauté onion in butter, add chopped mushrooms and cook for ~5 minutes. Add sauerkraut and cook until flavors are blended.