

# UKRAINIAN TRADITIONAL RECIPES

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**#CookForUKRAINE**

**#EtteTete**

# INTRO

## Your purchase matters. Thank you!

We created this little cookbook for your family to discover the wonderful world of Ukrainian cuisine!

It is known for its hearty, flavorful dishes that reflect the country's rich cultural and culinary heritage. The Ukrainian cuisine has something to offer for every taste. You will find recipes that have been passed down through generations of Ukrainian families.

We invite you to discover this delicious world of Ukrainian cuisine together with your little helper using our STEP'N'SIT helper tower-table.

Share your cooking process with us, tagging us @ettetete or using #ettetete. Together let's join the #CookForUkraine movement and support the families affected by the current situation in Ukraine.



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# BREAKFAST

"GOOD DAYS START  
WITH A BREAKFAST."







## LAZY VARENIKI

### INGREDIENTS:

1 lb (0.45 kg)	Farmer's cheese (or cottage cheese, ricotta)
½ teaspoon	Salt
1 tablespoon	Sugar
1	Egg
about ½ – 1 cup	All-purpose flour

### INSTRUCTIONS:

**STEP 1:** Fill a large pot with water and add 1 teaspoon salt. Bring to a boil.

**STEP 2:** Place farmer's cheese in a large bowl. Add salt, sugar, and egg and mix thoroughly until completely combined.

**STEP 3:** Start adding the flour, a few tablespoons at a time, mixing well, until you can form a ball. Depending on the moisture of your farmer's cheese (or cottage cheese or ricotta), you may need to add from ½ a cup to 1 cup of flour. Avoid adding too much flour to the dough as the dough should be soft and tender.

**STEP 4:** Place the dough ball on a floured surface and divide it into 4 equal pieces.

**STEP 5:** Use the palms of your hands to roll each piece into a 1-inch thick log.

**STEP 6:** Slice each log into about ½-inch (1 cm) thick pieces.

**STEP 7:** Drop the pierogi in batches into boiling salted water, stirring constantly, to prevent them from sticking to the bottom. Reduce the heat to medium-low. Once the pierogi float to the top, cook them for 2 minutes. Remove the cheese pierogi from the pot with a slotted spoon.

**STEP 8:** Serve immediately with a dollop of sour cream, fresh berries and honey or homemade jam if you wish.



4 SERVES



10 MIN

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# CREPES WITH CREAM CHEESE CREPE FILLING (NALESNIKI)

## INGREDIENTS:

### CREPES BATTER:

0.5 liter	milk
5	eggs
0.5 tablespoon	oil
0.75 teaspoon	salt
2 tablespoon	sugar
1.25 cups (150 g)	all-purpose flour

### CREAM CHEESE FILLING:

24 oz (680 grams)	cottage cheese (or ricotta) rinsed and drained
8 oz (230 g)	cream cheese (softened)
0.25 cup (60 g)	sugar
2 oz (60 ml)	melted butter

## INSTRUCTIONS:

**STEP 1:** Pre-heat a crepe pan over low heat. Meanwhile, beat together the eggs and flour until most of the flour clumps are gone. Gradually add milk over low speed until mixture smooths out. Beat in the remaining ingredients.

**STEP 2:** Pour 1/4 cup of batter into the pre-heated pan and quickly tilt and shake side to side for the batter to spread evenly. Cook until edges slightly crisp and flip over. Cook an additional 45 seconds before removing. Stack and repeat.

**STEP 3:** Beat all the filling ingredients, except the butter. Spread a thin layer of the cheese filling over the crepe and then rollup.

**STEP 4:** Stack into a greased 9x13 pan and brush with a generous amount of melted butter between each layer. Cover and bake in a pre-heated 350°F oven for 25-30 minutes. Slice in half before serving.



16 CREPES



70 MIN

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## UKRAINIAN CHEESE PANCAKES (SYRNIKI)

### INGREDIENTS:

1 lb (450 grams)	farmer's cheese or use well drained ricotta or cottage cheese
2	eggs
1 teaspoon	vanilla
½ cup (60 g)	all purpose flour plus ½ cup (60 grams) for dredging
½ teaspoon	baking powder
¼ cup (55 g)	sugar
¼ teaspoon	salt
½ cup (100 g)	dried cherries or raisins (optional)
8 tablespoon	vegetable oil or any light oil for frying

### INSTRUCTIONS:

**STEP 1:** In a small bowl, soak the dried cherries or raisins in hot water to soften, while you make the dough. Skip if not using any dried fruit. I like to do half the batter with dried fruit and half without.

**STEP 2:** Whisk eggs in a large bowl and add the farmer's cheese and vanilla. Sift in flour, sugar, baking powder, and salt, mix until combined with a fork. The batter will be thick like dough, not like traditional pancake batter. Divide dough in half and add dried fruit if you'd like to use fruit, or add fruit into the full recipe.

**STEP 3:** Prepare a plate with flour – you will use it to coat the pancakes. Using a cookie scoop, scoop the batter into the flour. Gently roll around with your hands. Add the dough into your hands, gently press the pancakes to form a patty shape. Dust off any remaining flour, you only need a light coating.

**STEP 4:** Using a large nonstick skillet, heat the oil, and gently place the flour-dredged cheese pancakes into the pan. Cook on medium heat for about 3-4 minutes per side, or until each side is golden brown. Place on a paper towel to drain and cool. Do not crowd the pan – cook them in 2-3 batches if necessary.

**Tip:** Before you start frying your syrniki make sure the oil in the frying pan is hot by sprinkling a bit of flour into it. If it sizzles it's hot enough.

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4 SERVINGS



25 MIN



# SOUPS

"REMEMBER THAT  
YOUR CHILD'S CHARACTER  
IS LIKE A GOOD SOUP.  
BOTH ARE HOMEMADE."





# SAUERKRAUT SOUP (KAPUSNYAK)

## INGREDIENTS

1 pound (500 grams)	pork spareribs, smoked or fresh
10 cups (2.3 liter)	water
1	large onion, chopped
1 clove	garlic, minced, optional
1	bay leaf
6 whole	peppercorns
1 large	carrot, peeled and sliced
1 large	potato, peeled and diced
1 ounce (28 g)	dried mushrooms, or 1/2 cup (45 g) fresh sliced mushrooms
2 pounds (1 kg)	sauerkraut, drained and rinsed or unrinsed, to taste
2 tablespoons	all-purpose flour
2 tablespoons	sour cream
	Salt, to taste, optional
	Dill, or parsley, chopped, for garnish

## INSTRUCTIONS:

**STEP 1:** Gather the ingredients. In a large Dutch oven or soup pot, place spareribs, water, chopped onion, garlic (if using), bay leaf, and peppercorns. Bring to a boil, skimming off the foam that rises to the surface.

**STEP 2:** Reduce heat and simmer until the meat is ready to fall off the bones. You may need to add more water.

**STEP 3:** Remove meat and, when cool enough to handle, chop into bite-size pieces. Reserve.

**STEP 4:** To the Dutch oven with boiling liquid, add carrots, potatoes, mushrooms (along with strained soaking liquid if using dried mushrooms), and sauerkraut.

**STEP 5:** Bring to a boil, reduce heat, and simmer until sauerkraut is tender, about 30 minutes. Add more water, if necessary.

**STEP 6:** Adjust the seasonings. Fork blend 2 tablespoons flour with 2 tablespoons sour cream. Temper this mixture with a few ladles of hot soup. Return the tempered sour cream to soup and whisk until well incorporated and the soup has thickened slightly.

**STEP 7:** Return the meat to the soup, heat through and serve with fresh parsley or dill sprigs and rye bread on the side.

**Note:** If using dried mushrooms, place them in a heatproof container. Pour over 1 cup boiling water, cover with plastic wrap and let steep while you continue with the recipe.



8 SERVINGS



105 MIN

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# UKRAINIAN BORSCH

## INGREDIENTS:

¾ cup (150g)	dried borlotti beans, soaked overnight, or 1 cup (200g) (drained weight) tinned borlotti beans, rinsed
6.3 cups (1.5 litres)	fresh chicken stock, plus a little extra (optional)
2 medium	potatoes, peeled and cut into 1.1 inch (3cm) chunks
	Good glug olive oil
1	onion, finely diced
1 large	carrot, coarsely grated
2 pink or red	beetroot, peeled and cut into matchsticks
1	red pepper, thinly sliced
1.4 cups (400g)	tin chopped tomatoes (or fresh, roughly chopped)
½ small	white cabbage, thinly sliced
	Sour cream and chopped dill to serve

## INSTRUCTIONS:

**STEP 1:** If using dried beans, drain the soaked beans and cook in a saucepan of boiling water for 45-60 minutes or until soft.

**STEP 2:** Pour the stock into a large saucepan, put on the hob over a medium-high heat and bring to the boil. Add the potatoes to the pot and boil for about 7 minutes.

**STEP 3:** Meanwhile, heat a good glug of olive oil in a large frying pan over a low-medium heat. When it sizzles, add the onion and cook, stirring, until it softens (about 10 minutes), then add the carrot and cook for 5 minutes more. You're looking to slightly caramelize the onion and carrot, to draw out the sugars. Next, add the beetroot and red pepper and cook for 2 minutes before stirring in the tomatoes.

**STEP 4:** Boil for a few minutes, then tip the contents of the frying pan into the saucepan with the stock and potatoes. Add the cabbage and drained beans. Simmer for 3-4 minutes – if the consistency is very thick after this time, add more stock or water to loosen. Taste the soup and adjust the seasoning: it should be sour-sweet and well seasoned.

**STEP 5:** Ladle the soup into bowls and serve with crème fraîche and a few chopped fronds of dill.

**Tip!** If using dried beans, start the day before. Put in a large bowl, cover with lots of water and soak overnight. Once made, the soup will keep for several days in the fridge. Loosen with stock or water when reheating as the beans and potatoes will soak up the liquid.



4-6



25-60 MIN

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## GREEN BORSCHT (UKRAINIAN SORREL/SPINACH SOUP)

### INGREDIENTS:

64 oz (1.9 liters)	chicken or vegetable broth
3 tablespoon	olive oil
1 medium	onion minced
1 medium	carrot grated on a large grater
3 large	potatoes cubed
4 cups (120 g)	sorrel/spinach chopped
1	zucchini cubed
3 tablespoon	lemon juice
4	egg hard-boiled and cubed
	parsley or dill chopped
	salt, pepper to taste
	sour cream for serving

### INSTRUCTIONS:

**STEP 1:** In a large pot or Dutch oven bring chicken broth to a boil and add potatoes. Reduce the heat to medium low and cook for 15 minutes.

**STEP 2:** Meanwhile, heat olive oil in a medium non-stick skillet and on a medium heat. Add onion and carrot and cook stirring occasionally for 10 minutes.

**STEP 3:** In a pot with potatoes, add sautéed onion, carrot, zucchini and spinach and continue cooking for 5-7 minutes. Add salt and pepper to a taste.

**STEP 4:** Add lemon juice, cubed eggs and parsley.

**STEP 5:** Remove from the heat and serve immediately with a dollop of sour cream.

**STEP 6:** To cook the eggs, bring a medium pot of water to a boil and add eggs. Cook on a medium heat for 10 minutes. Drain water and immediately fill the pot with a cold water. Chop the eggs when no longer hot to handle.

**Note!** Sorrel is not common to find so you can use spinach in combination with lemon or lime juice instead.



6 SERVINGS



35 MIN

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# DINNER

"DINNER IS BETTER  
WHEN WE EAT TOGETHER."





# CHICKEN KIEV

## INGREDIENTS:

### GARLIC BUTTER STUFFING:

6 tbsp (90 g)	unsalted butter, softened (or salted butter)
2 teaspoon	parsley, finely chopped
2	garlic cloves, very finely minced (2 tsp)
1/4 teaspoon	salt (skip if using salted butter)

### CHICKEN:

2 x 220 – 250g (7 – 8oz)	chicken breast, skinless and boneless (Note 1)
1/2 teaspoon	salt
1/4 teaspoon	pepper
1	egg, lightly whisked
1/4 cup (35 g)	flour
1 cup (50 g)	panko breadcrumbs
	Oil for frying, canola or vegetable oil (~4 cups / 1 litre)

### SERVING:

Parsley, finely chopped (garnish)

## INSTRUCTIONS:

**STEP 1:** Garlic butter filling. Place ingredients in a bowl and mix until combined.

**STEP 2:** Shape and chill butter. Scrape butter on to a small sheet of baking / parchment paper and roughly shape into 10 x 6cm / 4 x 2.4" rectangle. Refrigerate until firm, then cut in half lengthwise to form two batons.

**STEP 3:** Pound chicken. Place chicken smooth side down between two freezer bags or paper. Pound to an even 0.5 cm / 0.2" thickness using a meat mallet

**STEP 4:** Season. Sprinkle each side of the chicken with salt and pepper.

**STEP 5:** Stuff and roll up chicken. Place a baton of butter in the middle. Trim edges if needed, then add trimmings into the centre. Fold sides in over the butter, then roll the chicken up starting from the bottom, finishing with the seam side down.

**STEP 6:** Wrap and partially freeze. Wrap the chicken log in cling wrap, twisting the ends tightly to create a firm log shape. Place in the freezer for 30 minutes until the surface is fairly firm to touch, but not frozen solid.

**STEP 7:** Crumb. Place egg, flour and breadcrumbs in separate bowls. Coat chicken in flour, shaking off excess. Coat in egg, drip off excess. Then coat in breadcrumbs, pressing to adhere.

**STEP 8:** Partial freeze. Place crumbed chicken in the freezer for 30 minutes until fairly firm to handle (but not frozen solid).

**STEP 9:** Preheat oven to 180°C / 350°F. Place a rack on a tray.

**STEP 10:** Fry. Heat oil in a heavy based pot to 190°C / 375°F. Carefully place chicken in the oil and cook, turning once or twice, until golden (2 – 3 minutes). It will still be raw inside.

**STEP 11:** Bake. Place chicken on a rack and bake for 15 minutes or until the internal temperature of the chicken is 65°C / 150°F. Pierce the top so you don't cause butter leakage!

**STEP 12:** Rest for 2 minutes, then serve, sprinkled with a pinch of parsley if desired!

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2 SERVINGS



60 MIN



# TRADITIONAL UKRAINIAN DUMPLINGS (*HALUSHKI*)

## INGREDIENTS DUMPLINGS:

### HALUSHKI DUMPLINGS

2.5 cups (312 grams)	flour
0.5 teaspoon	salt
2	eggs
0.5 cup (118 g)	lukewarm water
1/3 cups (75 g)	unsalted butter for dough

## INGREDIENTS TOPPINGS:

### HALUSHKI TOPPINGS

1.5 tablespoon	unsalted butter for sautéing veggies + dumplings
0.5 lb (225 g)	fresh mushrooms
0.5	onion
0.5 cup (56 g)	bacon pieces
0.5 tablespoon	salt adjust to taste
0.5 teaspoon	ground black pepper adjust to taste

## INSTRUCTIONS:

### HALUSHKI DUMPLINGS

**STEP 1:** Prepare ingredients for the recipe.

**STEP 2:** Place the flour and salt in a large bowl. Make a little well in the middle. Place whisked eggs, water, and melted butter into it. Using a fork, work the ingredients together to form the dough. Finish up combining the ingredients by hand until you get a smooth, even texture.

**STEP 3:** Divide the dough into eight even pieces. On a floured surface, roll each piece into a long string. Dice each string into small pieces.

**STEP 4:** Bring a pot of salted water to a boil. Toss in the raw dumplings and boil them until they float to the top.

### HALUSHKI TOPPINGS

**STEP 1:** Gather the topping ingredients.

**STEP 2:** Dice mushrooms and sauté them in a buttered skillet for about 5 minutes. Dice the onions and add them to the skillet, cooking them until softened. Season with salt and pepper.

**STEP 3:** Stir in bacon pieces, sauté for 5 minutes.

**STEP 4:** Place dumplings into a nonstick skillet and add in sautéed mixture and butter. Cook until they turn golden brown.

**STEP 5:** Serve immediately and enjoy!

25



6 SERVINGS



50 MIN

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# STUFFED CABBAGE ROLLS (*HOLUBTSI*)

## INGREDIENTS:

1 large	green cabbage
2 1/2 pounds (1.3 kg)	ground beef
2 cups (280 g)	cooked rice
2 large	eggs
1 medium	onion rough chopped
1 medium	green bell pepper cut into strips; alternatively, several to many small sweet gem peppers, any colors, cut into strips
10	cherry tomatoes quartered
1 tablespoon	Kosher salt
2x10 ounce cans (300 ml)	condensed tomato soup or paste
1x1 pound (450 g)	canned tomatoes
1 bottle	chili sauce I am using Heinz (optional)
1 tablespoon	basil dried
4	bay leaves dried

## INSTRUCTIONS:

**STEP 1:** Cook rice according to package directs and set aside to cool completely once done.

**STEP 2:** Adjust oven rack to lower half of oven to allow for height of roasting pan. Preheat oven to 350°F.

**STEP 3:** Draw water into a large pot and set atop burner and bring to a boil. While water is heating, remove tough outer leaves of the cabbage and reserve. Core around the stem of the cabbage at enough of an angle to remove. Gently place cabbage into boiling water core side down. Add additional water to ensure cabbage is not touching bottom of pot.

**STEP 4:** Reduce heat just a little and boil cabbage for about 5 minutes or until outer leaves become soft. Using kitchen tongs, remove the outer 2 or 3 leaves in tact to a colander placed over a bowl to catch the water. Continue with remaining cabbage leaves one by one, allowing a minute or two between leaves for underlying leaves to soften. You want them to peel apart in one in-tact piece.

**STEP 5:** In a large bowl, combine the ground beef, cooled rice, chopped onion, eggs, and salt. Using your hands, work the mixture until combined.

**STEP 6:** Position your cooked cabbage leaves alongside your bowl with the mixture in preparation for rolling/stuffing the dumplings. Before stuffing, prepare a large roasting pan by emptying one can of condensed tomato soup or a bit of the canned tomatoes in the bottom and spreading to coat. You do not need much.

**STEP 7:** Begin rolling/stuffing the cabbage leaves one at a time, by taking a loose handful of beef mixture and centering in a leaf. Fold side to side, and top to bottom. Mom's 'technique,' show here, are more along the lines of fat cigar-shaped bundles. As long as they are tightly packed, they will keep their shape during cooking. Place seam side down in the roasting pan and repeat until all of the meat mixture has been used.

**STEP 8:** Once all of the cabbage rolls are tucked tightly in the roasting pan, scatter the pepper strips and the cherry tomatoes. If there are remaining unstuffed cabbage leaves left, chop them finely and scatter atop as well. Pour the canned tomatoes, the remaining can of tomato soup, and the Heinz Chili Sauce atop the dumplings. Sprinkle with dried basil and add bay leaves. Dunk the reserved outer leaves detached from the cabbage at the beginning of the recipe into the still hot water used to soften the cabbage. This is simply to remove any grit from the surface of the leaves. Use the outer leaves as a 'blanket' and cover the dumplings completely. This is important so they both steam cook and also do not burn.

**STEP 9:** Place the lid on the roasting pan and bake at 350°F (180°C) for 2 hours. When 2 hours is up, turn off the oven heat, crack the oven door, and leave the roasting pan in the oven, undisturbed, for an additional hour.

**STEP 10:** The Holubtsi are ready to be eaten as soon as they are done resting. Spoon the sauce over the Holubtsi and serve with plenty of bread for mopping up the sauce and juices.



24 ROLLS



3 HOURS

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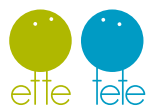




# SNACKS

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"HOME IS WHERE  
THE SNACKS ARE."



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# UKRAINIAN CAULIFLOWER FRITTERS

## INGREDIENTS:

1 small	cauliflower
	vegetable oil, for frying
1	egg, beaten
3.3 ounces (100ml)	whole milk
½ cup (60 g)	buckwheat or plain flour

## DILL AND GARLIC MAYONNAISE

¾ cup (150 g)	mayonnaise
1 clove	garlic, finely grated
	a handful dill, finely chopped

## INSTRUCTIONS:

**STEP 1:** Cut the cauliflower into small florets, and keep any smaller leaves. Blanch the florets and leaves in a pan of boiling salted water. Take the leaves out after 2 minutes and the florets after 5 minutes. Refresh both in cold water, then drain well and pat dry with kitchen paper.

**STEP 2:** Heat 4 tablespoon of oil in a frying pan over a medium heat – it should cover the base of the pan (if not add a little more).

**STEP 3:** If you are using buckwheat flour, make the batter just before you are ready to fry as it becomes gloopier by the minute. In a bowl, whisk the egg with the milk, then add the flour and whisk until smooth. Season well with salt and pepper.

**STEP 4:** Drop four pieces of cauliflower into the batter bowl at a time, making sure they are all thickly coated. When the oil is really hot, put the batter-coated pieces of cauliflower into the pan. Depending on the size of your pan, you should be able to fry between four and eight fritters at a time. When they are golden all over, drain on kitchen paper. You might need to wipe out the pan with kitchen paper and add more oil between batches.

**STEP 5:** For the dill and garlic mayonnaise, combine all the ingredients in a small bowl and serve alongside the fritters for dipping.



4 PORTIONS



25 MIN

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## UKRAINIAN GARLIC BREAD (PAMPUSHKY)

### INGREDIENTS:

½ ounce (15 g)	fresh yeast or 7g (¼ oz) dried active yeast
1 teaspoon	caster sugar
7 fluid ounces (225 millilitres)	warm water
13 ounces (400 g)	strong white flour , plus extra for dusting
1/3 ounce (8 g)	fine sea salt
3 tablespoons	sunflower oil , plus extra for oiling
¾ ounce (20 g)	wet (new) or regular garlic , crushed
½ bunch	fresh parsley , finely chopped
1	duck egg (or chicken egg), beaten, to glaze

### INSTRUCTIONS:

**STEP 1:** First make a 'sponge', which is a type of yeasty starter. Dissolve the yeast and sugar in the measurement water (make sure it's blood temperature – hot water would kill the yeast!). Add 200g (7oz) of the flour and mix roughly. Cover with clingfilm and leave to prove in the refrigerator overnight.

**STEP 2:** The next morning, add the rest of the flour and fine sea salt to the starter and knead on a well-floured work surface until the dough is smooth and comes away from your hands easily.

**STEP 3:** Divide the dough into 8 pieces and shape into round buns. Put them side by side in an oiled round ovenproof dish or a 24cm (9½ inch) round cake tin, cover and let them prove again, this time in a warm place, until doubled in size. They will join together just like hot cross buns do.

**STEP 4:** Meanwhile, preheat the oven to 220°C/425°F/Gas Mark 7. To make the basting oil, simply stir the crushed garlic through the oil with a small pinch of sea salt and the parsley, then let it infuse.

**STEP 5:** When the pampushky look plump and ready, brush them generously with some beaten egg to glaze and bake for 20–25 minutes or until they form a glistening golden crust. Take them out and baste them with the garlic oil. Serve immediately.



8 BREADS



50 MIN

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## EGG AND RICE HAND PIES (TRADITIONAL UKRAINIAN PIROSHKI)

### INGREDIENTS:

#### FOR THE YEAST DOUGH:

180 ml.	warm milk
2 teaspoons (8 g)	dry yeast
2 tablespoons (30 g)	granulated sugar
1 ½ teaspoons (5 g)	kosher salt
1 large	egg
2 cups (300 g)	all-purpose flour
¼ cup (1 ½ stick / 57 g)	unsalted butter, softened
More flour for add-ons and dusting	

#### FOR THE VEGETARIAN FILLING:

4 large	boiled eggs
½ cup	cooked rice (1/4 cup uncooked)
1 bunch	of fresh herbs: dill, parsley, and cilantro
1 small bunch	of scallions (about 4)
2 tbsps.	melted unsalted butter
Salt and ground black pepper	

#### FOR THE EGG WASH:

1	egg yolk
1 tablespoon	whole milk

### INSTRUCTIONS:

#### TO MAKE THE YEAST DOUGH:

**STEP 1:** Dissolve yeasts in warm milk. Set aside in a warm place for 10 minutes to wake them up. When the yeast mixture has bubbles on the surface add egg, sugar, and salt. Briefly whisk everything together.

**STEP 2:** With the dough hook in a stand mixer or with your hands slowly start adding flour. The dough should be sticky at the beginning. Continue mixing until the dough becomes smooth and soft, about 7-10 minutes with a mixer or 15 minutes by hand. Start adding soft butter piece by piece. The dough will be sticky again.



12 PIES



2-3 HOURS





► Continue mixing until you have the beautiful soft dough, about 7 minutes with a mixer or 10 minutes by hand. If the butter does not fully incorporate with batter, add a tablespoon of flour.

**STEP 3:** Shape the dough into a ball and place in a large bowl. Grease the dough slightly to keep it moist. Cover with towel and place in a warm place. Let it rise for 1-2 hours, depending on how warm your kitchen is. See tips and tricks on how to help the dough rise faster.

**STEP 4:** Gently deflate the dough and place it on a lightly floured surface. Roll it into the rectangular shape. From the shorter edge make a fold to the middle of the rectangular. Place the other shorter edge on top of it (fold it like a letter). Flip it over. With the shorter edge fold it once again the same way. You should end up with a small square. With the folded side down place back in the bowl.

**STEP 5:** From this point, you may place the dough in the fridge for up to one day or let it rise in the bowl for 1-2 hours to use it the same day.

### TO MAKE THE FILLING:

Roughly chop the boiled eggs. Chop all the herbs and scallions. Place eggs, rice, and herbs in the large bowl. Add melted butter, salt, and pepper. Mix everything.

### TO MAKE PIROSHKI:

**STEP 1:** Preheat oven to 400 F.

**STEP 2:** Line the baking sheet with parchment paper and lightly flour it. Divide the dough into 12 equal parts. Roll each piece with a rolling pin or stretch it using your hands. Add a heaping tablespoon of filling in the center of each piece. Starting from the middle seal two sides together. Make sure the filling stays secure. Place sealed side down on baking tray.

**STEP 3:** For softer piroshky, let it rise for additional 20 minutes. I usually not patient enough and place them in the oven right away.

**STEP 4:** When ready to bake, brush hand pies with egg wash and place in the middle of the oven.

**STEP 5:** Bake for 27 minutes or until beautiful golden brown color.

**STEP 6:** Let it cool for 20 minutes.

**STEP 7:** Serve warm or chilled. Store in airtight container in the fridge up to 4 days. Enjoy!

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# DESSERTS

"KINDNESS IS LIKE SUGAR. IT  
MAKES LIFE TASTE  
A LITTLE SWEETER."





  
6 SERVINGS

  
50 MIN

# APPLE CAKE

(BISKVIT)

## INGREDIENTS:

5	eggs
1 cup (200g)	caster sugar
1 cup (200g)	plain flour
1 teaspoon	cinnamon
4	green apples, cored and thinly sliced
Icing sugar to serve	

## INSTRUCTIONS:

- STEP 1:** Preheat the oven to 180C
- STEP 2:** Butter a 22cm cake tin with a removable base.
- STEP 3:** Beat the eggs and sugar until very fluffy. There is no raising agent in this cake so the amount of air you beat into it is essential.
- STEP 4:** Gently fold in the flour and cinnamon.
- STEP 5:** Place the apples at the bottom of the cake tin and pour in the cake batter. Cook for 35 minutes or until a skewer inserted into the cake comes out clean.
- STEP 6:** Dust with some icing sugar and serve.



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## KYIV CAKE (UKRAINIAN CLASSIC)

### INGREDIENTS:

#### SPONGE CAKE:

5 large	eggs, room temperature
3/4 cup (150 g)	sugar
1 cup (125 g)	all purpose flour

#### MERINGUE HAZELNUT LAYERS:

0.8 cup (180 g)	egg whites
1 cup (230 g)	granulated sugar
1 cup (140 g)	chopped hazelnuts
5 tablespoon (40 g)	all purpose flour

### INGREDIENTS:

#### CREAM CHARLOTTE:

0.3 cup (70 g)	egg yolks
0.3 cup (70 g)	granulated sugar
100 ml	milk
½ cup (113 g)	unsalted butter
0.8 teaspoon (5 g)	Vanilla beans paste

#### GHOCOLATE WHIPPED GANACHE:

¼ cup 50 g)	35% chocolate
¼ cup (50 g)	40 % milk chocolate
0.8 cup (200 g)	heavy cream
20 ml	cognac (optional)

### INSTRUCTIONS:

#### SPONGE CAKE

**STEP 1:** Preheat oven to 350 °F (180 °C).

**STEP 2:** In a stand mixer, beat 5 eggs (no need to separate them) and sugar on low speed and then on medium-high speed for about 10 minutes or until it's three times in volume.

**STEP 3:** Using a spatula, fold in flour by thirds; be very gentle with the batter so you don't over mix it and lose the fluffiness.

**STEP 4:** Add cake batter to an oiled baking pan. Springform baking pan works amazing, size 9-12 inches (22-30 cm) is perfect.

**STEP 5:** Bake at 350F (180C) for 30 minutes and check it using a wooden toothpick. If the cake is ready, the toothpick will come out clean.

#### MERINGUE HAZELNUT LAYERS

**STEP 1:** In the bowl combine flour and chopped hazelnuts. Set aside.

**STEP 2:** In the bowl of stand mixer, beat the egg whites and granulated sugar until stiff peaks form. Using my Kitchen Aid mixer, it took me about 7 minutes.

**STEP 3:** Gently fold in the hazelnut mixture into egg whites.

**STEP 4:** Trace 8-9 inch (20-22 cm) circles on sheet of parchment paper. ►



12 SLICES



2-3 HOURS





**STEP 5:** Split the hazelnut meringue amongst the 2 circles. Try to spread within the lines. This recipe makes 4x8-inch (20 cm) circles. I bake two trays at the time.

**STEP 6:** Bake at 220 F (105 C) for 2 hours.

**STEP 7:** Turn off the oven and let cool completely in the oven. Do not open oven door while baking.

### CHOCOLATE WHIPPED CREAM

**STEP 1:** In the small sauce pan warm up heavy cream.

**STEP 2:** Pour hot cream over chocolate and let set for a minute.

**STEP 3:** Mix with whisk. Add cognac and mix again. You can also emulsify ganache with blender (optional).

**STEP 4:** Transfer ganache into flat container and cover with plastic wrap "to contact". Let ganache set in the refrigerator for 3-4 hours.

**STEP 5:** When you are ready to assemble cake, whip chocolate ganache with hand blender.

### CREAM CHARLOTTE

**STEP 1:** In the mixing bowl whisk egg yolks with half of the sugar and set aside.

**STEP 2:** In the medium saucepan, add milk and remaining sugar and warm up over medium heat. Do not boil!

**STEP 3:** Gradually, while whisking constantly, add hot milk into egg yolks.

**STEP 4:** When all incorporated, pour mixture back to saucepan. Continue whisking, cook until mixture is thick and pudding consistency.

**STEP 5:** Transfer cream to a medium bowl. Cover with plastic wrap "to contact" and let cool in the refrigerator.

**STEP 6:** When you are ready to assemble cake, whip room temperature unsalted butter.

**STEP 7:** Add custard cream a few spoons at the time and keep whisking. Cream should be smooth and soft. Important: cream and butter should be room temperature.

### HOW TO ASSEMBLE KYIV CAKE

**STEP 1:** Put the white cream on the first cake layer, smooth it out with the spatula. Cover with the second cake layer.

**STEP 2:** Add whipped ganache and cover with the third meringue layer.

**STEP 3:** Put cream Charlotte and final meringue layer.

**STEP 4:** Apply chocolate ganache on top and the sides of the cake.

**STEP 5:** Coat sides with the chopped hazelnuts.

**STEP 6:** Decorate cake with remaining ganache and cream Charlotte.

**STEP 7:** Refrigerate cake for 4-6 hours or overnight. Before serving, get the cake out of the fridge 20 minutes in advance.

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## PRUNES STUFFED WITH WALNUTS IN SWEET CREAM

### INGREDIENTS:

12	prunes
12	Walnuts
1 cup (240 g)	sour cream (or Greek yogurt)
¼ cup (55 g)	sugar
Semi-sweet dark baking chocolate, shredded	

### INSTRUCTIONS:

**STEP 1:** Soak prunes in water for 30-40 minutes. Once soft, drain the water and dry prunes with paper towels.

**STEP 2:** Stuff the prunes with walnuts (quarters, halves or chopped).

**STEP 3:** Make sweet cream – using an electric mixer, blend sour cream and sugar. Pour sweet cream over the stuffed prunes.

**STEP 4:** Sprinkle with shredded chocolate for decoration. You can serve immediately or you can put prunes into the refrigerator for a couple of hours for the sweet cream to thicken.



2 PORTIONS



60 MIN

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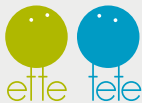
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**Дякую! (Dyakuyu!) - Thank you in Ukrainian!**

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SIA Snores brand "Ette Tete"  
"Barzi", Tinuzu reg., Ogre county, LV-5015, Latvia  
+371 25704040  
[support@ettetete.com](mailto:support@ettetete.com)  
[www.ettetete.com](http://www.ettetete.com)



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