

# PIEROGIS

Like any traditional food, there are probably as many pierogi recipes as there are Ukrainians. A pierogi, which translates into "small pie," is a moon-shaped dumpling filled with either a savory or sweet filling. Traditional fillings reflected a subsistence diet and were based on cabbage, sauerkraut, onion, potato and cheese. Meats (precooked), mushrooms, and other savory ingredients were added to the mix as economics improved. Traditional sweet fillings were cherries, blueberries and prunes, and people the world over have fond memories of pierogies.

Generally a pierogi is made with a fairly rich dough (often including sour cream). The dough is rolled out, the stuffing spooned on, the dumpling is sealed, and then put in a pot of boiling water for five minutes or more for savory pierogies and 10 to 15 minutes for sweet ones. After they are drained, savory pierogies are often sautéed briefly with thinly sliced onions in butter; sweet ones are served with melted butter or softened cream cheese or sour cream. Some recipes we have seen bake the pierogies instead of boiling them, but that appears to be more a matter of convenience and less of flavor.

## Here's How:

1. Peel and boil 5 lbs of potatoes until soft.
2. Chop 1 large onion and saute in butter until soft and translucent.
3. Grate 8oz sharp cheddar cheese.
4. Mash potatoes along with onion mixture & cheese; Salt and pepper to taste.
5. Let the potato mixture cool and then form into 1" balls.
6. To prepare the pierogie dough, mix together 2 cups of flour with 1/2 tsp. salt.
7. Beat together 1 egg and 1 Tbsp. oil and add all at once to the flour mixture.
8. Add 1/2 cup hot water and work until the dough loses most of its stickiness.
9. Roll the dough on a floured board or countertop until 1/8" thick.
10. Cut 3" circles of dough with a glass or cookie cutter.
11. Place potato ball on each dough round and fold dough over (form a semi-circle)
12. Press the edges together with the tines of a fork.
13. Boil pierogies in a large pot of water. They are done when they float to the top.
14. Rinse in cool water and let dry.
15. Saute chopped onions together in a large pan until onions are soft. Then add pierogies and pan fry until lightly crispy.



## Tips:

- If you are having a hard time getting the edges to stick together, you may have too much flour in the dough. Add a little water to help you get a good seal.
- If you don't want to cook all of the pierogies right away, you can refrigerate them (uncooked) for several days or freeze them for up to several months.
- You can fill pierogies with pretty much anything you want, though potato and cheese is the most common. Sweet pierogies are often filled with a prune mixture.