RECIPES OF SAN FRANCISCO
RUSSIAN MOLOKANS
Recipes of San Francisco
Russian Molokans

PUBLISHED BY:
WOMEN'S CIRCLE
FIRST RUSSIAN CHRISTIAN MOLOKAN CHURCH
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And With Grateful Acknowledgement to Many Others

DRAWINGS BY
Priscilla Hazen and Mary (Buff) Loskutoff
Their customs celebrating funerals, weddings, christenings and other religious events are little changed. Their beautiful songs are passed on generation by generation as are traditional methods for preparing special foods.

Although the Kolokan community has come a long way economically since their agricultural past they remain humble to their religion and are very proud of their heritage.
A Tribute to the Women's Circle by Timofey M. Gusev

ЯНВАРЬ 31 1973 ГОД
Еще на вечер мы собрались
Уж год прошел, как не вида,
И все прилично так убравались
На ужин радости яла.

Вы труды наши очень много
всякий кружок, да и пользовать тех,
И это правильно дорога
Чтоб привести смеху всех.

Ваш труд мы очень важно даем
Навстречу вам всегда пойдем,
Кружок ни чем мы не заменим
И лучше вас, мы не найдем.

Мы погорялись вами можем
Кружок из женщин есть у нас,
И если нужно что, помогем
Мы не дадим обидеть вас.

Идите с Господом вперед
В пути да будет о вашем Бог.
Зовите к друзьям весь народ
Прокиньте Бога, чтоб там помог.

Да укрепится мир в кружке назвек
Пускай любовь царит всегда,
Чтоб сказать мог человек
Я, из кружка, не выбываю ни когда.

Да будет Бог охраной вам
Благословит в работе вас,
Чтоб веселее жены ваши
На ужин чаще звал нас.

Тимофей М. Гусев
The San Francisco Molokans are primarily a Russian peasant sect that dissented from the Greek-Orthodox Church of Russia during the 1650's. They were severely persecuted for this act and finally exiled into southern Russia where they lived for several generations in comparative security. However, they were again harassed during the Russo-Japanese War.

Ardent pacifists and foreseeing a renewal of religious oppression, many Molokans, between 1905 and 1907 fled in large family groups to other countries. A second wave of Molokans arrived in the United States between 1947 and 1952. In America for the most part, they settled in California.

The San Francisco Molokans have retained their religious faith and a strong desire to preserve their traditional life. They adjusted their daily lives and diet with their jobs in the crafts, the trades and on the waterfront. Virtually agricultural in origin the Molokan community became accustomed to purchasing packaged goods and frozen foods to supplement their daily menus.

Foods Molokans cannot eat are dictated by the Mosaic dietary laws which they observe. These "unclean" foods include fish without scales, shellfish, certain wild birds and animals and pork.
CHI (Tea) cont'd.

Although the samovar is still very much in evidence today, we now have a kettle of boiling water ready to prepare our chi. To make a fairly strong concentrate of tea, measure several heaping spoonsful of tea leaves into a teapot and cover with boiling water, allowing the mixture to steep three or four minutes. A small amount of this tea essence is poured into a glass which is set in a deep saucer. Boiled water is added into the glass almost to the brim. Next, add a spoonful of sugar, a little jam or berry preserves, and a slice of lemon. Stir vigorously so that a little will spill over the rim of the glass into the saucer. Gently, more of the chi is poured into the saucer and you're on your way to enjoying tea the way the Molokan's do.

Chi at the Molokan table, accompanied by kudri, piroshki, fruit pirog or some other delicious pastry, is a pleasant pastime at any hour of the day and is always a treat for anyone who has not tasted it made in the Molokan manner.

* * * * *
Dear Adventurer in fine cooking:

This cook book was conceived with two objectives in mind - to present to you good tasty Russian Molokan heirloom recipes and to bring you some specialties contrived and collected more recently. We drew on the classic Russian Molokan cuisine, foreign inspired cookery and typical American dishes. The recipes in this cook book reflect the influence of various nationalities on the Molokan's daily menus.

The migration of the Molokans from Russia led them into Transcaucasia, Iran, Israel, as far east as China and ultimately to America. Each town, village and city where they settled had its own quality and quantity of foods. Many new ideas as well as new recipes were taken from some of these foreign lands and added to the Molokan table. Our people discovered unfamiliar seasonings and cooking techniques to pique every day dishes and to spice special favorites.

Represented here in a unique combination of world wide and local dishes are recipes for zakuski (appetizers), soups, entrees, piroshki, pastries and dairy dishes.

The Women's Circle thanks the many contributors for their diligent donation of their time, research and recipes. Many of the recipes collected were duplicates or so very nearly the same that of necessity some of them were omitted.

We hope you enjoy every recipe in this Cook-Book. We sincerely wish all of you - Privyanny Appetit!!

Very truly yours,

THE WOMEN'S CIRCLE
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Tea, historians tell us, was introduced during the early days of Russia by the invading Mongols and Tatars, also, bringing with them the samovar as a container for boiling water. The portability of the samovar made possible its adaptation to every day living. The household cook soon found space on the dining table for this beautiful shining utensil full of bubbling water. Tea quickly became a favorite hot beverage throughout the country. Through the centuries the preparation of tea was a costly and elaborate ceremony, but today, thanks to industrial progress, we're able to enjoy chi in our favorite way.
APPETIZERS AND ZAKUSKI

Russians excel at Zakuski. Zakuski are the cold and hot hors d'oeuvres Russian people usually serve as appetizers.

Zakusitz means to have a "snack". A wide selection of zakuski can make a good meal. One must be willing to eat enough and still have some appetite left for the main course, yet, not so much that one will disappoint the hostess when dinner is served.
MOLOKAN CHI

M is for Mom who sets the table for chi.
O is for "Otetx" - that's father to us - who's patience is eternal.
L is for love as everyone knows.
O is for often to chi we're invited.
K is for kettle bubbling the while.
A is for all who are gathered around.
N stands for "nyet" our friends to ever forget.
C is for chi sweetened with sugar and varenia.
H is for home, happiness and health.
I stands for the immeasurable times we refill our tea glasses.

* * * *
String Bean or Kidney Bean Zakoska

1 can string beans or kidney beans
1/2 cup olive oil
1/2 cup vinegar
1 clove garlic, crushed
1 Tbsp. parsley, chopped
salt and pepper

In a bowl combine all the ingredients and chill for 1 hour or more. Serve with rye bread or crackers.

Katherine Susoeff

* * * * *

Cucumbers in Smetana (Sour Cream)

4 medium cucumbers, sliced
8 oz. carton smetana
1 medium red onion, sliced
salt and pepper to taste

Combine all ingredients in salad bowl. Let marinate for at least an hour. Serve.

Mary Jane Bogdanoff

* * * * *
Ikra-Baklazhan
(Eggplant Caviar)

1 large eggplant
1 large onion chopped very fine
1 tomato or 1 small can tomato paste
1 green pepper chopped very fine
1 tsp. vinegar
2 T. vegetable oil
1 tsp. powdered sugar
Salt and pepper to taste

Bake the eggplant 425° for 45 min. or until done. When cool, skin it and chop very fine, or put through grinder.

Chop onion and pepper and brown them slightly in 1 Tbs. of oil. Add tomato (or paste) and simmer for 1 to 5 min. adding the rest of the oil. Add vinegar, sugar, salt, pepper and chopped eggplant. Cook very slowly for 20 to 30 min. adding a little more oil if needed to prevent burning.

Remove from heat and cool. Serve thoroughly chilled as an appetizer.

Mrs. N.M. Telegin

Pashtet (Liverwurst)

1 lb. baby beef liver
1 large onion, chopped
1 large carrot, chopped
1 bunch parsley, chopped
2 Tbs. dill, according to taste
Salt and pepper to taste
1/2 cup bouillon or meat stock, more or less as needed
5 Tbs. vegetable oil, for frying

Wash liver, dry with cloth and cut off all tendons or gristle, and cut into small pieces.
Russian Salad (Vinaigrette)

In a bowl mix 1/2 cup cooked green beans, 1/2 cup cooked diced carrots, 1/2 cup cooked peas, 1 fresh diced cucumber, 6 radishes, chopped, 4 scallions, sliced and 2 stalks celery chopped.

Mix vegetables with mayonnaise mixed with a little grated lemon rind, salt and pepper to taste.

Hazel S. Rudometkin

* * * *

Another Vinaigrette

2 cans red beans, drained
1 can beets, drained
1 small onion, finely sliced
1/4 small head celery, chopped
3 dill pickles, chopped
3 T. sour cream
1/4 C. salad oil

Mix all vegetables together. Mix oil and sour cream and add. Toss lightly and refrigerate. Serve cold.

Anna Kapsoff

* * * *
Fresh Bean Zakopyska (Appetizer)

1 lb. string beans

Strip off ends and threads from beans. Cut into pieces 1 inch lengths. Cook covered in boiling salted water till done, about 15 to 20 minutes. Drain well.

Melt 1/4 cube sweet butter in skillet, add beans, cover and slightly brown, do not burn. Stir frequently. Put into a pyrex dish 6 x 10 inch size.

Beat 3 eggs with 3/4 cup milk well. Add salt and pepper to taste. Pour over the beans and bake in oven till firm. Serve hot.

E.F. Shabalin

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Russian Melish

Preheat oven to 350°. Bake 1 egg plant and 4 medium green peppers for 45 min. Peel off skins and chop eggplant and peppers finely. Add 1 or 2 garlic cloves minced or 1/4 tsp. garlic powder, 2 tbsp. olive oil and 1 tsp. vinegar. Mix well and chill overnight before serving.

Hazel Rudometkin
Marinated Fish

1 large fish - any kind
2 level T. flour
Salt & pepper to taste
Vinegar - about 1/2 C.
2 bay leaves, crushed

5 to 7 whole cloves
Few pcs. whole peppers
Few pcs. whole cinnamon
3 onions sliced in half
circles
1 can tomato sauce

Clean fish thoroughly and cut into serving pieces.
Fry in vegetable oil until brown. The fried fish
may be placed in a deep dish. When cold, pour follow-
ing marinade over them:
Marinade: Fry sliced onions in veg. oil; add flour
& stir well. Add tomato sauce and let simmer. Add a
little boiling water if needed, stirring constantly.
Add all the seasonings and let boil slowly for a few
minutes. Remove from heat & let cool. When cold,
pour over the fried fish. Refrigerate until ready
to serve.

Fish Balls

3 to 4 lbs. fish (salmon, tuna, etc.)
3 eggs
1 C. white bread, soaked
in 1/4 cup cold water

Salt & pepper to taste
1 onion, grated
2 bay leaves

Cut away all skin & bones from fish and grind remain-
ing fish. Add grated onion, eggs, soaked bread, salt
and pepper and mix well.

To make fish stock: Place fish bones & skins with 1
sliced onion, bay leaves, salt & pepper to taste in a
pot. Add enough water to cover and bring to a boil.
Let boil covered, slowly until bones fall apart-about
30 min. Strain into another soup pot. Wet hands &
form fish mixture into small balls & drop into fish
stock. Simmer about 2 hrs. Serve hot or cold.

Mrs. E.F. Shabalin
Pashtet (Liverwurst) - Cont'd.

Put 3 tablespoons vegetable oil in skillet, add onion and fry until soft, do not burn. Add meat and continue frying and stirring, about 10 to 15 min. Add carrots, parsley and dill. Fry about 5 min. longer. Add salt and pepper. Mix. Remove from heat and cool.

When cold enough to handle, grind the mixture twice on small blade. Put 2 tablespoons vegetable oil in the skillet over heat, add the liver mixture and the bouillon and fry for about 5 min.; stirring constantly all the time. Do not burn. Test for seasonings and thickness. Remove from heat and cool. Ready to serve.

* * * * *

Pashtet from Beans

Remove strings and stems from 1 lb. fresh beans. Cook in boiling salted water until well done. Mash through a sieve.

Fry chopped onion in oil and add to the beans with salt, pepper, vinegar and lemon juice to taste. Mix well and put on dish to cool. To every cup of prepared beans, use 1 onion and 3 tbsp. oil.

* * * * *

Stuffed Eggs

6 to 7 hardboiled eggs cooled and cut in halves lengthwise. Remove yolks. Chop yolks and mix with 1 tbsp. sour cream, salt and pepper, small amount of butter and small amount of dill if desired. Mix well and refill each egg white halves.

Elizabeth Shabalina
Mary "Buff's" Chicken Wings
(appetizer)

2 lb. fryer chicken wings
1 cup dried bread crumbs
2 eggs (beaten well)
1 Tbs. chopped parsley (very fine)
1 cup milk or little more if needed
1/2 tsp. garlic salt
Pinch of: basil, tarragon, rosemary, thyme or poultry seasoning

1. Wash wings, cut wing tips off the first joint (discard).
2. Cut second joint (2 pieces from each wing).
3. Combine chopped parsley and garlic salt into beaten eggs.
4. Combine the herbs in the dried bread crumbs.
5. Dip chicken wings first into the milk, then the beaten eggs and, last, the bread crumbs.
6. Lay each chicken wing in a large well-greased baking dish.
7. Bake until golden brown at 350 degrees for 1/2 hour or until done.

Serve hot or cold. Makes a serving for 8.

Mary J. Loskutoff
Appetizers
Zakusky
Another Version of Holodetz

Set the recipe 2 days before it is needed.

2 calves feet 3 large carrots
1 oxtail, about 3 lbs. 2 turnips
2 lbs. beef shanks or more 3 stalks celery
1 large onion or 2 small 1 bunch parsley
8 cloves 2 or 3 bay leaves
Salt and pepper to taste

Fill a large stewing pot with enough water to cover well the calves feet, about 1½ gallons. Bring to a boil, skim and boil slowly for 1 hr. Stick the cloves into the onion; chop in large pieces the carrots, turnips, celery and parsley. Add the oxtail, beef shanks, vegetables, bay leaves and seasonings and simmer for 3½ to 4 hrs. Time will depend upon the meat it should fall apart easily.

Remove the meat and cool the liquid. When slightly cooled, strain and discard the vegetables. Strain the liquid through a cloth or gelée. There should be about 6-7 cups gelatin or aspic.

Remove the meat from the bones and cut into small pieces and add to the aspic. Pour into oblong pyrex dish or molds and cool. When cold, remove the undesired fat which formed on top. Refrigerate.

Mrs. E. Telszin

* * * * *
Marinated Fish (Zakuska)

1-1/2 lbs. salmon  Salt and pepper
Cut fish in serving pieces, season and set aside.

4 large onions sliced into half circles  2 bay leaves crushed
3/4 cup thinly sliced carrots  1 6-oz. can tomato paste or tomato sauce
1/2 cup oil  2 Tbsp. vinegar
Flour  1 Tbsp. sugar
2 cloves  1/2 cup broth or water
Parsley or chives

Fry onion and carrots in 2 Tbsp. oil, do not burn. Add spices, tomato paste and water or broth, simmer slowly for 15 min. Add vinegar and sugar, remove from heat and mix well. Set aside.

Dip fish in flour and fry in oil, very lightly on both sides. Put 1/2 of onion mixture in 2-qt. casserole, top with fish and cover the rest with onion mixture and bake for 30 min. in 350°F oven.

May be served hot or cold.

Mrs. K.V. Lapin

* * * * *

Pickled Mushrooms (Zakuska)

1 qt. vinegar  2 Tbsp. tomato paste
1-1/2 tsp. salt  1/4 tsp allspice
1 lemon, sliced  2 pd. button mushrooms, washed and sliced
2 tsp. sugar

Combine all ingredients except mushrooms and bring to a boil. Add the mushrooms and boil for 10 minutes. Remove from heat immediately and pack into jars when cool. Refrigerate for 24 hours before serving.

Mrs. N.M. Telegen

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Almost the entire spectrum of fruits and vegetables are used in the following recipes. Both the foreign and American influence is obvious. The standard dressings "go well" with the salads and of course lemon used alone or oil and vinegar dressing needs no recipe.
Khmeladets (Studen)

2 beef knuckles  
salt and pepper
1 small tongue, beef  
2 bay leaves
1 ox-tail  
Accent
1 honey comb beef tripe

Wash all of the meat and bones thoroughly. Put in large pot and add enough cold water to cover by three or four inches. Salt lightly and add the bay leaves, pepper and accent. Boil briskly and skim until no more foam forms. Reduce the heat and simmer covered until the meat falls off the bones. The liquid should be reduced by half and feel sticky to the touch. Strain the broth into a baking dish or shallow casserole. Chop the meat into bite size pieces and add to the broth. Adjust seasonings and allow to cool. Refrigerate. Skim the fat. To serve--slice or scoop onto small plates and have ready horseradish sauce or mustard sauce to pass.

Lydia Kapsoff

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Ribbon Gelatin Mold (Khmeladets)

Same ingredients and cooking method as above, except that after the broth is strained, it is refrigerated and the following day the fat is skimmed off entirely. Then the broth is re-heated. The meat is chopped up finely. Add 1 envelope of Knox gelatin to the broth for firmer studen. Into a 9" x 13" pyrex baking pan put 1 cup of the meat, pour 2 cups of the cooled broth over the meat and spread evenly. Refrigerate and allow to set. When set pour in enough broth to make a deep layer of clear gelatin. Refrigerate and allow to set. Reserve at least two cups of broth to make the third layer. Add two cups of chopped meat to the two cups of broth and pour over the gelatin. Refrigerate. When set, unmold or serve in the pan. Slice into squares and pass horseradish sauce or mustard sauce.

Ruby Hazen

* * * *
Italian Eggplant

Peel eggplant; cut lengthwise in strips, about ½ inch thick. Sprinkle lightly with salt and let set 1 hour.

Squeeze out all the juice. In skillet, fry eggplant in vegetable oil until golden brown. Remove and put into a saucepan.

In same skillet, fry 1 chopped onion, add 1 can tomato sauce, chopped green pepper, 1 bay leaf, parsley and other green vegetables as desired. Add a pinch of turmeric. When heated thoroughly, pour over the fried eggplant and simmer until done.

Footnote: The same method may be used in making stuffed eggplant. Do not cut into pieces, scoop out the insides leaving a shell about 1 inch thick. Fill with stuffing and pour over them the above sauce.

Mrs. Nadia V. Susoev

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Eggplant

Peel and slice 1 large eggplant. Sprinkle with salt and let stand for a few minutes. Squeeze out all the juice between clean towels. Fry in oil. Place a layer of the fried eggplant in a pot, then a layer of sliced tomatoes, then a layer of fried onion rings. Repeat until all eggplant is used. Cover and let simmer for 45 minutes. Serve with rice.

Mrs. Antionette Peshkarow

* * * *
Carrots with Peppers

1 bunch carrots, chopped  5 to 6 drops tobasco sauce
2 green bell peppers,  
   chopped (very hot, if desired)
1 can tomato sauce  
2 Tbs. sugar 1/8 tps. pepper

Fry the carrots in vegetable oil (like deep fry) and place into a casserole. Fry the peppers quickly also and add to the casserole. Add salt, pepper, sugar, tomato sauce and tobasco. Rinse the tomato sauce can with 1 Tbs. water and add to the casserole. Bake for 1 hour in a moderate oven 350°. May be served hot or cold.

Mrs. Nadia A. Shabalin

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Carrot Vinigrette

Fry 1 large diced onion in 2 Tbs. vegetable oil until pinkish. Wash and grate 10 carrots and add to the onions. Continue to fry until carrots are tender stirring occasionally. Add salt and pepper to taste, 1 tps. water and let simmer for 30 minutes.

Mrs. Antionette Pushkarow

* * * * *
Stuffed Bell Peppers

5 to 6 green bell peppers
6 carrots, grated
2 bunches parsley, chopped fine
1 lg. onion, chopped
1 small sized eggplant, grated
1 tsp. sugar
salt and pepper to taste
2 to 3 Tbsp. vegetable oil

Cut off stem end of peppers; remove seeds and boil in boiling salted water for about 10 to 15 minutes till done. Drain and cool.

Fry onion in vegetable oil lightly. Add carrots, parsley and eggplant and continue to fry till done, stirring all the time. Add sugar, salt and pepper. Cool. When cold, stuff the cooked mixture into the cooled peppers.

Place the stuffed peppers into a deep dish, and pour
the following marinade:
Chop 1 or 2 large onions and fry in 2 Tbsp.
vegetable oil. Add 1 can tomato sauce, 1
Tbsp. sugar and ½ tsp. salt and about ¼ cup
tooling water. Bring to a slow boil and let simmer for about 15 minutes. When cool pour over the peppers. Refrigerate till ready to serve.

Mrs. E.F. Saabalin

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Fried Vegetables Ikra

1 cup vegetable oil
1 lb. onions, chopped
1 medium sized celery, chopped
1 lb. green sweet bell pepper, chopped
1 bunch parsley, minced
1 lb. carrots, grated or chopped
2 Tbsp. dry dill
1 medium sized eggplant, chopped
2 cans tomatoes
salt and pepper to taste

Put the oil in a vessel where the vegetables will be prepared in. Fry onions in oil and when nearly done add celery and continue to fry slowly. Add rest of vegetables and seasonings, along with the tomatoes. Simmer until done, stirring occasionally. Do not burn.

All vegetables may be chopped, grated or ground in a grinder.

Mrs. Nadya V. Susoev

* * * * *
Stuffed Zucchini

6 medium sized zucchini 1 large onion, chopped
1/4 cup rice, cooked 1 tsp. each parsley and
2 hardboiled eggs, dill, minced
1 raw egg, beaten 1/2 tsp. each, salt and
chopped pepper

Wash zucchini, cut in half lengthwise and scoop out centers. Sauté onion, dill and parsley in salad oil. Add scooped out zucchini and cook until tender. Add the cooked rice, salt and pepper, hardboiled eggs and mix well. Stir in the raw egg.

Spoon stuffing into each shell and brown in a little oil. Add sour cream over all and simmer covered until done about 25 minutes.

Mrs. E.F. Shabaluln

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Fried Potatoes

Peel 4 medium sized potatoes; wash, and cut each potato into 8 pieces. Fry at medium heat in 1/2 cup oil. Cover. Turn to brown on all sides when needed. Slice 1/4 onion and add to the potatoes with salt and pepper to taste. Cover, and lower heat until done.

Potatoes with Sour Cream

Boil peeled and halved potatoes in salted boiling water until nearly done. Drain, uncover for 5 minutes. Add butter and sour cream.

Mrs. Nadia Shabalun

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French Fried Onion Rings

Slice 2 large onions ¼ inch thick. Separate rings, soak in ice water for 2 hours. Drain and dry thoroughly. Make a batter with 1 cup flour, ¼ tsp. baking powder, 1 cup milk and 1 beaten egg. If batter looks thin, let stand 10 minutes. Dip rings in batter and fry in deep hot fat 370°F until brown. Drain on absorbent paper. Put in moderate oven for a few minutes for extra crispness.

Mrs. H. Rudometkin

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Harvard Beets

1/3 cup sugar       ½ cup vinegar
1 tsp. cornstarch   ½ tsp. salt
½ cup beet liquid   2 Tbsp. butter
1 can beets

Combine sugar and cornstarch, add beet liquid, vinegar and salt. Bring to a boil stirring until thick and smooth. Add the beets and cook over low heat for about 20 minutes.

When ready to serve, add the butter and bring to a boil.

*   *   *   *   *
Baked Potatoes
Boil peeled and cut up potatoes in salted water until almost done. Drain. Add 1/4 cube butter and cover
with hot milk and bake in moderate oven 350° uncovered for 15 minutes.

Mrs. Antonina Pushkarov

Mashed Potatoes
Boil 6 peeled and cut potatoes in salted water until done. Mash and add 1 egg, 1/4 cube butter and 3/4 cup
milk or cream. Mix well and serve, or:
1. Bake in the oven for 30 minutes, or
2. Add diced onion to the mashed potatoes before serving.

Mrs. Vera F. Telegin

Potato Kotlety (Cutlets)
3 lbs. potatoes 2 Tbsp. flour
2 onions chopped very fine 2 eggs
salt and pepper to taste 4 to 5 Tbsp. butter

Wash and boil potatoes in skins till done. Drain. When cool enough to handle, peel and while still hot
mash well.

Fry the onions in butter till lightly brown and add
to the potatoes. Add flour, salt and pepper and eggs.
Mix well.

Shape into cutlets, roll in flour and fry in butter or
both sides till lightly brown. Serve with mushroom
sauce or sour cream.

Mrs. Nadya V. Susoev

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Zucchini in Buttermilk

1/2 cup rice  
1 lb. ground meat  
5 medium sized zucchini  
salt and pepper to taste  

1 fresh bell pepper chopped  
fine  
2 eggs  
1 pint buttermilk

Boil the rice. Drain and blanch under cold water. Mix together: rice, meat, bell pepper and seasonings. Scrape the zucchini lightly, scoop out the insides carefully. Sprinkle with salt inside and outside. Fill with the prepared stuffing. Brown them lightly in vegetable oil.

In a saucepan, not too deep, beat the eggs, add the buttermilk mixing well. Bring slowly to a boil. Place the stuffed zucchini in the milk mixture. Fry the scooped zucchini in the skillet and add to the saucepan. Bring slowly to a boil and let simmer until done.

Mrs. Nadia V. Susoev

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Zucchini in Smetana (Sour Cream)

Cut zucchini in 1 inch round slices. Season with salt. Roll in flour, dip in beaten egg, then roll in bread crumbs. Fry in vegetable oil and put in casserole.

Pour sour cream over the zucchini and bake in 350° oven for 30 minutes. Serve hot.

Mrs. E.F. Shabalin

* * * * *
Vinagrette (Cold Vegetable Salad)

Vegetables should never be overcooked, but should be simmered in salted water until tender and drained. When they are cool add the sauce or dressing and let marinate for 30 min. before serving.

Cooked asparagus, cauliflower, celery, beets, broccoli, mushrooms, potatoes, cucumbers, carrots and lentils and beans are good, also apples. Here is a good combination.

2 cups cooked diced potatoes  1 cup diced dill pickles
2 cups cooked diced carrots  1/2 cup onions or green onions
2 cups sliced pickled beets  (1 16 oz. size can)

Use your own favorite dressing or add equal amounts of mayonnaise and sour cream. French dressing is very good. This amount serves 7 to 8 people.

Vera Telegin

Cucumber or Zucchini Salad

Slice cucumbers or zucchini very thin. Place in a shallow pan, sprinkle with salt and pepper, some minced onion and lemon juice. Cover and chill for several hours. Drain. Just before serving, stir in sauce made of equal parts sour cream and mayonnaise.

Tomato and Bean Salad

1/2 cup sour cream  2 med. tomatoes, chopped
1/4 cup Italian salad dressing and drained 1 l-b. can green beans drained
1/4 cup finely chopped onion

Thoroughly mix sour cream and dressing in a bowl. Add beans, tomatoes and onion and mix well. Chill 2 or 3 hours before serving.

Hazel Rudometkin

* * * * *
These stuffed baked potatoes are an easy dish to prepare ahead of time (a day ahead if you wish). And they go well together with the "Chicken Royale" recipe. (page 106)

Wash four (4) medium potatoes and bake for 1 hour at 350° or until done. While still hot, slice off a portion of each potato lengthwise so as to make an opening to scoop out the potato into a bowl, leaving the skin as a shell.

Mash the potatoes adding milk, salt and pepper, and butter, (as if to make mashed potatoes). Also add 4 Tbsp. Parmesan cheese and 2 Tbsp. parsley flakes.

Put potato mixture back into potato shells and sprinkle with paprika. They can then be placed into the refrigerator. When needed, reheat at 325° for about ½ hour and they'll be ready to eat. Serves 4 people.

Janis (Hazen) Burke

Stuffed Baked Potatoes

4 medium baked potatoes 1 tsp. salt
1 Tbsp. instant onions 1/8 tsp. pepper
1/2 cup sour cream 2 Tbsp. butter or margarine
Paprika

Mix instant onions and sour cream and let stand. Clean potatoes, oil skin, and bake in 400° oven 1 hour. Take out of oven, cut strip off tops of potatoes, and scoop out centers into bowl, mash well. Blend in onion-cream mixture, salt and pepper. Beat till fluffy adding a little more sour cream if needed. Heap back into potato shells, top with butter, sprinkle with paprika. Return to oven for 5 to 10 minutes till heated through.

Mrs. H. Rudométkin

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Tabuleh - Arabian Salad

2½ cups bulgur - crushed wheat
2 bunches chopped parsley
4 or 5 bunches green onions, chopped
4 fresh tomatoes, sliced
1 tsp. red pepper
salt to taste
enough vegetable or olive oil to mix well

One hour before serving put bulgur in water and let soak for one hour. Drain and squeeze out all liquid. Add chopped parsley, chopped onions, fresh tomatoes, oil and juice of 3 lemons. If desired, add more to taste. Toss lightly and serve.

Nadia A. Shabalin

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Bean Salad

1 can cut green beans
1 can yellow cut beans
1 can red kidney beans
1 cup diced celery
¼ cup green pepper diced
1 large onion, sliced in thin rings

Drain the beans and mix together in a large bowl. Add the rest of the ingredients. Combine in a pint jar:

½ cup salad oil
¼ cup vinegar
3/4 cup sugar
1 tsp. salt
1 tsp. pepper

Shake well and pour over vegetables and beans and let marinate overnight or at least 5 hours before serving.

Alice Popoff

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29
Vegetables, Salads,
and Salad Dressings
Aguretz Gelatin (Cucumber in Gelatin)

1 small package lime gelatin
1/2 tsp. salt
1 cup boiling water
4 cup mayonnaise
1/2 cup sour cream
1 cup finely chopped cucumber
1/2 cup pimiento
1 Tbsp. minced onion
cucumber slices and pimiento strips

Dissolve lime gelatin and salt in boiling water and allow to cool. Combine mayonnaise and sour cream until well blended. Stir in gelatin until slightly thickened. Add cucumber, pimiento and onion and pour into mold or glass loaf pan. Chill until firm. Unmold and decorate with cucumber slices and pimiento. Serves 4 to 6.

Mrs. Ruby Hazen

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Spinach-Cottage Cheese Salad Souffle

1 pkg. lemon jello
1 cup hot water
1/2 cup cold water
1/2 cup mayonnaise
1 1/2 Tbsp. vinegar
1/4 tsp. salt
2 sliced hard cooked eggs

dash of pepper
1 cup raw chopped spinach
3/4 cup cottage cheese
1/3 cup diced celery
1 Tbsp. finely chopped onion


Unmold and garnish with salad greens. Serves 4-6.

Stella Susoeff
Vinagrette (Salad)

1 can green beans drained
1 medium potato
2 carrots
3 hardboiled eggs chopped
3 beets
2 dill pickles, diced

3/4 cup sauerkraut
1 med. onion, chopped fine
salt & pepper to taste
1/3 cup salad oil
1/3 cup mayonnaise

Separately boil the potatoes, carrots, beets and eggs. Drain, when cool, dice or cut into cubes. Add the chopped eggs, sauerkraut, onions, salt, pepper, drained beans, oil and mayonnaise. Mix well and refrigerate. If too dry, add more mayonnaise or oil.

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Nadia A. Shabalin

Red Cabbage Salad

1 small shredded red cabbage
2 unpeeled grated red apples
1 cup white vinegar
1/2 cup sugar
1 clove crushed garlic
2 bay leaves
1 tbsp. salt
12 peppercorns

In large mixing bowl place the cabbage and apples and mix lightly. Place the vinegar, sugar, garlic, bay leaves, salt and peppercorns into a saucepan and slowly bring to a boil and let simmer for 5 min. Strain the hot brine over the cabbage and apple mixture. Stir and chill. This may be bottled and kept in sterilized jars in the refrigerator for 4 weeks.

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Luba Troth
Pear Salad

1 8-oz. pkg. cream cheese 1 (16 oz. can) pears
2 pkgs. lime jello 2 cups boiling water
2 Tbsp. mayonnaise

Cream the cheese, add the drained juice and mayonnaise and mix. Add boiling water to lime jello, stir until dissolved, and add to the creamed mixture. Cut pears into pieces, add to prepared mixture, mix well and refrigerate overnight.

Vera Telegin

* * * * *

Pineapple and Avocado Salad

1 pkg. lime jello 1 small can crushed pineapple
1 cup boiling water 1/2 cup mayonnaise
pinch of salt 1/2 cup whipping cream
1 avocado

Combine the first three ingredients and let stand till softly concealed. Add mayonnaise and beat till well blended. Add contents of pineapple and chopped avocado mixture. Whip cream and fold into mixture, mixing well. Pile into mold or square loaf pan till set in refrigerator. This is an excellent salad for a buffet or dinner party...So double the receipt.

Anne W. Loskutoff

* * * * *
Tabbouleh (Mint and Parsley Salad)

Tabbouleh ranks along with kebbeh and hummus bi' teinees as the most popular Lebanese dishes.

Tabbouleh parties are popular on summer afternoons.

1 cup fine Bulghur
1/2 cup finely chopped mint
1 1/2 cups finely chopped parsley
1 cup lemon juice

1 cup finely chopped onions
3/4 cup chopped tomatoes, optional
3/4 cup olive oil
Salt and pepper

Soften bulghur by soaking 1 hour in water, then drain well and press out the excess water. Mix bulghur, onions, salt and pepper together, crushing onion juice into bulghur with fingers. Add parsley, mint, oil, lemon juice, tomatoes, salt and pepper. Mix thoroughly adding more lemon juice if necessary to give a tart flavor. Adjust salt to taste.

Serve on lettuce leaves in individual dishes, or use tender lettuce, cabbage or vine leaves as scoops to eat the tabbouleh.

Lebanon tabbouleh is generally served on a large platter and decorated with chopped tomatoes. The vegetable leaves are served on a separate dish in an attractive way.

30
Cranberry Freeze Salad

1 8-oz. pkg. cream cheese 2 8-oz. cans pineapple tidbits
1 cup mayonnaise 1/2 cup thinly sliced
t 1/4 cup confectioners sugar pitted olives
1 tsp. salt
2 Tbsp. lemon juice 1/2 cup coarsely broken
1 med. orange, peeled and walnuts
sectioned
1 l-lb. can jellied cranberry sauce

Combine cream cheese, mayonnaise, sugar, salt and 1
Tbsp. lemon juice and beat with rotary beater until
blended. Cut each orange section into 3 pieces. Drain
pineapple. Add oranges and pineapple to cream cheese
mixture along with olives and walnuts. Fold in whipped
cream. Turn into a 9 x 5 x 2" loaf pan. Beat the
cranberry sauce until smooth. Add remaining lemon juice,
drop a few heaping Tbsp. of cranberry sauce onto the
cream cheese mixture, zig zag to marble. Spread the
remainder of the cranberry sauce onto the top. Cover
with aluminum foil and freeze six hours or longer.
To remove salad from pan, run spatula around edges. Dip
bottom of pan quickly into warm water. Invert. Turn
salad onto crisp greens. Salad may be wrapped and frozen.

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Linda Loscutoff

35
Telegin's Apple Salad

Mix together: 1 ½ envelopes Knox plain gelatin and 6 Tbsp. cold water, set aside.

Mix together in a double boiler: 1 cup pineapple juice, 2 Tbsp. sugar and 2 eggs slightly beaten. Put over hot water, stirring until it coats the spoon. Add the gelatin mixture and stir till dissolved. Remove from heat.

Mix together: 2 Tbsp. prepared mustard, 1 Tbsp. vinegar, with ½ cup pineapple juice and add to the above mixture. Refrigerate until it starts to thicken. Fold in 1 cup whipped cream with 1 cup pineapple chunks and 2 to 3 diced red apples. Chill.

Women's Circle Salad

1 pkg. lemon jello  
2 pkgs. cream cheese, small  
1 small can crushed pineapple, drained  
1 cup cherries, 8 oz. size or Maraschino cherries chopped  
½ cup chopped walnuts  
pinch of salt  
1 carton whipping cream

Drain pineapple well, and measure juice. Dissolve lemon jello in enough boiling water to make up 2 cups liquid with the pineapple juice. When jello is thick and syrupy, add cream cheese, cherries, nuts, and pineapple.

Last, fold in the whipped cream with salt. Chill in a bowl. If you use a mold, use only 1 3/4 cups liquid.

Vera F. Telegin
Roquefort Dressing

Sift 3 or 4 ozs. of Roquefort cheese. Add 1 pint mayonnaise, ½ tsp. Worcestershire sauce, 1 tsp. garlic powder, 3 tsp. chopped chives (freeze-dried will do fine) and 3 tsp. coarse black pepper. Add and mix well. 1 cup sour cream and 3/4 cup of buttermilk. Store in refrigerator at least for 24 hours.

Louis Dressing

1/4 cup mayonnaise
1/4 cup sour cream
1/4 cup catsup
2 tsp. lime juice
1 tsp. sugar
1 tsp. grated onion
1 tsp. salt
few drops red-pepper
seasoning

Mix all ingredients and cover and chill.

Hazel Rudometkin

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Horse Radish Dressing

4 Tbsp. Horse Radish (dry)
1 tsp. lemon juice
pinch of sugar

Add enough water so that the mixture is the consistency of sour cream. Cover and let stand at least an hour before serving.

* * * *
Raspberry Cream Salad

Dissolve 2 pkgs. of Raspberry Jello in 2 cups of boiling water. Add 2 pkgs. frozen raspberries and stir until berries are thawed. Add 1 large can crushed pineapple and 2 chopped ripe bananas. Pour half of jello mixture into a 9x13 inch pan and allow to set. Pour and spread 1 cup sour cream over top of jello mixture. Pour remaining jello mixture over sour cream layer. Refrigerate. Cut into squares to serve. Can also use Strawberry Jello and frozen strawberries.

Lemon Jello Salad

1 pkg. Lemon Jello 1 3/4 cups hot water
Dissolve jello in hot water and cool.
Mix together:
1/3 cup salad dressing
1 small can crushed pineapple, drained
2 pkg. Dream-Whip, whipped
Add cool jello to pineapple mixture and set in refrigerator. When set, sprinkle with grated American cheese.

Norma A. Binning

Cherry Supreme Salad

1- 5 oz. pkgs. Raspberry gelatin 3 oz. pkg. cream
1- 21 oz. can cherry pie filling cheese
1- 3 oz. pkg. lemon flavored 1/3 C. mayonnaise or gelatin salad oil
tiny marshmallows 1 C. crushed pineapple

Dissolve raspberry gelatin in 1 cup boiling water, stir in pie filling. Turn into a 9x9x2" baking dish; chill until partially set. Dissolve lemon gelatin in 1 C. boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in undrained pineapple. Whip 1/2 cup whipping cream; fold into lemon mixture with 1 cup tiny marshmallows. Spread atop cherry layer; top with 2 T. nuts. Chill until set. Serves 12.

Mary M. Lyons
SOUPS, CASSEROLEs AND RICE

Soup - OH! - beautiful soup. And by no other name would it taste as good as borsch. Be it beet borsch, shchi (green borsch), or as the Molokans make it. The various soups served along with Kasha or other casseroles usually comprise an entire meal.
Louie Dressing

Chop very fine: 2 large bell peppers
1 large celery, leaves also

Cover with water and bring to a boil, and boil 10 min.
Drain and cool. When cool, put into a large saucepan
and add:

1 quart Best Foods Mayonnaise 1 Tbsp. vinegar
3/4 pint Heinz Chili Sauce salt and pepper to taste
1 Tbsp. grated onion

Mix well together. Put into jars and store in refrigerator.
Do not freeze.

Nayda M. Telegen

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Tangy Mustard Sauce

Melt 4 Tbsp. butter or margarine (1/2 cube) over low heat
in a saucepan.

Stir in:
5 Tbsp. flour 2 tsp. salt
3 Tbsp. dry mustard dash of cayenne
1 Tbsp. sugar

Cook stirring till mixture bubbles, stir in 2 cups milk
slowly, cooking till sauce thickens and boil 1 min. Beat
2 eggs in small bowl, stir in 1/2 cup of hot mixture,
quickly stir back into saucepan. Cook over medium heat
one min. Cool. Store in refrigerator in a covered con-
tainer.

Sour Cream Dressing

1 cup sour cream 1 tsp. salt
2 Tbsp. lemon juice dash of cayenne pepper
1 Tbsp. sugar 1/2 tsp. grated onion

Mix all ingredients. Beat until mixture almost holds its
shape. Good for slaw and fruit salads.

Hazel Rudometkin
Borsch

3 lbs. soup meat orboiling beef
12 cups water, more or less as needed
2 bay leaves
Salt and pepper to taste
1-1/2 lbs. cabbage
2 medium sized carrots
1 medium sized beet
1 green bell pepper
1 parsnip
1/2 bunch parsley
1 large onion, chopped
1 8oz. can tomato sauce
2 medium sized potatoes
Butter

Wash meat thoroughly and put in a large pot with water enough to cover meat. Add salt, pepper and bay leaves. Bring to a boil and let simmer until meat is done.

Chop cabbage, carrots, beet, bell pepper, parsnip and parsley and set aside. Saute chopped onion lightly in butter, add tomato sauce and let simmer for 15-20 minutes.

When meat is done, remove and strain stock until clear. Put over heat to boil and add chopped prepared vegetables and let boil. Add onion and tomato mixture. Add the two whole potatoes and let simmer until vegetables and potatoes are done. Remove potatoes, mash them and return to the borsch and let boil 5 minutes longer.

Serve with 1 Tbsp. sour cream to each serving.

Serve the meat with rice or potatoes and salad.

Mrs. Anna M. Gorbenko

* * * * * *
Meat Borsch

There are as many variations of making borsch as there are cooks - this is mine.

4 or 5 lb. blade chuck roast
2 or 3 veal or beef bones

Wash meat thoroughly and put into a large enamel cooking pot. Add: 2 gallons water and bring to a boil. Scum will form so skim with a large ladle til broth is clear.

Add: 1C. split green peas - washed
1/2 C. small white beans - washed
1 T. salt
Bring to boil again, cover and boil for 1 1/2 hrs.

During this time - chop very fine:
1 small cabbage, 1 bunch fresh spinach, 2 leeks,
1 onion, 1 bell pepper, 2 stalks celery, 1 bunch
parsley, 1 (8 oz.) can sauerkraut. Grate:
2 large carrots, 1 zucchini. Set all this aside.

After meat has boiled for about 1 1/2 hrs, add 2 whole peeled potatoes and boil for another 1/2 hr.

Now meat should be cooked, so remove and put into a casserole and cover.
Add: all the vegetables, 1 (8oz.) can tomato sauce,
1 (6 oz.) can tomato paste, 2 bay leaves, 1 tsp. dill
and 1 T. sugar. Bring to boil again and cook for
15 min. longer. Take out potatoes and mash with a
little of the broth. Put back in - mix - and the
borsch is ready to serve.
Serve with smetana and lots of french bread.
This is enough for a large family with left overs
to refrigerate or freeze for a quick meal another
time.

Anne W. Loskutoff
Posnew Borsch (Vegetarian)

This meatless soup can be made the day before you plan to serve it, and is enough for a fairly large crowd.

Start with a soup kettle large enough to hold two gallons of water. Bring water to a boil and add salt to taste, ½ cup each of baby lima beans and green split peas. Cook for ½ hour. After this add 4 small peeled potatoes (whole). Take out and mash after Borsch is done. Meanwhile grate or chop: 1 onion, 2 leeks, 1 small cabbage, some fresh spinach, 3 carrots, 1 bell pepper, 1 zucchini, ¼ bunch parsley, chopped fresh mushrooms (about ½ lb.) and 1 qt. whole tomatoes (mashed). Add to soup and continue to cook another ½ hour or until done. Remove from heat and add ½ cube butter and ½ pint ½ 'n ½ (half and half). DO NOT BOIL ANYMORE.

For garnish add 3 hard boiled eggs, mashed with a fork.

Mary J. Bogdanov

* * * * *
Borsch with Beets

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>9 or 10 cups water</td>
<td>1 green bell pepper</td>
</tr>
<tr>
<td>2 lbs. short ribs or chicken wings and legs</td>
<td>1 can (1 lb. size) stewed tomatoes or use fresh tomatoes</td>
</tr>
<tr>
<td>2 large carrots, chopped</td>
<td>2 potatoes, chopped</td>
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<tr>
<td>1 stalk celery, chopped</td>
<td>2 T. butter</td>
</tr>
<tr>
<td>1 onion chopped</td>
<td>Salt &amp; pepper to taste</td>
</tr>
<tr>
<td>2 bay leaves or fresh dill</td>
<td>1 can (8 oz.) pickled beets (Drain and add juice to water)</td>
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<tr>
<td>1/2 head med. sized cabbage, chopped</td>
<td>Sour cream</td>
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</tbody>
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Put the washed meat or chicken in a large soup pot. Add water, bay leaves or dill, cabbage, bell pepper, salt and pepper and start simmering.

Brown slightly in butter the chopped onion, carrots and celery. Add tomatoes and simmer 10 to 15 min., stirring occasionally. Add to soup. Add potato and continue cooking until all vegetables and meat are done. Chop or grate the pickled beets and add to soup. Bring to a good full rolling boil and remove from heat. Serve with our cream.

Mrs. Alex M. Telegin
Pelmeny (Russian Ravioli)

**Filling:**
- 1 lb. ground beef
- 1/2 lb. ground lamb
- 1 tsp. salt
- 1/2 tsp. pepper
- 1 onion chopped fine
- 1 or 2 cloves garlic chopped
- very fine
- 1 tbsp. bread crumbs
- 1 tbsp. vegetable oil
- 3/4 cup water

Mix well all ingredients together by hand and set aside till ready to use.

**Dough:**
- 2 eggs
- 1/2 cup water
- 1 tsp. salt
- 1 tbsp. sweet butter
- 3 cups flour (approx.)

Beat egg slightly and combine with water, butter and salt. Add flour little at a time and mix to make a pliable dough as for Lapsha, not too dry. Divide dough into 2 or 3 parts and make into balls. Put dough on floured table and cover with the mixing bowl and let rest for 10 minutes. Take one ball of dough at a time and keep remaining dough covered to avoid drying. Roll dough on floured table to about 1/8" thick. Cut into strips about 1-1/2" wide, then cut strips into 1-1/2" squares.

Put a small amount of filling (1/2 tsp.) into each square and fold dough over to make a triangle and pinch edges. Then pinch two corners together. Lay on floured board. These may be put into freezer until all are made. Makes about 200 Pelmeny. Will serve 6 to 8 people.

**To Serve:** Prepare a chicken broth or you may use salted water. Have broth or water boiling, drop pelmeny into the pot. When pelmeny comes to surface let boil slowly for 5 min. Serve hot with soy sauce or sour cream.

Nadia A. Shabalin

45
Chicken Borsch

6 lbs. chicken backs  2 small zucchini
1 head cabbage (3 lbs)  6 large potatoes
2 large carrots        1 can (8 oz.) tomato sauce
1 large bell pepper   1 can (16 oz) whole tomatoes
1 large onion         1 can (16 oz) stewed tomatoes

Salt to taste

Wash chickens and put in cooking pot. Cover with hot water and bring to a boil, add 1 1/2 tsp. salt and let boil slowly for 2 hrs.

Chop or grind coarsely the cabbage, carrots, bell pepper, onion and zucchini and set aside. Peel and wash potatoes.

When chicken has cooked, remove and strain the broth. Add whole potatoes and all the tomatoes back into broth and let boil 15 min. longer. Add vegetables and boil again slowly until vegetables and potatoes are done. Remove the potatoes, mash and return to soup and let boil for about 5 min. longer.

Mrs. Tanya Poppin
Klotski Soup

2 eggs
1/4 cup flour
1/2 tsp. salt
1/4 cup milk or water
1/2 tsp. sugar
1 small potato, peeled and diced
1 onion diced
1 1/2 qts. broth, beef or chicken

Mix dry ingredients in a bowl. Add 1 egg at a time and mix well. Add liquid a little at a time to make a soft dough.

Boil broth with vegetables. Dip tsp. into hot broth then into dough about 1/2 tsp. of dough. Dip into broth, dough will come off spoon. Stir as you dip dough. Continue till dough is used. Let come to a boil then cook under low flame 10 minutes, stirring. (Hint: any kind of broth can be used; meatless too. If meatless, after all dough is used add 1/2 cube butter and cream, milk or sour cream in your plate.)

Pauline Klistoff

* * * * *
Zeleuni Shehi (Green Soup)

1-1/2 lbs. brisket or boiling beef
7 to 8 cups water
Salt and pepper to taste
2 Bay leaves
3/4 lb. spinach, chopped
4 green onions, chopped

2 stalks celery, chopped Parsley, chopped
1 Tbsp. lemon juice
1 large potato, diced Sour Cream
Hard boiled eggs, about 1/2 per serving

Combine brisket, water, salt, pepper and bay leaves and bring to a boil. Simmer slowly for about 1 hour. Take out the meat, strain the stock through fine seive. Put back the meat into the stock, bring to a boil and add the chopped vegetables and continue to simmer until the vegetables are done about 30 minutes. Just before serving add the lemon juice.

Serve with a tbsp. of crumbled hard cooked egg, a heaping spoon of sour cream. Serve the meat for the second course.

Mrs. N. M. Telegin

* * * * * *
Vegetable Soup

2 lbs. beef shank
6 cups water
1 chopped onion
1 cup chopped celery
3 tsp. salt
1/4 tsp. pepper
1 lb. package frozen peas

2 cans tomato sauce with cheese
1 clove chopped garlic
2 Tbsp. chopped parsley
1/2 Tsp. Oregano
1-1/2 cups zucchini,
chopped

Cut beef into 1" pieces, brown in oil in kettle. Add water and the rest of ingredients, cover and cook for 2 hours.
Add peas and cook for 20 minutes longer.

Cream of Beet Soup

Melt 3 tbsp. butter in saucepan over low flame. Add 2 tbsp. chopped onion, cook until tender. Blend in 3 tbsp. flour, 1 tsp. salt and 1/4 tsp. pepper. Slowly add 2 cups milk and 1 cup meat stock or one cube bouillon, stir until smooth and thickened. Add 2 cups diced or chopped cooked beets and allow to heat through.

Remove from heat, add 2 tbsp. vinegar and serve with sour cream.

Mrs. Hazel Rudometkin

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48
Pelmeny

Filling:                                      Dough:
1/2 lb. ground beef                        2 cups sifted flour
1/2 lb. ground lamb                        1 egg
1 med. sized onion, grated                  1/3 cup water
Salt, pepper & a little garlic              
Salt to taste                                
1 tsp. water                                

Combine the two meats with onion. Add seasonings to taste and 1 tsp. water. Mix well and set aside.

Prepare dough: In a small mixing bowl, sift the flour and a pinch of salt. Make a nest in the flour, add the egg which has been mixed with water. Work the flour into the egg and mix the knead to a rather dry dough. Use more or less flour as needed. Roll dough very thin and cut into 2" circles. Put a small ball of filling (about 1/2 tsp.) onto each circle and pinch the edges, making little half-moons. Pinch the corners of the half-moons together.

Have a clear meat bouillon boiling hot. Add Pelmeny and let boil. When pelmeny are done they will surface like doughnuts.

Serve while hot with plenty of sour cream and soy sauce or lemon to taste.

Serves four to six people.

Mrs. N. M. Telegin

* * * * * * *
Soup Frekadelka (Meat-ball Soup)

Put in a soup pot and boil slowly:

10 cups water
1 stalk celery, chopped
1 carrot, chopped
1/2 green bell pepper, chopped

Saute 1 chopped onion in 2 tbsp. butter till lightly brown and add 1 tbsp. flour, mix. Add 1/2 can tomato sauce, mix and add to the soup. Dice 2 med. sized potatoes, add to soup. Add 1/4 cup rice and let simmer slowly on low heat.

Prepare farsh:

1 lb. ground beef
1 tbsp. flour
1 tsp. salt
1/2 tsp. pepper
1/4 cup water

Mix all thoroughly. Drop by round 1/2 tsp. into boiling soup and let cook till done.

Mrs. Nadia A. Shabalin

* * * * * *
Holosshi Soup

2 qts. boiling water
1 large potato (cut in large chunks)
1/2 t. salt

Add potato and salt to the boiling water and cook potato until it can be mashed. In a small bowl beat 1 egg and 2 heaping T. of flour together until consistency of pancake batter - canned milk can be used to thin the batter.

Then add 2 Russian wooden spoonfuls (about 4 T.) of potato water to the egg mixture. SLOWLY pour egg mixture into the pot of boiling potato water - stirring constantly until it forms into a thread like mixture. Simmer gently for 10 min. DO NOT LET BOIL OVER. Add 1 T. butter and 1/4 C. of canned milk or smetana to the holosshi and heat through.

Mrs. Anna W. Popov

Holosshi

Bring 1 1/2 qts. of water to boil - add 1/4 t. salt.

Dice 1 potato into the water and cook 5 minutes.

Then, break 2 eggs into 1 cup sifted flour and work with finger tips till very coarse.

VERY SLOWLY add flour mixture to potato water - stirring constantly. Bring to boil again; lower flame and let simmer about 20 min.

Serve in soup bowls and add smetana (sour cream) or milk.

Mrs. Hazel A. Batieff
Rassolnick (Kidney & Pickle Soup)

2 lbs. beef brisket 1 Kidney
8 chicken wings 1 clove garlic
16 cups water (1 gallon) 1 carrot
1 bay leaf 1 tbsp. flour
4 leaves of parsley 1- 8oz. can tomato sauce
Salt and pepper to taste or puree
2 small onions 2 potatoes, chopped or
diced
3 stalks celery
1/2 cup pearl barley 3 to 4 dill pickles, grated

Combine meat, chicken wings and water and bring to a boil. Add bay leaf, whole parsley and 1 onion which is cut in 4 pieces, celery, salt and pepper and let boil 1 hour.

In a separate pan cook the pearl barley in salted water. Let boil 4 minutes, remove from heat, strain and rinse with cold water. Repeat 3 times. The third time, let boil until done.

In a separate pan cook the kidney same way as the pearl barley. When kidney is done, wash and cut into small pieces.

While all is cooking, cut the garlic, the other onion and carrot and simmer lightly in butter. Add the flour, stir well. Add tomato sauce or puree and simmer 5 minutes stirring occasionally.

When meat and chicken is done, remove and strain the broth. Cut the meat in 1" pieces trimming off any undesired fat and bone, add to broth. Leave the chicken wings whole. Add them to the soup along with the cooked barley, cooked kidney, onion and tomato mixture and add more seasonings if needed. Add the chopped potatoes and grated dill pickles and let cook until potatoes are done. If soup is too thick, add boiling water as needed.

Serve with 1 tbsp. sour cream to each serving.
Mushroom Soup

2 cups water
2 cups milk (or 4 cups water)
2 tbsp. pearl barley or long
grained rice
1/2 cup fresh mushrooms,
  washed and sliced, or
1 - 4oz. can mushrooms
3 to 4 tbsp. butter
1 large onion, chopped
2 to 3 small sized
  potatoes
Sour cream
Salt and pepper to
taste

Combine barley (or rice) with salt, pepper and water
(using all 4 cups if you don't intend to use milk),
boil for 45 to 40 min. or until the grain is just
about done.

While grain is cooking, saute the sliced onion in but-
ter until tender, do not brown. Add mushrooms and more
butter if necessary and continue to saute for 5-6 min.
more. If canned mushrooms are being used, drain and
add the juice to the barley. Add the onion and mush-
room mixture to the cooking barley along with the
potatoes and continue to cook until all ingredients
are tender. Grated carrot may be added for flavor and
color.

Add milk and bring to a quick boil.

Serve with a heaping spoonful of sour cream for each
serving.

If soup looks too thick, add more water or milk, stir-
ring it in thoroughly. Serves 4 to 6.

Vera F. Telepin

* * * * * * *
Ooha (Fish Soup)

3 lbs. white fleshed fish
2 bay leaves
6 to 7 cups water
Parsley, chopped fine
Salt and pepper to taste
1 chopped large onion
1 large carrot, chopped
2 T. butter or veg. oil
1 chopped parsnip
1 T. lemon juice
1 stalk chopped celery
Sour cream
1 large diced potato

Trim and clean the fish but do not skin or bone it. Combine fish with water and spices and bay leaves and bring to a boil. Simmer slowly for 1 hour or until fish falls apart. Strain through a sieve or cheesecloth. When cool enough to handle, pick out the fish bones and discard. Put fish pieces back into the fish stock.

Add the vegetables and cook slowly. Fry the onion in butter or oil, do not burn. Add to the Ooha and continue to boil slowly till vegetables are done.

Just before serving add the lemon juice. Serve generously with sour cream with each serving if desired.

I like to use one whole fish. From the center I cut fish into slices for pan frying and cook all the remaining trimmings, head and tail together for fish stock, Ooha.

Mrs. N.M. Telegin
Soup from Lamb Shanks

2 or 3 lamb shanks 1 large potato or 2 small ones
8 cups water (1/2 gallon) 1 stalk celery
1 bay leaf 1/4 cup rice
Salt and pepper to taste 1 clove garlic 1/2 of an 8oz. can tomato sauce
1 carrot

Wash and put lamb shanks in enough water to cover. Bring to a boil and let simmer until done along with salt, pepper and bay leaf, about 1 hour.

While meat is cooking, cut the onion, garlic, carrot, celery and potato in small pieces as for soup. Wash the rice.

Remove meat and strain the broth until clear. Combine all ingredients together and let boil with tomato sauce until done. Add more seasonings if needed.

Put meat back into soup and bring to a boil. Turn off heat. Meat may be served with mashed or fried potatoes.

Mrs. Nadia A. Shabalina

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Grechnevaia Kasha (Buckwheat groats)

1 cup Buckwheat groats, whole or split
1 egg
½ tsp. salt
2 Tbsp. butter or margarine
water

Rise buckwheat in cold water and drain. Put the groats in an ungreased frying pan. Add unbeaten egg and mix and stir very well. Place over very low heat stirring constantly until every grain is coated. The mixture should look like a lot of tiny nuts. Place mixture into a casserole and add the butter and salt. Cover with boiling water. Cover and bake in a moderate oven (350°F) for 45 minutes. Check every 15 minutes and add a little water if necessary to keep the buckwheat from scorching. Serve hot with more butter or your favorite gravy.

Ruby Hazen

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Rice with Raisins

1 cup rice and enough water to cover by 3/4". Cover and simmer slowly for 15 minutes or until just tender. Wash ½ cup raisins and add to rice and mix well. Place in 350° oven and bake 10 minutes. Add ½ cup of ½ and ½ (cream), and return rice to oven. Bake until rice is done. Mix rice with a little butter before serving.

Pauline Klistoff

* * * * *
Rassolnits (Kidney & Pickle Soup) (Cont.)

This is a full meal and will serve a large crowd, 12 to 15 servings. For a smaller family, use half the recipe.

Nadia A. Shabalin

** **

Rassolnits (Hearts and Pickle Soup)

1-1/2 lbs. beef brisket or short ribs
1 lamb heart
2 quarts water
1 bay leaf
Salt and pepper to taste
1 large onion, chopped
1 stalk chopped celery

2 med. chopped carrots
2 tbsp. chopped parsley
2 med. sized diced potatoes
2 large dill pickles or 4
small
1/4 lb. spinach, chopped
2 tbsp. butter
2 to 3 tbsp. pickle juice

Clean and wash hearts, remove membrane and large vein, cut into 1/2" cubes and wash again thoroughly. Wash the meat. Combine meat, heart, bay leaf, water, salt and pepper. Bring to a boil and let simmer 1-1/2 hours.

Brown slightly in butter the onions, celery and parsley. Cut the carrots, potatoes and dill pickles and add to the browned vegetables and continue to brown together, do not burn.

After meat is done, remove from pot, trim off the bones and cut into 1" pieces and return to the pot. Add the browned vegetables and continue to simmer 1/2 hr. longer. 5 to 10 minutes before end of simmering, add the chopped spinach and pickle juice. Serve with plenty of sour cream.

Mrs. Nadia Felegin
Saturday Kasha (Rice and Potatoes)

When I lived on the farm as a young girl, my mother made this dish when meat was not available. We had it usually at noon time as a main dish with lots of butter, fresh milk and home made bread. Now I serve it as a side dish with beef, lamb or chicken.

It's simple but filling. Wash 1 cup white pearl rice (not long grain) until water runs clear. Meanwhile have 2 cups salted water boiling. Peel 1 large potato and cube into 1/2 inch pieces. Add rice and potato to water, bring to boil again, cover and let simmer 20 minutes. Uncover and let all steam escape. Stir several times till rice is almost dry. Add as much butter as you like; if not on a diet, use 1/2 cube. Remember if serving with meat, this will go a long way.

Anne W. Loskutoff
* * * * *

Kashnik (Baked Rice in Milk)

Use 3 to 4 quart enameled soup pot. Heat 1/2 gallon sweet milk almost to boiling point (be careful not to burn). Add 1/2 tsp. salt and 1/2 cups pearl rice that has been washed thoroughly. Bring to boil again, cover and let simmer gently until quite thick and rice has absorbed most of the milk. Remove from heat. Beat slightly 4 or 5 eggs and mix with the rice. Melt 1/2 cube butter in a skillet, add rice mixture and put in 350° oven until nicely brown on top and around edges and mixture is firm to the touch.

To serve: cut in wedges. Delicious either warm or cold, as a snack or side dish.

Masha W. Loskutoff
* * * * *
Fish Chowder
(cohsa)
1 lb. halibut or sea bass fillet
5 cups water (boiling)
salt and pepper
1 bay leaf
pinch of terragon
dash of nutmeg
1 small clove garlic, crushed
½ cup each: chopped carrots, celery, onion and potato
sprig of parsley, chopped
⅓ and ⅔ (cream)

Cut the fish into 1" cubes. Simmer for 20 minutes. Strain and pour the liquid back into the pot. Add the vegetables and cook for 15 minutes. Return the fish into the pot and add the herbs and spices. Bring to a boil and add the ⅓ and ⅔ stirring gently. Do not allow to boil. Serve immediately.

Karski Okroshka (Cold Cucumber Soup)
1 cooked, mashed potato
2 cucumbers, grated
2 hard cooked eggs, chopped
½ tsp. dill
2 sticks green onions, chopped
½ tsp. parsley
1 cup sour cream
1 lemon, squeezed
½ tsp. vinegar
1 cup water
several ice cubes
salt and pepper to taste

In a serving bowl mix all of the above ingredients. You may wish to use buttermilk instead of the sour cream and water. Vary the ingredients to your own personal taste.

Ruby Hazen
Soups  
Casseroles  
Rice
Kasha

1 cup Bulgar Groats
1 cup Buckwheat Groats
2 cups water
1 cube butter, sliced
1 tsp. salt
1/2 cup of half & half

Boil the Bulgar in the salted water until nearly done. Heat 2 tbsp. butter in heavy skillet. Add the buckwheat and fry for 10 minutes over medium heat stirring constantly. Add to the Bulgar. Pour the half & half over the prepared groats. Top with the sliced butter and bake in medium oven 300° until done.

Semya Razvaliaeff

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Kasha with Raisins

Bring 10 cups water to a boil. Add 2 cups Uncle Ben's rice and 2 tsp. salt. When the rice is almost cooked, drain and wash with cold water. Fry 1 cup raisins in 1/2 cube butter, add to the prepared rice and mix together.

Put into a casserole dish and add 1/2 cup milk or water. Bake in a moderate oven 350° for 1/2 hour.

Kasha with Vegetables

Bring 10 cups water to a boil. Add 2 cups Uncle Ben's rice and 2 tsp. salt. When rice is almost cooked, drain. Take 1 green bell pepper, 3 stalks celery, 1 small onion, wash and chop into small pieces. Grate 3 carrots. Fry all vegetables in 4 tsp. vegetable oil. Add the greens to the cooked rice and mix. Add 1/2 cup milk or water and put into a casserole dish. Bake in moderate oven 350° for 1/2 hour.

Mrs. Nadia S. Goosvev
Macaroni and Cabbage

12 oz. pkg. macaroni (Rigatoni), cooked
1 small head of cabbage
1 medium onion

1 (28 oz) can whole tomatoes
1-8 oz. can tomato sauce
salt and pepper
vegetable oil

Saute chopped onion in oil till transparent. Add chopped cabbage and salt and pepper. Saute till cabbage is limp. Oil utility baking pan (3x9x2).

Put layer of cooked macaroni, then layer of cabbage, and onion till all is used. Pour whole tomatoes, mashed slightly, and tomato sauce on top. Bake in 350° oven for 45 minutes. Serve with roast leg of lamb.

The W.W. Popin Family

* * * * *

Plantation Style Eggs

1-10½ oz. can cream of mushroom soup
¾ cup mayonnaise

1/3 cup chili sauce
3/4 cup milk
6 hardboiled eggs, chopped

Mix soup, mayonnaise, chili sauce in pan. Heat slowly, stirring in the milk, but do not boil. Fold eggs into sauce, stirring slowly to heat. Serve on toast or buns or biscuits.

Mrs. Hazel Rudometkin

* * * * *
Rice Pilaf

4 tbsp. butter 1-1/2 cups long grain rice
1/2 cup vermicelli (broken 1 tsp. salt
   in 1/2" pieces) 1/2 green pepper, chopped
3 cups broth 1 small onion, chopped

Saute green pepper and onion in butter for a few minutes. Melt butter in saucepan, add vermicelli and cook stirring until lightly browned, about 4 minutes. Stir in rice and cook a few minutes. Add salt and the sauteed vegetables and broth, mix well. Bring to a boil, turn down heat, cover and cook for 20 to 25 minutes.

Barley Pilaf

Brown 1 cup quick cooking barley in 3 tbsp. butter or margarine in a saucepan. Add 1 - 1 lb. can of tomatoes, 1 cup water or broth, 1 medium onion sliced, 1 clove garlic minced, 1-1/2 tsp. salt, 1 tsp. sugar, 1/4 tsp. pepper and 1 bay leaf. Bring to a boil, reduce heat, cover and simmer about 15-20 minutes stirring now and then. Remove bay leaf and serve.

Hazel Rudometkin

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60
Langsha (Noodles)

This recipe will make enough noodles for 3 or 4 average family dinners or for a large family gathering such as at Easter time when serving langsha is most appropriate. These are cooked in either a beef, chicken or lamb broth, served as a first course at dinner time; or boiled in milk with a small amount of sugar and butter added.

6 eggs 1/4 lbs. flour
1 tsp. salt

Crack eggs into a bowl, add salt and beat slightly. In another large bowl, sift 2 lbs. flour, make a well and add egg mixture. Work egg mixture into the flour with your hands - adding more flour if necessary to make a rather stiff dough. When well mixed, remove to a floured board and knead for about 10-15 min. or until dough is smooth and elastic.

Form into a long loaf (like bread), cut off a slice about 1" thick and roll out almost paper thin, coating lightly with flour as you go along. Toast lightly on a griddle (do not let brown) and fold in half. Keep folding lengthways until about 1 1/2" wide and set aside. Repeat process with each slice.

When all are finished - take out a cutting board and start cutting each length into shreds with a sharp knife. Spread noodles onto a clean dish towel, cover with another towel and let "dry out" overnight.

These are now ready to be cooked or stored.

Noodles keep exceptionally well when put into plastic bags and kept in refrigerator or freezer.

64A
Tuna Noodle Casserole

3/4 lb. wide egg noodles
1 can mushroom soup
1 cup milk
1 hard boiled egg, chopped
1 can tuna
1/2 cup chopped olives
1 green onion, chopped
2 Tbsp. chopped celery

Cook noodles in salted water until done. Strain noodles. Mix all ingredients and put into buttered casserole. Bake 325° for 1 hour.

Marya (Bogdanoff) Sandefur

* * * * *

Rice in Beef Broth

1 med. onion
3/4 cup rice
2 cups beef broth
Salt and pepper to taste
Grated cheese (any desired)

Cover bottom of large skillet with olive oil. Saute chopped onion until transparent, then add rice and brown slightly with onion. Add salt and pepper; add beef broth and allow to simmer until broth has evaporated. If rice is not cooked as you like, add small amount of water and let simmer a little longer.

Serve with grated cheese.

Mary Jane Bogdanoff

* * * * *

62
Lapsha with Cottage Cheese

Make your own favorite Lapsha or:

Sift 1 cup flour with a pinch of salt. Make an indentation in flour, add 1 egg and 1 Tbsp. water. Working with hands all the time, work the egg into the flour. (Use more or less flour as needed to make a stiff enough dough to roll out.) Put on floured table and roll out very thin. Toast on grill lightly. Fold in half and keep folding the lapsha in length-ways until about 1/4" wide. Shred, not too thin.

Cook lapsha in 1 quart milk, pinch of salt and 1 Tbsp. sugar for 10 minutes. Do not burn. If all milk is not absorbed in cooking, pour into a sieve and drain.

Grease an oblong pyrex dish with butter. Put in a layer of lapsha in a dish (about half), add layer of cottage cheese (1 pt.), top with final layer of lapsha.

Beat 4 eggs, add 1 cup milk and 3 Tbsp. sugar. Pour over lapsha, dot with 1/2 cube sweet butter. Bake in 350° oven for 30 minutes or less. Cool. May be served warm or cold.

Mrs. E.F. Shabalin

* * * * *
Baked Elbow Macaroni with Egg

To two quarts boiled salted water add 1 cup macaroni. Boil until done. Drain and add 1 Tbsp. butter and let stand to cool. Beat 2 eggs with a little milk. Put macaroni in baking dish and pour egg mixture over all. Place in 350° oven and bake for 15 or 20 minutes. Serve hot or cold.

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Lapshevnik (Wide Noodle and Raisin Bake)

1 pkg. wide noodles
1/4 cup raisins
4 eggs
1/4 cup milk
1 cube butter or margarine

Cook noodles in 3 qts. rapid boiling salted water for 7 minutes. Strain, stir in butter and let cool. Wash raisins in warm water and add to noodles and mix. Place noodles into baking dish or casserole and pour beaten eggs and milk over noodles. Bake with cover on in 350° oven until eggs are set (about 12 or 15 minutes). Serve hot or warm with meat dishes or a side dish.

Mrs. Pauline Zlisoff

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61
Sweet Potato & Apple Casserole

4 lbs. sweet potatoes 1 cup butter or margarine
1-1 lb. 4 oz. can 1 tsp. pepper
apple slices 1/2 cup heavy cream
3 Tbsp. flour 2 cup chopped pecans
1/2 cup brown sugar

Scrub sweet potatoes in their jackets and put in boiling water. Cover and cook until fork tender, about 25 minutes. Cool and remove potatoes from their jackets. Cut into round slices. Arrange potatoes and apple slices in buttered shallow baking dish.

Combine flour and brown sugar, cut in 1/2 cup butter, add pepper, cream, nuts and combine with fork.

30 minutes before serving time, spread nut mixture over potato and apple in baking dish. Place in oven 400° for about 30 minutes or until topping bubbles. (Optional: Marshmallow on mixture.)

Linda Lomcutoff

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String Bean and Egg Bake

1 pkg. frozen string beans. Cook as per directions. Melt 1/2 cube sweet butter in a square baking dish and add string beans. Beat 4 eggs with a 1/2 cup of 1/4 and 1/2 (cream). Add salt and pepper to taste and pour over the beans. Bake in moderate oven 350°, about 15 minutes or until the eggs are firm. Serve hot. (Note: Parmesan cheese may be sprinkled over the casserole before baking.)

Katherine Susoeff

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67
Chicken Kiev, Kotlety, Goluptsi, Shashlik, Stroganoff and fish — famous and tried and true as these recipes may be — our Russian cooking would not be complete without them. We Molokans have adapted and adopted many and various methods to comply with our dietary laws. Pork, some birds, reptiles and shellfish are a "nyet" in our menus.
Lasagne Noodles en Casserole

**Tomato Sauce:**
- 1 lb. ground beef
- 1 large onion, chopped
- ½ cup parsley, chopped
- 2 cans tomato paste
- 1 cup water
- ½ tsp. salt
- ½ tsp. pepper
- 2 bay leaves

**Cheese Sauce:**
- 1 small onion, chopped
- 4 Tbsp. butter
- 3 Tbsp. flour
- ¾ cup grated parmesan cheese
- 2 cups milk
- 1 chicken bouillon cube
- ¾ cup boiling water
- 1 lb. Lasagne noodles
- 1 lb. Mozarella cheese, grated

In a sauce pan brown ground beef. Add the rest of the ingredients and simmer ½ hour. Cover and set aside. For cheese sauce, brown the onion in butter. Mix in the flour until smooth; add the cheese and a dash of salt. Gradually stir in the milk until sauce is thick. Take off heat. Put bouillon cube in boiling water and mash and add to the cheese sauce. Cover.

Boil noodles al dente. Set the oven for 325°. Grease baking dish. Drain the noodles and rinse in cold water. Put layer of noodles then tomato sauce to cover and part of the cheese sauce. Sprinkle with some of the grated mozarella cheese. Continue until all ingredients are used. Finish off with cheese sauce and mozarella cheese. Bake 25 minutes or until the surface is golden brown and the sauce is bubbly.

Ruby Hazen

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Golubtzi in Smetana (Cabbage rolls in sour cream)

10 to 12 large cabbage leaves
1 1/2 lbs. ground round steak
1 cup cooked rice
1 can stewed tomatoes
1 cup water

1/4 cup sour cream
2 Tbsp. minced parsley
1 egg
1 large onion, chopped
4 Tbsp. butter
2 Tbsp. flour

Get a large crisp head of cabbage and select the largest leaves. Cut off the hardest part. Put the leaves into hot salty water for 10 minutes; then put them on a towel to dry, spreading them so as not to tear any.

Mix the ground beef with rice. Sauté the onions in a little butter and add to the meat with the egg, salt and pepper, and mix the meat thoroughly. Put the meat into each leaf of cabbage, making neat little packages, and tie each package with a string.

Fry in hot butter until brown on each side; cover with a lid and cook slowly for 25 to 30 minutes, adding a little butter if necessary.

Carefully remove the string from each golubtzi. Take them out of the pan and put them on a platter. Keep hot. Sprinkle flour into the pan where the golubtzi were fried. Cook slowly for 5 minutes, stirring constantly. Add tomatoe juice and water and bring to a quick boil. Add sour cream, salt and pepper. Pour the gravy over the golubtzi and serve at once, with parsley sprinkled over them.

Mrs. N.M. Telenium

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SOZHARNITSA - (Russian Bread Pudding)

Half fill a 2 quart casserole with large dry bread cubes (croutons) and dot with 1/2 cube butter. Scinkle with 1/4 tsp. salt and pour 1-1/2 cups boiling water over all. Bake in preheated 350° oven for 20 min. Serve plain, with smetana (sour cream) or varenia (jam). This is eaten as a side dish with meat, or as a dessert.

Alice W. Popoff

SOZHARNITSA - #2 - Serves 4

1 1/2 qts. boiling water
1 potato - peeled and cubed
1/2 cube butter
3 cups dried bread cubes
1/4 tsp. salt

Boil the potato in boiling water for about 5 min. Add the bread cubes, butter and salt. Lower flame and simmer on top of stove until all liquid is absorbed and the pudding is soft. (Do not over cook because the bread will become mushy).

Serve immediately in small saucers as a side dish and garnish with a favorite topping such as sour cream, butter etc.

Mrs. Hazel A. Batieff

68
**Golubtsi (Cabbage rolls)**

<table>
<thead>
<tr>
<th>1 large size cabbage</th>
<th>1 onion grated or chopped</th>
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<tbody>
<tr>
<td>1 lb. ground meat</td>
<td>fine</td>
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<tr>
<td>1/2 cup cooked rice</td>
<td>2 tsp. salad oil</td>
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<tr>
<td>salt and pepper to taste</td>
<td>1/2 can of 8 oz. size tomato sauce</td>
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Separate the leaves and pick out 15 large ones. Cut away some of the hard part at the bottom of each leaf. Scald the leaves in salted water for 10 minutes. Drain and spread out to cool slightly.

Mix the ground meat, rice, onion, oil, tomato sauce, salt and pepper well. Put egg size amounts of this meat filling on each leaf, folding the leaves to make neat little packages and lay them in a baking dish.

Mix together another 2 tsp. salad oil with another 1/2 can of tomato sauce adding enough water to cover the golubtsi. Bake in 300\(^\circ\) oven for 30 minutes.

Mrs. S. Razvaliaeff

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**Grape leaves Golubtsi (Arabic)**

Dice 1 onion, add to 2 lbs. ground meat. Add 1/2 cup tomato sauce, salt and pepper and mix well.

Wash tender grape leaves. Then soak in boiling water for 3 minutes, and drain. Take 1 heaping teaspoon full of meat; make into little rolls and wrap them in grape leaves. Place them into a pan. Pour 1 can stewed tomatoes on top; cover and simmer for 45 min.

Mrs. A. Pushkarow

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73
Quick Golubsti (cont'd)

Mix all this together well. Take a handful and shape into ovalis and gently slip into boiling soup. Add 3/4 cup shell or elbow macaroni, stir so it does not stick to bottom. Lower heat and simmer for 15 minutes. Serve with dollop of sour cream and sprinkled with dill weed. Full meal for 2-3 big eaters.

Anne Loskutoff

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Warek Enab (Stuffed Grape Leaves)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>1 cup rice</td>
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<tr>
<td>1 lb. small diced lamb</td>
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<tr>
<td>2 Tbsp. melted butter</td>
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<tr>
<td>1 tsp. allspice</td>
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<tr>
<td>Salt</td>
<td></td>
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<tr>
<td>Pepper</td>
<td></td>
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<tr>
<td>1/4 cup lemon juice</td>
<td></td>
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<tr>
<td>20 grape leaves (or enough)</td>
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</table>

Soak rice for 10 minutes. Line bottom of cooking utensil with rib bones of lamb and a few grape leaves. Drain rice, mix with lamb, melted butter and seasoning. Roll about one tablespoon, or more if needed, in one grape leaf, using back of grape leaf. Turn corners and form meat roll. Place evenly in pan in layers; add water to cover about 1/2 inch above leaves. Cover (use a plate to hold down leaves when immersed in water). Put on low fire—cook approximately 20-30 minutes. Add 1/4 cup of lemon juice and simmer for about five minutes.

Leaves should be tender. Picked with care for light yellow-green veins and tender green ones. Also, grape leaves can be bought at any oriental store. They are usually packed in brine and canned or bottled for efficient use.

Mrs. Nadia Susoev

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75
Gojubtzi

1 medium sized cabbage  2 onions, chopped fine
1 lb. ground beef  salt and pepper to taste
1 cup uncooked rice  1 can tomato sauce plus
1 medium sized grated  3/4 can water
   carrot  4 cup vegetable oil or 1
   1/4 bell pepper, chopped  cube margarine or butter
   fine  10 dried prunes

Wash cabbage and cut around the core (or stem). Cook whole in boiling salted water for 10 minutes. Remove from water, drain and cool.

Meanwhile prepare stuffing: Mix together meat, rice, carrot, bell pepper, 1 onion, salt and pepper and 1/2 can tomato sauce. Mix thoroughly; set aside.

Prepare sauce also: Simmer the remaining onion in oil or substitute, adding 1 Tbsp. flour; mix well. Add salt and pepper to taste and add the remaining tomato sauce and water. Simmer over low heat, stirring occasionally.

Place about 2 to 2 1/2 Tbsp. stuffing on each cabbage leaf. Tuck in sides, roll carefully and place in a saucepan, placing a dried prune in between them. Pour the hot prepared sauce over the gojubtzi; cover and cook over low heat for about 30 minutes or until done. Serve with sour cream if desired.

This is a full meal, makes about 10 to 12 gojubtzi.

Mrs. N. A. Shabalir

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72
Dolmas (Stuffing for Vegetables)

Stuffing:
2 lbs. ground beef    ½ cup uncooked rice
1 large onion, chopped 1 egg
    fine       salt and pepper to taste

Place meat into a bowl, add onion, rice and seasonings. Mix well. This stuffing can be used in a variety of Dolmas:

Eggplant: Choose short round egg plant. Cut off the stem and keep for a cover or cut lengthwise. Scoop out the inside leaving a shell about 1" thick.

Bell Peppers: Slice through top of bell pepper but do not cut off for it will serve as a cover. Remove seeds and membrane.

Tomatoes: Prepare same as bell peppers.

Zucchini: Cut off one end of zucchini and use as a cover. Scoop out the inside leaving a half inch shell.

Grape leaves: Pick out fresh young grape leaves. Place in boiling salted water for 3 to 5 minutes.

Cabbage leaves: Prepare same as grape leaves except place in boiling water for 10 to 15 minutes.

Stuff the dolma and place in a saucepan. If any stuffing is left over, form into meatballs and place in between stuffed dolmas. Mix together ½ cup oil, 1 can tomato sauce plus ¼ can water, salt and pepper to taste and pour over the dolmas. Cover and bake in hot oven (400°F) for 1 hour. May be served with sour cream.

Mrs. Nadia S. Goosov

* * * * *
Lenivy (Lazy) Golubtzi

1 1/2 lbs. ground round steak 1 can tomatoes, stewed,
1/4 cup uncooked rice 1 lb. size
1 egg 1-2 oz. can mushrooms
1 large onion, grated 2 Tbsp. parsley
salt and pepper to taste 2 bay leaves

Put rice in a little water and bring to a boil, strain water and save it. Mix together ground round steak, egg, rice, salt and pepper, grate the onion into the meat mixture and mix together till well blended. With moistened hands form balls of meat and put into saucepan in which the stewed tomatoes and mushrooms are. Sprinkle with parsley and if meat is not covered with enough tomato juice add the rice water. Cook over slow heat till done, about 45 minutes.

Serve with mashed potatoes and tossed salad, quick and easy.

Mrs. N.M. Telegen

Quick and Easy Golubstzi (without cabbage)

In a soup pot combine:
1 or 2 cans condensed Bisque of Tomato Soup
1 well pepper, cut in 1" cubes
5 cans water
 handful fresh chopped parsley
3 carrots, cut in 1" slices pinch sweet Basil
2 leeks, cut up

Bring to a boil and cook for 45 minutes.

Combine together:

1 lb. ground chuck 2 eggs
1/4 cup Minute Rice salt and pepper
1/4 cup cold water 1/2 tsp. onion powder

74
Beef and Okra (Arabic)

Fry 3 lbs. stew meat. Add 1 cup diced onions and fry until onion is done. Wash 3 lbs. okra and add to meat. Fry about 3-4 fresh tomatoes or heat 1 can stewed tomatoes and add to meat mixture. Cover and simmer for 1 hour.

Beef and Artichoke Hearts

Fry 2 lbs. ground meat with 1 diced onion for 5 min. Add small pieces of artichoke hearts, salt and pepper and 2 Tbsp. water. Cover and simmer until artichokes are done.

Mrs. Antonina Pushkarow

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Old Fashioned Kotlety

2 lbs. ground round
3 slices day old bread
1/2 cup dry bread crumbs
1 egg
pinch of garlic powder
dash of nutmeg
several sprigs parsley, chopped
2 Tbsp. minced green pepper
1 small onion, minced
1 small carrot, grated
salt and pepper to taste

Soak the day old bread in warm water for a few min. Squeeze as dry as possible and add to the beef. Add all of the other ingredients. Mix well and allow to stand 10 or 19 minutes. Put frying pan on medium heat. Add 1 Tbsp. cooking oil. Pat out a small handful of meat mixture in the palm of your hand and allow your fingers to make an impression on the lengthwise of the patty. Fry on one side until nicely brown, turn over and fry the other side. Keep warm until all of the patties are cooked. Serve with sour cream or your favorite gravy or sauce.

Ruby Hazen

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More about Golubtsi

Buy 1 medium sized head of cabbage. Cut around the core to loosen the leaves. Put into salted boiling water for 10 minutes. Drain, carefully remove the leaves and lay them out to drain and cool. Then stuff them with the following stuffing:

1 lb. ground meat 1/2 bunch parsley, minced
salt and pepper to taste 2 onions, chopped fine
1/2 cup rice, washed 1/4 cup vegetable oil, or
1 small carrot, grated 1/4 cube margarine
fine 1-8 oz. can tomato sauce
1/2 green bell pepper, 10 dried prunes
chopped fine

Fry the onions in oil or margarine. Take 1/2 of the fried onions and add to the meat. Add rice, carrot, bell pepper, parsley and 1/2 can tomato sauce. Mix well together.

With the other half of the onions, make a sauce. To the onions add 1 Tbsp. flour, mix and fry slowly. Add rest of the sauce and 3/4 can of water, salt and pepper to taste and let simmer on low heat while you are stuffing the golubtsi.

Stuff each cabbage leaf with 1 1/2 or 2 Tbsp. of the filling, fold leaves into packages and lay them in a pan. Put the prunes in between each golubetz. Pour the sauce over the golubtsi; cover and let simmer until the rice is done, about 30 minutes. Serve with 1 Tbsp. sour cream. This is a full meal.

Mrs. N.A. Shabaliz

* * * * *
Egg Meat Loaves

1 lb. hamburger  2 Tbsp. finely chopped onion
1/4 cup milk    1/2 tsp. salt
1 egg          1/2 tsp. garlic salt
1/4 cup cracker crumbs 1 tsp. ground sage
1/4 cup finely chopped celery 6 hard cooked eggs, shelled

Combine meat, milk, egg, crumbs, celery, onion, salt, garlic salt, sage and oregano. Mix well. Shape about 1/3 cup of meat mixture around each hard cooked egg. Arrange in a 10 x 6 x 1 1/2 inch baking dish.

Make sauce:
1/2 cup chopped onion  3 Tbsp. chopped parsley
1 Tbsp. butter or 1 1/2 slices American cheese, margarine cut in triangles
1-8 oz. can tomatoe sauce

Cook the onion in butter until tender. Stir in tomatoe sauce, 1/4 cup water and parsley. Pour over meat, bake uncovered in 350° oven for 45 minutes. Spoon sauce over each hamburger, top each with a cheese triangle. Return to oven until cheese melts.

Mrs. Hazel Rudometkin

Quick Meat Loaf

1 lb. ground chuck  2 eggs
1 lb. ground lamb  1/2 cup catsup
1 envelope Liptons onion soup mix 1/4 cup soft bread crumbs
  3/4 cup water

Preheat oven to 350°. In a medium sized bowl, lightly mix together the meat with soup mix, eggs, catsup, bread crumbs and water. Shape into a loaf, place in shallow baking pan; or gently pack in a 9 x 5 x 3 inch loaf pan. Bake 1 hr. Makes 6 to 8 servings.

Mrs. Nadia A. Shabalina

81
Beef Stroganoff

2 lbs. chuck steak 3 Tbsp. flour
1 onion, chopped 4 Tbsp. butter
1 cup water pinch of tarragon
salt and pepper ¼ cup sour cream
4 or 5 large fresh mushrooms sliced

Trim meat away from bone and cut into strips ¼" x 3". Put frying pan on medium high heat and put in the meat. Sauté until slightly brown. Lower the flame and add a little butter and the onions. Continue to cook until the onions begin to become clear. Add the water and simmer until the meat is very tender (about 25 minutes). Mix the flour with a little cold water to make a smooth thin paste and stir into the meat mixture. Keep stirring until the gravy becomes smooth. Add the remaining butter and the tarragon. Pour off a little of the gravy into the sour cream. Stir until mixed. Then pour the sour cream into the mixture and heat without boiling. Add beef bouillion to the gravy for thinner consistency.

*Beef Bouillion: cover the bone that was removed from the chuck steak with a little water and simmer for ½ to 1 hour. Makes about 1 cup bouillion.

Mrs. Ruby Hazen

* * * * *
Enchiladas and Sauce

Brown in oil 1 large onion chopped fine and 1½ lbs. hamburger. Add 1 Tbsp. chili powder (optional), 1 tsp. cumin seed, 1 tsp. oregano, 1½ tsp. salt, 1 clove chopped garlic, 1 can tomatoes (optional), 1 can water. Cook stirring for about 1 hr. or until thick. Add 1 cup grated yellow cheese and mix well.

Sauce: Brown 1/3 cup flour in 1 cup olive oil. Add 4 cups broth, 1 clove garlic mashed, 1 small can tomato paste; cook 10 minutes, then add chili powder and salt to taste. Simmer 30 minutes.

1 dozen Tortillas:

To make: Dip each tortilla in sauce; put 1 or 1½ Tbsp. of meat on them. Roll up. Put in baking dish. Pour some sauce over enchiladas. Heat in 325° oven until hot about 20 to 25 minutes.

Mrs. H.S. Rudometkin

Chuck Roast Au Gratin

3½ lbs. chuck roast 2 cans Cream of Mushroom
6 medium potatoes, peeled Soup
and cut in half 1/2 cup grated cheddar
paprika cheese

Trim off fat from meat and place in large baking pan (13x9x2); roast at 350° for 1 hour. Arrange potatoes around roast, pour soup over meat and potatoes. Cover and bake 2 hours more or until meat and potatoes are tender. Sprinkle with cheese and paprika. Bake until cheese melts.

Mrs. Mary Jane Bogdanoff

83
Kotlety (Hamburger Patties)

1 1/2 lbs. ground beef chuck
1 onion
2-3 slices of stale bread without crust
3/4 tsp. salt
1/2 tsp. pepper
1 egg
4 to 5 T. butter
2 T. sour cream
Bread crumbs or corn meal

Soak stale bread in milk, small amount. Squeeze the liquid out, not too dry. Add to meat; grate the onion into it, mix together and add salt and pepper. Beat the egg very lightly and add to the meat mixture, stirring with wooden spoon until everything is completely smooth.

Have the frying pan evenly hot. Melt the butter. (Keep the butter hot while you shape the kotlety from the mixture.) Make small oval shape or round patties, somewhat smaller than the usual size of an American hamburger. Roll them quickly in bread crumbs or corn meal and flatten them with a knife.

Brown kotlety in butter for 5 minutes on each side. Do not overcrowd your frying pan. As kotlety become done, put them on a hot platter. Put a little more butter in the frying pan and 2 to 3 T. of water. Bring to a quick boil, stirring all the time with a fork. Add 2 T. sour cream. Pour the sauce over the kotlety and serve at once.

Mrs. N.M. Telégin
Drain again, then put the rice on top of the lamb. Add the bay leaf and more salt if needed. Add the rest of the consomme or water, which should be lukewarm. The liquid should barely cover the meat and rice. Cover and cook for 45 minutes in 350° oven. Serve hot. If consomme is used, use less salt as it is seasoned.

Mrs. Nadya W. Telegen

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**Turkish Lamb & Rice Pilaf**

2 lbs. lamb  salt and pepper to taste
1 onion, chopped 1/4 cup lentils
2 carrots, grated 2 cups rice
2 stalks celery, cut in pieces 4 cups warm water
parsley and dill

Cut the lamb in pieces; brown in hot butter. Add the chopped onion, stirring occasionally. Cover and cook till nearly done. Add carrots and cook 5 minutes longer. Add parsley, dill and salt & pepper.

Cook the lentils separately till nearly done. Pour into a colander and blanch lightly under running warm water. Drain and add to the meat mixture.

Wash rice thoroughly. Drain, then put the rice on top of the lamb. Add 4 cups warm water. The liquid should cover the meat and rice. Cover and cook over very low flame till done. Will serve 8 people generously.

Mrs. Nadya W. Susoev

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Meat Balls in Sour Cream

1 lb. ground beef chuck 1 egg
1 onion, grated salt and pepper to taste
2 slices stale bread, butter
without crusts 2 cups sour cream

Soak bread in small amount of milk or water. Squeeze out liquid. Add to meat. Add salt, pepper, and egg. Grate the onion onto the meat. Mix thoroughly. Shape into small oval or round patties.

Roll them in flour. Brown them in hot butter for 5 minutes on each side. As they are done put on platter and continue browning the rest of the meat.

Put back into the skillet, add the sour cream and cook in 350°F oven for about 45 minutes till they are well browned. Serve with fried or mashed potatoes.

Mrs. Nadya V. Susoev

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Oven Stew - Busy Day Dinner

1 ½ lbs. beef for stew
1 can onion soup - not diluted
1 can celery soup - not diluted
carrots and potatoes, cut in cubes

Combining all ingredients in a 2 qt. casserole. Bake in 250°F oven for 1 ½ hrs.

Serve with tossed salad, French bread, ice cream and coffee for dessert.

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GZ
skewer for broiling. (Kafka should be rolled around skewer to resemble tube 1/2" to 1/2" thick.) Broil over charcoal fire or in oven 2 to 4 minutes on each side, turning often to keep from over cooking. Can also be made into meat balls and skewered as in shish kabobs. Serves 4 to 6.

May be served with Tomato Dressing:

Mince two medium onions and brown lightly in butter; mince can of medium sized tomatoes. Mix with onions, bring to simmer, add 1/4 Tbsp. salt, 1/4 tsp. cinnamon and pepper to taste. Pour over Kafka Kabobs or rice.

Mrs. Nadia Susoev

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Shashlik

1 boned leg of lamb
3 large onions, sliced
3 or 4 lemons
1 lb. small sized tomatoes, sliced

1/2 tsp. accent
1 tsp. pepper
3 green bell peppers, cut into squares

Cut the meat into 1 1/2 inch size pieces. Put all ingredients into a large bowl, add more seasonings if desired. Mix well together. Cut and squeeze out lemon juice over the prepared meat. Put all into a large glass gallon sized jar or may be left in the bowl. Cover and refrigerate overnight, and until needed.

When to broil: place meat, bell peppers and tomatoes on skewers and broil over hot charcoal embers, turning over to brown evenly, or until done to taste. Suggestion.....Soak lamb chopes in soya sauce for 1 hr. then drain; broil or barbeque.

Mrs. Nadia A. Shabalin

* * * * *
Jarkovia (Beef Stew)

4 lbs. beef for stew, cut into serving pieces
1 can cream of mushroom soup
1 can beef bouillon
1 large onion, chopped
salt and pepper to taste

6 potatoes, peeled and chopped
2 carrots, chopped
3 stalks celery, chopped
1 green bell pepper,
chopped
1 can tomato sauce

Wash the meat thoroughly and place into a deep baking dish. Add cream of mushroom soup and the bouillon. Cover, and bake in oven at 400° for 2 hours.

Remove from oven and add onion, potatoes, carrots, celery, bell pepper, seasonings and tomato sauce. Return to hot oven and bake for 1 more hour at same temperature.

Mrs. Nadia S. Goosen

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Lamb Pilaf

3 lbs. leg of lamb
1 onion chopped
salt and pepper to taste
1 bay leaf

1½ cups rice
3 cups water or consomme
Butter

Cut the lamb in slices about ½ inch thick. Remove all gristle and any undesired fat. Sprinkle with salt and pepper. Brown the meat well in hot butter; add the onion, and continue cooking gently for 10 minutes. Add 1 cup consomme or water. Cover the pan and simmer for 20 minutes. Put into a baking dish.

Wash rice thoroughly and boil in rapidly boiling water for 10 minutes. Drain, rinse with cold water.
Shashlik a la Hazen

5 or 6 lbs. lamb, cut up into cubes 3" square.
4 medium sized onions, chopped
1 cup lemon juice (3 or 4 lemons)
pinch of tarragon and oregano
salt and pepper
dašan of garlic powder or 1 small clove, crushed

Mix all of the ingredients and marinate the meat at least for six hours (overnight is preferable). Turn the meat in the marinade 6 or 7 times.

Separate the meat from the marinade and allow to drain. Reserve the marinade.

Skewer the meat and barbecue over hot coals for 30 to 40 minutes, turning the meat. Warm a large heavy pot or pan and pour the onions and marinade into it. When the lamb is done, unskewer into the onions and stir until well coated. Serve as soon as possible.

Nick S. Hazen

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89
Lahem Meshwee Ghanim (Lamb Kabobs)

2 lbs. lean lamb (center leg or shoulder)  1 Tbsp. salt
4 small medium ripe tomatoes  1 Tbsp. pepper
1 green pepper  1 tsp. allspice
4 small white onions  1 tsp. cloves

Mix spices: pepper, salt, allspice and cloves on paper and set aside. Cube meat about 1 inch square.
Quarter tomatoes. Halve onions (med. size), cube peppers 1 inch.

Roll meat in mixed spices; skewer alternately with onions, pepper and tomatoes; lay in broiler about 4" from flame. Broil 3 - 4 minutes on each side. Longer if "well done" is preferred. Squeeze lemon juice over whole and let simmer in broiler for ½ minute.

Note: If garlic salt is desired, eliminate allspice, cloves, salt and pepper. Sprinkle garlic salt on when meat is almost done.

Serve with rice dishes, salad, dessert and beverage.
Serves 4 to 6.

Mrs. Nadia Susoey

Kafta Kabobs (Lamburger on Skewers with Vegetables)

2 lbs. ground lamb 3 sprigs parsley (or mint)
1 medium (minced) onion 1 cup bread crumbs
½ cup milk 1 Tbsp. salt
1 egg (beaten) 1 tsp. cloves
1 tsp. baking powder ½ tsp. pepper

Mix lamb and milk well, add egg, baking powder, onion, seasoning and parsley; add bread crumbs and knead well. Meat should have consistency to roll around
Simple Lamb Jarkovia (Stew)

Turn oven to 350° F. Wash and dry well 2 lbs. lamb shoulder cubes (2''). Roll each piece in flour seasoned with salt, pepper, onion and garlic powder. Heat 2 Tbsp. oil in a heavy Dutch oven and brown all pieces (keep removing those that are brown and adding others). When the last ones are almost done, slice in 2 onions, cut in big chunks; let fry for a minute or two together. Drain any oil left in pan; put all meat back and add 5 cups hot water and put in preheated oven for 1½ hours, covered. (No need to check meat.) After this time, peel 4 medium size potatoes and cut in round ½ inch slices; add to meat with some chopped parsley (for color). Add some salt and maybe pepper. Let cook in oven for another 30 to 45 minutes.

This makes a good hearty but simple Jarkovia for 4. Serve with lots of bread for the juices.

For salad: cut lettuce and tomatoes in wedges, sprinkle with lemon juice, salt and pepper.

June Popoff
Baked Lamb Shanks

4 lamb shanks
1 pkg. dry onion soup
fresh mushrooms, about ½ lb.

Place each shank on a strip of foil and sprinkle dry onion soup over each shank. Wrap each shank individually. Place on a cookie sheet in the oven for 1 hr. at 350°.

Unwrap and put fresh mushrooms on top of shanks. Re-wrap in foil and bake ¼ hr. more.

Mrs. Mary Jane Bogdanoff

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Lamb Ragout

1 breast or leg of lamb 3 cups hot water or bouillon
salt and pepper to taste 3 carrots, dices
3 Tbsp. vegetable oil 3 stalks celery, chopped
1 Tbsp. flour 1 bunch parsley, chopped
1 can tomato sauce 2 cups potatoes, cubed

Wash and cut lamb in pieces. Sprinkle with salt and pepper. Brown in vegetable oil and sprinkle with flour and let fry a little. Place in deep pan and add tomato sauce along with hot water. Simmer for 1½ hrs over low flame. Add carrots, celery, parsley and potatoes and simmer for 30 to 40 minutes more. Put on serving dish and sprinkle with more parsley or dill.

Mrs. V.F. Shabalin

* * * * *
Shashlik

5, 6, or 7 lbs. boned leg of choice lamb
3 large onions: chopped
juice from 3 to 4 lemons, strained
salt and pepper

Cut the lamb in pieces about 1 1/2 inches thick to 2
inches square. Trim off excess fat. Place a layer
of onions in a large bowl or saucepan, then a layer
of meat, season with salt and pepper, then sprinkle
with lemon juice. Repeat until all are done, ending
with onions, and lemon juice. Add more lemon juice
if needed. Cover and let stand 4 hours or better
overnight in refrigerator, stirring occasionally to
let all the meat marinate thoroughly.

Separate meat from the onions. Thread the meat on
skewers, broil outdoors over hot charcoal embers,
turning the skewers occasionally to brown the meat
on all sides, or until done. About 25 to 30 min.

Meanwhile, simmer the marinated onions in 2 Tbsp.
vegetable oil with 1-16 oz. size stewed tomatoes
(or tomato sauce), and 1 cup cooked carrots, stir-
ring occasionally to avoid burning, about 25 min.
Serve hot with the hot Shashlik which should be
done about the same time.

Mr. Alex M. Telegen

* * * * *
Veal in Cheese Sauce

1½ lbs. veal stew meat  1 tsp. salt
2 Tbsp. oil  ⅛ tsp. Mixed Italian Herb
1 clove garlic, chopped  Cheese Sauce
½ cup water  hot cooked noodles

Dice or cube veal and brown slowly in oil. Add garlic, herbs and sauté a minute longer, stirring. Add salt, cover and simmer about 45 minutes or until veal is tender and liquid is almost gone. Meanwhile cook noodles and prepare cheese sauce.

Cheese sauce:

2 Tbsp. butter  ⅓ tsp. salt
1½ Tbsp. flour  ¼ cup grated parmesan cheese
1⅓ cups milk

Melt butter, add flour. Cook until mixture bubbles thoroughly but is not browned. Remove from heat, stir in milk and salt. Return to heat and cook, stirring constantly until mixture bubbles and is thickened. Stir in cheese, add veal including any remaining liquid. Serve over hot noodles.

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Liver in Smetana (Sour Cream)

1 lb. liver  ¼ cup smetana (sour cream)
1 Tbsp. flour  ¼ cup water
1 onion  salt and pepper
2 Tbsp. butter

Cut liver into small slices. Season with salt and pepper, dip into flour, fry in hot butter for a few minutes, then transfer into a saucepan. Chop onion, fry in same fat till limp, add water, salt and pepper and put into saucepan containing liver. Add smetana, cover and simmer gently for about 30 minutes.

Mrs. Mary Jane Bogdanoff

95
Lamb and Gravy

1 lb. lamb stew
1 large onion, chopped
1 clove garlic, chopped
1/4 cup vegetable oil
1-8 oz. can tomato puree
salt and pepper to taste
1 lb. fresh okra or string beans, cut into pieces

Trim away all bone and fat from the meat and cut meat into small 1" pieces. Heat vegetable oil in skillet, add onion and garlic and fry slowly until lightly brown. Add the meat and continue to fry until meat is lightly brown, stirring all the time.

Add tomato puree, salt and pepper and simmer for 1 hr. Add the okra or string beans and simmer for 1/2 hr. longer or until done. If too thick add a little boiling water. Serve with rice.

Mrs. Nadia A. Shabalin

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Lamb Sauce for Rice

1 lb. lamb, any choice cut, cubed or cut in 1" pieces
2 cloves garlic, chopped fine
6 stalks celery, chopped fine
1 lb. string beans, cut in 1" lengths
1/6 can tomato puree, 8 oz.
size or 3 to 4 Tbsp.
catsup
salt and pepper to taste
3 to 4 Tbsp. vegetable oil or butter

Fry garlic in oil or butter, then add onions and fry. When nearly done, add the meat and fry till lightly brown. Add enough hot water to cover meat and simmer covered for 1 hour.

Add rest of ingredients and continue to simmer till done. Stir often, do not burn. Serve with boiled rice.

Mr. S. Nadia W. Susoew

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92
Chicken Kiev

Herbed Butter:
1/2 cup soft butter or margarine
1 Tbsp. chopped parsley
1/4 tsp. dried tarragon leaves
1/4 tsp. salt
1 clove garlic, crushed
dash pepper

2 whole chicken breasts (about 3/4 lb. each)
1/2 cup flour
1 egg, well beaten
1/2 cup packaged dry bread crumbs
salad oil or shortening for deep frying

1. Make Herbed Butter: In small bowl, cream butter with parsley, tarragon salt, garlic, and pepper until well blended. Divide into 4 mounds on piece of waxed paper; shape each into a 2 inch finger. Freeze until firm, about 20 minutes.

2. Meanwhile, wash chicken; dry with paper towels. Remove all skin and bone; cut each breast in half.

3. To flatten chicken: place each piece, smooth side down, on sheet of waxed paper; cover with second sheet. With wooden mallet, pound chicken to 1/4 inch thickness, being careful not to break the meat.

4. In center of each flattened piece of chicken, place a finger of frozen herbed butter. Bring long sides of chicken over butter; fold over ends, making sure no butter is showing. Fasten with wooden picks.

5. Roll in flour; dip in beaten egg; roll in bread crumbs, coating evenly.
"Saturday Special" (Lamb Riblets)

1½ lbs. lamb riblets
1 onion, chopped
1 can tomato sauce
1 can string beans
salt and pepper to taste

Fry riblets till brown. Drain off excess fat. Add chopped onion to the lamb riblets and fry till onion is slightly limp. Add tomato sauce and half of the string beans juice, and salt and pepper. Then cover and let simmer for 3/4 hour. Then add string beans (drained). Simmer another 25 minutes. Serve with French Bread and salad.

Priscilla Hazen

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Lamb Shank with Lima's

1 1/2 cups dried lima beans
4 T. oil
4 small lamb shanks
1 onion, sliced
Salt & pepper to taste

Cover limas with cold water and let stand for 4 hrs. Two and one half hours before dinner: Brown lamb shanks and add salt and pepper. Put into casserole - add 1 cup hot water, cover and bake 1 hr. 350° oven.

Take meat out - pour the limas and the soaking water into casserole; add onion and 1 tsp. salt. Then put lamb shanks on top of beans and cover. Bake 1 1/2 hrs. longer. Serve with salad and French bread.

Mary Jane Bogdanoff

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94
CHICKEN LIVERS WITH MUSHROOMS

1½ lb. chicken livers
2 medium onions
3/4 lb. fresh mushrooms
1 can stewed tomatoes – 15 oz. size
1 can spaghetti sauce with mushrooms – 15 oz. size
vegetable oil

Liver, onions and mushrooms are to be fried or
sauteed separately, then combined later into a large
pan. Be sure to undercook these 3 ingredients as
they will be simmered when combined.

Wash liver, cut in halves then quick fry in
pan with 2 Tbsp. of vegetable oil. Sprinkle ½ tsp.
of seasoning salt; stirring 3 or 4 times until
liver is almost cooked. Put aside.

Slice mushrooms and saute for 5 minutes in 2
Tbsp. of butter or margarine. Sprinkle ¼ tsp. salt.
Put aside.

Cut onions in half then slice (not too thin.)
Quick fry in 1 Tbsp. of oil. Put aside.

Put 1 Tbsp. of oil in pan, heat, add stewed
tomatoes and spaghetti sauce and simmer for 5
minutes, stirring frequently.

Now combine all ingredients and mix gently.
Cover, simmer over low flame for about 10 minutes.
(Skim off some of the oil, if you desire.)

Serve over cooked rice or spaghetti.

Serves 6 Russian portions.

Lucy & George Kostrikin

* * * * *
Veal Scallopini in Smetana (Sour Cream)

4 to 6 thin slices veal
6 Tbsp. flour
4 Tbsp. butter or margarine
2 medium onions, sliced
1 clove garlic, minced
2 bouillon cubes
1 cup boiling water
1 tsp. dry mustard
3 tsp. paprika
3 Tbsp. minced parsley
1/4 cup commercial sour cream

1. Dust veal with flour. Set aside.
2. Melt butter or margarine in heavy frying pan, add onions, garlic and cook until yellow.
3. Combine bouillon cubes, water, stir until dissolved. Add mustard, paprika, parsley, stir; pour into bowl. Set aside.
4. Melt additional butter in frying pan; add floured meat; cook until browned on both sides.
5. Pour onion mixture over meat; cover; cook over low heat for 30 minutes.

Mrs. Nadia A. Shabalja
Chicken with Almonde Rastovsky

Brown 3 lb. cut up chicken in 6 tbsp. butter. Remove chicken from pan. To the butter left in the pan, add 1 clove garlic, 2 tbsp. chopped onion, 1 tbsp. tomato paste, 2 tbsp. flour and stir until smooth.

Returning to heat, add 1-1/2 cups chicken stock and blend until boiling. Add 2 tbsp. Sherry wine, 2 tbsp. shredded almonds, 1/2 tsp. Tarragon, salt and pepper to taste and the prepared brown chicken.

When ready to serve, cover and cook slowly for 45 to 50 min. Arrange chicken in shallow casserole, stir in 3/4 cup sour cream. Pour the sauce over the chicken, sprinkle with 2 tbsp. grated cheese and brown under the broiler. Very good with mashed potatoes or rice.

Spiced Peaches and Chicken Rostov

Combine and cook slowly for 10 minutes:
- 1 cup orange juice
- 1-1/2 cups sliced canned or frozen peaches
- 2 tbsp. brown sugar
- 2 tbsp. vinegar
- 1 tsp. nutmeg
- 1 tsp. basil
- 1 clove garlic, minced

Dredge 2 to 2-1/2 lb. cut up chicken in 1/2 cup flour, salt and pepper.

Brown chicken on both sides in oil to a depth of 1/2" in a large frying pan. Pour off oil, pour the prepared sauce over the chicken. Refrigerate or freeze.

When ready to serve, cover and simmer for 20 to 30 min.

Mrs. Luba Troth
Chicken Kiev (cont'd)

6. Refrigerate; cover, until chilled, about 1 hr.

7. In electric skillet or heavy sauce pan, slowly heat salad oil (from 1½ to 2 inches deep) to 375°F on deep-frying thermometer.

8. Add chicken 2 pieces at a time, to hot oil. Fry, turning with tongs, until golden brown, about 7 minutes in all. Drain well on paper towels; be careful not to pierce coating, to keep butter in center.

9. When chicken is cut, the butter will run out and serve as a sauce.

Makes 4 servings.

Mary J. Loskutoff

* * * * *
Chicken Pilaf with Rice

2-1/2 to 3 lbs. chicken, cut into serving pieces  1 tbsp. tomato paste
8 tbsp. butter  3/4 cup cold water
salt and pepper to taste  2 cups boiling water
3 medium onions, chopped  1 cup raw rice
Brown chicken in butter with salt and pepper. Add onions and brown. Add tomato paste and cold water. Cover and simmer till chicken is tender. Add boiling water; stir in rice, cover and simmer for 20 min. When ready to serve, add a little more butter until it turns brown, pour over chicken and rice.

For Baking:

Put chicken in a casserole and season with salt, pepper and tomato paste, dot with butter. Add 1/2 cup water and bake in oven 350° for 30 min. Turn chicken over once; add remaining water and the rice. Stir carefully to make sure all rice sinks to the bottom of the casserole and the chicken pieces are on top. Increase oven to 400° and continue baking for 30 min. or until rice is done and tender.

Mrs. N. M. Teligion
Chicken Royale

When thinking of having a dinner party and do not wish to have to cook on that special day, this poultry dish is excellent to cook a day ahead and leave all the last minute details for the day of the dinner.

Chop 1 clove of garlic, very fine, and slightly saute in 1/4 lb. butter. Mix bread crumbs, 4 Tbsp. Parmesan cheese, 4 Tbsp. dried parsley flakes, salt and pepper together in a separate dish.

Take 4 chicken breasts and split them in half, making 8 pieces for better handling while cooking and for easier eating. Dip each piece in the butter and garlic, then dip into the cheese, parsley and bread crumb mixture. Place the chicken on a foil-lined cookie sheet and bake at 350° for 1 hour or until done. Take out of oven and let cool. Cover and place in refrigerator. When needed, reheat the chicken breasts at 325° for about 3/4 hour and they'll be ready to eat. Serves 4 to 6 people.

Janis (Hazen) Burke

* * * * *
Baked Chicken Pomidor

2 lbs. frying chicken  1 clove garlic, crashed
3 Tbsp. oil/oil 1 can whole tomatoes
2 Tbsp. butter 2 Tbsp. parsley
1 med. onion, sliced 1 tsp. dried basil leaves
1 tsp. pepper

Heat oil and butter in pot. Add chicken and brown well. Remove chicken and set aside. Add onion and garlic to same pot; sauté until golden brown. Add tomatoes, parsley, salt, basil leaves and pepper. Mix well, mashing the tomatoes with a fork. Bring to a boil; reduce heat to simmer. Cook uncovered for 20 minutes. Add chicken, cover and simmer for 45 - 50 minutes. Serves 4 to 6 people.

Mrs. Anna P. Loseutoff

* * * * *
Chicken Wings with Gravy

10 to 14 chicken wings  
1 large onion  
2 cloves garlic  
1 medium size celery  
2 stalks parsley

Wash and put chicken wings in just enough water to cover. Bring to a boil. Chop fine: onion, garlic, celery, parsley, and add to chicken. Add the bay leaf, salt, pepper and curry. Cover and cook slowly for 1 1/2 hours until well done or overdone.

Taste for seasonings; if not according to your taste, add now.

Mix together cornstarch or flour with 1/4 cup water and add. Bring to a full rolling boil and remove from heat. Serve with rice. Serves 6.

Mrs. Nadia A. Shabalin

* * * * *
Chicken with White Sauce

1 large stewing chicken
1 1/2 cups rice
1 1/2 cups milk, or more
if needed
salt and pepper to taste

Cut chicken into serving pieces, wash and put in pot. Cover with water; add salt and bring to a boil. Cook over a hot flame for 10-15 min., reduce heat, cover and cook for 1 hr. or until chicken is tender. Remove chicken from stock and strain the stock.

Boil rice in boiling salted water till half done. Drain and put back into pot and add milk and cook till rice is done.

Sauce:

Measure 2 cups of hot chicken stock. Melt 1 tbsp. butter and add 2 tbsp. flour, fry and stir, but do not brown. Slowly add chicken stock stirring all the time. Add salt and pepper to taste and 2 tbsp. sour cream. Add 1 tbsp. vinegar to taste or a little lemon juice and continue stirring, simmer for 10 min.

Place chicken on a preheated platter. Pile the rice in a ring around it. Pour the hot sauce over the whole dish and serve at once.

Mrs. Natalie I. Bazigin

* * * *
Chicken Chihambil

1 large chicken 3 green peppers, sliced
salt and pepper to taste or chopped
flour for dredging enough vegetable oil for
2 lbs. carrots, cut into frying
large pieces 4 cloves garlic, cut
into pieces

Wash and cut chicken into serving pieces. Sprinkle
with salt and pepper. Roll chicken in flour, dredg-
ing well and brown in vegetable oil. Place them in
casserole.

Simmer chopped carrots, green pepper and garlic for
5 minutes. Pour this over chicken. Make the follow-
ing sauce:

1 small onion, chopped 2 Tbsp. sour cream
2 Tbsp. vegetable oil 1 Tbsp. sugar
1 Tbsp. flour salt and pepper to taste
1 can tomatoes hot pepper from bottle

Fry onion in vegetable oil, sprinkle with flour and
let fry a little while longer. Add tomatoes and mix.
Add sour cream, salt and hot pepper, mixing all the
time. Pour sauce over the chicken and bake in 350°
oven for 1/2 hour. Be sure and use the hot pepper from
the bottle for good seasoning.
Our Favorite Meat Stuffing

Enough for a 25 lb. Turkey; you will need:

- 2 lbs. ground chuck
- onions and celery
- rice
- eggs
- poultry seasoning

Hard boil 3 eggs and set aside. Parboil 1 1/2 cups pearl rice for 20 minutes. Do not finish cooking. Drain water and set aside. Peel 2 onions and 1 small bunch of celery and put these through a meat grinder using a coarse blade. Heat 1/2 cube butter in skillet and cook the vegetables until just limp. Transfer to a large bowl and set aside.

In the same skillet brown 2 lbs. ground chuck just till pink is gone, add some salt. Combine meat with vegetables; mix in the partially cooked rice. Mash the 3 hard cooked eggs and add. Sprinkle about 1 tsp. poultry seasoning and mix all well together in the large bowl.

You can stuff the turkey immediately, or cover and refrigerate overnight. There will be left over stuffing which we put into a Pyrex dish and heat along with the turkey the last 1/2 hour. When you take the stuffing out of the turkey, mix it in with the other to give it more flavor.

The Masha M. Loskutoff Family
Chicken Jarkovia (Stew)

When we tire of lamb or beef stew, I make this one with chicken and lots of vegetables. Again it only takes one pan and no watching over. You will need:

1 fryer or roasting chicken, cut into pieces
vegetables cut into large chunks
1 onion or 2 leeks
2 potatoes
3 stalks celery
2 carrots
1 bell pepper
2 zucchini
2 parsnips or turnips or both

Have all your vegetables washed, peeled, cut and set aside. Wash and dry the chicken well; roll in flour, seasoned with salt and pepper. Heat 2 Tbsp. butter and 1 Tbsp. oil in a heavy Dutch oven and brown all pieces well. Remove from pan and add all vegetables except zucchini and parsnips. Brown well in the drippings. Drain any left over oil, add chicken to the vegetables and 4 to 5 cups hot water. Cover and let simmer on top of stove or in preheated 350° oven for 45 minutes. Now add the zucchini and parsnips and salt as you like. Cover again and let cook for another 1 hour or more till done.

This dish needs nothing else except bread and a light dessert. Enough for 3 or 4 servings.

Mrs. Anne Loskutoff

* * * * *
Fish, Polish Style

1 fish any kind, about 2 pounds
3 potatoes boiled in skins, 3 Tbsp. melted butter cut in pieces

Clean and wash fish. Cut into serving pieces and boil in very salted water until done, 10 to 15 minutes.

Place boiled fish on serving platter. Cover with hot boiled potatoes. Sprinkle with crumbled eggs. Pour hot melted butter over all. Garnish with chopped green onion and serve.

Mrs. Nadia Y. Susoev

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Salmon and Rice

2-1/3 cups cooked rice 3 eggs
2 Tbsp. melted butter 1 cup milk
1-1 lb. can Salmon 1 tsp. salt
1 cup grated Swiss cheese 1 tsp. pepper

Heat oven to 400°F. Combine rice and butter. Line a 1 qt. baking dish with rice - pressing it evenly over bottom and sides of the dish. Drain salmon and reserve the liquid. Sprinkle half the cheese over the rice, top with flaked salmon, then with remaining cheese.

Beat eggs lightly and stir in milk, salmon liquid and seasonings. Pour over mixture. Bake in hot oven for about 25 min. or until a knife inserted in the center comes out clean.

Mary Jane Bogdanoff

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111
Rice Stuffing for Poultry

3 cups cooked rice
1 cube butter
1 cup celery chopped
1 cup onion chopped
1/2 cup bell pepper chopped
3 Tbsp. parsley chopped
1 tsp. poultry seasoning
salt and pepper
dash of garlic powder
3 hard cooked eggs chopped

Put rice in a large mixing bowl. In a large skillet melt the butter and add the next 7 items. Cook until the onion is almost clear. Add to the rice. Add the eggs and mix all the ingredients very well. Adjust the seasoning to your own taste. Stuffing will fill the cavity of a 10 lb. turkey with a little left over to bake in the oven.

Bread Stuffing

2 cups dry bread cubes
1 small can creamed corn
1 cube butter
1/2 cup celery chopped
1/2 cup onions chopped
1/2 cup bell pepper chopped
1 Tbsp. parsley chopped
1/2 tsp. poultry seasoning
scant dash of garlic powder
salt and pepper

Put cubes in a large mixing bowl. Add the creamed corn. Melt the butter in a large skillet and add the next 7 items. Stir and cook until the onion is almost clear. Add mixture to the cubes and stir. This recipe will fill the breast cavity of a 10 lb. turkey.

Mrs. Ruby Hazen

108
Blintzi, blini, sirmiki and vareniki can be served at breakfast, lunch or dinner, plain or stuffed, with cottage cheese, meat or fruit.

Other cottage cheese pancakes can be fried or boiled in water and served with sour cream, melted butter or fruit preserves.

Of course, sirmi paska is made traditionally at Easter time.

All are delicious as part of the zakuska table when made in smaller sizes.
Salmon Souffle

2 Tbsp. butter  
2 Tbsp. flour  
1 cup milk  
2 egg yolks beaten  
1/2 tsp. salt  
1/8 tsp. nutmeg  
1/8 tsp. pepper  
1 can (1 lb.) salmon  
2 egg whites beaten

Make a sauce with the flour and milk. Add the beaten egg yolks, salt, nutmeg and pepper. Add to the salmon, mix well.

Fold in the beaten egg whites. Put into a casserole. Bake 45 min. 350°.

Mrs. Nadia Shabalín

* * * * *

Hot Baked Tuna Potatoes

Filling:
4 baking potatoes, baked  
1 cup mayonnaise  
1/2 cup grated cheddar cheese  
1/4 cup chopped green pepper  
1/4 cup chopped pimento  
1/4 cup chopped scallion  
2 cans (7 oz.) solid pack tuna, drained

Topping:
1/4 cup mayonnaise  
2 Tbsp. grated cheddar cheese  
1 egg white, stiffly beaten

Scoop baked potatoes from shells. Lightly toss with other filling ingredients. Spoon back into shells. Heat 10 min. at 400°. Fold mayonnaise and cheese into stiffly beaten egg white. Spoon over hot stuffed potatoes. Heat an additional 10 min. until lightly browned.

Mrs. Hazel Rudometkin
Blintzi or Blinchkis

3 eggs 1/4 cup water
1 cup unsifted flour 3 tbsp. melted butter, cooled
1 cup milk

Beat eggs well, add flour and salt, beating until smooth. Gradually beat in milk and water until well blended. Add melted butter and mix well.

Brush an 8" skillet with oil or butter; place over medium heat. Pour in about 2 tbsp. batter; tilt pan from side to side so mixture covers bottom. Cook about 1 minute; turn and brown lightly on second side about 30 seconds. Makes about 12 blintzi.

Basic Blintzi (Thin Pancakes)

1 qt. very warm milk 1/2 tsp. salt
1/2 cup oil 3 tbsp. sugar
8 eggs 1/2 tsp. baking soda
3 cups flour 1 tsp. baking powder

Beat eggs in mixer for 2 minutes. Gradually add the warm milk, beating constantly. Mix flour, salt, sugar, soda and baking powder. Add the egg and milk mixture to the dry ingredients gradually. Beat until smooth like cream. Add little more milk if thinner blintzi are preferred. Ladle the batter out in small quantities onto lightly buttered frying pan and fry the blintzi until brown on both sides. Serve very hot.

Mrs. Antionette Pushkarow
EXTRA RECIPES

112
Basic Blintze Fillings

Serve as an entree filled with meat, cheese or as a dessert as below:

4-oz. pkgs. cream cheese ½ tsp. vanilla
¹⁄₂ cup sugar ¹⁄₄ cup golden seedless raisins
1 egg yolk, beaten ¹⁄₂ tsp. grated lemon rind ¹⁄₂ cup powdered sugar

Beat cheese with fork till smooth; add sugar, egg yolk, lemon rind, vanilla and raisins, blending well. Divide cheese mixture into 12 portions and spread down the center of each blinchik; roll and place seamside down in buttered baking dish. Heat in 350° preheated oven for 25 to 30 minutes. Sprinkle with powdered sugar and serve immediately.

Meat Filling:

1½ lb. ground beef salt and pepper to taste
1 large onion, chopped 2 Tbsp. parsley, minced
2 chopped hardboiled eggs dash of garlic powder

Fry onion in a little butter or margarine; add ground beef and continue frying until meat is done. Add salt, pepper, egg and parsley. Mix well. Cool. Using about 2 Tbsp. for each, fill, roll and put in baking dish. Pour enough milk to cover and bake as above.

Cottage Cheese Filling:

1 cup cottage cheese 1 tsp. sugar
1 egg

Beat egg slightly; add salt and sugar. Add cottage cheese and mix. Using about 2 Tbsp. for each blintz, fill, roll and put into baking dish. Pour enough milk to cover and dot with butter. Bake as above. Serve with sour cream or your favorite jelly.
Kisli Blini (Raised Pancakes)

2 cups milk, scalded and cooled to lukewarm
1 cake compressed yeast or 1 pkg. dry yeast
2 tbsp. sugar 1/2 tsp. salt
8 egg yolks 5 cups flour

In a large bowl dissolve the yeast in the warm milk, add sugar, salt and egg yolks. Add the flour and mix well. Cover the bowl with a cloth and place in a warm place to rise about 1-1/2 to 2 hours.

Warm another 3 cups milk with 1/2 cube butter and add to the first spong. Beat well, cover and let rise again.

Whip the 8 egg whites until very stiff and very carefully fold them into the batter. Let stand covered 30 minutes without stirring.

Heat the griddle and brush lightly with melted butter. Laddle the batter in small quantities onto the hot griddle, fry until brown on both sides.

Serve hot with hot melted butter, caviar, smoked salmon or sour cream.

(Large size recipe)

Nadia A. Shabalina

* * * * * *
Blinisai

**Small Size** | **Large Size**
---|---
2 eggs | 6 eggs
1-1/4 cups milk | 1 quart milk
1/2 tsp. salt | 1 tbsp. salt
1 cup flour | 3-1/2 cups flour
1/4 cup sugar | 1/2 cup sugar
1/2 tsp. vanilla | 1 tsp. vanilla
Grated rind of one lemon or orange | Grated rind of two lemons or oranges
2 tbsp. butter | 1/2 cube butter

Melt butter in skillet and set aside to cool. Beat eggs until light in mixing bowl; blend in milk and salt. Sift flour and sugar into egg-milk mixture; beat with beater until just smooth (over-beating tends to toughen pancakes). Batter should be thin. Add melted butter and mix well just before frying as butter will tend to rise and float on top.

Heat griddle or heavy frying pan very slowly. Lightly grease griddle for the first pancake, after that there is enough butter in the batter. Or use the skillet in which the butter was melted.

Ladle batter onto griddle, using about 2 tbsp. of batter for each one. Tip the griddle to let batter roll from side to side. Bake until top appears dry, turn, brown on other side. Stack them onto a clean towel and keep covered to stay moist until ready to use.

Fold each one in half, then roll into little tubes. Put in oblong baking dish close to one another. Pour enough 1/2 and 1/2 to cover. Dot with butter. Cover with aluminum foil and bake in 350° oven for about 30 minutes or until milk is bubbly. Serve hot with sour cream or your own favorite jelly.

*Mrs. N.M. Telegin*
**Fluffy Cottage Cheese Pancakes**

Separate 6 eggs and set the whites aside. In a large bowl, beat the yolks and add 1 pt. creamed cottage cheese. Add ½ tsp. salt and 2 Tbsp. sugar.

Beat in 1 cup pancake flour.

Beat the 6 egg whites until stiff and slowly fold into the batter.

To make the pancakes, fry slowly in butter in a heavy skillet. Serve with your favorite topping: sour cream, syrup, jam, etc.

Anonymous

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**Sirmiki (Cottage Cheese Cake)**

1-1/2 lbs. dry cottage cheese 1 level tbsp. flour
1-1/2 tbsp. sour cream A little nutmeg
2 eggs Grated orange rind, about 1 tsp.
1/2 tbsp. sugar

Put all the ingredients in a bowl, mix and beat thoroughly. Shape into small flat cakes, roll in flour and fry in butter.

Serve with melted butter.

For a sweet luncheon dish, pass sugar and cream with them. Serves 4 to 6.

Stella Susoeff
Apple Blintzi

1 basic blintzi recipe  4 tbsp. melted butter
4 to 5 cups sliced apples  More sugar and melted
1/3 cup sugar       butter

Preheat oven to 375°.

Melt butter in low baking dish; add apple slices
sprinkled with sugar. Place dish on middle shelf
in preheated oven for 15 minutes.

Place 1 blinchik in center of low heavy serving
dish. Put a layer of apples on it; sprinkle with
melted butter and cover with another blinchik.
Continue, ending with a blinchik.

30 minutes before serving, sprinkle with more sugar
and melted butter. Cover dish with aluminum foil
and place on middle shelf of preheated oven for 15
to 20 minutes until bubbling hot. Serve with sour
cream.

Serves 4 to 6.

Mrs. Vera F. Telegin

* * * * * * *
Low Calorie Yogurt #1

1 Quart Buttermilk Juice of 1 lemon

Place buttermilk in a 1-1/2 qt. bowl, add lemon juice, mix well. Put in a warm place overnight or until it is nice and thick.

#2

Heat 1 qt. rich milk in a 2 qt. saucepan until it rises to top and almost boils. Remove from heat and let cool until lukewarm. Dissolve 2 Tbsp. of previous saved yogurt and 1/3 cup powdered milk in 1 cup of the lukewarm milk. Add remaining warm milk and blend well. Pour into a glass bowl, cover, and let rest in a warm place until thick, 4 to 5 hours, then cool.

Hazel Rudometkin

Kislee Malako (Yogurt)

1 quart milk 1 Tbsp. sour cream
1 small can condensed milk Pinch of salt
2 Tbsp. sour milk (squeeze some lemon juice over milk)

Heat milk to boiling, remove from heat and add the condensed milk, cool. While slightly cool and yet still warm, add the sour milk, sour cream and salt. Stir well to mix thoroughly.

Put in mason or peanut butter jars, cover with lids and put in a warm place to set. May be put in a gas oven where the temperature is always warm, for 1/2 hour. DO NOT LIGHT OVEN. Take out and cool. When cold refrigerate.

Mrs. Evdokia V. Lapin

123
Buckwheat Blini

Dissolve 1 pkg. granular yeast or 1 cake compressed yeast in 1/4 cup lukewarm water and combine it in a mixing bowl with 1 cup milk scalded to lukewarm. Sift 2 cups buckwheat flour with 1 tbsp. salt and stir enough flour into the yeast and milk to make a thick sponge. Cover the bowl and let the sponge rise in a warm place for about 3 hours.

Beat 3 egg yolks well with 1 cup lukewarm milk, 1 tbsp. melted butter and 1 tsp. sugar. Add the liquid to the sponge alternately with the remaining buckwheat flour. The batter should be fairly thin, if necessary add a little more milk. Beat the batter well and let it stand covered for 30 minutes. Fold in the 3 egg whites, beaten until stiff and bake the Blini in 4" cakes on a hot buttered griddle.

Blini are part of traditional Russian zakuski (appetizer) and are usually served with red or black caviar, smoked salmon, pickled herring, melted butter or sour cream.

Cottage Cheese Pancakes

Rub 1 cup dry cottage cheese through a fine sieve, stir in 6 well beaten eggs and mix thoroughly. Add 6 tbsp. each of sifted flour and melted butter and a pinch of salt and beat until well blended. Drop the batter by spoonfuls onto a buttered griddle and brown on both sides, turning the cakes only once.

Serve with jelly, melted butter and sour cream.

Mrs. Nadia M. Telegin
Srnaya Paskha - Traditional Easter Dessert

1-1/2 lbs. dry Bakers Cottage Cheese
1/2 lb. sweet butter
3 oz. cream cheese
4 hard boiled egg yolks
1-1/2 cups sugar
1 cup whipping cream
1/2 cup blanched chopped almonds
Mixed candied fruit
and raisins
Seeds scraped from 1 vanilla bean

Put the cottage cheese through a fine sieve and blend it with butter and cream cheese to make a smooth mixture. Beat the egg yolks with sugar and combine this mixture with the cheese. Whip the cream and add. Mix well. Add almonds, fruit and raisins, and seeds from the vanilla bean. Mix till the fruits are evenly distributed.

Line a traditional pyramidal paskha form with a cheesecloth wrung out in cold water. Pour the mixture into the form and fold the cheesecloth to cover the bottom of the cake. Weight the cheese down well and allow it to drip for 24 hours.

Note: A deep flower pot with a hole in the bottom for drainage makes a nice mold. Unmold the paskha and decorate it as you wish.

Paskha is traditionally served with Kulich, the Russian Easter Bread.

Mrs. N. M. Telegin

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Vareniki (Cottage Cheese Turnovers)

Dough:
3 cups flour 3 egg yolks
1 tsp. salt 1/2 cup water (approx.)
Sift flour with salt together, add egg yolks and
enough water to make a stiff paste. Knead the dough
very well about 5 minutes. Roll out as thin as pos-
sible and cut into circles about 4" across.

Make filling:
1 carton creamed cottage 1/4 tsp. salt
cheese 1 egg
1 tsp. sugar
Beat the egg slightly, add salt, sugar and cottage
cheese and mix thoroughly.
Place 1 spoonful of filling mixture on each circle,
fold over to form a crescent and seal by pinching
edges together. Lay on cloth and keep covered un-
til all are done.
Drop vareniki into a large pot of boiling salted
water, a few at a time. Keep the water boiling.
Vareniki are done when they arise to the surface.
Take out and put on platter. Continue boiling the
rest.
Serve hot with plenty of sour cream and melted
butter.

Mrs. Evdokia V. Lapin

* * * * * * *
Sirmaya Paskha

6 cooked egg yolks      1 Tsp. vanilla
3/4 lb. sweet butter    1 whole nutmeg, grated
1-1/2 cups sugar        1 carton whipping cream
2 lbs. Bakers Dry Cottage Cheese

Put the egg yolks through a seive with 3/4 cup sugar and mix. Cream butter with the other 3/4 cup sugar and mix well. Then add them together and mix thoroughly. Seive cottage cheese into a large size bowl. Add some cottage cheese and mix well after each addition till all is mixed thoroughly. Add vanilla and nutmeg. Add fruit, raisins and almonds if desired and mix well.

Whip the whipping cream and fold into the cheese mixture lightly.

Wet a cheese cloth in boiled and cooled water, wring out and line a Traditional Easter Form with it. Pour the cottage cheese into it, cover over with ends of wet cloth. Put a light weight on top for a press and let stand overnight.

Mrs. E. F. Shabaline

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127
Blinnet
Dairy Dishes
Cheese Paska

2 lbs. dry Bakers Cottage Cheese
2 Cubes sweet butter
6 hard boiled egg yolks

Mix these 3 ingredients well with hands.
Beat 3 pints whipping cream at high speed until it stands at a peak. Fold cream into cheese mixture along with: 1 cup peeled and chopped almonds
1 cup sugar

Beat altogether at low speed for 5 minutes. Put mixture into a strainer wrapped in a thin cloth. Weight down with a five lb. weight. Put into the refrigerator for 24 hours.

Mrs. Nadia Goosenev

* * * * * *
Sirnaya Paskha

12 cooked egg yolks  1 cup almonds, chopped
1-1/2 lbs. dry Bakers fine and crushed
   Cottage Cheese   2 tsp. vanilla
3 cups granulated sugar 2 small cartons whipping
   butter        cream

Put the egg yolks and cheese through a coarse sieve twice.

In a mixing bowl, cream butter and sugar together. Add vanilla and almonds. Add the egg and cheese mixture and mix well.

Whip the whipping cream and add to the cheese mixture, mix till well blended.

Put the mixture in a conical form, which is lined with a wet cheese cloth. Fold the cheese cloth over mixture and put a weight over it. Excess of moisture comes out through the draining hole in the bottom and sides. Put in refrigerator overnight.

Just before serving, remove the weight, unfold the cheese cloth, place a large plate over the form and turn over carefully. Remove the form and cheese cloth.

If the traditional Russian conical form cannot be found, use a large strainer or colander. Be sure and line with wet cloth.

Slice horizontally and serve with the traditional Easter Kulich. This will keep a long time in the freezer.

Mrs. Vera F. Telegin

128
Cottage Cheese Dessert

2 pounds dry cottage cheese
1 Tsp. vanilla
Sugar to taste, about 1/2 cup

1 cup sour cream
1 Tsp. Vanilla
1/2 cup sugar

Seive cottage cheese, add vanilla and sugar. One hour before serving, whip sour cream, add vanilla and 1/2 cup sugar. Mix well and pour over the cottage cheese. Decorate with strawberries or your own favorite jelly.

Mrs. Elizabeth F. Shabalin

* * * * *
Paskha - Cottage Cheese

1 pound butter
7 egg yolks
2 cups sugar
2 pounds dry cottage cheese, sieved
2 Tsp. vanilla
1 cup raisins, chopped
1/2 cup glazed mixed fruit, chopped
1/2 cup almonds, blanched and chopped
1/2 pint whipping cream

Cream butter, add egg yolks, sugar, cottage cheese and vanilla. Mix well together on electric beater on low speed. (Not handmixer) Then add the rest of ingredients except the cream.

Whip the cream until thick and fold into the mixture. Press into molds lined with wet cloth and chill for at least 2 days.

Fills 2 loaf pans. If you divide the recipe in half, use 4 egg yolks.

Use the egg whites for making the Corn Flake Cookies. (See page 186)

Mrs. Alice Popoff

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128
Paska, kulich, pirog and piroshki are traditional fare in the Kolokan household. The popular meat piroshki are delicious served with borscht which makes a complete meal. The fruit pirogi are a dessert to be served along with chi.

Paska and kulich are usually baked and served at Easter time.
**Apple Faska**

2 Tbsp. gelatin 1 cup sugar
1/4 cup cold water 1 cup sour cream
1 pound fine curd cottage cheese 1 1 lb 4 oz. can pie sliced apples, drained
1 egg, beaten well 1/2 tsp. cinnamon
1/2 cup butter or margarine 1/2 cup chopped almonds

Soften gelatin in cold water. Mix cottage cheese and egg and beat gently. Add the gelatin and stir till gelatin is dissolved. Remove from heat and cool. Cream butter, slowly add 1/2 cup sugar and beat till light and fluffy. Beat in the cheese mixture, stir in sour cream. Put mixture through a strainer, chill until thickened.

Meanwhile, saute the apples with 1/2 cup sugar in skillet till glazed. Remove from heat and cool. Drain off any excess syrup. Dice apples and fold into the thickened cream mixture. Put into clean flower pot mold lined with foil overnight. To remove, run knife around pot, invert on plate and serve.

Mrs. Hazel Rudometkin

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Kulich - Russian Easter Bread

Make Sponge: 2 cups milk, scalded and cooled to lukewarm; 2 to 4 cakes yeast, compressed; 2 cups all purpose flour; 1 tsp. salt. Dissolve yeast in 1/4 cup warm water, stir, add to milk. Add flour and beat well. Cover and let rise till doubled.

Meanwhile prepare: 13 egg yolks that have been stirred with 2 1/2 cups sugar, 1 vanilla bean and 1 lb. sweet butter. Cut vanilla bean into tiny pieces and grind together with a little sugar in a dish or pound with a hammer covered with wax paper on a board. Vanilla extract may be used.

Steep saffron in 3 Tbsp. hot water for 1 hour, strain and use only the liquid. (This type of saffron has a better flavor than powdered.)

Add the egg mixture to the sponge and add 12 cups flour and mix well. Use enough flour to make dough like that for bread. Knead for a few minutes, place in a greased bowl, cover and let rise in a warm place till doubled. Shape into loaves or punch down and let rise again.

Before dough is divided into loaves, add:
1 cup raisins or currents
1 cup glace fruits (use the ones in a jar or cans that are somewhat moist)
1 cup almonds, chopped

Dough should fill molds about half full. Cover and let rise until nearly reaches top of mold. Bake at 350° for 40-45 minutes, a little less in smaller molds. When bread is done, remove from molds at once and cool away from drafts.
Apple and Cheese Dessert

1 cup peeled and grated apple  
1 cup creamed cottage cheese  
2 eggs, beaten  
1-1/2 cups sifted flour  
1-1/4 tsp. baking powder  
1 Tbsp. sugar  
1/4 tsp. each: cardamon, nutmeg, cinnamon and dash of mace  
1/4 cup sour cream  
Sifted powdered sugar  
Shortening or oil for frying

Mix apple and cheese. Add eggs and mix well. Sift dry ingredients together and add alternately to first mixture with the sour cream; beat until light.

Have 1-1/2 inches of melted shortening or oil in pan. Heat to 375°. Drop batter from teaspoon into hot oil, fry on one side until golden brown, turn and brown other side. Drain on paper towels, dust with powdered sugar. Use as a dessert.

If you omit the powdered sugar, they are good with duck, goose, chicken or steak.

Mrs. Hazel S. Rudometkin

* * * * * * *
Kulich

6 lbs. flour 1/2 cup shortening
2 cups milk 6 cakes compressed yeast
2 1/2 to 3 cups sugar (or 20 cents in bulk)
6 eggs and 4 egg yolks 1 tsp. vanilla
2 cubes sweet butter, 1 tsp. lemon extract
at room temperature 1 tsp. cardamom
1/2 cup vegetable oil 1/2 tsp. salt
1/2 pint whipping cream

Make sponge: Scald 1/2 cup milk and cool. Dissolve yeast in 1/4 cup lukewarm water and set aside. Beat 1 egg lightly, add cooled milk, salt, 1 Tbsp. sugar and 1/4 cup flour. Mix together, cover with clean cloth and set in warm place to rise. Meanwhile, put balance of milk over low heat and keep warm. Beat eggs and egg yolks with sugar and put in a large mixing bowl. Add butter, shortening, oil, cream, vanilla, lemon, cardamom and half of the flour. Mix well. Add warmed milk and sponge which has risen. Mixing now by hand, add flour gradually, mixing well after each addition. Knead dough until it breaks clean from hands. Cover with clean cloth and set in warm place to rise until double in bulk, about 3 hours. Divide dough into loaves or forms. Let rise again and bake in 350° oven about 45 min. until lightly brown.

Vera Wolkoff
Sweet Bread

2 envelopes active dry yeast          3 cups sifted regular flour
or 2 cakes compressed yeast          1 cube butter or
1/3 cup very warm water               margarine, melted
2 3 cups evaporated milk              1/2 cup sugar
1 tsp. salt                          and cooled
1 egg, beaten                        1/2 cup toasted slivered almonds
2 tsp. grated lemon rind              1/2 cup golden raisins
1 jar (4 oz.) candied citron, chopped 1 box sugar (confectioners powdered sugar)

Sprinkle or crumble yeast into very warm water in a
large bowl. (Very warm water should feel comfortable
when dropped on wrist.) Stir until yeast dissolves,
then stir in evaporated milk, 1/2 cup of the sugar,
salt, eggs and lemon rind. Stir in flour until moist-
ened: beat vigorously with a wooden spoon, scraping
down side of bowl often. 100 strokes, or until dough
is shiny-elastic. Stir in cooled melted butter or
margarine. (Dough will become stringy, so beat again
until it is well blended and smooth.) Cover with a
clean towel. Let rise in a warm place, away from
draft, 1 hour or until doubled in bulk. While dough
rises, grease 8 soup cans (10 - 3/4 oz. size); set
aside, not touching, in a large shallow pan. Sprinkle
remaining 1/2 cup sugar over raised dough and stir down;
stir in almonds, raisins and citron. Spoon into pre-
pared cans to fill each about half full. Cover, let
rise again 1 hour or until dough is doubled in bulk.
Bake in moderate oven at 375° for 35 minutes or until
golden and loaves give a hollow sound when tapped.
Remove from cans; cool on wire racks. Sprinkle lightly
with powdered sugar.

Mrs. Antonina M. Pushkarow

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139
Kulich (cont'd)

Molds: Use #5 or #10 cans, or cans from 3 lb. shortening. Grease well or line sides with wax paper.

This recipe makes the equivalent of four large loaves of bread and maybe enough left over for a small loaf.

The bread is traditionally baked in a cylindrical mold, but it could be baked in bread pans.

Icing: 1 egg white or more, mixed with sifted powdered sugar until stiff, enough to stay on top of bread and running down the sides a little.

Decorate while icing is still soft with non-pareils, colored sugar, silver cake decorations, etc. Top with any motif of Easter you desire. The Russian women try to outdo each other in this decoration.

Mrs. N.K. Telegin

* * * * *
Breads
Pastries
White Bread

1/2 cup warm water 1 Tbsp. salt
2 pkg. yeast 5 1/2 cups flour
1-3/4 cup warm milk 3 Tbsp. butter or oil
2 Tbsp. sugar

Dissolve yeast in warm water. Add the warm milk, sugar, salt and mix. Add the flour and knead for 10 minutes. Let dough rest on table for 10 minutes. Keep covered with plastic. Divide dough in half. Roll out dough and brush with butter or oil. Fold over and knead again and put into two well-greased bread forms. Cover with plastic and refrigerate 2 to 24 hours. Before baking and let rest for 10 minutes with toothpick which has 1 tablespoon of oil. Bake in oven at 400°F. Bake bread from pans and place in oven. Do not place in direct draft.

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Pumpernickel Bread

Stir 1 1/2 cups cold water in:
1 1/2 cups boiling water and:
Add 1 tsp. salt, 2 Tbsp. suet and 1 Tbsp. caraway seeds.
2 cups mashed potatoes and been dissolved in 1/2 cup lukewarm rye flour mixed with.
Knead thoroughly till smooth with caraway. Place dough spread top with a little me and let rise till doubled, and form into 3 loaves. Plait, let rise till doubled again 10 minutes, then reduce to:

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1/2 cup sour cream
1/8 lb. yeast
1/2 cup sugar
1 Tbsp. salt

Scald water. Melt butter, cream to warm melted butter. Mix in flour and knead well. Let dough rise 2 days. Make rolls, piroshki, etc.

Anna J. Spolssoff and
Kate J. Sileznoff

* * *

1 lb. butter
10 eggs
2 cups sweet cream
3 cups milk
3 1/4 cups warm water to dissolve yeast
4 cups sugar
2 tsp. lemon extract
1/2 lb. bulk yeast (or 12 pkgs. dry yeast)
24 cups flour, sifted
(4 cups to 1 cup liquid)
2 tsp. salt

Scald cream, milk, melted butter. Crumble yeast into warm water and dissolve; pour into milk and cream mixture. Add salt, sugar, extract and eggs. Add flour and knead thoroughly. Let rise once; put on table, let rise and make rolls.

Let rolls rise 1 hour and bake 325° for 20 minutes.

Mae Kalpakoff

* * *
Walnut Easter Potiza

Pastry:
2 cakes yeast 1 cup butter
1 tsp. sugar 5 cups flour
2/3 cup warm milk 2/3 cup lukewarm 2/3 'n 2/n
6 egg yolks 2/3 cup lukewarm milk
1/2 cup sugar 1 tsp. salt

Filling:
1 1/2 lb. walnuts, ground 4 egg whites, stiffly
1/4 lb. butter beaten
1/4 cups sweet cream grated rind of 1/2 lemon
1/4 cups brown sugar 1/2 tsp. lemon juice
1/4 cup honey 1 tsp. vanilla
1/4 tsp. cinnamon 3 Tbsp. brandy

For pastry, stir yeast, the teaspoon of sugar and the warm milk together. Set aside; let rise. Cream butter, sugar and egg yolks in large bowl. Add lukewarm 2/3 'n 2/n and then yeast mixture. Sift flour and salt into mixture. Beat well and turn onto floured board. Knead dough very well adding a little more flour if necessary. Put back into bowl. Spread a little butter on top of dough and let rise about two hours.

While dough is rising, make filling. Heat walnuts, butter, sweet cream, brown sugar and honey together. Then add, stiffly beaten egg whites, lemon rind, lemon juice, vanilla, cinnamon and brandy.

When dough is double in bulk, roll out very thin with rolling pin on well floured large cloth. Spread with filling and roll up like long jelly roll. Curl roll into large roasting pan or cut in lengths and put in loaf pans. Let rise another hour or more. Brush top with small amount of egg to form glaze. Bake in 325° oven. Small loaves should be baked about 1 hour and large Potiza 1 1/2 hours. Slice and serve.

Anna Popov

* * * *
Sour Cream Yeast Dough for Pirog

2 cups sour cream  1/3 cup sugar
2 pkgs. dry yeast  2 tsp. salt
1/4 cup warm water  2 eggs
1/4 cup soft margarine  about 6 cups flour

Heat sour cream over low heat until it is lukewarm. Dissolve yeast in warm water, add the warm sour cream, margarine, sugar, salt, eggs and flour. Knead dough well until smooth. Place in a greased bowl, cover and let rise in a warm place until double in bulk or one hour. Roll dough on floured board and form a large flat sheet of 1/4" thickness. Grease oblong sheet pan 12 x 18 x 1 1/4" size. Carefully line the bottom and sides of pan with the rolled crust and fill with the following filling:

4 cups fruit - canned or fresh
1 cup sugar
4 Tbsp. cornstarch

Bring all to a boil and cool before spreading over the dough. Bake in moderate oven 375° for about 25 minutes. This dough can also be used for Holette (rolls). Roll dough to 1/4" thickness and sprinkle with 2 cups chopped nuts, 4 cup butter, 1 1/4 cups sugar, mix well. Roll and shape into desired shapes and bake on greased pans at 375° until lightly browned for 25 minutes.

Antonina Pushkarow

* * * * *
Rasiputchi Pirog (Refrigerator Sweet Dough)

1½ cups sugar       ½ tsp. vanilla
2 cubes sweet butter 1 tsp. baking powder
3 egg yolks         3 cups flour, more or
2 whole eggs        less as needed
½ cup sour cream

Cream butter with sugar, add egg yolks and whole
eggs and beat until smooth. Add sour cream,
baking powder, vanilla and flour, and mix. Dough
should be pliable. Knead for a few minutes. Roll
into a ball and refrigerate overnight.

Following day, roll out dough to fit sheet pan,
12x18", line bottom and sides of baking pan. Trim
dough evenly all around pan. Spread a layer of
your own favorite jelly. Bake in 350⁰ oven until
done, approx. 25 minutes.

Meanwhile, prepare meringue:

Beat 3 egg whites until frothy, gradually add 6
tsp. sugar and ½ tsp. cream of tartar and con-
tinue beating until stiff and glossy.

When Pirog is done, remove from oven and increase
heat to 400⁰. Pile meringue onto hot Pirog and
bake until browned.

E.F. Shabalin

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144
RASIPUTCHI PIROG (Crumbled Sweet Freezer Dough)

\[ \frac{1}{2} \text{ lb. sweet butter} \quad \frac{1}{2} \text{ tsp. baking powder} \]
\[ 3 \text{ egg yolks} \quad 1 \text{ tsp. vanilla} \]
\[ 1 \text{ cup sugar} \quad 3 \frac{1}{2} \text{ cups flour} \]
\[ \frac{1}{2} \text{ tsp. salt} \]

Beat egg yolks with sugar. Cream butter and add to egg and sugar mixture, and mix well.

Sift flour with baking powder and salt; add to above mixture. Knead thoroughly for about 5 min. Put in freezer overnight.

Line oblong sheet pan with aluminum foil. Grate dough onto foil; use a little more than half of dough. Spread evenly over pan. Add layer of your favorite jelly over the grated dough. Grate the balance of dough over jelly. Brush top with egg yolk and bake in 350° oven for about 30 to 35 minutes until well browned.

Nadia A. Shabalina

RASIPUTCHI PIROG (Sour Cream Crumbled Dough)

\[ \frac{1}{2} \text{ lb. sour cream} \quad \frac{1}{2} \text{ tsp. soda} \]
\[ \frac{1}{2} \text{ lb. butter, room temp.} \quad \frac{1}{2} \text{ tsp. baking powder} \]
\[ 1 \text{ egg} \quad \text{enough flour to make a soft dough} \]
\[ \frac{1}{2} \text{ cup sugar} \quad \frac{1}{2} \text{ tsp. salt} \]

Mix all ingredients together and just enough flour to make a soft dough.

Roll the dough to \( \frac{1}{4} \)" thickness. Grease an oblong baking pan (1\( \frac{1}{2} \)). Line bottom and sides with the rolled dough. Put in layer of your own favorite filling.

Cover the filling with a top crust of rolled-out dough. Seal and trim edges and bake in 350° oven about 30 minutes or until done.

Mrs. E.F. Shabalina

145
Pirog with Pineapple and Apricot Filling

2 cubes melted margarine  1 tsp. baking powder
1 small carton sour cream  1/2 tsp. baking soda
2 eggs  1 tsp. vanilla
1 cup sugar

Mix all together in large bowl. Put into the mixture:
5 cups flour. Spread dough out onto cookie sheet
(18"x12"x1"). Spread 1 cup apricot jam onto this dough.
Put pineapple slices on top. Bake at 350° for 1 hour.

Nadia Goznev

Susoeff Special (Quick Method Dough)

I use this dough for several different recipes:
Piroski, Fruit Turnovers or Pizza.

1 large pk. Bisquick  4 eggs, beaten
1 pint sour cream  1 cube melted butter

Mix all ingredients, roll out as needed. Bake in 400°
oven approx. 10 min.

For Piroski this is enough for 3 lbs. meat.

For Pizza: Brown a skillet full of onions. Roll out
dough 1/8" thick. Spread browned onions, add grated
cheese, sliced tomatoes and bake.

Hazel Susoeff
English Muffins

1 tsp. cake yeast 2 Tbsp. sugar
1/4 cup warm water 1/4 cup canned milk
1/4 cup boiling water 1 egg
3 Tbsp. shortening 4 cups sifted flour
1/2 tsp. salt

Crumble yeast into warm water and let stand 5 min. Pour boiling water over shortening, salt and sugar; add milk. Cool to lukewarm. Add 2 cups flour and beat till smooth. Add egg and beat well; add yeast and mix; add rest of flour to form a moderately stiff dough. Knead till smooth and satiny; place in a greased bowl, grease top, cover and let rise in a warm place for 1 1/2 hours. Punch down, let rest 5 minutes. Roll out 1/4" thick. Cut into 4" circles. Cover and let rise till doubled, about 1 hour. Bake slowly in ungreased skillet, well heated, then reduce heat and brown muffin slowly, about 7 minutes on each side. Makes 1 dozen 4" muffins.

Buttermilk Muffins

1 Tbsp. sugar 4 cups sifted flour
2 Tbsp. crisco 1 cup scalded buttermilk
3/4 tsp. salt 1 pkg. dry yeast, dissolved
1/4 tsp. baking soda in 1/4 cup warm water

Put in large bowl: sugar, crisco, salt and baking soda. Pour buttermilk into bowl, let cool a little and add yeast. Stir in 3 cups flour and mix; then more flour. Put on floured board and knead well till smooth. Put a little corn meal under the dough, invert bowl over the dough and let rise 1 hour. Roll out 1/4" thick; cut into 3" circles, let rise on cookie sheet for 45 minutes. Bake in 350° oven 10 minutes, then turn muffins over and bake for 10 minutes more. Freeze when cool.

Mrs. Hazel Rudometkin

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147
Almond Apricot Bread

1 egg: 3/4 cup sugar 3/4 cup finely chopped almonds
1 1/2 cups milk
3 cups biscuit mix 3/4 cup finely chopped uncooked apricots
1/2 tsp. almond extract

Preheat oven to 350°. Grease a 9 x 5 x 3" loaf pan. Beat egg and sugar until well combined, add milk and biscuit mix, beat well. Stir in almonds, apricots, and almond extract, mixing well. Turn batter into prepared pan. Bake 50 minutes or until cake tester inserted in center comes out clean. Let cool in pan 10 minutes. Turn out on wire rack before cutting.

Mrs. Mary Jane Bogdanoff

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Sticky Buns

1 cake yeast
1/2 cup lukewarm water
3/4 cup milk
1 egg
1/4 cup butter
3/4 cup sugar
3/4 tsp. salt
3 3/4 cups flour

Dissolve yeast in lukewarm water. Scald milk (do not boil) and put into mixing bowl. Cool to warm. Add butter, yeast mixture, sugar, salt, egg and flour; mix. Turn on floured board and knead for 5 minutes till smooth. Put back into bowl; cover and let rise for 1 hour. Punch down and let rise again for 1 hour. Repeat again. Meanwhile, in baking pan, melt 1/4 cup butter, add 2/3 cup brown sugar and 3 Tbsp. Karo syrup. Spread evenly over pan. Sprinkle with pecans.
Sticky Buns (cont'd)

Roll dough to 1/2" thick, spread with warm butter. Mix 1/2 cup sugar and 1 tsp. cinnamon and sprinkle over the dough. Roll dough up in a long roll and seal edge. Cut into slices about 1/2" wide. Place cut side down in the prepared baking pan, over the sugar-nut mixture. Spread warm butter over rolls, cover and let rise, about 1 hour. Bake in 350°F oven for 45 minutes. When done, remove from oven and let stand 10 minutes before removing from pan.

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Pizza

Make same dough as for Sticky Buns. Divide in half. Make sauce:

1/2 lb. ground beef
1 onion, chopped fine
1 clove garlic, chopped fine
1 Tbsp. shortening
salt and pepper to taste
1/2 can tomato sauce
water to rinse out sauce from can

Fry onion in shortening. Add meat and garlic, and fry till done. Add salt, pepper, tomato sauce and water. Simmer for 30 minutes. Cool. Roll dough and spread over pizza pan or sheet cake pan. Spread with meat sauce, sprinkle with Mozzarella cheese, grated; more sauce and cheese. Bake in hot 400°F oven till done.

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Mrs. Nadia Shabalina

149
Meat Piroskhi

Dough:

½ cup lukewarm water 1 Tbsp. sugar
1 cake yeast 1 tsp. salt
1 cup hot milk 2 or 3 eggs
2 Tbsp. vegetable oil 5 cups sifted flour, or
½ tube sweet butter more as needed

Dissolve yeast in warm water. Add to hot milk
along with oil, butter, sugar, salt, eggs and flour.
Put on floured table and knead for 5 minutes. Put
back into bowl, cover and let rise till double in
bulk, about 2–3 hours.

Filling:

1 lb. ground beef ½ cup cooked rice
2 large onions, chopped salt and pepper to taste
2 Tbsp. vegetable oil ¼ cup bouillon
3 hard cooked eggs, chopped fine

Saute onions in oil, add meat and continue to
saute and fry for a few more minutes (8 to 10).
Add rice, salt and pepper and chopped eggs. Cook.
Add bouillon; mix.

Pinch off egg-sized chunks of dough and roll them
on slightly floured board to ¼" thickness. Put 1
Tbsp. filling in center of dough, bring edges to-
gether and seal them. Place on cloth, cover as they
are made. Continue till all are filled. Let rise
again. Fry in deep fat like doughnuts. Serve hot.
Makes 30 to 40 piroshki.

Nadia Shabalin

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150
Dough for Bread or Piroshki

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 cakes compressed yeast</td>
<td>2 eggs</td>
</tr>
<tr>
<td>½ cup lukewarm water</td>
<td>¼ cup butter or margarine</td>
</tr>
<tr>
<td>⅛ tsp. salt</td>
<td>2 Tbsp. sugar</td>
</tr>
<tr>
<td>1 Tbsp. vegetable oil</td>
<td>1 cup milk</td>
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<tr>
<td>about 4 cups sifted flour</td>
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In a mixing bowl, make sponge: Dissolve yeast in warm water, add salt, sugar and ½ cup flour, mix, cover and let rise in a warm place. Heat milk to lukewarm. To sponge, add eggs, butter or margarine and oil. Mix and add warmed milk along with just enough flour to make a pliable dough. Do not make too stiff, and knead for a few minutes. Put back into the bowl, cover and let rise in warm place till double in bulk.

For bread: Shape into a loaf. Put into a greased bread pan, let rise again. Bake in hot oven 425° for 25 minutes.

For Piroshki: Pinch off egg-sized pieces of dough, flatten and roll out to ½ inch thickness. Use 1 Tbsp. filling for each roll. Bring edges up and press then together to seal. Lay on cloth and keep covered while making the rest. Let stand for ½ hour before baking at 350° for 20-25 minutes. Or fry in deep fat like doughnuts.

Mrs. Vera Volkeff
More Fillings for Piroshki

Meat:
2 lbs. ground beef  salt and pepper to taste
3 onions, chopped  butter
6 hard boiled eggs

Melt butter in skillet, add onions and simmer for 45 minutes, adding a small amount of water. Do not burn. Add meat, salt and pepper and cook over higher heat stirring all the time till done. Remove from heat, add crumbled eggs, mix and cool till needed.

Vera Wolkoff

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Cabbage:
5-6 cups cabbage, chopped 2 hard boiled eggs, chopped
fine
2 large onions, chopped 4-5 Tbsp. butter
fine
1 Tbsp. parsley, chopped
salt and pepper to taste

Chop fine the inside leaves of white cabbage. Sprinkle with 1 Tbsp. salt and let stand for 1 - 15 minutes. Squeeze cabbage dry. Pour boiling water over it and let it drain. Meanwhile, fry onions in butter, add the cabbage and more butter and continue to saute very slowly for 20-25 minutes, without letting the cabbage get brown. Add chopped eggs and parsley, salt and pepper. Cool. Use 1/3 heaping Tbsp. for each piroshok.

Nadia Telegin

* * * * *
Raised Dough for Meat, Cabbage or Fish Pirog

2 cakes compressed yeast  1 Tbsp. sugar
½ cup lukewarm water   1 tsp. salt
2 cups warm milk   ½ cup sweet butter
3 eggs beaten lightly  sifted flour as needed
1 cup vegetable oil

Dissolve yeast in lukewarm water. Add to warm milk. Add eggs, oil, sugar, salt, butter and enough flour to make a good pliable dough. Knead. Cover and let rise until doubled in bulk. Roll dough to ¼" thickness; line into a sheet pan 11½ x 17" size. Spread with your own favorite fish or meat filling. Trim edges. Roll out rest of dough and spread over filling. Let rise for about 45 minutes, then bake in 350° oven for 45 minutes.

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Cabbage Filling for above Pirog Recipes

1 med. cabbage, chopped  1 raw egg
2 tsp. salt    salt and pepper to taste
1/3 cup milk
2 onions, chopped fine  oil for frying
2 hardboiled eggs, chopped

Sprinkle salt over the chopped cabbage, rub and mix well for about 5 minutes until juice appears. Cover and refrigerate overnight. Squeeze out all juice from cabbage. In a large skillet, heat the milk, add prepared cabbage, cover and simmer stirring occasionally about 30 minutes, or until done. Separately fry the chopped onions in oil. When done, add to the cabbage and continue to simmer 5 minutes longer. Remove from heat and cool. Add the chopped eggs and the raw egg, salt and pepper. Mix well. Use to fry or bake.

Nadia A. Shabalina

* * * * *
Pirog with Fish (Fish Pie)

**Filling:**

1 tsp. fennel seeds, optional 2 lbs. boned fish or salmon cut into 3” squares
½ tsp. pepper
1½ tsp. salt
½ tsp. dry thyme
2 cup minced parsley and onion
3 eggs, hardboiled and chopped

Mix pepper, salt, thyme well and mix with fish. Put in refrigerator for 1 hour. Saute onion and mushrooms in butter for 3 minutes. Add fish and allow to brown, stirring. Add parsley, cooked rice and eggs to mixture and allow to cool.

**Crust:**

2 3/4 cups sifted flour
½ tsp. salt
5 Tbsp. sour cream
dash of pepper or paprika
3 Tbsp. butter


Hazel Rudometkin

* * * *
PIROG WITH FISH

Dough:
2 cups lukewarm milk 1/2 cup margarine, softened
2 packages yeast 1 Tbsp. sugar
2 or 3 eggs 1 tsp. salt
1 cup vegetable oil 7 or 8 cups flour, as much as needed to make soft dough

Dissolve yeast in lukewarm milk. Beat eggs slightly; add sugar, salt, oil and softened margarine; mix. Add to the yeast mixture. Add flour a little at a time; mix together and knead thoroughly. Form the dough into a ball and put into a large bowl. Cover with a clean towel and put in a warm place to rise, till double in bulk. Divide dough about in half. Roll out the larger half on a slightly floured pastry board and form a large sheet of 1/4" thickness. Grease a square or oblong pan (about 1 1/2" deep). Sprinkle it slightly with flour. Carefully line the bottom and sides of the baking tin and fill with the following:

1 1/2 or 2 lbs. salmon or vegetable oil for frying
1 large can canned 1 lb. Viziga (Chinese salmon Bean Threads)
salt and pepper 2 large onions, sliced
Wash fresh fish; cut into not too large pieces and wipe dry with a clean cloth. Season with salt and pepper and fry in vegetable oil till lightly brown. Cool. Remove all bones. If canned fish is used, remove all bones also. Boil the Viziga till clear and transparent. Pour into a sieve and blanch with cold running water. Put on chopping board and chop them up a bit. Fry the sliced onions in 2 Tbsp. butter. Cool. Divide the Viziga and onions in half. Spread a layer of onions, then Viziga, then all of fish, then Viziga, then rest of onions. Use the liquid from the canned fish. Each layer may be seasoned as you go. Cover the filling with a top crust, rolled to 1/4" thickness and seal edges, pinching them firmly together. Brush the top with melted butter or egg yolk diluted with a little water. Prick top crust with a fork and bake in hot oven 425° to 450° until the top is golden brown.

Mrs. E.F. Shabalin

155
Carrot Nachinki (Another filling for Raised Dough on previous page)

Steam 2 cups grated carrots a short while till tender. Add 1 Tbsp. lemon juice (grated lemon rind if desired); salt, pepper, sugar to taste.

Beet filling: same as carrot, but omit salt.

Anna Popov

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Everlasting Yeast

Dissolve 1 cake of compressed yeast in 1 pint of lukewarm unsalted potato water. Mix well and add ¼ cup sugar. Stir thoroughly, then pour into a 2 quart glass jar, cover loosely and let stand over-night in a warm place. By morning it will be a mass of foam. Cover light and set aside in a cool place. When ready to use, pour into the jar 1 pint warm potato water; mix well. Then stir in ¼ cup sugar. Let stand in warm place about 5 hours, or until contents are very light and foamy. Then stir down. Use 1 pint of the mixture for 4 loaves of bread. Put lid on jar again and keep in a cool place. Yeast may be used as often as desired by adding fresh potato water and sugar as described above.

Hazel Rudometkin

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Pirog with Carrots

3 eggs
1/2 cup sugar
1 tsp. soda
1/4 cup butter, at room temperature
4 cups grated carrots
1 Tbsp. cinnamon
9 cups flour

Beat eggs with sugar, add butter, soda, cinnamon and mix well. Add carrots gradually, alternating with flour. Put into a deep well greased and floured cake pan. Bake 45-50 minutes in 350° oven till done.

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Poinchik (Puffs)

6 egg yolks
3 Tbsp. sugar
3 Tbsp. butter
1/4 cup milk
2 1/2 cups flour
1 cake yeast

Beat egg yolks with sugar and butter. Add milk and yeast, crumbled. Add flour and mix well. Let stand in warm place covered and let rise. When doubled, punch down and let rise again. Melt butter in skillet. Drop batter by spoonfuls onto hot butter and fry until delicately browned. Remove, drain and sprinkle with confectioners sugar.

Mrs. E.P. Shabalin

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157
**Paramache (Fried Tartar Meat Pastries)**

These fried pastries are of Tartar origin and accompany a sour-sweet salad made with chopped lettuce mixed with sugar and vinegar. Sour cream and horse-radish are served with the meal.

**Dough:**
- 2 tsp. melted shortening
- 1 cup cold milk
- 2 tsp. baking powder
- 1 tsp. salt
- 1½ tsp. sugar

**Filling:**
- 1 lb. lean ground beef
- 1 small onion, minced
- 1 small garlic clove, minced
- 1 tsp. salt
- 2 3/4 cups all purpose flour
- 2 tsps. flour
- ½ tsp. pepper
- ½ cups vegetable oil, for frying

* Or your favorite simple yeast dough.

For the dough: in a bowl add shortening to milk. Sift the dry ingredients over the liquids and blend well. The dough will be soft. Add a little more flour if necessary to make it easy to handle. Cover and set aside to rise for at least a ½ hour. Mix the filling: divide dough into small balls about 1" in diameter. Roll each out into a very thin circle, about 5" across. Spread the filling (about 2 Tbsp.) to within 3/4" of the edge. Fold the edges of the dough over the meat and pinch to gather inner edge. The center of the meat pie will remain uncovered.

Fry in 3/8" oil in frying pan, meat side down until brown. Turn and brown the other side. Drain on absorbant paper. Serve hot.

Pauline Elistoff and Ruby Hazen

* * * *
KUDRI #1 (Paper Thin Pastry Curls)(Voros)

2 1/2 cups sifted flour  1 Tbsp. rum or brandy
1/4 tsp. salt            4 eggs
1/2 cup powdered sugar   Vegetable oil
2 Tbsp. soft butter

Sift flour, sugar and salt together, cut in the butter. Beat eggs and rum well and add to flour mixture; mix well and knead thoroughly. Divide into 4 parts. Keep covered the ones not being worked with. Roll out thin to about 1/8" thickness, cut into strips about 2" wide, and cut the strips to about 3" long. Make a slit in the center of each strip, pulling one end through the slit. Continue till done with all the dough.

Fry in hot vegetable oil on one side, then other side till light brown. Drain on paper towels; lay on platter; sprinkle with sifted powdered sugar.

KUDRI #2

Beat 6 egg yolks well. Add 4 Tbsp. sugar and mix well. Add 1 Tbsp. melted butter, 3 cups sifted flour, 1/8 tsp. salt, 6 Tbsp. sweet cream and 1/8 tsp. ground cardamon or vanilla and proceed to make as above.

Hazel Rudometkin
Kurdree (Flaky Pastry)

3 WHOLE EGGS  1/4 tsp. vanilla
3 egg yolks  1 tbsp. Rum or Vodka
1 tbsp. sugar  2-1/2 cups flour
Pinch of salt

Mix all ingredients together except flour. Then add flour, mix well, cover and let the dough rest for 10 min. at room temperature.

Divide dough into 4 pieces. Shape into balls. Roll out on floured table with a dowel rolling pin to paper thinness. Cut into strips 1-1/2" wide and then 5" long. Make a slit in the center of each strip, pull one end through slit.

Or make into Rosettes: Cut into 3" circles. Place one on top of another circle, press firmly in center to seal tightly. Make 6 to 8 1" long cuts from edge to center.

Fry in deep oil until lightly brown and turn over fast and brown other side. Drain on paper towels, sprinkle with powdered sugar when ready to serve.

Nadia A. Shabalin

* * * * * *
Baklava

1 lb. walnut meats, chopped very fine. 
2 Tbsp. sugar 
1 lb. phyllo pastry sheets (can be bought in Greek pastry or food stores)

Combine walnuts and sugar. Place 5 sheets of phyllo pastry, one at a time in bottom of an 8"x14"x2" pan, brushing each sheet with melted butter. Sprinkle top sheet with one-third of nuts and place another 5 sheets of buttered phyllo. On the top sheet sprinkle with another third of nuts and repeat with buttered phyllo sheets and final third of nuts. Spread remaining phyllo sheets on top, carefully buttering each sheet.

With a sharp knife cut the Baklava into diamond-shaped pieces. Heat remaining butter until very hot and pour over the Baklava. Bake in a 350° oven for 30 min., or until lightly browned. Remove from oven and pour the hot syrup over all evenly.

Syrup:

Begin making the syrup as soon as the Baklava is put in the oven. In a saucepan, combine 3 cups sugar, 1-3/4 cups water and 1/4 cup lemon juice. Bring to a boil and simmer for 30 min.

Vera F. Telegin

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Baklava

(Pine pastry, paper thin layers stuffed with walnuts or Pistachios.)

1 pound Baklava Dough 
3/4 lb. melted butter (no substitutes)

(Cont'd.)

161
Baklava (Cont'd.)

Filling: 1 lb. walnuts or pistachios (ground)
        1 cup sugar and 1 tsp. cinnamon

Syrup:  1 cup water
        2 cups sugar
        1 tsp. lemon juice

Grease tray (size: 12x15" square). Boil water and
sugar until syrup texture results. Add lemon juice,
set aside. Carefully separate dough and lay across
buttered pan. Dough should be room temp. Brush each
layer with butter. Lay enough to use 1/2 of dough.
If dough breaks, patch it up and butter it. (Approx.
20 layers.)

Mix walnuts or pistachios and cinnamon well, evenly
distribute across dough, 1/2" thick. Spread other half
of dough, approx. 20 layers, buttering each layer. Use
sharp knife and cut diagonally into diamond shapes.
Bake top layer and bake 40-50 min. at 275°F until
dough is crispy brown. Remove and set aside until
cool. Glaze with syrup, enough to saturate it.
Makes two trays, approx. 20 pieces each. Pack in
wax paper.

       Nadia W. Suscev

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CAKES, COOKIES, PIES AND DESSERTS

"Sweets to the sweets", goes the saying. Here we have numerous varieties. Some are "heirloom recipes", a few are original but most are adaptations available to us here in America. Try one - try them all - you'll be sweetly pleased.
Cheese Cake

Crust: 16 square Graham Crackers crushed
       3 Tbsp. sugar
       ½ cup butter or margarine

Filling: 12 oz. soft cream cheese
         3/4 cups sugar
         2 eggs
         1½ tsp. lemon juice
         1½ tsp. vanilla

Cream cheese and sugar. Beat in eggs and rest of ingredients. Pour into crust and bake at 350° for
20 minutes (exactly) – longer for dryer cake – shorter for juicier. Cool 5 minutes or so, add
topping: 1 cup sour cream
         3 Tbsp. sugar
         1 tsp. lemon juice
         1 tsp. vanilla

Mix all ingredients in the sour cream tub. Put
topping on gently so it will be even. Bake 10 min.
more. Let cool.

Chill 4 hours before serving. All ingredients must
be room temperature.

                Jeannette Brooks

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165
Butter Crunch Cheesecake

1/4 cup butter (1 cube) 1/2 cup sifted flour
2 tbsp. brown sugar 1/4 cup chopped pecans, walnuts, or coconut

Heat oven to 400°. Mix all ingredients with hands.
Spread in oblong pan. Bake 15 minutes; take from oven, stir with spoon. Save 1/4 cup for topping.
Immediately press rest of mixture against bottom and sides of 9" pie pan. Cool.

Filling:
1 envelope unflavored gelatin (1 tbsp.) 1 tsp. grated lemon rind
1/3 cup sugar 12 oz. carton cream-style cottage cheese (1-1/2 cups)
1/8 tsp. salt 2 tbsp. sugar
1 egg, separated 1 cup whipping cream, whipped
1/2 cup milk 1 tsp. vanilla
1 tsp. lemon juice

Mix gelatin, sugar and salt in saucepan. Gradually add yolk and milk (which have been beaten together).
Bring just to boiling over medium heat, stirring constantly. Remove from heat. Stir in lemon juice, rind and vanilla. Cool. Sieve cottage cheese into large mixing bowl. Stir in gelatin mixture. Chill until mixture molds slightly when dropped from spoon.

Make a meringue of egg white and 2 tbsp. sugar. Fold into gelatin-cheese mixture. Fold in whipped cream.
Pour into crust. Sprinkle with 1/4 cup butter crunch. Refrigerate.

Serve plain or with frozen or fresh fruit, such as peaches, strawberries or raspberries.

Mrs. Vera F. Telegen

166
Rhubarb Cake

Cream together:

1/2 cup butter or shortening  1 cup brown sugar  1/2 cup white sugar  1 egg

Add:

2 cups sifted flour  1 tsp. soda  1/2 tsp. salt  1 cup buttermilk or
sour milk  1-1/2 cups chopped raw rhubarb  1 tsp. vanilla

Mix together well and pour into 9x13" pan.

Sprinkle top with mixture of:

1/2 cup white sugar  1 tsp. cinnamon

Bake for 50 minutes in 350° oven, preheated.

Miss Cindy Samaduroff
Fairbanks, Alaska

* * * * * *
Kovrizhki (Honey Cake)

1 cup honey  2 cups flour
1/2 cup sugar  1 tsp. soda
1 cup sour cream  1 tbsp. cinnamon
2 eggs  2 tbsp. cocoa

Heat honey and add sugar. Add sour cream and mix. Add eggs one at a time and mix well. Sift flour with soda, cinnamon and cocoa and add to mixture. Pour into a well greased and floured cake pan (deep size) and bake in 350° oven for 30 minutes till done. Make test with cake tester.

Raisin Cake

1 cup butter  1/2 tsp. lemon extract
1 cup sugar  3 cups cake flour
4 eggs  1/2 cup raisins
1 cup milk

Cream butter with sugar, add eggs one at a time beating well after each addition. Sift flour with soda and add alternately with milk to mixture. Add raisins and lemon extract. Pour into a well greased and floured cake pan. Bake in hot oven 400° for 15 min., then reduce temperature to 350° and bake until done.

Mrs. R. F. Shabalin

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Nut Torte

12 egg yolks  1/4 tsp. soda
2 cups sugar   1/2 tsp. vanilla
1/2 pound nut meats  1/2 egg whites, beaten
1-1/2 cups white bread  stiffly
   crumbs, ground fine

Put nut meats through a meat grinder. Beat egg yolks
with sugar until almost white, add ground nuts, bread
crumbs, soda and vanilla. Carefully fold in the
stiffly beaten egg whites.

Grease with butter: 2 cake pans or one large round
tube cake pan. Slowly put in the cake batter, and
carefully put into preheated moderate oven 350°.
Bake 1-1/2 hours.

Remove from oven and put on racks to cool. When cool,

   Cream:  6 egg yolks  2 Tbsp. cocoa
        1 cup sugar   2 cups hot milk
        2 Tbsp. flour  2 Tbsp. butter

Beat egg yolks with sugar, flour and cocoa. Gradually
add the hot milk, mixing well. Cook over a slow fire
stirring constantly until mixture thickens. Remove
from fire and cool, stirring occasionally. While still
warm, add the butter. Put over fire and heat until
butter is melted.

While cream mixture is cooling, stir it occasionally.
When cool, beat in a beater until smooth, about 1 min.

Place one torte circle or a platter, heap with cream
mixture and cover with second torte. Spread the re-
mainling cream filling over top and sides. If tube
cake pan is used, spread cream mixture over top and
sides.

Mrs. E. F. Shabalin

169
Sour Cream Coffee Cake

1 cup butter
1/2 cup shortening
1 1/4 cup sugar
2 eggs, well beaten
1 cup sour cream
1 tsp. vanilla

Mix in order: sift together 2 cups flour, 1 tsp. baking powder, 1/2 tsp. baking soda. Set aside.

Cream butter, shortening and sugar together. Add eggs, sour cream and vanilla; beat well. Add dry ingredients.

Make topping: 1 cup chopped nuts
2 Tbsp. sugar
1 tsp. cinnamon

Spread half of dough in greased pan. Sprinkle with half of topping, spread rest of dough on top. Sprinkle remaining topping. Bake 275° for 1 hour.

Jeannette Brooks

* * * * *
Bundt Kuchen (Coffee Cake)

1 cup margarine       3-1/2 cups sifted flour
2 cups sugar           2-1/2 tsp. baking powder
1-1/2 tsp. vanilla     3/4 tsp. salt
4 eggs, separated     1 cup milk

Cream margarine, sugar and vanilla. Blend in egg yolks, one at a time. Sift together flour, baking powder and salt; add alternately with milk, mixing well after each addition. Fold in stiffly beaten egg whites. Pour into greased and floured 10 inch bundt or tube pan. Bake in 350° for 1 hour. Cool 10 minutes, turn out of pan and glaze.

Glaze:

1-1/3 cups sifted confectioners 1/4 tsp. vanilla sugar dash of salt
2 Tbsp. milk

Combine ingredients, mix until well blended and pour over cake.

Mrs. Mary Jane Bogdanoff

*** * ***
Carrot Cake

2 eggs  1 tsp. cloves
1½ cups sugar  1 tsp. soda
1 cup raisins  2 cups flour
1 cup chopped walnuts  1 cup oil
pinch of salt  1½ cups grated carrots
2 tsp. cinnamon

In a large mixing bowl, mix sugar and eggs. Sift all dry ingredients together; add alternating with oil to the egg mixture. Mix well after each addition. Add raisins, nuts and carrots slowly. Mix thoroughly. Pour into a greased and floured pan. Use Angel Food cake pan. Bake at 350° for about 45 minutes to 1 hour.

Mrs. Vera F. Telegin

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Meringue Torto

3 egg whites 3 tsp. cream of tartar
½ cup sugar

Beat egg whites until frothy with cream of tartar. Gradually beat in a little at a time, ½ cup sugar.
Spread on heavy brown paper (from grocery bags) on baking sheet in 8” or 9” round, heart or any desired shape; or in 9” round layer pan with cutter. Bake in 275° oven for 60 minutes. Turn off oven and leave in until cool.

Serve: Filled with ice cream or with fresh berries (when in season) and whipped cream.
Lemon Torte Filling (Meringue Torte, cont'd)

Beat 4 egg yolks in small mixer bowl until thick.
Gradually beat in ½ cup sugar. Blend in ¼ cup lemon
juice, 2 Tbsp. grated lemon rind. Cook over hot
water, stirring constantly until thick 5 to 6 minutes.
Cool and spread over meringue.

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For individual meringue shells, drop 1/3 cup mer-
ingue for each on heavy brown paper on baking sheet.
Makes eight. Shape with back of spoon. Meringue
may be loosely wrapped in waxed paper and stored in
cupboard for several days; do not place in airtight
container.

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To make meringue shells of special shapes: draw an
outline of shape on brown paper on baking sheet.
Spoon meringue mixture inside pencil outline.

Mrs. Vera F. Telegin

* * * * *
Sour Cream Cake

2 cubes butter
2 cups sugar
4 eggs
1 tsp. vanilla
1 small carton sour cream
1 tsp. baking soda,
2 cups flour sift
1 tsp. salt
1 cup chopped nuts

Cream butter and sugar together. Add eggs one at a time and continue beating. Add vanilla and sour cream, mix well. Add sifted flour, baking soda and salt. Fold in chopped nuts. Pour in greased tube pan and bake 1 hour - 350°F. Must cool thoroughly before slicing.

Mrs. Anne Loskutoff

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Raw Apple Cake

1 cup salad oil
1 egg, slightly beaten
4 apples, peeled and diced
1 cup sugar
1 cup chopped walnuts

1 tsp. raisins
1 cup flour
1 tsp. baking soda
1 tsp. cinnamon

Sift flour, soda and cinnamon together. Mix all ingredients together thoroughly. Pour into a greased 9 x 9 inch cake pan. Bake at 375°F for 45 to 50 minutes.

Mrs. Mary J. Bagdanoff

* * * * *
De Luxe Fruitcake

Preheat oven to 275° (slow).

Mix together: 1 cup wesson oil
1½ cups brown sugar (firmly packed)
4 eggs

Beat with spoon or electric mixer for 2 minutes.

Sift together: 2 cups sifted all-purpose flour
1 tsp. double-action baking powder
2 tsp. salt
2 tsp. cinnamon
2 tsp. allspice
1 tsp. ground cloves

Stir sifted ingredients into oil mixture alternately with 1 cup pineapple juice.

Mix: 1 cup more sifted flour, into
1 jar or package fruitcake mix (about 2 cups)
1 cup chopped candied pineapple
1 cup candied cherries
1 cup raisins
1 cup chopped dated
3 cups coarsely chopped nuts

Pour batter over fruit. Mix thoroughly. Cut wax paper to fit bottoms of 2 greased loaf pans about 8x4x2½. (I used 1 lb. coffee cans, filled them about half way up.)

Bake cakes 2½ - 3 hours at 275°. After baking let cakes stand 15 minutes. Remove from pans, cool thoroughly on rack. Wrap in aluminum foil and place in tightly covered box or can to ripen.

Best if made 6 to 8 weeks before using.

Mrs. Hazel Lindstrom

* * * * *
Quick Fruit Cake

1 egg 1/2 tsp. baking soda
1 cup flour Pinch salt
3/4 cup sugar 1 can fruit cocktail, drained

Mix all ingredients in a bowl. Pour into an ungreased pan. Sprinkle with 1/2 cup brown sugar. Bake in 325° oven for 45 minutes.

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Honey Cake

2 cups walnuts 1 pkg. zwieback (crumbled)
2 cups sugar 2 heaping tsp. baking powder
1 tsp. cinnamon 1/4 eggs
1/2 lb. melted butter

Mix together all the dry ingredients. Beat eggs well and add to dry mixture. Add 1 shot whiskey. In a square 10" baking pan put in 1/2 lb. butter and have it melt in hot oven, then add this to dry mixture leaving enough butter to coat the pan. Bake 35 min. in 400° oven. Test with toothpick, when done, cover with syrup.

Syrup

3 cups sugar, juice of 1 orange, 3 cups water. Boil together for 1/2 hour. Pour the hot syrup immediately on the cake when removed from oven. Cool and cut.

Mrs. Antonette Pushkarow

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176
**Fresh Strawberry Roll**

**Pastry:**
- 4 eggs
- ½ tsp. salt
- 1 tsp. baking powder
- 3/4 cup sugar
- 3/4 cup flour
- 1 tsp. vanilla

**Filling:**
- ½ cup sugar
- 1 cup heavy cream
- 2 cups sliced fresh strawberries
- ½ tsp. vanilla


Whip cream adding ½ cup sugar and ½ tsp. vanilla. Spread whipped cream and sliced strawberries on cooled pastry. Then roll and sprinkle top with confectioners sugar. Chill. Slice and serve.

Mary Jane Bogdanoff

* * * * *
Walnut Gingerbread

1/3 cup shortening  1/2 tsp. soda
1/2 cup sugar      2 tsp. ginger
1 well beaten egg  1 tsp. cinnamon
2/3 cup light molasses  1/4 tsp. cloves
2 cups flour       3/4 cup sour milk or
1/2 tsp. salt      buttermilk
2 tsp. baking powder  1/4 cup chopped nuts

Thoroughly cream shortening and sugar. Add egg and molasses, beat well. Add sifted dry ingredients alternately with sour milk or buttermilk. Add nuts. Bake in waxed-paper lined 9" square pan in moderate over 350° for 50 min. While warm spread with Hi-Hat topping:

Quarter 16 marshmallows, pour 1/2 pint heavy cream over this. Chill 6 hours. Beat till fluffy and spread over cake.

Mrs. Nadia A. Shabalin

* * * * *
Cakes, Cookies,

Pies

and Desserts
Pineapple Upside Down Cake

1/2 cup butter 1/2 cup chopped nuts
1/2 cup light brown sugar 1/2 cup raisins, optional
1 can crushed Pineapple, 1/2 cup raisins, optional
   drained 1/2 cup raisins, optional

Put butter, sugar into a black cast iron skillet. On top of this put cherries, raisins, nuts, then the crushed pineapple.

Mix following cake batter in order given:

Cream: 1/4 cup shortening 1/4 tsp. salt
1 cup sugar 2 tsp. baking powder
2 eggs 1/4 cup flour, sifted
1/4 cup milk 1/2 tsp. vanilla

Pour batter over prepared fruit and bake 350° for 35 - 40 minutes. Turn out on rack.

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Western Range Cookies

1 cup shortening 1/2 tsp. baking powder
1 cup white sugar 2 cups puffed wheat
1 cup brown sugar 1 cup rolled oats
1/2 tsp. salt 1 cup cocoa nut
2 eggs 1 cup chopped nuts
2 cups flour 1 cup raisins
1 tsp. baking soda

Combine ingredients in order given. Roll dough to size of walnut, press and bake for 10 - 15 minutes in 350° oven.

(Electric stove approx. 25 degrees less.)

Mae Kilpakoff

* * * *
Russian Teacakes

1 cup soft butter 1 3/4 cup sifted flour
1 cup sifted confectioners sugar 1/4 tsp. salt
2 tsp. vanilla extract 1/3 cup chopped nuts

Cream butter, gradually add and beat in 1/3 cup sugar. Add vanilla, flour, salt and nuts. Mix thoroughly.

Chill dough. Shape into balls using 1/2 tsp. of dough for each and put on ungreased baking sheet. Bake until set, but not brown, for 18 to 20 minutes in 300°F oven.

While still warm, roll in confectioners sugar. Cool. Roll in sugar again.

Mrs. Norma A. Binning (Telegin)

Fudge Candy Cookies (No Bake)

1/2 cup margarine 1/4 cup milk
2 cups sugar 1 tsp. vanilla
1/4 cup cocoa 3 cups quick-cook oatmeal

Combine first five ingredients in a 2 quart saucepan and boil. Cook for 5 minutes, stir in the oats and nuts. The sauce is hot enough to cook the oats.

Drop by spoonfuls on waxed paper. Batter is soft, but will be firm when cool. Do not bake.

Mrs. Jane W. Loskutoff

* * *
Russian Kisses

2 cups sifted flour 1 lb. ground pecans or
1 cup sugar any nuts
1/4 lb. butter or margarine 1 tsp. rum or extract

Sift flour and sugar in bowl. Add remaining ingredients and blend well. Form into balls the size of walnuts. Place on greased cookie sheet. Bake at 300° for about 20 minutes or until lightly browned. When cool, roll in powdered sugar.

Mrs. Hazel S. Rudometkin

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Mothers Cookies (Originated during W.W.II to mail overseas to the boys)

2 cups brown sugar
2 eggs

Mix these two ingredients together; the less you stir, the better.

Add following: 1 1/2 cups flour, 1/2 tsp. salt,
1 1/2 tsp. baking soda, 2 cups chopped walnuts.

Spread out thin in greased pan and bake in 350° oven for 40 minutes. Cut immediately into squares while still warm.

Anna Popov

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182
Cinnamon Croutons

1-1/2 cups sweet butter  1/2 tsp. baking soda
4 cups sugar      1 pound walnuts, chopped
8 eggs, beaten   Flour
2 Tbsp. cinnamon

Cream butter and sugar; add beaten eggs, cinnamon, soda and walnuts. Add flour gradually, just enough to make a good pliable dough, not too stiff.

Put in a greased small baking sheet cake pan and bake in 350° oven for 45 minutes. Remove from pan and while still hot, cut into squares.

Mrs. Nadia V. Susoev

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Pischikhi

1 cube butter or 1/2 tsp. salt
margarine 2 tsp. baking powder
1/2 cup sugar 2 cups flour
1 egg 1/2 pkg. yellow cake mix
1 tsp. vanilla

Cream butter and sugar. Add egg and vanilla to butter mixture. Then add all the dry ingredients and mix well. Roll out entire dough to 1/4 inch thickness on lightly floured surface and cut into squares 2 x 2 inches. Bake on ungreased cookie sheet for 25 minutes in 325° oven till light brown. Perfect to dunk in coffee or milk. Approximately: 2 1/2 dozen.
Sugar Coated Walnut Crescents

1-1/2 cups butter creamed  1 C finely chopped walnuts
2 tbsp. confectioners sugar  2-1/2 to 3 cups flour
1 beaten egg yolk

Combine creamed butter and sugar. Add egg yolk and
walnuts and mix. Gradually mix in flour. Form small
pieces of dough into crescent shapes; place on baking
sheet. Bake at 275° oven for 40 min. or until delicately
brown.

Carefully arrange slightly cooled crescents on thin
layer of confectioners sugar in shallow pan, sift more
sugar over the top. Let stand until cool. Store in
tightly covered jar. Makes about 1 dozen.

Mrs. Laura A. Troth

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Powdered Sugar Cookies

1 pound sweet butter, beat with electric beater for
about 15 min. (until almost white)
add: 2 egg yolks
add: 3 tbsp. powdered sugar - continue beating
add: 3-1/2 cups flour and mix by hand
add: 1 cup ground walnuts

Roll by hand into balls or crescents and bake on cookie
sheet 15 min. at 375° oven. Cool. Roll in powdered
sugar (heavy).

Anne W. Loskutoff

* * * * *
Apricot Horns or Cookies

Dough:
1/2 lb. butter or margarine  4 cups sifted flour
1 lb. cream cottage cheese

Blend ingredients to form dough, add more flour if cheese is watery. Shape into 1" balls and refrigerate overnight.
Dough may be kept for one month.

Filling:
1 lb. dried apricots  1-1/2 cups sugar

Cook apricots until tender, drain and make purée.
Add sugar while hot, stir and cool.

Coating:
1-1/2 cup ground walnuts  1-1/2 cups powdered sugar
3 egg whites slightly beaten

Mix nuts and sugar together.

To Make:
Roll each dough ball into a 3" round. (Make 10 horns at a time so dough remains cold). Place a tbsp. of apricot filling in center, roll up in shape of horns, dip into egg white and roll in nut-sugar mixture.
Place on a greased baking sheet. Bake at 375° oven for 12 min. or until lightly browned. Sprinkle with powdered sugar.

*Iuba A. Troth*
Cake-Mix Cookies
If ever you are in a pinch for cookies, try this. Cheaper than cookie mix too.

Chocolate Cookies
1/2 cup shortening 1 pkg. Chocolate or Devils Food Cake
1 egg

Mix together. DO NOT follow directions for cake; instead mix the three ingredients, add drops of water if too dry. Form into small balls. Flatten on un-greased cookie sheets. Bake in 375° oven for 10 min.

Roll warm cookies in cocoa or powdered sugar. Makes 5 dozen.

Mrs. June W. Loskutoff

Corn Flake Cookies
7 egg white 1-1/2 cups walnuts, chopped
2 cups sugar 1-1/2 cups coconut
6 cups corn flakes 1-1/2 tsp. vanilla

Beat egg whites until stiff. Add sugar gradually. Fold in the rest of the ingredients.
Drop by spoonfuls on un-greased cookie sheet and bake in 350° oven for 10 min.

Mrs. Alice Popoff
Pineapple Bars

1/2 cup shortening 1/2 tsp. salt
2 cups sugar 1-1/2 cups flour
4 large eggs 1/2 cup chopped walnuts
1/2 tsp. soda 2 cups crushed pineapple

Cream butter and sugar. Add beaten eggs. Sift flour, soda, and salt together and add to creamed mixture. Fold in pineapple and walnuts. Pour into well greased cookie sheet. Bake in 350° oven approx. 25 min.

Sprinkle top with powdered sugar, cut into squares. This is quick, easy and delicious.

Mrs. Hazel Susoff

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Lemon Cutout Cookies

Beat 3 egg yolks with 2/3 cup sugar, and 2 tbsp. lemon juice until light and creamy. Grate 1-1/2 cups nuts and add to the mixture. Fold in 2 or 3 tbsp. flour, pinch of salt, 1/2 tsp. baking powder. Add more flour if dough is too thin to roll out.

Sprinkle board with sugar, roll dough out to 1/4" thick. Cut with cookie cutters dipping cutters into sugar. Put on buttered and floured sheet pan.

Bake in 325° oven for 12 to 15 min. Cool and frost.

Frosting:
Sift 1 cup powdered sugar, mix with 2 tbsp. lemon juice.

Hazel Rudometkin

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187
Almond Butter Crunchies

2-1/2 cups plain flour, sifted  1 beaten egg
1/3 cup sugar  2 tbsp. coarsely chopped
tbsp. butter  sugar cubes
tbsp. ground almonds  1/4 cup chopped almonds

In a bowl, combine sifted flour, sugar and ground almonds. Cut in butter with a knife, then work by hand.

Refrigerate for 30 minutes.

Cut dough into 8 parts. Roll out each part to a length of approximately 12" long. Place them closely together. Brush with lightly beaten egg, then cut the lengths all at the same time in 2" pieces.

Dip top of each biscuit into mixture of chopped almonds and sugar cubes.

Place on greased oven pans and bake in a 350° oven for 12 to 14 minutes or until lightly browned. Makes 3 dozen.

Mrs. Luba A. Troth

Meringue Pie

3 egg whites, beaten  3/4 cup Ritz Cracker crumbs
stiff  1 tsp. vanilla
1/2 tsp. salt  1 cup chopped nuts
1/2 tsp. baking powder
1 cup sugar

Beat egg whites till stiff. Mix salt, baking powder and sugar together and add to egg whites. Add cracker crumbs, nuts and vanilla. Put into a well buttered pie dish and bake 45 min. in 275° oven. Cool.

Whip 1/2 pint whipping cream and spread on top of pie. Wait 8 to 10 hours before serving so the cream will moisten the pie.

Norma A. Binning

188
Standard Pastry for Two Crust Pie

2 cups flour  2/3 cup shortening
1 tsp. salt  1/4 cup water

Measure flour into mixing bowl and mix salt through it. With pastry blender cut in, or by hand rub in the shortening until shortening particles are the size of giant peas. Add water all at once, mixing lightly until all flour is moistened. Gather dough together with fingers so it cleans the bowl.

Divide dough in about half. Round up the larger half on a lightly floured board. Flatten by hand, roll cut to not quite 1/8" thick. Roll lightly, being careful not to add any more flour, as this makes the pastry tough. Keep rounding edge of pastry, if it breaks apart, pinch broken edges together immediately. Carefully transfer to pie pan. Add desired filling.

Roll out second half of dough. Moisten edge of bottom pastry with water. Carefully place rolled pastry evenly over top of filling. Press lightly on edge of pie pan to seal edges. Trim off any over-hanging edges of dough. Build up a high stand-up rim to catch any juices from filling. Bake pie as directed in each recipe.

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Country Pie Crust

3 cups flour 1 egg
1 1/4 cups shortening 5 1/2 Tbsp. water
1 tsp. salt 1 tsp. vinegar

Work flour, shortening and salt together until very fine. Beat egg, water and vinegar together. Make a little well in the flour mixture, add liquid mixture.

Makes 4 one crust pie shells.

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Raisin Pie

2 cups clean raisins 3 Tbsp. lemon juice
1 cup granulated sugar 2 Tbsp. cornstarch
2 cups water 3 Tbsp. cold water
1/2 tsp. salt 1 tsp. lemon extract
2 Tbsp. butter 9" double pie crust

Rinse raisins; combine with sugar, 2 cups water, salt, butter and lemon juice. Cook 5 minutes. Dissolve cornstarch in remaining cold water; add to raisin mixture. Cook and stir about 5 min.

Add flavoring and blend. Pour into pastry lined pie pan.

Top with second pie crust. Punch a few holes in top crust. Bake: 450° - 15 minutes
350° - 10 minutes

Mae Kalpakoff

* * * * * * *
Pineapple Cheese Pie

Make Graham Cracker Crust:
Blend together 1-1/2 cups graham cracker crumbs, 2 Tbsp. sugar and 1/3 cup melted butter. Press mixture over the bottom and sides of a 9" pie pan. Bake 10 min. at 375 degrees. Cool.

Creamy Cheese Filling:
4 packages (3 oz.) cream cheese
1 cup (1/2 pint) cultured sour cream
2 eggs
3 Tbsp. sugar
1/2 cup sugar
1 tsp. vanilla
1/2 tsp. vanilla
1 lg. can (#2-1/2) pineapple chunks

Beat cream cheese, eggs, sugar and vanilla together until fluffy. Stir in well-drained pineapple chunks. Pour into baked graham cracker crust. Bake in 375° oven for 20 min.; remove from oven.

Mix together the sour cream, 3 Tbsp. sugar and 1 tsp. vanilla. Spread over top of pie. Return to oven (375°) and bake for 5 min. longer. Cool.

Vera F. Telegin

* * * * *
Make pastry for Two-Crust Pie

1 cup brown sugar  
6 cups apples
1 cup water  
1/2 tsp. salt
2 tsp. vinegar  
1 Tbsp. butter
1/4 cup flour  
1 tsp. vanilla

Heat 1/2 cup brown sugar with water and vinegar in saucepan. Stir until sugar melts. Add apples, cover and let simmer till just about done. Put apples in pastry-lined pie shell.

Combine other 1/2 cup brown sugar with flour and salt, stirring slowly into the syrup in saucepan. Heat, stirring until smooth and thick. Remove from fire, add butter and vanilla, pour over apples. Cover with pastry and bake in 350° oven until crust is nice and brown.

Mazel Rudomethkin

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Strawberry Glaze Pie

1-1/2 qts. strawberries  
3 Tbsp. cornstarch
1/2 cup water  
1 Tbsp. butter
1 cup sugar  
1 Graham Cracker pie crust

Hull, wash and drain berries; crush enough to make 1 cup, leaving the rest whole. Combine crushed berries with water, sugar and cornstarch. Bring to boil, cook over low heat 2-3 min. or until glaze is clear. Stir to prevent lumping; add butter, cool slightly.

Line pie pan with Graham Cracker crust. Spread with whole berries, pour glaze mixture over them making sure all are covered. Cool.

Mrs. Nadia A. Shabalin

192
Vera's Apple Crunch

5 medium sized apples  1 egg  
1 tsp. cinnamon  1/2 cup sifted flour  
1 cup sugar  1/2 tsp. baking powder  
1 tbsp. butter  Pinch of salt

Peel and slice the apples into a 9 or 10" baking dish. 
Place the apples high as they shrink in baking. Sprinkle 
with cinnamon and 1/3 cup sugar. Start oven at 425°. 
In a separate dish, cream the butter and add remaining 
sugar until smooth. Add the egg and beat. Add flour, 
baking powder and salt and mix until smooth. Put the 
butter over the apples and smooth it out, but don’t 
worry if it won’t cover the apples. Bake for 10 min. 
then reduce heat to 350° and continue to bake 20 min. 
longer.

Mrs. Vera F. Telegin

Mazurka (Fruit Pastry)

1/2 cube sweet butter  1 cup raisins  
1 cup sugar  1/2 cup stewed prunes  
4 eggs  1/2 cup strawberries (or 
1/2 tsp. baking soda  any other berries)  
1 cup finely chopped walnuts

Cream butter with sugar and add eggs and beat well. 
Add baking soda. Add rest of ingredients and mix 
well together.

Pour into a greased rather deep cake pan (not too 
large) and bake in 350° oven till done.

Mrs. E. F. Shabalin

195
Pudding and Cream Filling for Tarts or Pies

Mix 1 package vanilla pudding and 1 1/2 cups milk. Cook. Remove from heat and slowly stir in 1/4 cup fresh lemon juice and 1 tsp. grated lemon rind. Cool. Beat 1/2 cup whipping cream with 2 Tbsp. powdered sugar until firm. Fold into cooled pudding.

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Coffee Cream Filling

1/2 cup brown sugar, packed 2 cups canned milk
1 tsp. instant coffee 2 Tbsp. cornstarch
1 egg

Mix sugar, coffee and cornstarch in top of double boiler. Add egg and stir until blended. Add canned milk slowly to keep mixture smooth. Cook, stirring over boiling water until it thickens, about 10 minutes.

Mrs. Hazel Rudometkin

Cream Puffs

1/2 cup butter (1 cube) 4 eggs
1 cup boiling water 1 cup flour

Put butter in a saucepan, add boiling water gradually, stirring constantly. Place on medium heat and boil until butter melts. Add flour all at once; stir vigorously. Cook until mass is thick and smooth and does not stick to pan. Remove from heat and add unbeaten eggs one at a time. Drop from teaspoon -- 1/2 inch apart -- onto baking sheet. Bake at 400° for 35 minutes. Cool.

Split and fill with whipped cream. Sprinkle with powdered sugar.

Mary Jane Bogdanoff
Chocolate Cream Dessert

1 12 oz. pkg. semi-sweet chocolate pieces 2 cups whipping cream
1/2 tsp. cinnamon 1/2 cup chopped nuts
3 Tbsp. water (optional)
4 eggs, separated 1 small or 1/2 large Angel Food Cake, broken in pieces

In top of double boiler melt chocolate pieces over hot water (not boiling), beat in cinnamon and water until smooth. Beat in egg yolks one at a time, cook over hot water until thickened. Pour into a large bowl and cool for 15 minutes. Whip cream. Beat egg whites until frothy, then beat in sugar, 1 tbsp. at a time, beat until stiff peaks form.

Fold whipped cream, egg whites and nuts into chocolate mixture. Arrange cake pieces in buttered 3 quart mold or shallow pan. Pour chocolate mixture over cake pieces; reserve 1 cup to frost. Refrigerate 24 hours. Frost with reserved chocolate (stir to soften). For fewer calories substitute 2 2-1/4 oz. pkgs. dessert topping mix whipped, for the whipping cream.

If using a 3 qt. mold, unmold and frost; if using a shallow pan, frost then cut into squares.

Mrs. Hazel Rudometkin

* * * * * *
Kisel (Fruit Dessert)

1-1/2 lbs. loganberries, raspberries or other berries
1-1/4 cups sugar
Enough water to cover
1 tbsp. potato starch or cornstarch (for each 2 cups of dessert)
Dash of salt
Cream or milk to serve on the side

Wash and sort the berries using only the perfect ones. Place them in a pot and cover with just enough water to cover the top of the berries. Simmer slowly for 10-12 minutes. Put the berries and juice through a sieve. Add the sugar and bring to a boil.

Measure the mixture. Use one tbsp. of potato or cornstarch for each two cups of mixture. Dissolve the starch in a small amount of cold water. When completely dissolved, add one cup of berry mixture and mix well. Blend the starch mixture with the berry mixture and once more bring to a boil. Remove from fire and ladle into individual serving dishes. Cool thoroughly and serve with milk or cream on the side. Keeps very well in the refrigerator for several days.

Mrs. N. M. Telegin

* * * * *
M.J.'s Rhubarb Kissel

3 cups Rhubarb stalks
1 cup sugar
2 Tbsp. corn starch
water

Remove all of the green leaf from the rhubarb stalk. Cut stalks into 1 inch lengths. Put rhubarb, sugar and just enough water to cover the rhubarb into a saucepan. Cook for 15 to 20 minutes. Dissolve cornstarch with ½ cup water. Then add slowly to rhubarb mixture, stirring slowly. Cook 2 minutes more.

Serve warm or cold. Delicious with cream or ice cream topping.

Mary Jane Bogdanoff

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Lime Gelatin Supreme

1 pkg. lime gelatin (small)
1 pkg. cream cheese (small)
¼ cup mayonnaise
1 can crushed pineapple (small)
¼ cup chopped, blanched almonds

Dissolve gelatin in ¼ cup boiling water. Add ½ cup cold water. Cream the mayonnaise and cream cheese together, add the pineapple and almonds. Refrigerate the lime gelatin until it is the consistancy of egg white. Add the pineapple mixture and stir thoroughly. Refrigerate until firm.

Serve in sherbet glasses with your favorite dressing as a salad or a dessert.

Annabelle (Klistoff) Della Bona

197
**Orange Sherbert**

1 tbsp. unflavored gelatin  1/8 tsp. salt
(1 envelope)  1-oz. frozen orange
1/4 cup cold water  juice, thawed
1-1/2 cups hot water  1 egg white, stiffly
2/3 cup sugar  beaten

Mix gelatin in cold water in a bowl. Add hot water
and stir until gelatin is dissolved. Then add sugar,
salt and stir to dissolve. Add orange juice and mix
well.

Pour into freezing trays and freeze partly. Turn into
chilled bowl and beat with egg beater until fluffy
and smooth. Fold in egg white. Return to tray and
freeze 30 min. longer. Spoon into chilled bowl and
beat again until fluffy and smooth. Then freeze till
firm before serving.

**Buttermilk Peach Sherbert**

Combine in blender: 1 quart buttermilk, 1/2 cup sugar,
1/4 tsp. salt, 1 tsp. vanilla and one small can crushed
pineapple or small can of sliced peaches and blend till
smooth. Place in glass baking dish and freeze.

Hazel Rudometkin

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198
Substitute for Whipped Cream

Beat 3 egg whites, 1 cup grated apples and 1 cup sugar until very stiff.

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Orange Butter for Waffles, Pancakes or Bread

In a bowl cream 1/2 cup butter, gradually add 2 Tbsp. powdered sugar and beat till light and fluffy. Continue to beat while gradually adding 2 Tbsp. frozen concentrated orange juice which has been thawed.

Bread Spread

Whip 1/2 cup applesauce into a 3 oz. cream cheese and add lemon juice to taste. Use as a spread for wholewheat, bran or pumpernickel bread. Also fruit for nut breads, or even plain crackers.

Hazel Rudometkin

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Glossy Chocolate Frosting and Filling

In a saucepan put: 1 1/2 cups sugar, 1 1/2 cups water, 1/4 tsp. salt and 4 squares unsweetened chocolate.

In a cup mix together: 6 Tbsp. cornstarch and 4 Tbsp. water.

Add cornstarch to saucepan mixture and cook till a full rolling boil and thick as pudding. Cool. Add 2 tsp. vanilla. Plenty to frost a cake and fill a layer.

June Liskutoff

* * * * *
Chocolate Fudge

Combine in a saucepan: 1 1/2 cups sugar, 1 cube butter, 1/4 cup canned milk. Bring to a boil on low flame, boil for 6 minutes. Pour over 10 marshmallows cut small, and a package of chocolate chips. Mix well, add 1/2 cups chopped nuts. Pour into a buttered platter. Cool 1/2 hr. Cut into squares.

Hazel Rudometkin

* * * * *
The aroma of homemade pickles and preserves simmering on the stove has a powerful and happy memory for most of us. They carry a nostalgic appeal that doesn't come packaged from the store. Their wonderful range of spicy and savory flavors can be served anytime and with any meal.

Included are some prized fish canning recipes that are old fashioned favorites for those who truly enjoy seafood all year round.
Cherry Varenia (Jam) for Chi

25 lbs. cherries
12 lemons - cut up very small
10 lbs. sugar

Cut up lemons; wash and stem cherries. In a large soup pot, alternate lemons and cherries with sugar and leave overnight. Next day, bring all to a boil and boil for 30 minutes. Remove scum. Pour into hot sterilized jars and seal. This will make 5 quarts and 18 pints.

Strawberry Varenia for Chi

1 crate or 12 cartons of fruit will make 16 pints.

Remove stems and cut up strawberries. In a large pot put in 5 cups of sugar per two cartons of fruit and let stand overnight. Next day bring all this to a boil and boil for 6 minutes. Pour in one cup fresh or canned lemon juice per 4 cartons of fruit and boil for another 2 minutes. Turn off heat. Keep shaking until all is cool and pour into hot sterilized jars and seal.

Anne W. Loskutoff

* * * * *
Lemon Marmalade

Cut lemons into quarters - lengthwise. Then slice into small pieces. Measure cup for cup lemons and water. Let the mixture stand overnight. Next day boil the contents for 10 minutes. Let this cool and stand another night. Following day, measure the liquid and put into a large kettle. Measure same amount of sugar. Bring liquid to a boil, add sugar. Boil slowly for 45 minutes, stirring occasionally. Pour into hot sterilized jars and seal. Approximately 12 lemons = 4½ pints.

Mary Jane Bogdanoff

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204
Canned Apricots or Plums

4 lbs. fresh apricots or sweet plums
5 lbs. sugar
4 cups water

Wash fruit and drain. Put fruit in a large heavy enamel or stainless steel pot. In a separate pan boil the sugar and water for 5 or 6 minutes to make a medium syrup. Add to fruit and let simmer for 20 minutes. Skim and pour into hot sterilized jars. Cover with "hot seal" lids.

Canned Cherries

4 or 5 lbs. fresh sweet bing cherries
5 lbs. sugar
1 cup boiling water

Wash stemmed cherries and drain. Dissolve sugar in water. Put fruit and sugar mixture in a large heavy enamel or stainless steel pot and simmer for 10 minutes. Skim away foam and pour into hot sterilized jars and seal.

Mrs. Ruby Hazen

* * * * *
Chirnaeliv (Cooked dried Fruit Compote)

1/2 lb. prunes       1 1/2 cups raisins
1/2 lb. apricots     1 cup sugar
1/2 lb. peaches      2 cups boiling water
1/2 lb. pears        1 tsp. lemon juice

Wash all dried fruits. Pour boiling water over prunes. Cook prunes first as they take longer to cook. When the prunes are tender add all the rest of the fruit and the sugar and lemon juice. Simmer gently until the fruit is almost done. Allow to cool in the syrup. Serve as a dessert with whipped cream or soft custard sauce.

Mrs. Pauline Klistoff

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Nell's Pickled Beets

Cook until tender 12 to 15 medium sized beets from your own garden or from the market. Drain and dip into cold water. Peel off the skins. Return beets to the saucepan.

Make the following syrup:

2 C. water       1 T. cinnamon
2 C. sugar       1 t. allspice
1 1/2 C. vinegar (white) 1 t. cloves
1 small lemon thinly sliced

In a saucepan bring all of the ingredients to a boil. Pour over beets and simmer for about 15 min. The beets may be sliced or quartered if you prefer. After simmering, put beets into clean jars, cover with syrup and seal tightly while hot.

Good for any season.      Nell Hazen

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206
Pickles, Preserves and Misc.
Watermelon Pickles

2 lbs. prepared thick watermelon rind
½ tsp. allspice
1 tsp. whole cloves
2 sticks cinnamon
2 cups vinegar (white)
2 cups water
2 lbs. sugar

To prepare rind, trim off the green skin and pink flesh and cut in inch pieces. Bring to boiling all of the spices, vinegar, sugar and water. Add the watermelon rind and boil slowly for 1 hour or until the sirup is fairly thick. Allow to stand overnight in a cool place. The next day bring the mixture to a boil again and allow to stand overnight. On the third day bring the mixture to just a boil and pack in clean, hot, sterilized jars and seal tightly. Makes about 3 pints of pickles.

Ruby Hazea
Chow-Chow

Wash and coarsely chop:
1 gal. green tomatoes
12 green bell peppers
6 big onions
2 cauliflowers or 2 cabbages
1 bunch celery

Put all vegetables in a large crock or enameled
kettle. Sprinkle 1/2 cup salt over all and let
stand overnight.

Next morning drain all liquid and rinse thoroughly
with cold water. Put into a large cooking pot (not
aluminum) and add:
1 quart white distilled vinegar
2 cups sugar
1 tsp. cinnamon
1 Tbsp. mustard seed
1 Tbsp. celery seed
1 tsp. ground cloves

Bring all to a boil and boil for 1/2 hour. Meanwhile
wash and sterilize 8 or 9 pint jars. Fill jars
quickly with the hot Chow-Chow and seal tightly.

Mary Jane Bogdanoff

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209
Malasolni Cuke (Old Fashioned Dills in Brine)

These dill pickles must be eaten within a week since they are not canned but only marinated in a brine in a large crock.

At the height of the pickling season, buy a crate of the smaller cucumbers, not more than 3" long. Wash well and put into a large earthenware crock. (Most Russian families had these in the olden days because these cukes were popular to make and were eaten right out of the crock along with most meals and especially with Shashlik or any other Bar-B-Q.)

In a large kettle bring to a boil:

3 gals. water
1 glass rock salt
4-5 cloves garlic, peeled
1 bunch dill
2 boxes pickling spices

Boil for a minute or two and pour over the pickles. Cover crock and let stand at least 24 hours in a cool dark place. They will then be ready for some delicious eating.

*   *   *   *   *
Bread 'N Butter Pickles

In a medium size cooking pot, slice 12 medium washed cucumbers; add 4 onions, sliced; 1 cup rock salt and 1 gallon cold water. Leave overnight.

Next day, drain water and add:
2 cups sugar 1 tsp. each: salt, celery
3 cups vinegar seed, mustard seed, and Turmeric

Boil together for 5 minutes. Pack cucumbers into hot clean jars and pour brine over to reach top and seal. Makes 4-5 pints.

Paula Pappin

* * * * *

Dill Pickles

Try to get the small size pickles (2-2¼" lengths). I have found that the 2nd week of August is usually the best time to buy them.

1 large crate makes 22 quarts.

Wash jars and pickles. You will need 2 large pots; in each pot boil: 1 gallon water; add: 1 glass rock salt, 1 pkg. pickling spices and boil this for 5 minutes

Meantime: Stuff jars with pickles; add 1 or 2 cloves of garlic, some dill weed. Pour the boiling brine into each jar to reach the top. Wipe tops and seal quickly. Get your husband to help and the work goes much faster.

Anne Loskutoff

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211
More Dill Pickles

Fresh or dry dill
35 or 40 cucumbers, very small size and not over
4 inches
1 cup rock salt
20 cups water
Garlic and mixed pickling spices

Wash and dry cucumbers. Place a generous layer of
dill, 1 clove garlic, sliced, and 1 tsp. of
pickling spices in bottom of each clean jar. Pack
the cucumbers into the jars. When jars are half
filled, add more dill if desired and complete the
packing of the jars.

Make a brine: Bring to a boil the water and rock
salt and let boil 1 full minute. Fill each prepared
filled jars to 1/2" of the top with the boiling brine.
Put cap on jar and screw on the band tight. Cool.
Without removing the bands store in a cool place.
Ready to serve in 2 weeks.

Mrs. Evedkia V. Lapin

Mustard Pickles

2 qts. tiny cucumbers - not over 2" long
2 qts. small pearl onions
2 qts. green tomatoes, coarsely chopped
2 qts. green string beans, cut in half
2 heads fresh cauliflower, cut in small pieces
2 small heads white cabbage, coarsely chopped

Sprinkle all generously with salt and let stand for
24 hrs. Drain off brine and put mixture in preserving
kettle.

cont'd.....

212
Mustard Pickles (cont'd)

Add:
1 oz. Turmeric
1/2 cups brown sugar
6 sweet peppers, coarsely chop.
2 T. prepared mustard
1 1/2 C. flour mixed with a little water

Add enough cider vinegar to cover ingredients. Boil all (except flour) for 15 min. Then add flour (mixed to a smooth paste with a little water) and boil mixture for 5 min. more; or until vegetables are tender but not mushy.

While piping hot - pack and seal into jars.

Mary Jane Bogdanoff

June's Marinated Bell Peppers

Take 5 or 6 whole green bell peppers (do not wash) and put into a broiler. Keep turning until all sides are brown (slightly burnt). Turn off heat and cover peppers with a damp cloth. Let steam until cool enough to handle. Remove peels and seeds; cut into large pieces and put into a bowl. Marinate with equal parts of oil and vinegar (just to cover), add salt and garlic to taste.

June Loekutoff
How to Can Fish

5 lbs fish, any kind  ¼ cup white vinegar
2 onions sliced       ¼ cup vegetable oil
2 carrots, cut in round slices salt and pepper to taste
2 bay leaves         or salt and pickling
                    spices to taste
                    ½ cup water

Clean fish and cut into pieces about 2 inch slices.
In the large kettle where the fish will be prepared, put in alternate layers: sliced onions, fish and carrots. On each layer of fish sprinkle with salt and pepper or omit pepper and add pickling spices. Put the bay leaves over the first layer of fish.

Into a large measuring cup, add ½ cup water, ¼ cup vinegar and ½ cup oil. Stir and pour over the fish. The fish must be covered with liquid. If not, add more using equal amounts of each.

Cover with lid and cook over very low flame for 5 hours. Remove from heat and put into hot jars and seal. May be served hot or cold.

* * * * *

Canned Tuna

Wash and clean the fish, cutting off the heads. Wrap tuna in aluminum foil. Place in baking pan and bake 1 hour in 350° to 375° oven. If fish is frozen, bake 1½ hours. Cool.

Remove skin and all bones. Pack into widemouth pint canning jars. To each jar add ¼ tsp. salt, 1 bay leaf, 2 Tbs. vegetable oil and water to within 1 inch from top of jar. Put on cap, screw the band on firmly. Place jars in a canner, cover with cold water to 1 inch over tops of jars. Bring water to a boil and let boil slowly 1½ to 2 hours.

214
Canned Salmon

Wash and clean salmon in cold water. Cut into pieces. Sprinkle lightly with salt and pack into widemouth canning jars.

Make sauce: Chop onions and simmer in vegetable oil, add tomato puree, chopped parsley, crumbled bay leaf, dill seed, salt and pepper to taste and let simmer, stirring. Let boil a few minutes. Add to the salmon in jars. Put on cap and screw band on firmly.

Place jars in a canner, covering with cold water to 1" over tops of jars. Bring water to a boil and let boil slowly 1½ to 2 hours.

Mrs. Anna Lazaroff

Kvass (Bread Beverage)

1 large loaf black rye bread (1-1½ lbs.)
1½ gallons boiling water
½ lb. molasses or brown sugar
1/2 oz. dried yeast
1 oz. raisins

Slice the bread into fairly thin slices and dry it out in a warm oven until it is toasted dry.

Put the rusk into a large earthenware bowl or crock. Pour boiling water over and leave for 3 to 4 hrs. to cool.

Strain through a fine cloth, do not squeeze. Add the molasses or sugar, stir well to mix in. Do not let it form a layer at the bottom.

In the meantime, soak the yeast in ½ times its volume of water or follow directions on the package. Add it to the liquid, stir well and leave it in a warm place to ferment for 12 hours.

Cont'd.....

215
Kvass (bread) cont'd.

Prepare the bottles: They should be clean and dry. Put one or two raisins in each bottle, pour in the Kvass. Cork the bottles very securely or the corks will come shooting out. Store the bottles on their sides in a cool place.

Kvass should not be kept and is ready for drinking in 2 days. It can be made from almost any kind of grain: wheat, rye, barley or buckwheat. It is sometimes made into a type of fruit cup with berries, apples or other fruit added to it.

N.M. Telegin

Kvass (Fruit)

2 gals. water
3 qts. fresh fruit (2 apple and 1 plum or berry)
(no need to peel fruit)
1 cup sugar
1 cup honey
1 pkg. dry yeast

Bring water and fruit to boil. Simmer 5 minutes. Allow to cool till lukewarm. Sprinkle dry yeast over top; DO NOT STIR!! Let stand for 24 hours. Strain off fruit and sweeten liquid. Correct to taste. Pour into clean bottles with screw tops and refrigerate.

June Loskutoff

216
SEMITCHKI
(Sunflower seeds)

1 lb. Sunflower seeds
Salt *

Put seeds into an 11 x 14 inch baking pan. Sprin-
kle a little water on the seeds and stir. Add salt
to taste and stir once more. Put the pan into a
pre-heated oven 350 degrees. Bake for 15 to 20
minutes stirring once or twice. After 15 minutes
taste for readiness. Bake a few minutes longer
if a more roasted taste is desired.

*Unsalted Semitchki. Prepare seeds the same way
minus the water and salt.

Nick Hazen
* * * * *

PUMPKIN SEEDS

1. 1 lb. pumpkin seeds
2. Soak seeds in salted warm water for half an
hour.
3. Drain.
4. Put in flat roasting pan and salt again.
5. Bake in pre-heated oven at 350 degrees.
6. Stir every 10 minutes until all of the
seeds are dry. (Watch closely, they burn
easily).
7. Test a seed every now and then to see if
the seeds are ready. (Cooked).

Written by
Ellen P. Susoefl
(11 yrs. old)

*******

217
Home Made Soap

Cover fat or grease from cooking with water. Cook slowly and allow to cool. The boiling in the water removes the salts and the impurities.

When cold, skim off the grease carefully from the top of the kettle.

You will need: 1 can of lye to 6 lbs. of clear fat, 1 box of Borax soda, and 1½ cups cold water.

Add lye to the clear water carefully. Be sure arms are covered with long sleeves, as this lye water burns sensitive skin. Use a wooden paddle for stirring.

When the lye water is lukewarm, add it to the clear fat and stir continuously. For good soap, the stirring is very important. It will thicken in about 20 minutes.

When almost cold, add the Borax and stir again. Keep stirring until Borax is evenly distributed throughout the grease.

While still in a soft stage, pour into molds to cool. In a day or two it can be cut into cubes or grated. Soap takes weeks of drying to be ready for use.

I use Pyrex mixing bowls or any glass container to cool the soap in. Doesn’t hurt it a bit.

Do not use stainless steel, copper or aluminum for making the soap. An agate or enameled kettle is ideal for this.

Mrs. K.M. Telegin

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218
CHURCH FEASTS

Molokans have gathered together in Christian fellowship since early Russian Molokan history. They shared their joys and sorrows with other Christian Molokan families in a religious feast called "obed".

Whenever a family had a christening, wedding, funeral, memorial or prayer of thanksgiving, families from all villages gathered together to share in a communal dinner. Sometimes the distance between villages was far and family groups prepared some food in advance and took it with them.

Today the food is prepared in "sobranie" (church) and the ceremony and "obed" have changed very little.

Towards the end of church services, a designated woman presents bread (of life) and salt (of the earth) to the prayer table and a brief prayer of thanksgiving is offered.

After the service, the benches used to seat the congregation are temporarily removed and long wooden planks are brought in and set upon saw horses. These tables are covered with white cloths and the benches are placed alongside.

cont'd....
At the main table sit the "presvitera" (ministers) and their helpers, "besedniki" (speakers), invited guests and singers. The other tables are occupied by the rest of the congregation: one by the elders and the others by young married couples and their children. Each table seats between 50-60 people and an average attendance is between 200-300.

Prepared food for the day (as outlined in the following pages) starts with setting the tables with bread and salt; large platters of lettuce, tomatoes and cucumbers; raisins and sliced lemons. At spaced intervals are placed large kettles of boiling water and tea pots.

Prayer is offered and the singers begin with a Psalm appropriate for the occasion. During this time and throughout the "obed" speakers are called upon to say a few words appropriate to the religious ceremony: cheerful words for christenings, congratulatory for weddings, eulogies for funerals, etc.

After each course and before the start of another, the singers are again called upon to sing Psalms or hymns.

The second course is either "borsch" or "lapsha" served in large bowls where guests serve themselves and this is eaten with traditional wooden spoons that are hand carved and highly lacquered.

After this, meat is brought in and served with a horseradish dressing. Hard boiled eggs or "maloshni lapsha" are available for vegetarians.

The last course is fruit: apples, oranges, bananas, etc.

During the feast, one or two members are asked to distribute food to the members of the Molokan community who were unable to attend because of illness.

Before the final prayer grateful thanks are expressed
FEASTS - cont'd.

by the head of the family to all the cooks and helpers who had given many hours preparing the food.

The "obed" ends with a prayer; the tables and benches are cleared away and the family giving the dinner asks for a blessing from the "presviter" and elders. Another Psalm is sung and a final blessing is offered for departure.
Lapsha, for a Large Church Dinner (200-250 people)

Egg Noodles: must be prepared one or two days in advance - 20 dozen eggs, extra large size
60 lbs. flour
1 - 1 lb. 10 oz. size salt

To make noodles in portions: for each portion:
3 dozen eggs
½ cup salt
7 lbs. sifted flour

Beat eggs and salt lightly; stir in flour and work with hands. Put on floured table and knead until smooth and elastic, about 10 minutes.

Divide dough into small amounts and using a long rolling pin, made of a broom handle, roll each piece as thin as possible (paper thin). Dry lightly on top of the hot stove. Fold in half and in long strips. With a sharp knife, cut into strips, 1/8" widths. Shake out the strips and spread on clean tables, cover and allow to dry, before using or storing.

Broth: 30 to 35 lbs. soup bones
350 lbs. choice beef
salt

On the night before the dinner at church, wash bones thoroughly and soak in salted water overnight.

On the day of the dinner, start at 4:30 or 5 AM. Turn heat on for stoves, hot water, etc.

Wash meat in salted warm water thoroughly. Repeat 3 times. Trim off all dark spots, prints and blood clots. Let drain. Rinse and wash bones also.

(cont'd)
Lapsha (cont'd)

Divide meat and bones evenly into 3 large commercial kettles. Add enough water to cover meat, and to about 3/4 full of the kettle. Bring to a boil, and when it has boiled about 10 to 15 min., add 5 to 6 wooden spoons (1/2 cup) salt to each kettle. Cover partially and let boil 1 1/2 hours.

Time now about 7:30 AM. Take out meat, cut away all bones and large pieces of fat. Lay aside, do not throw away. Cut meat into 2" size pieces.

Put meat in layers into commercial size baking pans. Sprinkle each layer with salt. Do not fill more than 2/3 full. Cover meat with the bones that were trimmed. Some fat may also be added, but not too much. Put in oven 300° and bake for two hours.

Into 4th commercial kettle, strain the broth through clean cloth 3 times or until broth is clear. The kettles must be rinsed after each straining. The cloth must also be rinsed in clear hot water each time. DO NOT USE SOAP ON CLOTH.

Divide broth into 3 kettles making each kettle about 3/4 full. Cover and set aside on stove, ready for cooking Lapsha when needed. Time now approximately is 9:00 AM.

To make Lapsha: The starting time to make Lapsha varies. But always start immediately after the Prayer in Church.

(cont'd)
Lapsha (cont'd)

Broth should be boiling. Add egg noodles evenly to each kettle, so be sure and keep count of amounts put in each kettle. Do not make too thick as it thickens in the cooking. Keep stirring while adding. When it comes to a boil, let boil for 5 minutes. Remove from heat, cover and stir occasionally until it is served. Time about 20 to 25 minutes.

3 kettles will serve 4 rows of tables or about 200 to 250 people generously.

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Baked Raisens, for a Large Church Dinner

24 lbs. raisens 2 1/2 lbs. sugar

Wash raisens thoroughly in cold water. Drain and put into a large pan. Add the sugar and mix well. Cover with aluminum foil. Bake in 350° oven for 1 1/2 hours, stirring occasionally. Take out of oven and stir again. Keep covered while it cools, stirring every once in awhile. This will serve 3 rows of tables or 300 to 350 people.

Smaller size: 10 lbs. raisens, 1 lb. sugar. Will serve 3 rows of tables - 200 people.

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Horse Radish

8 jars Heinz instant 1/2 tsp. sugar
Horse Radish (2 3/4 oz) pinch of salt
10 cups water juice from 4 or 5 lemons
Put the horse radish in a gallon size jar, add water, sugar, salt and lemon juice. Mix well; cover and let stand until ready to serve.

Mrs. Anna A. Seminoff

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225
Borsch, for a Large Church Dinner (300-350 people)

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>250 lbs. meat</td>
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<tr>
<td>10 to 15 lbs. soup bones</td>
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<tr>
<td>salt</td>
<td></td>
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<tr>
<td>2 lbs. large limas, dried</td>
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<tr>
<td>3 lbs. lentils(split peas)</td>
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<tr>
<td>20 lbs. potatoes</td>
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<td>8 lbs. onions</td>
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<td>9 large cans tomatoes</td>
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<td>8 cans tomato paste</td>
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<tr>
<td>24 cans tomato sauce</td>
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</table>

Prepare the fresh vegetables 1 or 2 days in advance. Wash and chop fine: carrots, beets, zucchini, string beans, parsley, spinach, cabbage and celery. Cabbage may be chopped in little larger pieces. Mix and put into large enamel or stainless kettles sprinkling lightly with salt. Cover and set in a cool place until needed.

On the night before the dinner: wash the bones thoroughly and soak in salted water overnight.

On the day of the dinner: Start at 4:30 AM, turning on stoves. Wash meat in salted warm water thoroughly, repeating 3 times. Trim off all dark spots, prints and blood clots. Rinse and wash the bones.

Divide meat and bones evenly into 4 large commercial kettles. Add enough hot water to cover meat and to about 3/4 full of kettle.

Bring to a boil and when it has boiled 15 minutes, add 3 to 6 wooden spoons salt to each kettle (about 1/4 cup). Cover partially and let boil 2 to 2 1/2 hrs.

While meat is boiling:
1. Pour boiling water over limas and boil for 20 minutes. Strain and remove skins.
Borsch (cont'd)

2. Peel and boil potatoes in salted water until done. Strain, mash and keep hot until needed. Reserve some potato water.

3. Wash lentils; add to the skinned limas. Add reserved potato water to cover and cook over low heat until done.

4. Bring all tomatoes, tomato sauce, tomato paste and ketchup to a slow boil; set aside. Keep hot until needed.

5. Chop the onions finely and set aside.

Time now about 7:45 AM. Take out meat; trim away all bones and large pieces of fat. Lay aside; do not throw away. Cut meat into about 2" pieces.

Put meat in layers into commercial size roasting pans. Sprinkle each layer with salt. Do not fill more than 2/3 full. Cover the meat with the bones that were trimmed off. Some of the fat may be added, but not too much. Pour about 2 cups broth over meat to each kettle. Put in oven at 300° and bake for 2 hours.

Strain the broth through clean cloth. Repeat 2 times. Wash the kettles after each time. The cloth must be rinsed in hot water also. DO NOT USE SOAP.

Divide broth into 4 kettles for the borsch, making each kettle about 3/4 full. Bring to a boil. To each kettle: equally divide the prepared vegetables. When it has boiled about 15 minutes, add equally the mashed potatoes, lentils, tomatoes and onions. Bring to a boil, and let boil for 15 minutes longer or until vegetables are done. Shut off heat and cover.

This will serve 300 - 350 people, about 5 rows of tables.

Mrs. Anna A. Seminoff

227
PEAL BARLEY SOUP (serves 40-50 people)

Use 9-10 gallon stock pot.

20-25 lbs. beef (chuck, short ribs, shanks with marrow).
2 or 3 large beef "knuckles", cracked.
Salt, 1/4 cup.

1 lb. Pearl Barley
1/2 lb. dry split peas
4 lbs. potatoes, peeled and cubed
1 bunch carrots, peeled and chopped
1 bunch celery, chopped
1 lb. yellow onions, chopped
1/2 bunch parsley, chopped
2-8 oz. cans tomato sauce (optional)
W.S.G. (optional) 2 or 3 dashes
Salt to taste

Soak the meat and bones a 1/2 hr. in cold water and
1/4 cup salt.

Wash the meat and bones thoroughly, drain and put into
the stock pot. Add enough hot water to cover by several
inches. Bring to a boil and skim foam as it forms.
Cook for 10-15 min. Add salt to taste, about 1 or 2
tablespoonful. Simmer meat and bones for 2-24 hrs. or
until tender. Remove meat and bones from stock and set
aside in a large container.

While meat is cooking, soak the pearl barley in cold
water.

Strain the meat stock (broth) into another large stock
pot. Wash the first pot and strain the broth into it
again. Bring to a boil and set aside 2 or 3 cups. Add
the pearl barley and cook about 1/2 hr. Add the rest
of the ingredients and simmer 30-45 min. or until the
barley is cooked through. Stir soup occasionally.

While the soup is cooking, cut the meat away from the
cont'd.
SOUP - cont'd

bones into serving pieces and put into a large baking dish or roaster. Salt the meat slightly and pour the reserved stock over the meat. Arrange the bones over the meat (this is done to keep the meat moist). Bake in 325° oven 50-60 min. Discard bones and serve meat with horseradish dressing.

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MALOUSHNI LAPSHA (Milk Noodles)

Serves 30-40 people.

1 1/2 gallons milk
1 qt. half & half
1 tsp. salt
2 tsp. sugar
1 1/2 "chashki" noodles (About 5 LARGE handfuls)

Using a 2 1/2 gal. double boiler, heat the milk and half & half till it forms bubbles, DO NOT LET BOIL. Now add the salt and sugar and stir well. Start adding the noodles, a handful at a time, stirring often, and SIMMER gently for 1/2 hr. Turn flame off and cover. Let stand in double boiler till it thickens (about 30-45 min) and serve.

* * *

Hard Boiled Eggs

3 dozen eggs.

Put eggs into large stock pot. Pour boiling water over the eggs. Allow to come to a boil. Boil 3 to 5 minutes. Turn off heat and let pot stand at the back of the stove. When ready to serve - empty hot water and rinse eggs with cold water. Drain.

Several eggs are placed on the meat dishes for those who are vegetarians or cannot have meat.

229
**Terms Used in Cooking**

**APPETIZERS** - Variety bits of food (usually salty or sharp) served before the meal.

**ASPIC** - A meat or fish stock usually prepared with gelatine, served cold, which looks and shakes like jelly. Aspic also can be prepared with fruit or tomato juice.

**BAKE** - To moisten the roasting meat or other food with its own juice or with some other liquid while baking.

**BATTER** - A thin blend of flour and other ingredients.

**BEAT** - To blend thoroughly, using rapid rotary motion.

**BLANCH** - To pour boiling water over a food (usually nuts, like almonds) to remove skins.

**BLEND** - To mix together several ingredients.

**BRAY** - To cook food by quick searing and then simmer under a lid and over a fire.

**BOIL** - To cook directly over or under the heat.

**BRUSH** - To spread butter or eggs, sauce etc., thinly over the surface of the food.

**CARAMelize** - To heat sugar in a utensil until it is melted and turned brown. Or to heat food containing sugar until it melts and gives the food caramel flavor.

**CHOP** - To cut into small pieces.

**COOK** - To mix the ingredients.

**CREAM** - To work butter or other shortening with a utensil or by hand until it is creamy and has the appearance of whipped cream.

**CROUTONS** - Cubes of toasted or fried bread usually served with soup or vegetables.

**CUBE** - To cut into squares.

**DICE** - To cut into small cubes.

**Dissolve** - To melt.

**DIP** - To place small bits of butter over the surface of the food.

**DRENCH** - To coat with sugar or flour or butter.

**DUST** - To sprinkle slightly with sugar or flour or bread crumbs.

**ENTREE** - The main course of the meal.

233 cont'd.
TERMS (cont'd)

FAT - Any shortening.
FILLETS - Boneless cut of any meat, fish or poultry.
FILLET - To break up into small pieces.
FOLD IN - To add carefully any beaten ingredient without an additional beating.
FRY - To cook in fat.
GARNISH - To decorate one food with another.
GIBLET - Liver, heart and gizzards of poultry.
GRATE - To use grater or make tiny particles of food.
GRIND - To put food through a special grinder.
KNEAD - Work dough with pressing motion of the hands, stretching and folding it and pressing it again.
MARINATE - A mixture of many ingredients in which food is placed to soak to get extra flavor or tenderness.
MARINATE - To soak food in spicy mixture of many ingredients or in juices of fruits or vinegar, etc.
MINCE - To chop very, very fine.
MOUSSER - A mixture of whipped ingredients, served cold and very often thickened with gelatine.
PARBOIL - To boil until partially cooked.
PEEL - To cut off the outer skin of potatoes, apples, bananas etc.
PUREE - To press vegetables or fruits through a fine sieve. Also soups made with the ingredients forced through a fine sieve.
REDUCE - To evaporate some of the liquid in stock or sauce by boiling.
RAGOUST - A well flavored stew.
RENDER - To heat meat fat, cut in small pieces until fat is separated from connective tissues.
ROAST - To cook slowly in an oven.
ROLL - To roll with a rolling pin.
SAUTE - To cook in a small amount of fat without letting the food get fried or burned.
SCALD - To pour boiling liquid over food or immerse food in a boiling liquid for a short period.
SCALD - To heat liquid to just below the boiling point. Milk has reached a scalding point when film forms on surface.

SCORE - To cut narrow grooves or sets.

SEAR - To cook at a very high temperature for a short time in order to form quickly a brown crust on the outer surface of meat.

SHRED - To cut food into very thin strips.

SHORTENING - Any fat which can be used in baking.

SIEVE - To put the dry ingredients, like sugar or flour through a fine sieve or a special sifter.

SIMMER - To cook slowly, just below the boiling point.

SKWER - To pierce the chunks of meat or fish or other food by sharp sticks of metal or wood to hold the food in shape while cooking.

SOAK - To hold food in a liquid for a period of time.

STOCK - The liquid resulting from the cooking of fish, meat, fruit or vegetables.

WHIP - To beat an ingredient until it is fluffy and is increased in volume.
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