

RECIPES OF SAN FRANCISCO  
RUSSIAN MOLOKANS

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25

**Recipes of San Francisco  
Russian Molokans**

*PUBLISHED BY:*

WOMEN'S CIRCLE

**FIRST RUSSIAN CHRISTIAN MOLOKAN CHURCH**

841 CAROLINA STREET

SAN FRANCISCO, CA 94107



COOK BOOK COMMITTEE

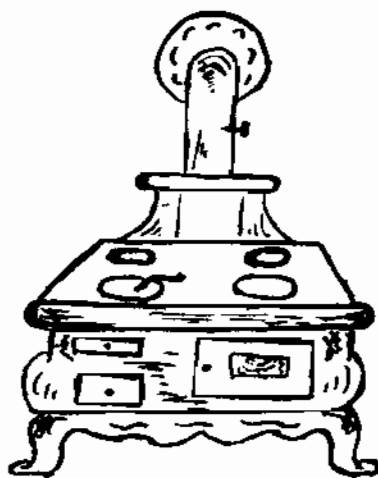
Ruby Hazen                      Anne W. Loskutoff

Mary Jane Bogdanoff

And With Grateful Acknowledgement to Many Others

DRAWINGS BY

Priscilla Hazen and Mary (Buff) Loskutoff







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A Tribute to the Women's Circle by Timofey M. Goosev

ЯНВАРЬ 31 1973 ГОД

Еще на вечер мы собрались  
Уж год прошел, как не видя,  
И все прилично так убрались  
На ужин радости идя.

Вы потрудились очень много  
Создать кружок, для пользы тех,  
И это правильна дорога  
Чтоб привести к союзу всех.

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

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

Идите с Господом вперед  
В пути да будет с вами Бог.  
Зовите к дружбе весь народ  
Просите Бога, чтобы вам помог.

Да укрепится мир в кружке навек  
Пускай любовь царит всегда,  
Чтобы сказать мог человек  
Я, из кружка, не выйду ни когда.

Да будет Бог охраной вала  
Благославит в работе вас,  
Чтоб веселее жены наши  
На ужин чаще звали нас.

Тимофей М. Гусев

## PREFACE

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 spoonful 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.

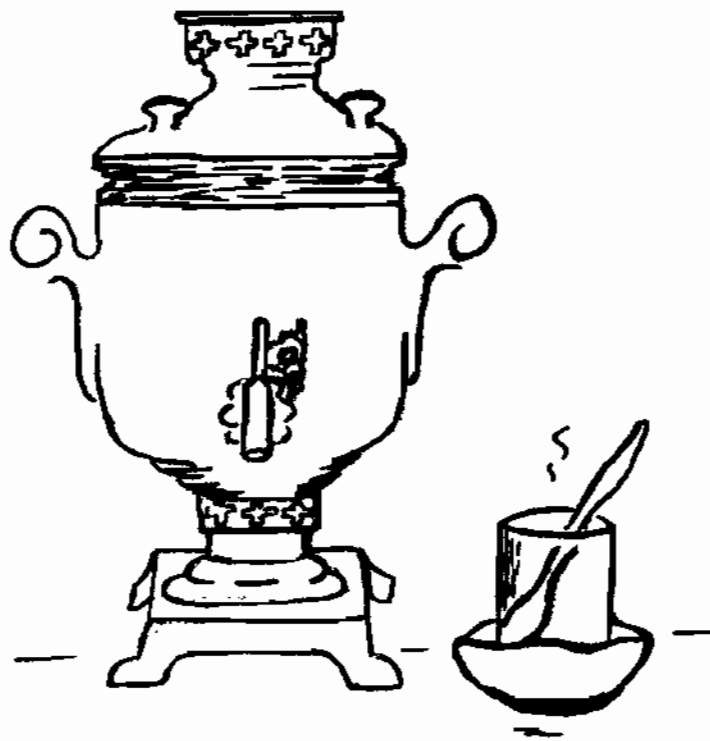
We hope you enjoy every recipe in this Cook-Book.  
We sincerely wish all of you - PRIYATNY APPETIT!!!

Very truly yours,

THE WOMEN'S CIRCLE

TABLE OF CONTENTS

Appetizers (Zakuski)..... 1  
Vegetables, Salads and Dressings..... 15  
Soups, Casseroles and Rice..... 39  
Meat, Poultry and Fish..... 69  
Blintzi and other Dairy Dishes.....113  
Russian Breads and Pastries.....133  
Cakes, Cookies, Pies and Desserts.....163  
Pickles, Preserves and Miscellaneous.....201  
Church Feasts.....219  
Terms in Cooking.....233  
Index.....236



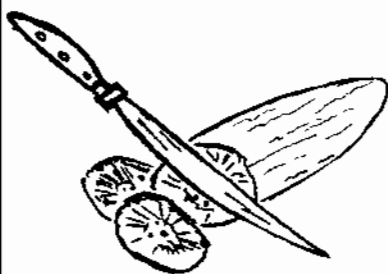
### CHI (Tea)

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.

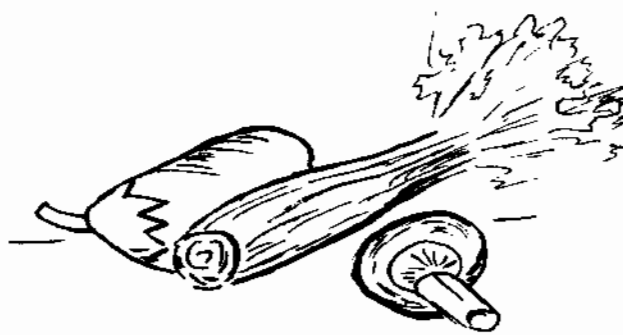
APPETIZERS AND ZAKUSKI



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 "Otetz" - 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.

\* \* \* \*







Ikra-Baklazhan  
(Eggplant Caviar)

1 large eggplant	1 teasp. vinegar
1 large onion chopped very fine	2 T. vegetable oil (more if needed)
1 tomato or 1 small can tomato paste	1 teasp. powdered sugar
1 green pepper chopped very fine	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 3 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	Salt and pepper to taste
1 large onion, chopped	1/2 cup bouillon or meat stock, more or less as needed
1 large carrot, chopped	
1 bunch parsley, chopped	
2 Tbs. dill, according to taste	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 Zakooska (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

\* \* \* \*

Russian Relish

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	5 to 7 whole cloves
Vegetable oil for frying	Few pcs. whole peppers
2 level T. flour	Few pcs. whole cinnamon
Salt & pepper to taste	3 onions sliced in half circles
1 T. sugar, or to taste	1 can tomato sauce
Vinegar - about 1/2 C.	
2 bay leaves, crushed	

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 following 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.)	Salt & pepper to taste
3 eggs	1 onion, grated
1/2 C. white bread, soaked in 1/2 cup cold water	2 bay leaves

Cut away all skin & bones from fish and grind remaining 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.



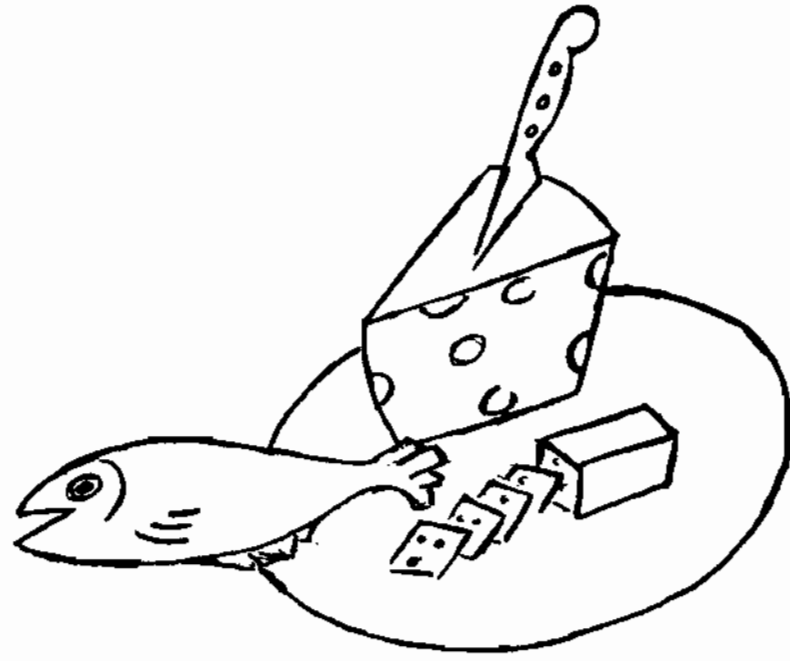
Mary "Buff's" Chicken Wings  
(appetizer)

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

Begin 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 pan with enough water to cover well the calves feet, about  $1\frac{1}{2}$  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  $3\frac{1}{2}$  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 seive. There should be about 6-7 cups gelatin or aspice.

Remove the meat from the bones and cut into small pieces and add to the aspice. Pour into oblong pyrex dish or molds and cool.

When cold, remove the undesired fat which formed on top. Refrigerate.

Mrs. N. Telegin

\* \* \* \* \*

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° oven.

May be served hot or cold.

Mrs. E.V. Lapin

\* \* \* \* \*

Pickled Mushrooms (Zakuska)

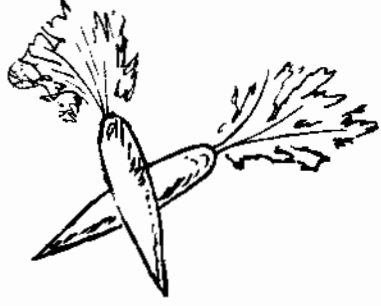
1 qt. vinegar	2 Tbsp. tomato paste
1-1/2 tsp. salt	1/4 <del>tsp</del> allspice
1 lemon, sliced	2 pd. button mushrooms, washed and sliced
2 tsp. sugar	

Combine all ingredients except mushrooms and bring to a boil. Add the mushrooms and boil for 10 minutes.

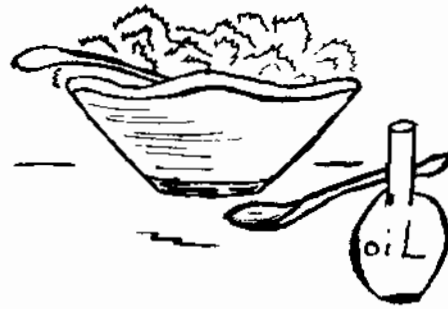
Remove from heat immediately and pack into jars when cool. Refrigerate for 24 hours before serving.

Mrs. N.M. Telegin

VEGETABLES, SALADS AND  
DRESSINGS



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.



Khaladets (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.

Lyda Kapsoff

\* \* \* \* \*

Ribbon Gelatin Mold (Khaladets)

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 reheated. 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 horse-radish sauce or mustard sauce.

Ruby Hazen

\* \* \* \* \*

Italian Eggplant

Peel eggplant; cut lengthwise in strips, about  $\frac{1}{2}$  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 tomatoe 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

\* \* \* \* \*

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 Pushkarow

\* \* \* \* \*

EXTRA RECIPES



Carrots with Peppers

1 bunch carrots, chopped      5 to 6 drops tobasco sauce  
2 green bell peppers,      (very hot, if desired)  
    chopped      ½ tps. salt  
1 can tomatoe sauce      1/8 tps. pepper  
2 Tbs. sugar

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, tomatoe sauce and tobasco. Rinse the tomatoe 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

\* \* \* \* \*

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	1 small sized eggplant
6 carrots, grated	grated
2 bunches parsley, chopped fine	1 tsp. sugar
1 lg. onion, chopped	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 tomatoe sauce, 1 Tbsp. sugar and  $\frac{1}{2}$  tsp. salt and about  $\frac{1}{2}$  cup toiling 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. Shabalin

\* \* \* \* \*

Fried Vegetables Ikra

1 cup vegetable oil	1 lb. carrots, grated or chopped
1 lb. onions, chopped	2 Tbsp. dry dill
1 medium sized celery, chopped	1 medium sized eggplant, chopped
1 lb. green sweet bell pepper, chopped	2 cans tomatoes
1 bunch parsley, minced	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
$\frac{1}{4}$ cup rice, cooked	1 tsp. each parsley and dill, minced
2 hardboiled eggs, chopped	$\frac{1}{2}$ tsp. each, salt and pepper
1 raw egg, beaten	

Wash zucchini, cut in half lengthwise and scoop out centers. Saute 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. Shabalin

\* \* \* \* \*

Fried Potatoes

Peel 4 medium sized potatoes; wash, and cut each potatoe into 8 pieces. Fry at medium heat in  $\frac{1}{2}$  cup oil. Cover. Turn to brown on all sides when needed. Slice  $\frac{1}{2}$  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 Shabalin

\* \* \* \* \*

French Fried Onion Rings

Slice 2 large onions  $\frac{1}{4}$  inch thick. Separate rings, soak in ice water for 2 hours. Drain and dry thoroughly. Make a batter with 1 cup flour,  $\frac{1}{2}$  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° until brown. Drain on absorbent paper. Put in moderate oven for a few minutes for extra crispness.

Mrs. H. Rudometkin

\* \* \* \* \*

Harvard Beets

1/3 cup sugar	$\frac{1}{4}$ cup vinegar
1 tsp. cornstarch	$\frac{1}{2}$ tsp. salt
$\frac{1}{4}$ 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  $\frac{1}{2}$  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,  $\frac{1}{2}$  cube butter and  $\frac{3}{4}$  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 on both sides till lightly brown. Serve with mushroom sauce or sour cream.

Mrs. Nadya V. Susoev

\* \* \* \* \*

Zucchini in Buttermilk

1/2 cup rice	1 fresh bell pepper chopped
1 lb. ground meat	fine
5 medium sized zucchini	2 eggs
salt and pepper to taste	1 pint buttermilk

Par boil the rice. Drain and blanch under cold water. Mix together: rice, meat, bellpepper 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

\* \* \* \* \*

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  
2 cups sliced pickled beets      onions  
■ (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. tomatos, chopped  
1/4 cup Italian salad dressing      and drained  
1 1-lb. 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

■ \* \* \* \* \*

Think-A-Head Potatoes (Stuffed)

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 100)

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
½ cup sour cream	2 Tbsp. butter or
Paprika	margarine

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. Rudometkin

Tabuleh - Arabian Salad

2½ cups bulgur - crushed wheat	4 fresh tomatoes, sliced
2 bunches chopped parsley	1 tsp. red pepper
4 or 5 bunches green onions, chopped	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 cup diced celery
1 can yellow cut beans	½ cup green pepper diced
1 can red kidney beans	1 large onion, sliced in thin rings
¼ cup chopped pimento	

Drain the beans and mix together in a large bowl. Add the rest of the ingredients.

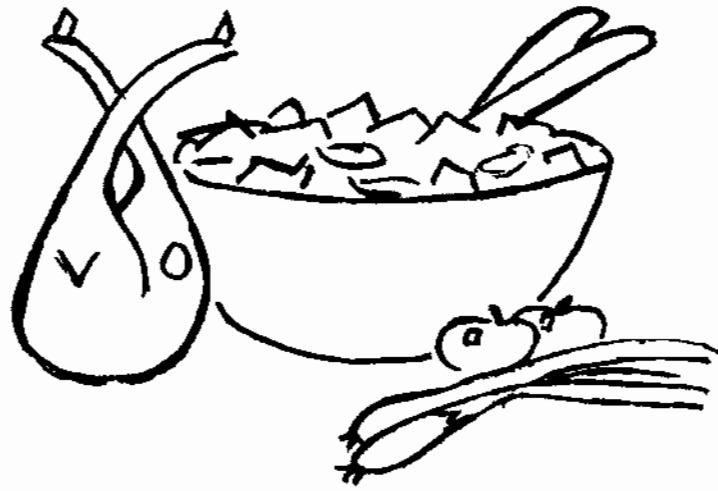
Combine in a pint jar:

½ cup salad oil	1 tsp. salt
½ cup vinegar	1 tsp. pepper
¾ cup sugar	

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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Vegetables, Salads,  
and Salad Dressings

Aguretz Gelatin (Cucumber in Gelatin)

1 small package lime gelatin  
1/2 tsp. salt  
1 cup boiling water  
1/2 cup mayonnaise  
1/2 cup sour cream  
1 cup finely chopped cucumber  
1/4 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	dash of pepper
1 cup hot water	1 cup raw chopped spinach
1/2 cup cold water	3/4 cup cottage cheese
1/2 cup mayonnaise	1/3 cup diced celery
1 1/2 Tbsp. vinegar	1 Tbsp. finely chopped onion
1/4 tsp. salt	
2 sliced hard cooked eggs	

Dissolve Jello in hot water. Add cold water, vinegar, mayonnaise, salt and pepper. Blend with a rotary beater. Pour into refrigerator freezing tray. Quick freeze for 15-20 min. until firm. Turn mix into bowl and whip until fluffy. Fold in spinach, cheese, celery, and onion. Arrange egg slices in middle. **Carefully** pour Jello mix on top. Chill until firm 30-60 minutes. Unmold and garnish with salad greens. Serves 4-6.

Vinagrette (Salad)

1 can green beans drained	3/4 cup sauerkraut
1 medium potato	1 med. onion, chopped fine
2 carrots	salt & pepper to taste
3 hardboiled eggs chopped	1/3 cup salad oil
3 beets	1/3 cup mayonnaise
2 dill pickles, diced	

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.

Nadia A. Shabalin

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Red Cabbage Salad

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

Luba Troth

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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

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Pineapple and Avocado Salad

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

Combine the first three ingredients and let stand till softly congealed. 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

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Tabbouleh (Mint and Parsley Salad)

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

Tabbouleh parties are popular on summer afternoons.

1 cup fine Bulghur	1 cup finely chopped
$\frac{1}{2}$ cup finely chopped mint	onions
$1\frac{1}{2}$ cups finely chopped parsley	$\frac{3}{4}$ cup chopped tomatoes, optional
1 cup lemon juice	$\frac{3}{4}$ cups 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.

\* \* \* \*



Cranberry Freeze Salad

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

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.

Linda Loscutoff

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Telegin's Apple Salad

Mix together: 1½ 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 ¾ cups liquid.

Vera F. Telegin

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Roquefort Dressing

Soften 3 or 4 ozs. of Roquefort cheese. Add 1 pint mayonnaise, 1/2 tsp. Worchester suace, 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

1/2 cup mayonnaise	1 tsp. sugar
1/2 cup sour cream	1/2 tsp. grated onion
1/4 cup catsup	1/4 tsp. salt
2 tsp. lime juice	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)  
1/2 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.

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### 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                      1½ cups hot water  
Dissolve jello in hot water and cool.

#### Mix together:

1/3 cup salad dressing  
1 small can crushed pineapple, drained  
1 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- 3 oz. pkg. Raspberry gelatin	3 oz. pkg. cream cheese
1- 21 oz. can cherry pie filling	
1- 3 oz. pkg. lemon flavored gelatin	1/3 C. mayonnaise or salad oil
1 C. tiny marshmallows	1 C. crushed pineapple

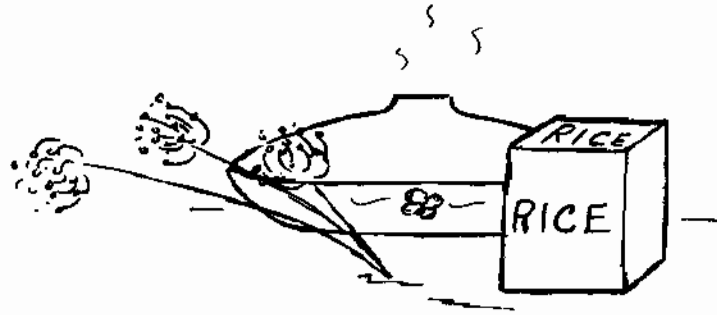
Dissolve raspberry gelatin in 1 cup boiling water, stir in pie filling. Turn into a 9x9x2" baking dish; chill until partially set. Dissolve lemon gelatin in 1 C. boiling water. Beat together cream cheese and mayonnaise. Gradually add lemon gelatin. Stir in undrained pineapple. Whip 1/2 cup whipping cream; 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 refrigera-  
tor. Do not freeze.

Nayda M. Telegin

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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 sauce pan. 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.

Borsch

3 lbs. soup meat or boiling beef	1 medium sized beet
12 cups water, more or less as needed	1 green bell pepper
2 Bay leaves	1 parsnip
Salt and pepper to taste	1/2 bunch parsley
1-1/2 lbs. cabbage	1 large onion, chopped
2 medium sized carrots	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

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EXTRA RECIPE



### 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 laddle 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, 1/2 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



Posneg 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,  $\frac{1}{2}$  cup each of baby lima beans and green split peas. Cook for  $\frac{1}{2}$  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,  $\frac{1}{2}$  bunch parsley, chopped fresh mushrooms (about  $\frac{1}{2}$  lb.) and 1 qt. whole tomatoes (mashed). Add to soup and continue to cook another  $\frac{1}{2}$  hour or until done. Remove from heat and add  $\frac{1}{2}$  cube butter and  $\frac{1}{2}$  pint  $\frac{1}{2}$  'n  $\frac{1}{2}$  (half and half). DO NOT BOIL ANYMORE.

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

Mary J. Bogdanov

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Borsch with Beets

9 or 10 cups water	1 green bell pepper
2½ lbs. short ribs or	1 can (1 lb. size) stewed
2½ lbs. chicken wings and	tomatoes or use fresh
legs	tomatoes
2 large carrots, chopped	2 potatoes, chopped
1 stalk celery, chopped	2 T. butter
1 onion chopped	Salt & pepper to taste
2 bay leaves or fresh dill	1 can (8 oz.) pickled
1/2 head med. sized cabbage,	beets (Drain and add
chopped	juice to water)

Sour cream

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 pickles beets and add to soup. Bring to a good full rolling boil and remove from heat. Serve with our cream

Mrs. Alex M. Telegin

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Pelmeny (Russian Ravioli)

Filling:

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

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

Dough:

2 eggs	1 tsp. salt
1/2 cup water	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 salt-ed 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

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  $1\frac{1}{2}$  tsps. salt and let boil slowly for 2 hrs.

Chop or grind coarsly 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

\* \* \* \*

Kliotski Soup

2 eggs  
1 cup flour  
 $\frac{1}{4}$  tsp. salt  
 $\frac{1}{4}$  cup milk or water  
 $\frac{1}{2}$  tsp. sugar  
1 small potato, peeled and diced  
1 onion diced  
 $1\frac{1}{2}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  cube butter and cream, milk or sour cream in your plate.)

Pauline Klistoff

\* \* \* \* \*

Zelevni Shchi (Green Soup)

1-1/2 lbs. brisket or boiling beef	2 stalks celery, chopped
7 to 8 cups water	Parsley, chopped
Salt and Pepper to taste	1 Tbsp. lemon juice
2 Bay leaves	1 large potato, diced
3/4 lb. spinach, chopped	Sour Cream
4 green onions, chopped	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

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Vegetable Soup

2 lbs. beef shank	2 cans tomato sauce with
6 cups water	cheese
1 chopped onion	1 clove chopped garlic
1 cup chopped celery	2 Tbsp. chopped parsley
3 tsp. salt	1/2 Tsp. Oregano
1/4 tsp. pepper	1-1/2 cups zucchini,
1- 10oz. package frozen	chopped
peas	

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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Pelmeny

Filling:

1/2 lb. ground beef  
1/2 lb. ground lamb  
1 med. sized onion, grated  
Salt, pepper & a little  
garlic  
Salt to taste  
1 tsp. water

Dough:

2 cups sifted flour  
1 egg  
1/3 cup 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

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Soup Frekadelka (Meat-ball Soup)

Put in a soup pot and boil slowly:

10 cups water	1 carrot, chopped
1 stalk celery, 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	1/2 tsp. pepper
1 tbsp. flour	1/4 cup water
1 tsp. salt	

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

Mrs. Nadia A. Shabalin

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Holooshki 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 Holooshki and heat through.

Mrs. Anna W. Popov

\* \* \* \*

Holooshki

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

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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
3 stalks celery	diced
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	3 to 4 tbsp. butter
2 cups milk (or 4 cups water)	1 large onion, chopped
2 tbsp. pearl barley or long grained rice	2 to 3 small sized potatoes
1/2 cup fresh mushrooms, washed and sliced, or	Sour cream
1 - 4oz. can mushrooms	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 butter 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 mushroom 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, stirring it in thoroughly. Serves 4 to 6.

Vera F. Telegin

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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	1/2 of an 8oz. can tomato sauce
1 clove garlic	
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. Shabalin

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Grechnevaia Kasha (Buckwheat groats)

1 cup Buckwheat groats, whole or split  
1 egg  
 $\frac{1}{2}$  tsp. salt  
2 Tbsp. butter or margarine  
water

Rinse 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  $\frac{3}{4}$ ". Cover and simmer slowly for 15 minutes or until just tender. Wash  $\frac{1}{2}$  cup raisins and add to rice and mix well. Place in 350° oven and bake 10 minutes. Add  $\frac{1}{2}$  cup of  $\frac{1}{2}$  and  $\frac{1}{2}$  (cream), and return rice to oven. Bake until rice is done. Mix rice with a little butter before serving.

Pauline Klistoff

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Rassolnick (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

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Rassolnick (Hearts and Pickle Soup)

1-1/2 lbs. beef brisket or short ribs	2 med. chopped carrots
1 lamb heart	2 tbsp. chopped parsley
2 quarts water	2 med. sized diced potatoes
1 bay leaf	2 large dill pickles or 4 small
Salt and pepper to taste	1/4 lb. spinach, chopped
2 tbsp. butter	2 to 3 tbsp. pickle juice
1 large onion, chopped	
1 stalk chopped celery	

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 Telegin

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 noontime 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  $\frac{1}{2}$  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  $\frac{1}{2}$  cube. Remember if serving with meat, this will go a long way.

Anne W. Loskutoff

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Kashnik (Baked Rice in Milk)

Use 3 to 4 quart enameled soup pot. Heat  $\frac{1}{2}$  gallon sweet milk almost to boiling point (be careful not to burn). Add  $\frac{1}{2}$  tsp. salt and  $1\frac{1}{2}$  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  $\frac{1}{2}$  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 M. Loskutoff

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Fish Chowder (ooha)

1 lb. halibut or sea bass fillet  
5 cups water (boiling)  
salt and pepper  
1 bay leaf  
pinch of tarragon  
dash of nutmeg  
1 small clove garlic, crushed  
 $\frac{1}{2}$  cup each; chopped carrots, celery, onion and  
potato  
sprig of parsley, chopped  
 $\frac{1}{2}$  and  $\frac{1}{2}$  (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  $\frac{1}{2}$  and  $\frac{1}{2}$  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  
 $\frac{1}{2}$  tsp. dill  
2 sticks green onions, chopped  
1 tsp. parsley  
 $\frac{1}{2}$  cup sour cream  
 $\frac{1}{2}$  lemon, squeezed  
 $\frac{1}{2}$  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.

Stenya 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. Goosev

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 (9x9x2).

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

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Plantation Style Eggs

1-10½ oz. can cream of mushroom soup  
¼ cup mayonnaise  
1/3 cup chili sauce  
¾ 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

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Rice Pilaf

4 tbsp. butter	1-1/2 cups long grain rice
1/2 cup vermicelli (broken in 1/2" pieces)	1 tsp. salt
3 cups broth	1/2 green pepper, chopped
	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 sauted 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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Lapsha (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 lapsha 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            1½ 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 length-ways until about 1½" 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.

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Tuna Noodle Casserole

3/4 lb. wide egg noodles  
1 can mushroom soup  
1 cup milk  
1 hard boiled egg, chopped  
1 can tuna  
1/4 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.

Manya (Bogdanoff) Sandefur

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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

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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 1½" 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 ½ cube sweet butter. Bake in 350° oven for 30 minutes or less. Cool. May be served warm or cold.

Mrs. E.F. Shabalin

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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  
1/2 cup raisins  
8 eggs  
1/2 cup milk  
1/2 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 Klisoff

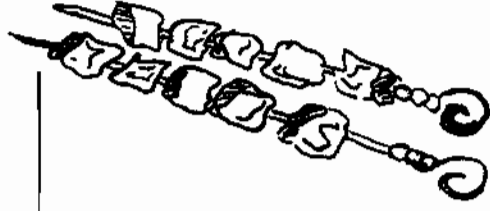
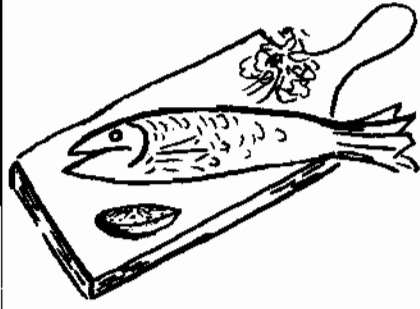
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\* \* EXTRA RECIPES \* \*

64B

MEAT, POULTRY AND FISH



Chicken Kiev, Kotlety, Goluptsi, Shashlik, Strog-onoff 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 shell-fish are a "nyet" in our menus.



Lasagne Noodles en Casserole

Tomato Sauce:

1 lb. ground beef  
1 large onion, chopped  
 $\frac{1}{4}$  cup parsley, chopped  
2 cans tomato paste  
1 cup water  
1 tsp. salt  
 $\frac{1}{2}$  tsp. pepper  
2 bay leaves  
 $\frac{1}{2}$  tsp. oregano

Cheese Sauce:

1 small onion, chopped  
4 Tbsp. butter  
3 Tbsp. flour  
 $\frac{3}{4}$  cup grated parmesan  
cheese  
2 cups milk  
1 chicken boullion cube  
 $\frac{1}{4}$  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  $\frac{1}{2}$  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 boullion cube in boiling water and mash and add to the cheese suace. 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	$\frac{1}{2}$ cup sour cream
$1\frac{1}{2}$ lbs. ground round steak	2 Tbsp. minced parsley
1 cup cooked rice	1 egg
1 cup tomatoe juice or 1 can stewed tomatoes	1 large onion, chopped
1 cup water	4 Tbsp. butter
	2 Tbsp. flour
	salt and pepper to taste

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. Saute 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. Telegin

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SOOHARNITSA - (Russian Bread Pudding)

Half fill a 2 quart casserole with large dry bread cubes (croutons) and dot with 1/2 cube butter. Sprinkle 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

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SOOHARNITSA - #2 - Serves 4

1½ 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

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Golubtsi (Cabbage rolls)

1 large size cabbage	1 onion grated or chopped
1 lb. ground meat	fine
$\frac{1}{4}$ cup cooked rice	2 tsp. salad oil
salt and pepper to taste	$\frac{1}{2}$ can of 8 oz. size tomatoe sauce

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, tomatoe 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  $\frac{1}{2}$  can of tomatoe sauce adding enough water to cover the golubtsi. Bake in 300° oven for 30 minutes.

Mrs. S. Razvaliaeff

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Grape leaves Golubtzi (Arabic)

Dice 1 onion, add to 2 lbs. ground meat. Add  $\frac{1}{2}$  cup tomatoe 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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Quick Golubsti (cont'd)

Mix all this together well. Take a handful and shape into ovals 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 Eenab (Stuffed Grape Leaves)

1 cup rice	1 tsp. salt
1 lb. small diced lamb	1 tsp. pepper
2 Tbsp. melted butter	1/4 cup lemon juice
1/4 tsp. cinnamon	20 grapeleaves (or enough to absorb all meat and rice mixture)
1 tsp. allspice	

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 neat roll. Place evenly in pan in layers; add water to cover about 1/4 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, grapeleaves 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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Golubtzi

1 medium sized cabbage	2 onions, chopped fine
1 lb. ground beef	salt and pepper to taste
$\frac{1}{4}$ cup uncooked rice	1 can tomatoe sauce plus
1 medium sized grated carrot	$\frac{3}{4}$ can water
$\frac{1}{4}$ bell pepper, chopped fine	$\frac{1}{4}$ cup vegetable oil or $\frac{1}{2}$ cube margarine or butter
	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  $\frac{1}{4}$  can tomatoe 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 tomatoe sauce and water. Simmer over low heat, stirring occasionally.

Place about 2 to  $2\frac{1}{2}$  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 golubtzi; 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 golubtzi.

Mrs. N. A. Shabalin

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Dolmas (Stuffing for Vegetables)

Stuffing:

2 lbs. ground beef	$\frac{1}{2}$ cup uncooked rice
1 large onion, chopped fine	1 egg 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  $\frac{1}{4}$  cup oil, 1 can tomato sauce plus  $\frac{1}{2}$  can water, salt and pepper to taste and pour over the dolmas. Cover and bake in hot oven (400°) for 1 hour. May be served with sour cream.

Mrs. Nadia S. Goosev

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Lenivy (Lazy) Golubtzi

1½ lbs. ground round steak	1 can tomatoes, stewed,
¼ 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. Telegin

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Quick and Easy Golubsti (without cabbage)

In a soup pot combine:

1 or 2 cans condensed Bisque of Tomato Soup	1 bell 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
½ cup Minute Rice	salt and pepper
½ cup cold water	½ tsp. onion powder



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	several sprigs parsley, chopped
3 slices day old bread	2 Tbsp. minced green pepper
$\frac{1}{2}$ cup dry bread crumbs	1 small onion, minced
1 egg	1 small carrot, grated
$\frac{1}{4}$ cup evaporated milk	salt and pepper to taste
pinch of garlic powder	
dash of nutmeg	

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 15 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 Golubtzi

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	$\frac{1}{4}$ bunch parsley, minced
salt and pepper to taste	2 onions, chopped fine
$\frac{1}{4}$ cup rice, washed	$\frac{1}{4}$ cup vegetable oil, or
1 small carrot, grated	$\frac{1}{2}$ cube margarine
fine	1-8oz. can tomatoe sauce
$\frac{1}{4}$ green bell pepper, chopped fine	10 dried prunes

Fry the onions in oil or margarine. Take  $\frac{1}{2}$  of the fried onions and add to the meat. Add rice, carrot, bell pepper, parsley and  $\frac{1}{4}$  can tomatoe 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  $\frac{3}{4}$  can of water, salt and pepper to taste and let simmer on low heat while you are stuffing the golubtzi.

Stuff each cabbage leaf with  $1\frac{1}{2}$  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 golubtzi; 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. Shabalin

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Egg Meat Loaves

1 lb. hamburger	2 Tbsp. finely chopped onion
1/4 cup milk	1/2 tsp. salt
1 egg	1/4 tsp. garlic salt
1/2 cup cracker crumbs	1/4 tsp. ground sage
1/4 cup finely chopped celery	dash of oregano, crushed
	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:

1/4 cup chopped onion	2 Tbsp. chopped parsley
1 Tbsp. butter or margarine	1 1/2 slices American cheese, cut in triangles
1-8 oz. can tomatoe sauce	

Cook the onion in butter until tender. Stir in tomato 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

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Quick Meat Loaf

1 lb. ground chuck	2 eggs
1 lb. ground lamb	1/4 to 1/2 cup catsup
1 envelope Liptons onion soup mix	1 1/2 cups 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. Shabalin

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Beef Stroganoff

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

Trim meat away from bone and cut into strips  $\frac{1}{2}$ " x 3". Put frying pan on medium high heat and put in the meat. Saute 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 boullion to the gravy for thinner consistency.

\*Beef Boullion: cover the bone that was removed from the chuck steak with a little water and simmer for  $\frac{1}{2}$  to 1 hour. Makes about 1 cup boullion.

Mrs. Ruby Hazen

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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 ½ 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

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Chuck Roast Au Gratin

3½ lbs. chuck roast	2 cans Cream of Mushroom Soup
6 medium potatoes, peeled and cut in half	½ cup grated cheddar cheese
paprika	

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

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Kotlety (Hamburger Patties)

1½ lbs. ground beef chuck	1/2 tsp. pepper
1 onion	1 egg
2-3 slices of stale bread without crust	4 to 5 T. butter
3/4 tsp. salt	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. Telegin

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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 M. Telegin

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Turkish Lamb & Rice Pilaf

2 lbs. lamb	salt and pepper to taste
1 onion, chopped	½ 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 6 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, without crusts	butter
	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° 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

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

Combine all ingredients in a 2 qt. casserole. Bake in 250° oven for 1½ hrs.

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

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skewer for broiling. (Kafta should be rolled around skewer to resemble tube  $\frac{1}{4}$ " to  $\frac{1}{2}$ " 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 shishkabobs. 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  $\frac{1}{2}$  Tbsp. salt,  $\frac{1}{4}$  tsp. cinnamon and pepper to taste. Pour over Kafta Kabobs or rice.

Mrs. Nadia Susoev

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Shashlik

1 boned leg of lamb	$1\frac{1}{2}$ tsp. accent
3 large onions, sliced in half circles	1 tsp. pepper
3 or 4 lemons	3 green bell peppers, cut into squares
3 tsp. salt or more	1 lb. small sized tomatoes, sliced

Cut the meat into  $1\frac{1}{2}$  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 chops in soya sauce for 1 hr. then drain; broil or barbeque.

Mrs. Nadia A. Shabalin

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Jarkovia (Beef Stew)

4 lbs. beef for stew, cut into serving pieces	6 potatoes, peeled and chopped
1 can cream of mushroom soup	2 carrots, chopped
1 can beef bouillon	3 stalks celery, chopped
1 large onion, chopped	1 green bell pepper, chopped
salt and pepper to taste	1 can tomatoe 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 tomatoe sauce. Return to hot oven and bake for 1 more hour at same temperature.

Mrs. Nadia S. Goosev

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Lamb Pilaf

3 lbs. leg of lamb	1½ cups rice
1 onion chopped	3 cups water or consomme
salt and pepper to taste	Butter
1 bay leaf	

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  
dash of garlic powder or 1 small clove, crushed

Mix all of the ingredients and marinate the meat at least for six hours (over night 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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Lahem Mishwee 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	$\frac{1}{4}$ tsp. allspice
4 small white onions	$\frac{1}{4}$ tsp. cloves
	$\frac{1}{2}$ lemon (optional)

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  $\frac{1}{2}$  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 Susoev

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Kafta Kabobs (Lamburgers on Skewers with Vegetables)

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

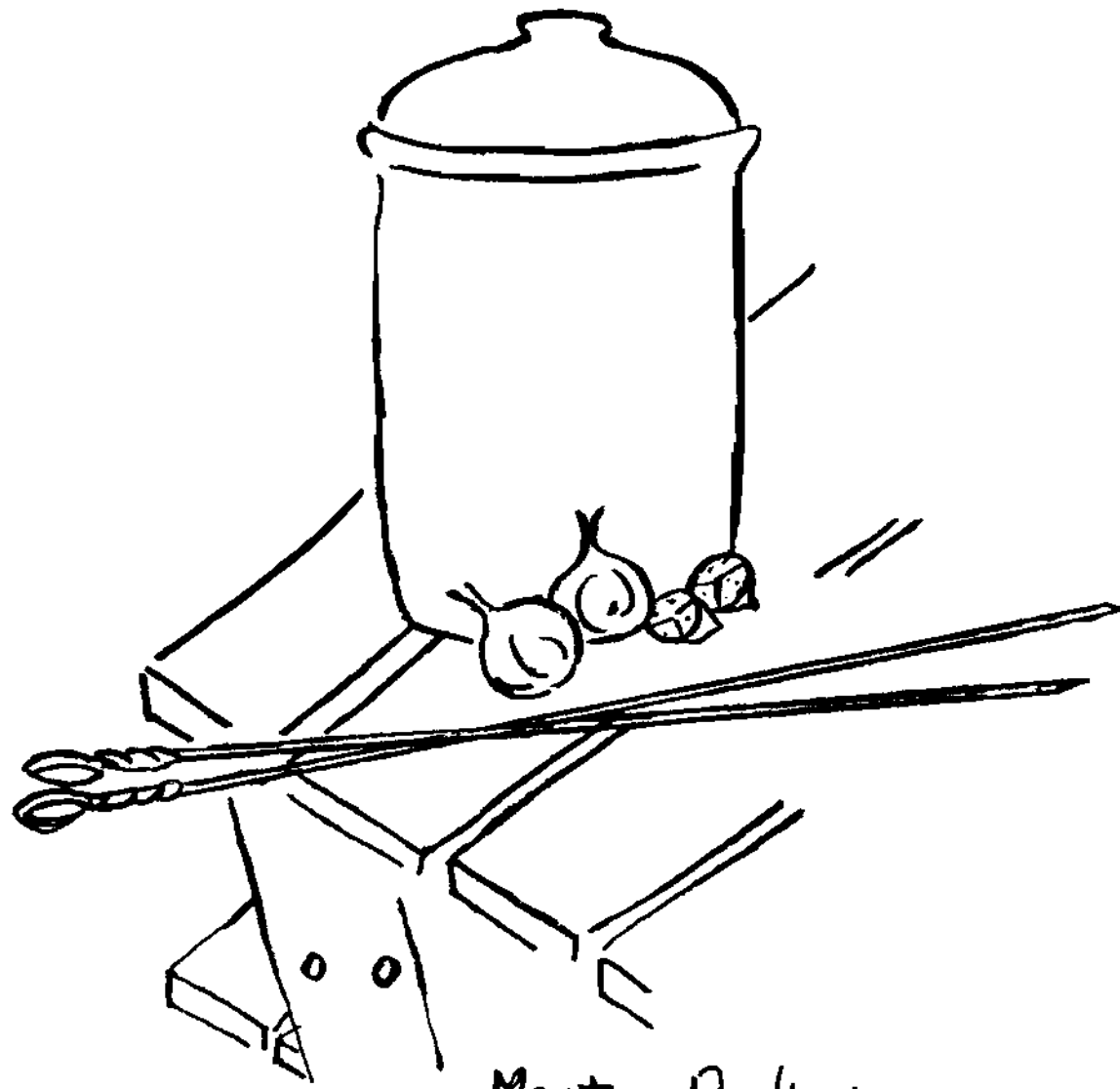
Turn oven to 350° F. Wash and dry well 2 lbs. lamb shoulder cubes (2"). Roll each piece in flour seasoned with salt, pepper, onion and garlic powder. Heat 2 Tbsp. oil in a heavy dutch oven and brown all pieces (keep removing those that are brown and adding others). When the last ones are almost done, 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

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Meats Poultry  
Fish



Baked Lamb Shanks

4 lamb shanks  
1 pkg. dry onion soup  
fresh mushrooms, about  $\frac{1}{2}$  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. Rewrap in foil and bake  $\frac{1}{2}$  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 tomatoe 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 tomatoe sauce along with hot water. Simmer for  $1\frac{1}{2}$  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. E.F. Shabalin

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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 1½ 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, stirring occasionally to avoid burning, about 25 min. Serve hot with the hot Shashlik which should be done about the same time.

Mr. Alex M. Telegin

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Veal in Cheese Sauce

1½ lbs. veal stew meat      1 tsp. salt  
2 Tbsp. oil                    ½ 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 saute 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                ¾ tsp. salt  
1½ Tbsp. flour                ¼ cup grated parmesan cheese  
1¼ 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                    ½ cup smetana (sour cream)  
1 Tbsp. flour                ½ 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

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Lamb and Gravey

1 lb. lamb stew	1-8oz. can tomato puree
1 large onion, chopped	salt and pepper to taste
1 clove garlic, chopped	1 lb. fresh okra or string
$\frac{1}{4}$ cup vegetable oil	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  $\frac{1}{2}$  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	1 lb. string beans, cut in 1" lengths
2 cloves garlic, chopped fine	$\frac{1}{2}$ can tomato puree, 8 oz. size or 3 to 4 Tbsp. catsup
2 onions, chopped	salt and pepper to taste
6 stalks celery, chopped fine	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. Susoev

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Chicken Kiev

Herbed Butter:

$\frac{1}{2}$  cup soft butter or margarine  
1 Tbsp. chopped parsley  
 $\frac{1}{2}$  tsp. dried tarragon leaves  
 $\frac{1}{4}$  tsp. salt  
1 clove garlic, crushed  
dash pepper

2 whole chicken breasts (about  $\frac{3}{4}$  lb. each)  
 $\frac{1}{4}$  cup flour  
1 egg, well beaten  
 $\frac{1}{2}$  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  $\frac{1}{4}$  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 ¾ hour. Then add string beans (drained). Simmer another 25 minutes. Serve with French Bread and salad.

Priscilla Hazen

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Lamb Shanks with Lima's

1½ 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 1½ hrs. longer. Serve with salad and french bread.

Mary Jane Bogdanoff

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CHICKEN LIVERS WITH MUSHROOMS

1½ lb. chicken livers  
2 medium onions  
¾ lb. fresh mushrooms  
1 can stewed tomatos - 15 oz. size  
1 can spaghetti sauce with mushrooms - 15 oz. size  
vegetable oil

Liver, onions and mushrooms are to be fried or sauted 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 ½ 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 tomatos 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

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Veal Scallopini in Smetana (Sour Cream)

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

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.
6. Stir in cream, bring to boil. Remove from heat.

Mrs. Nadia A. Shabalin

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Chicken with Almonds 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	2 tbsp. vinegar
1-1/2 cups sliced canned or frozen peaches	1 tsp. nutmeg
	1 tsp. basil
2 tbsp. brown sugar	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° on deep-frying thermometer.

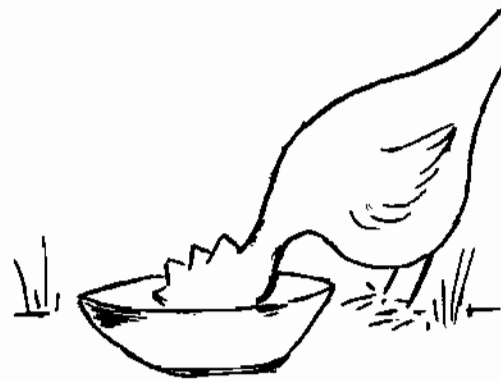
8. Add chicken 2 pieces at a time, to hot oil. Fry, turning with tongs, until golden brown, about 7 minutes in all. Drain well on paper towels; be careful not to pierce coating, to keep butter in center.

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

Makes 4 servings.

Mary J. Loskutoff

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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 tast      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, heat 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. Telegin

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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  $\frac{1}{2}$  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 foiled 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  $\frac{1}{2}$  hour and they'll be ready to eat. Serves 4 to 6 people.

Janis (Hazen) Burke

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Baked Chicken Pomidor

2 lbs. frying chicken	1 clove garlic, crushed
3 Tbsp. olive oil	1 can whole tomatoes
2 Tbsp. butter	2 Tbsp. parsley
1 med. onion, sliced	$\frac{1}{2}$ tsp. dried basil leaves
$\frac{1}{4}$ 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; saute 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. Loscutoff

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Chicken Wings with Gravy

10 to 14 chicken wings	1 bay leaf
1 large onion	salt and pepper to taste
2 cloves garlic	$\frac{1}{4}$ tsp. curry
1 medium size celery	1 Tbsp. cornstarch or 2
2 stalks parsley	Tbsp. flour

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  $1\frac{1}{2}$  hours until well done or overdone.

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

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

Mrs. Nadia A. Shabalin

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Chicken with White Sauce

1 large stewing chicken                    1-1/2 cups milk, or more  
1-1/2 cups rice                                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, dredging 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 following 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  $\frac{1}{2}$  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  $1\frac{1}{2}$  cups pearl rice for 10 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  $\frac{1}{2}$  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  $\frac{1}{2}$  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  $\frac{1}{2}$  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

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Fish, Polish Style

1 fish any kind, about 3 hardboiled eggs,  
2 pounds crumbled  
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 V. 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 1/4 tsp. salt  
1 cup grated Swiss cheese 1/4 tsp. pepper

Heat oven to 400°. 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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### Rice Stuffing for Poultry

3 cups cooked rice  
1 cube butter  
1 cup celery chopped  
1 cup onion chopped  
 $\frac{1}{2}$  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. burkey with a little left over to bake in the oven.

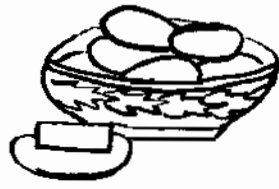
### Bread Stuffing

2 cups dry bread cubes  
1 small can creamed corn  
1 cube butter  
 $\frac{1}{2}$  cup celery chopped  
 $\frac{1}{2}$  cup onions chopped  
 $\frac{1}{4}$  cup bell pepper chopped  
1 Tbsp. parsley chopped  
 $\frac{1}{2}$  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

BLINTZI AND OTHER DAIRY DISHES



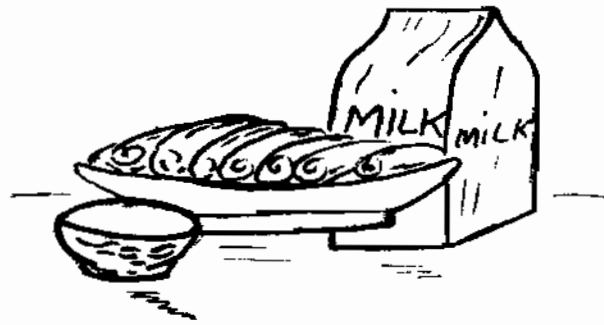
Blintzi, blini, sirniki and vareniki can be served at breakfast, lunch or dinner, plain or stuffed, with cottage cheese, meat or fruit.

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



Of course, sirni 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	1/4 tsp. nutmeg
2 Tbsp. flour	1/4 tsp. pepper
1 cup milk	1 can (1 lb.) salmon
2 egg yolks beaten	2 egg whites beaten
1/2 tsp. salt	

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

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

Mrs. Nadia Shabalin

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Hot Baked Tuna Potatoes

Filling:

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

Topping:

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

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



EXTRA RECIPES

Basic Blintze fillings

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

4-3oz. pkgs. cream cheese	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup sugar	$\frac{1}{2}$ cup golden seedless raisins
1 egg yolk, beaten	
$1\frac{1}{2}$ tsp. grated lemon rind	$\frac{1}{4}$ 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:

$1\frac{1}{2}$ lb. ground beef	salt and pepper to taste
1 large onion, chopped fine	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, seived	1 tsp. sugar
1 egg	dash of salt
	Optional: dash of nutmeg

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.

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Kisli Blini (Raised Pancakes)

2 cups milk, scalded and cooled to lukewarm	2 tbsp. sugar
1 cake compressed yeast or 1 pkg. dry yeast	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 sponge. 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. Ladle the batter in small quantities onto the hot griddle, fry until brown on both sides.

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

(Large size receipe)

Nadia A. Shabalin

\* \* \* \* \*

## Blintsi

### Small Size

2 eggs  
1-1/4 cups milk  
1/2 tsp. salt  
1 cup flour  
1/4 cup sugar  
1/2 tsp. vanilla  
Grated rind of one lemon  
or orange  
2 tbsp. butter

### Large Size

6 eggs  
1 quart milk  
1 tbsp. salt  
3-1/2 cups flour  
1/2 cup sugar  
1 tsp. vanilla  
Grated rind of two lemons  
or oranges  
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  $\frac{1}{2}$  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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Sirniki (Cottage Cheese Cakes)

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

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### 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 seive, 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

Sirnaya Paskha - Traditional Easter Dessert

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

Put the cottage cheese through a fine seive 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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Sirnaya 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	Glaze fruit, raisins and almonds may be added if desired

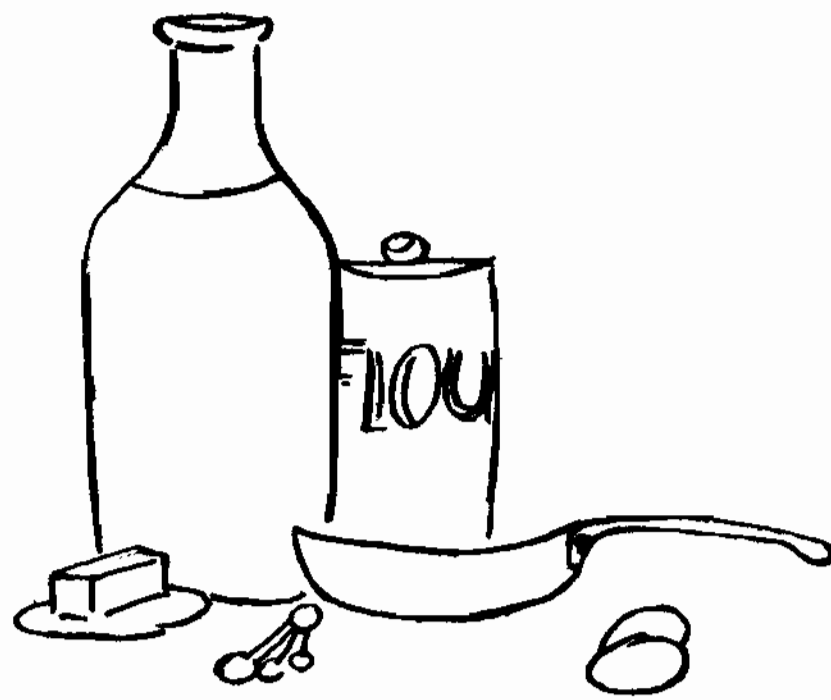
Put the egg yolks through a seive with 3/4 cup sugar and mix. Cream butter with the other 3/4 cup sugar and mix well. Then add them together and mix thoroughly. Seive cottage cheese into a large size bowl. Add some cottage cheese and mix well after each addition till all is mixed thoroughly. Add vanilla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

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Blintzi  
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 Goosev

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Sirnaya Paskha

12 cooked egg yolks	1 cup almonds, chopped
1-1/2 lbs. dry Bakers Cottage Cheese	fine and crushed
3 cups granulated sugar	2 tsp. vanilla
3/4 lb. butter	2 small cartons whipping cream

Put the egg yolks and cheese through a coarse seive 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

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

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Paskha - Cottage Cheese

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

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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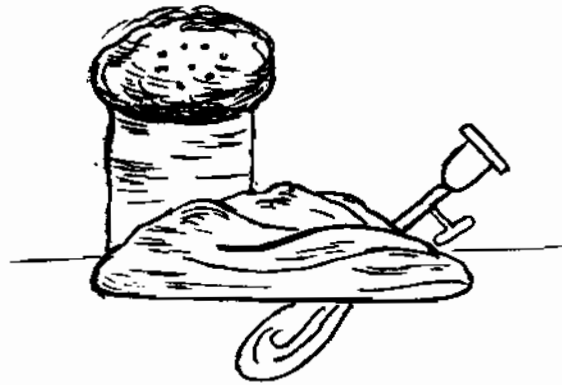
RUSSIAN BREADS AND PASTRIES



Paska, kulich, pirog and piroshki are traditional fare in the Molokan household. The popular meat piroshki are delicious served with borsch 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 Paska

2 Tbsp. gelatin	1 cup sugar
1/4 cup cold water	1 cup sour cream
1 pound fine curd cottage cheese	1 1 lb.4oz. 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 heat 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  $\frac{1}{2}$  cup warm water, stir, add to milk. Add flour and beat well. Cover and let rise till doubled.

Meanwhile prepare: 15 egg yolks that have been stirred with  $2\frac{1}{2}$  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 raisens or currentns
- 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  $350^{\circ}$  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	1/4 tsp. each: cardimon,
1 cup creamed cottage cheese	nutmeg, cinnamon and
2 eggs, beaten	dash of mace
1-1/2 cups sifted flour	1/4 cup sour cream
1-1/4 tsp. baking powder	Sifted powdered sugar
1 Tbsp. 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

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Kulich

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

Make sponge: Scald  $\frac{1}{2}$  cup milk and cool. Dissolve yeast in  $\frac{1}{2}$  cup lukewarm water and set aside. Beat 1 egg lightly, add cooled milk, salt, 1 Tbsp. sugar and  $\frac{1}{2}$  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, cardinom 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

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Sweet Bread

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

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, 1/4 cup of the sugar, salt, eggs and lemon rind. Stir in flour until moistened: 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 rised, grease 8 soup cans (10 - 3/4 oz. size); set aside, not touching, in a large shallow pan. Sprinkle remaining 1/4 cup sugar over raised dough and stir down; stir in almonds, raisens and citron. Spoon into prepared 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 hallow sound when tapped. Remove from cans; cool on wire racks. Sprinkle lightly with powdered sugar.

Mrs. Antonina M. Pushkarow

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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.

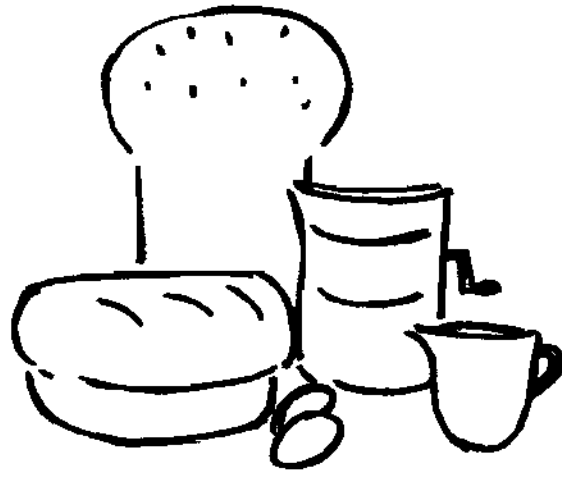
Icing: 1 egg white or more, mixed with sifted powdered sugar until stiff, enough to stay on top of bread and running down the sides a little.

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.M. Telegin

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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 min.; 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 baker and let rest for 10 with toothpick which has oil. Bake in oven at 400° bread from pans and place Do not place in direct dra

15 egg yolks  
 2 1/2 cups sugar  
 1 vanilla bean  
 1 lb sweet butter

\* \*

Pumpernickel Bread

Stir 1 1/2 cups cold water in 1 1/2 cups boiling water and c Add 1 tsp. salt, 2 Tbsp. su and 1 Tbsp. caraway seeds. 2 cups mashed potatoes and been dissolved in 1/4 cup luk 4 cups rye flour mixed with Knead thoroughly till smoot with cornmeal. Place dough spread top with a little me and let rise till doubled. and form into 3 loaves. Pl: let rise till doubled again 10 minutes, then reduce to : longer.

3 Tbsp saffron  
 1/2 cups flour

, piroshki, etc.)

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

Warm water. Melt butter, warm to warm melted butter. Add yeast in flour and knead.

Rolling well, let dough rise 2 hours and make rolls, piroshki,

or

Anna J. Spolsdoff and  
Kate J. Sileznoff

\* \* \*

for rings, etc.)

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

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

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## Walnut Easter Potiza

### Pastry:

2 cakes yeast	1 cup butter
1 tsp. sugar	5 cups flour
$\frac{1}{2}$ cup warm milk	$\frac{2}{3}$ cup lukewarm $\frac{1}{2}$ 'n $\frac{1}{2}$
6 egg yolks	$\frac{2}{3}$ cup lukewarm milk
$\frac{1}{2}$ cup sugar	1 tsp. salt

### Filling:

$1\frac{1}{2}$ lb. walnuts, ground	4 egg whites, stiffly beaten
$\frac{1}{4}$ lb. butter	grated rind of $\frac{1}{2}$ lemon
$1\frac{1}{2}$ cups sweet cream	$\frac{1}{2}$ tsp. lemon juice
$1\frac{1}{2}$ cups brown sugar	1 tsp. vanilla
$\frac{1}{2}$ cup honey	3 Tbsp. brandy
$\frac{1}{4}$ tsp. cinnamon	

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  $\frac{1}{2}$  'n  $\frac{1}{2}$  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  $1\frac{1}{2}$  hours. Slice and serve.

Anna Popov

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Sour Cream Yeast Dough for Pirog

2 cups sour cream                    1/3 cup sugar  
2 pkgs. dry yeast                    2 tsp. salt  
1/2 cup warm water                    2 eggs  
1/2 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 1/2" thickness. Grease oblong sheet pan 12 x 18 x 1 1/2" 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 Roolette (rolls). Roll dough to 1/4" thickness and sprinkle with 2 cups chopped nuts, 1/2 cup butter, 1 1/2 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

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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 350° oven until done, approx. 25 minutes.

Meanwhile, prepare meringue:

Beat 3 egg whites until frothy, gradually add 6 tsp. sugar and ¼ tsp. cream of tartar and continue beating until stiff and glossy.

When Pirog is done, remove from oven and increase heat to 400°. Pile meringue onto hot Pirog and bake until browned.

E.F. Shabalin

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RASIPUTCHI PIROG (Crumbled Sweet Freezer Dough)

$\frac{1}{2}$ lb. sweet butter	$\frac{1}{2}$ tsp. baking powder
3 egg yolks	1 tsp. vanilla
1 cup sugar	$3\frac{1}{2}$ cups flour
$\frac{1}{2}$ 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. Shabalin

RASIPUTCHI PIROG (Sour Cream Crumbled Dough)

$\frac{1}{2}$ lb. sour cream	$\frac{1}{2}$ tsp. soda
$\frac{1}{4}$ lb. butter, room temp.	$\frac{1}{2}$ tsp. baking powder
1 egg	enough flour to make a
$\frac{1}{4}$ cup sugar	soft dough
$\frac{1}{4}$ tsp. salt	

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

Roll the dough to  $\frac{1}{2}$ " thickness. Grease an oblong baking pan ( $1\frac{1}{2}$ " deep); 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. Shabalin

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 Goosev

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Susoeff Special (Quick Method Dough)

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

1 large pkg. 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 Piroshki 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

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English Muffins

1 cake yeast	2 Tbsp. sugar
$\frac{1}{4}$ cup warm water	$\frac{1}{2}$ cup canned milk
$\frac{1}{2}$ cup boiling water	1 egg
3 Tbsp. shortening	4 cups sifted flour
$1\frac{1}{4}$ 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  $1\frac{1}{2}$  hours. Punch down, let rest 5 minutes. Roll out  $\frac{1}{4}$ " 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
$\frac{3}{4}$ tsp. salt	1 pkg. dry yeast, dissolved
$\frac{1}{2}$ tsp. baking soda	in $\frac{1}{4}$ 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  $\frac{1}{2}$ " 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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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 60 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	1/4 cup sugar
1/4 cup lukewarm water	3/4 tsp. salt
3/4 cup milk	1 egg
1/4 cup butter	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 1/3" thick, spread with warm butter. Mix  $\frac{1}{4}$  cup sugar and  $\frac{1}{2}$  tsp. cinnamon and sprinkle over the dough. Roll dough up in a long roll and seal edge. Cut into slices about  $1\frac{1}{2}$ " 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° 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:

$\frac{1}{2}$  lb. ground beef  
1 onion, chopped fine  
1 clove garlic, chopped fine  
1 Tbsp. shortening  
salt and pepper to taste  
 $\frac{1}{2}$  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 Mazerella cheese, grated; more sauce and cheese. Bake in hot 400° oven till done.

Mrs. Nadia Shabalin

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## Meat Piroshki

### Dough:

$\frac{1}{2}$ 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
$\frac{1}{2}$ cube 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	$\frac{1}{2}$ cup cooked rice
2 large onions, chopped	salt and pepper to taste
2 Tbsp. vegetable oil	$\frac{1}{2}$ 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. Cool. Add bouillon; mix.

Pinch off egg-sized chunks of dough and roll them on slightly floured board to  $\frac{1}{4}$ " thickness. Put 1 Tbsp. filling in center of dough, bring edges together 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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Dough for Bread or Piroshki

2 cakes compressed yeast	2 eggs
$\frac{1}{2}$ cup lukewarm water	$\frac{1}{4}$ cube butter or margarine
$\frac{1}{2}$ tsp. salt	1 Tbsp. vegetable oil
2 Tbsp. sugar	about 4 cups sifted flour
1 cup milk	

In a mixing bowl, make sponge: Dissolve yeast in warm water, add salt, sugar and  $\frac{1}{2}$  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  $\frac{1}{4}$  inch thickness. Use 1 Tbsp. filling for each roll. Bring edges up and press them together to seal. Lay on cloth and keep covered while making the rest. Let stand for  $\frac{1}{2}$  hour before baking at 350° for 20-25 minutes. Or fry in deep fat like doughnuts.

Mrs. Vera Wolkoff

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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,  
fine    chopped  
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 1½ heaping Tbsp. for each piroshok.

Nadia Telegin

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Raised Dough for Meat, Cabbage or Fish Pirog

2 cakes compressed yeast	1 Tbsp. sugar
$\frac{1}{4}$ cup lukewarm water	1 tsp. salt
2 cups warm milk	$\frac{1}{2}$ 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  $\frac{1}{4}$ " thickness; line into a sheet pan  $11\frac{1}{2}$  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
$\frac{1}{3}$ cup milk	oil for frying
2 onions, chopped fine	
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. Shabalin

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Pirog with Fish (Fish Pie)

Filling:

1 tsp. fennel seeds, optional	2 lbs. boned fish or salmon cut into 3" squares
$\frac{1}{4}$ tsp. pepper	$\frac{1}{4}$ cup butter
$1\frac{1}{4}$ tsp. salt	$\frac{1}{2}$ cup mushrooms, sliced thin
$\frac{1}{2}$ tsp. dry thyme	$2\frac{1}{2}$ cups cooked rice
$\frac{1}{4}$ cup minced parsley and onion	1 Tbsp. melted butter
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  $\frac{3}{4}$  cups sifted flour  
 $\frac{1}{2}$  tsp. salt  
5 Tbsp. sour cream  
dash of pepper or paprika  
3 Tbsp. butter

Sift flour in bowl with salt and pepper. Break egg into center of bowl, flake butter over flour, mix as for pie crust. Add sour cream slowly and knead. Roll out half to fit pan 9  $\frac{3}{4}$ x4x4 $\frac{1}{2}$ " deep. Fill with filling, top with rolled pastry, seal tight. Make tiny holes in top crust, pour melted butter into holes. Bake in 350° oven for 35-40 minutes.

Hazel Rudometkin

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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  
 $\frac{1}{2}$  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 tight 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  $\frac{1}{4}$  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  
1½ cups sugar  
1 tsp. soda  
¼ cup butter, at room temperature  
4 cups grated carrots  
1 Tbsp. cinnamon  
3 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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Poinchiki (Puffs)

6 egg yolks  
3 Tbsp. sugar  
3 Tbsp. butter  
½ cup milk  
2½ 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.F. Shabalin

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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  
2 ¾ cups all purpose flour

\* Or your favorite simple yeast dough.

Filling:

1 lb. lean ground beef  
1 small onion, minced  
1 small garlic clove, minces  
1 tsp. salt  
2 tsps. flour  
¼ tsp. pepper  
1½ cups vegetable oil, for frying

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 ¾" 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 ¾" oil in frying pan, meat side down until brown. Turn and brown the other side. Drain on absorbant paper. Serve hot.

Pauline Klistoff  
and Ruby Hazen

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KUDRI #1 (Paper Thin Pastry Curls) (Hvorst)

2½ cups sifted flour      1 Tbsp. rum or brandy  
½ tsp. salt                      4 eggs  
¼ 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 (Flakey 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

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Baklava

1 lb. walnut meats,                    3/4 lb. sweet butter,  
    chopped very fine.                    melted.  
2 Tbsp. sugar                            Syrup, see below  
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

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

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

(Cont'd.)

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.)

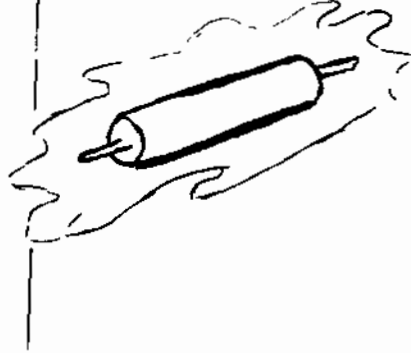
Mix walnuts or pistachios and cinnamon well, evenly distribute across dough, 1/4" thick. Spread other half of dough, approx. 20 layers, buttering each layer. Use sharp knife and cut diagonally into diamond shapes. Butter top layer and bake 40-50 min. at 275° until dough is crispy brown. Remove and set aside until cool. Glaze with syrup, enough to saturate it. Makes two trays, approx. 20 pieces each. Pack in wax paper.

Nadia W. Susoev

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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 originals 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  
1/4 cup butter or margarine

Filling: 12 oz. soft cream cheese  
3/4 cups sugar  
2 eggs  
1 1/4 tsp. lemon juice  
1 1/2 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

\* \* \* \* \*



Rhubarb Cake

Cream together:

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

Add:

2 cups sifted flour                1 cup buttermilk or  
1 tsp. soda                         sour milk  
1/2 tsp. salt                        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. E. F. Shabalin

\* \* \* \* \*

Nut Torte

12 egg yolks	1/4 tsp. soda
2 cups sugar	1/2 tsp. vanilla
1/2 pound nut meats	12 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, glaze with the following:

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 on a platter, heap with cream mixture and cover with second torte. Spread the remaining cream filling over top and sides. If tube cake pan is used, spread cream mixture over top and sides.

Mrs. E. F. Shabalin

Sour Cream Coffee Cake

$\frac{1}{2}$  cup butter  
 $\frac{1}{2}$  cup shortening  
 $1\frac{1}{4}$  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,  $\frac{1}{2}$  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

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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 sugar	1/4 tsp. vanilla 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 Torte

3 egg whites  
¼ tsp. cream of tartar  
1 cup sugar

Beat egg whites until frothy with cream of tartar. Gradually beat in a little at a time, 1 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 eggs yolks in small mixer bowl until thick. Gradually beat in  $\frac{1}{2}$  cup sugar. Blend in  $\frac{1}{4}$  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.

\*\*\*\*\*

For individual meringue shells, drop  $\frac{1}{3}$  cup meringue 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  
 $\frac{1}{2}$  tsp. baking soda)  
2 cups flour ) sift  
 $\frac{1}{4}$  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°. Must cool thoroughly before slicing.

Mrs. Anne Loskutoff

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Raw Apple Cake

$\frac{1}{4}$ cup salad oil	$\frac{1}{2}$ cup raisins
1 egg, slightly beaten	1 cup flour
4 apples, peeled and diced	1 tsp. baking soda
1 cup sugar	$\frac{1}{2}$ tsp. cinnamon
1 cup chopped walnuts	

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

Mrs. Mary J. Bagdanoff

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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 bottom 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

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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. Zwiback (crumbled)  
2 cups sugar            2 heaping tsp. baking powder  
1 tsp. cinnamon        14 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. ~~Cook~~ and cut.  
COOL

Mrs. Antionette Pushkarow

\* \* \* \* \*

Fresh Strawberry Roll

Pastry:

4 eggs  
1/4 tsp. salt  
1 tsp. baking powder  
3/4 cup sugar  
3/4 cup flour  
1 tsp. vanilla

Filling:

1/4 cup sugar  
1 cup heavy cream  
2 cups sliced fresh strawberries  
1/2 tsp. vanilla

Grease pan and wax paper lining. Put eggs in 2 qt. bowl. Set bowl over slightly smaller bowl of very hot water. Add salt and baking powder. Beat till foamy. While beating rapidly, slowly add 3/4 cup sugar. Continue beating till thick and tripled in volume. Remove bowl from the hot water bowl and quickly fold in flour and 1 tsp. vanilla. Spread on wax papered pan (approx. 16 x 11"). Bake 10-13 minutes in 400° oven. Quickly loosen and turn out on slightly dampened dish towel. Peel wax paper off. Cool.

Whip cream adding 1/4 cup sugar and 1/2 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

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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 buttermilk
1/2 tsp. salt	
2 tsp. baking powder	3/4 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 oven 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

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Cakes, Cookies,  
Pies  
and Desserts

Pineapple Upside Down Cake

$\frac{1}{4}$  cup butter  
 $\frac{1}{2}$  cup light brown sugar  
1 can crushed Pineapple,  
drained

$\frac{1}{4}$  cup chopped nuts  
 $\frac{1}{4}$  cup raisins, optional  
Maraschino cherries

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:  $\frac{1}{2}$  cup shortening  
1 cup sugar  
2 eggs  
 $\frac{1}{2}$  cup milk

$\frac{1}{2}$  tsp. salt  
2 tsp. baking powder  
 $1\frac{1}{2}$  cup flour, sifted  
 $\frac{1}{2}$  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 cup white sugar  
1 cup brown sugar  
 $\frac{1}{2}$  tsp. salt  
2 eggs  
2 cups flour  
1 tsp. baking soda

$\frac{1}{2}$  tsp. baking powder  
2 cups puffed wheat  
1 cup rolled oats  
1 cup cocoa nut  
1 cup chopped nuts  
1 cup raisins

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 Kalpakoff

\* \* \* \* \*

Russian Teacakes

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

Cream butter, gradually add and beat in 1/2 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° 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                      1/2 cup milk  
2 cups sugar                            1 tsp. vanilla  
1/2 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. June W. Loskutoff

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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: 1½ cups flour, ¼ tsp. salt, 1½ 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

\* \* \* \* \*

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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Pishichki

1 cube butter or                    1/2 tsp. salt  
  margarine                        2 tsp. baking powder  
1/4 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 chi, 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 4 dozen.

Mrs. Luba 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

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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 puree. Add sugar while hot, stir and cool.

Coating:

1-1/2 cups ground walnuts      1-1/2 cups powdered sugar  
3 egg white 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 tsp. 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.

Luba 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  
1 egg                      Food Cake

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  
8 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 ungreased 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 Susoeff

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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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Almond Butter Crunchies

2-1/2 cups plain flour, sifted	1 beaten egg
1/3 cup sugar	2 tbsp. coarsley chopped sugar cubes
6 oz. butter	1/4 cup chopped almonds
1 tbsp. ground 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 stiff	3/4 cup Ritz Cracker Crumbs
1/2 tsp. salt	1 cup chopped nuts
1/2 tsp. baking powder	1 tsp. vanilla
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

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 out 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 $\frac{1}{4}$ cups shortening	5 $\frac{1}{2}$ 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
$\frac{1}{2}$ 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<sup>o</sup> - 15 minutes  
350<sup>o</sup> - 10 minutes

Mae Kalpakoff

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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 325 degrees. Cool.

Creamy Cheese Filling:

4 packages (3 oz.) cream cheese	1 cup (1/2 pint) cul- tured sour cream
2 eggs	3 Tbsp. sugar
1/2 cup sugar	1 tsp. vanilla
1/2 tsp. vanilla	
1 lg. can (#2-1/2) pine- apple 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

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## Cooked Apple Pie Filling

Make pastry for Two-Crust Pie

1 cup brown sugar	6 cups apples
1 cup water	1/8 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.

Hazel Rudometkin

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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

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. Pile 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 batter 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 any other berries)
1/2 tsp. baking soda	
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

### pudding and Cream Filling for Tarts or Pies

Mix 1 package vanilla pudding and  $1\frac{1}{2}$  cups milk.  
Cook. Remove from heat and slowly stir in  $\frac{1}{4}$  cup  
fresh lemon juice and 1 tsp. grated lemon rind.  
Cool. Beat  $\frac{1}{2}$  cup whipping cream with 2 Tbsp.  
powdered sugar until firm. Fold into cooled pudding.

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### Coffee Cream Filling

$\frac{1}{2}$ 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

$\frac{1}{2}$ 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 -  $\frac{1}{2}$  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 3 Tbsp. sugar
1/2 tsp. cinnamon	1/2 cup chopped nuts (optional)
3 Tbsp. water	1 small or 1/2 large Angel Food Cake, broken in pieces
4 eggs, separated	

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  
seive. Add the sugar and bring to a boil.

Measure the mixture. Use one tbsp. of potato or corn-  
starch for each two cups of mixture. Dissolve the  
starch in a small amount of cold water. When complete-  
ly 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  $\frac{1}{2}$  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

■ \* \* \* \* \*

■ Lime Gelatin Supreme

■ 1 pkg. lime gelatin (small)  
■ 1 pkg. cream cheese (small)  
■  $\frac{1}{2}$  cup mayonnaise  
■ 1 can crushed pineapple (small)  
■  $\frac{1}{4}$  cup chopped, blanched almonds

■ Dissolve gelatin in  $\frac{1}{2}$  cup boiling water. Add  
■  $\frac{1}{2}$  cup cold water. Cream the mayonnaise and  
■ cream cheese together, add the pineapple and  
■ almonds. Refrigerate the lime gelatin until it is  
■ the consistency of egg white. Add the pineapple  
■ mixture and stir thoroughly. Refrigerate until  
■ firm.

■ Serve in sherbet glasses with your favorite dres-  
■ sing as a salad or a dessert.

■ Annabelle (Klistoff) Della Bona

Orange Sherbert

1 tbsp. unflavored gelatin (1 envelope)	1/8 tsp. salt
1/4 cup cold water	1-6oz. frozen orange juice, thawed
1-1/2 cups hot water	1 egg white, stiffly beaten
2/3 cup sugar	

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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Substitue for Whipped Cream

Beat 3 egg whites, 1 cup grated apples and 1 cup sugar until very stiff.

\* \* \* \* \*

Orange Butter for Waffles, Pancakes or Bread

In a bowl cream  $\frac{1}{2}$  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  $\frac{1}{2}$  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

\* \* \* \* \*

Glossy Chocolate Frosting and Filling

In a saucepan put:  $1\frac{1}{2}$  cups sugar,  $1\frac{1}{2}$  cups water,  $\frac{1}{4}$  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 Loskutoff

\* \* \* \* \*

Chocolate Fudge

Combine in a suacepan:  $1\frac{1}{4}$  cups sugar, 1 cube butter,  $\frac{1}{2}$  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  $\frac{1}{2}$  cups chopped nuts. Pour into a buttered platter. Cool  $\frac{1}{2}$  hr. Cut into squares.

Hazel Rudometkin

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PICKLES, PRESERVES AND  
MISCELLANEOUS



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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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

\* \* \* \* \*

Chirnasliv (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 cook in the syrup. Serve as a dessert with whipped cream or soft custard sauce.

Mrs. Pauline Klistoff

\* \* \* \*

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 sauce pan. 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

\* \* \* \*



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 Hazen

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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  $\frac{1}{2}$  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  $\frac{1}{2}$  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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Malasolni Cuks (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 cuks 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.

\* \* \* \* \*





### 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,  $\frac{1}{2}$  to 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  $\frac{1}{2}$ " 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 head 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.....



### How to Can Fish

5 lbs fish, any kind	$\frac{1}{2}$ cup white vinegar
2 onions sliced	$\frac{1}{2}$ cup vegetable oil
2 carrots, cut in round slices	salt and pepper to taste or salt and pickling spices to taste
2 bay leaves	
$\frac{1}{2}$ 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  $\frac{1}{2}$  cup water,  $\frac{1}{2}$  cup vinegar and  $\frac{1}{2}$  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.

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### 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  $1\frac{1}{2}$  hours. Cool.

Remove skin and all bones. Pack into widemouth pint canning jars. To each jar add  $\frac{1}{2}$  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  $1\frac{1}{2}$  to 2 hours.

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 parsely, 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 bank 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

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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 rusks 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 4 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.....

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

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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

\* \* \* \*

SEMITCHKI  
(Sun flower seeds)

1 lb. Sunflower seeds  
Salt \*

Put seeds into an 11 x 14 inch baking pan. Sprinkle 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. Susoeff  
(11 yrs. old)

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### 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. N.M. Telegin

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#### 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 along side.

FEASTS - 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, eulogys 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 horse-radish dressing. Hardboiled 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  
 $\frac{1}{4}$  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 ( $\frac{1}{4}$  cup) salt to each kettle. Cover partially and let boil  $1\frac{1}{2}$  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.

\* \* \* \* \*

Baked Raisens, for a Large Church Dinner

24 lbs. raisens                      2½ 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 1½ hours, stirring occasionally. Take out of oven and stir again. Keep covered while it cools, stirring every once in awhile. This will serve 5 rows of tables or 300 to 350 people.

Smaller size: 10 lbs. raisens, 1 lb. sugar. Will serve 3 rows of tables - 200 people.

\*\*\*\*\*

Horse Radish

8 jars Heinz instant                      ½ tsp. sugar  
Horse Radish (2 ¾ 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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Borsch, for a Large Church Dinner (300-350 people)

250 lbs. meat	
10 to 15 lbs. soup bones	3 large bottles Ketchup
salt	10 lbs. carrots
2 lbs. large limas, dried	4 bunches beets
3 lbs. lentils (split peas)	9 lbs. zucchini
30 lbs. potatoes	6 lbs. string beans
8 lbs. onions	6 bunches parsley
9 large cans tomatoes	6 lbs. spinach
8 cans tomato paste	15 heads cabbage
24 cans tomato sauce	8 large bunches celery

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 5 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

\* \* \* \* \*

PEARL 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)  
M.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  
tablespoonsful. Simmer meat and bones for 2-2 1/2 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 horse radish dressing.

\* \* \* \*

MALOSHNI LAPSHA (Milk Noodles)

Serves 30-40 people.

1½ gallons milk  
1 qt. half & half  
1 tsp. salt  
2 tsp. sugar  
1½ "chashki" noodles (About 5 LARGE handfuls)

Using a 2½ 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.

\* \* \* \*

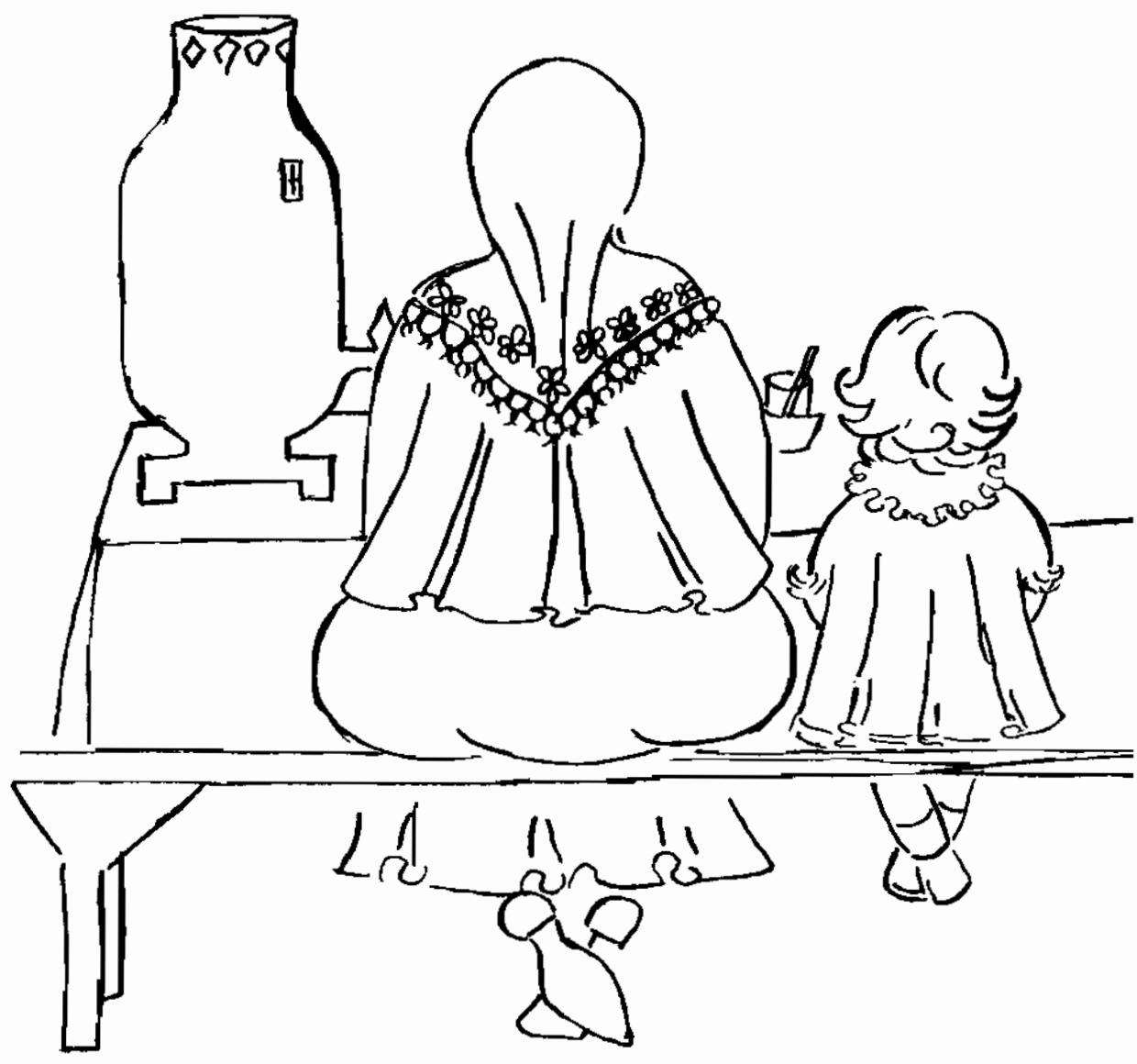
Hard Boiled Eggs

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.

EXTRA RECIPES



EXTRA RECIPES

\* \* \* 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.

BASTE - 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.

BRAISE - To cook food by quick searing and then simmer under a lid and over a fire.

BROIL - 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.

COMBINE - 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.

DOT - To place small bits of butter over the surface of the food.

DREDGE - 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.

cont'd.

TERMS (cont'd)

FAT - Any shortening.  
FILLET - Boneless cut of any meat, fish or poultry.  
FLAKE - 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.  
GIBLETS - 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.  
MARINADE - 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.  
MOUSSE - A mixture of whipped ingredients, served cold and very often thickened with gelatine.  
PARBOIL - To boil until partially cooked.  
PARE - To cut off the outer skin of potatoes or apples etc.  
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.  
RAGOUT - 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.



TERMS (cont'd)

- 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 gashes.
- 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.
- SIFT - 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.
- SKEWER - 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.

\* \* \* \*

- Baklava, 161
- Barley pila, 60
- Beans, 3
- Green beans and eggs, 167
- Salad, 29
- Kidney, 3
- Tomato and bean, 27
- Vinaigrette, 3, 4, 7
- Beef (See meat)
- Beets
- Harvard, 20
- Pickled, 206
- Soup, cream of, 49
- Bell peppers
- Marinated, 213
- Stuffed, 21
- Borsch, 41
- Borsch with beets, 42
- Borsch, chicken, 42B
- Borsch, meat, 42A
- Borsch, Posnee, 43
- Blini
- Buckwheat, 120
- Kisli, 119
- Blintzi, 115, 116
- Apple filling, 118
- Cottage cheese, 117
- Cream cheese, 117
- Meat, 117
- Bread
- Almond apricot, 148
- Dough, 141
- Kulich (Paska), 135, 137
- Pishki, 141
- Pumpernickel, 140
- Sweet, 139
- White, 140
- Breadspread, Applesauce, 199
- Buns, sticky, 148
- Appetizers
- Beans, 3
- Green bean salad, 29
- Kidney, 3
- String, 3, 4
- Beets, Harvard, 20
- Bell Peppers
- Marinated, 213
- Cabbage, red 28
- Chicken wings, 11
- Cucumbers, Sour Cream, 3
- Eggs, stuffed, 6
- Eggplant, Ikra, 5
- Fish
- Balls, 9
- Marinated, 9, 10
- Holodetz, 13
- Khaladets, 12
- Kvass, 215, 216
- Mushrooms, 10
- Pashtet (pate), 5
- Liverwurst (string beans), 6
- Pickles
- Bread and butter, 211
- Chow-chow, 209
- Dill, 211, 212
- Maisoln, 210
- Watermelon, 208
- Piroshki, 150, 151
- Russian Relish, 4
- Russian Salad, 7
- Stirnki, 121
- Tabuleh, 29, 30
- Vareniki, 122
- Vinaigrette, 7
- Warek eenab (Lamb and grape leaves), 75
- Apple Salad, 32
- Apricots, canned 205

Cabbage	Cherry jam, 203
Borsch, pgs. 41-43	Cherry supreme salad, 34
Dolmas (See meat, lamb)	Chicken, (see Poultry)
Filling for pirog, 153	Chihambil, 104
for piroshki, 152	Chocolate
Macaroni, in, 63	Cream dessert, 199
Red, 28	Frosting, 199
Cakes	Fudge, 200
Bundt, 171	Church Feasts, 219
Butter crunch cheese, 166	Borsch, 226
Carrot, 165	Eggs, 229
Fruit cake, DeLuxe, 175	Horseradish, 225
Fruit cake, Quick, 176	Lapsha (Noodles) 223
Honey, 176	Maloshni, 229
Kovrizhki, 168	Pearl Barley Soup, 228
Meringue torte, 172, 173	Raisins, 225
Filling, 172, 173	Cookies
Nut torte, 169	Almond butter, 188
Pineapple upside down, 180	Apricot horns, 185
Raisin, 168	Cinnamon croutons, 183
Raw apple, 174	Fudge candy, 181
Sour cream, 174	Lemon cut-out, 187
Coffee cake, 170	Mother's, 182
Strawberry Roll, 177	Pineapple bars, 187
Walnut gingerbread, 178	Pishichki, 183
Carrots	Powdered sugar, 184
peppers with, 19	Russian kisses, 182
Nachinki, 156	Russian tea cakes, 181
Pirog, 157	Walnut crescents, 184
Vinigrette, 19	Western Range, 180
Casseroles	Cottage Cheese
Eggs, plantation, 63	Apple, in, 132
Lapsha, cottage cheese, 65	Dessert, 131
Lapshevnik, 64	Filling for Blintzi, 117
Macaroni with cabbage, 63	Lapsha with, 65
with Eggs, 64	Paska, 125, 126, 127, 128,
Rice in broth, 62	129
Sooarnitsa, 68	Sirniki, 121
String beans and eggs, 67	Spinach, with, 31
Sweet potato and Apple, 67	Vareniki, 122
Tuna Noodle, 62	Cream Puffs, 194
Chernasliv, 206	Cucumbers
Cherries, canned, 205	Aguretz (Gelatin), 31

Fish (cont'd.)  
 Ooha, 55  
 Polish style, 111  
 Salmon, How to can, 215  
 and Rice, 111  
 Souffle, 110  
 Tuna, How to can, 214  
 Tuna, in Baked potato, 110  
 Noodle, 62  
 Frekadeika, soup, 51  
 Gelatin, Molds, etc.  
 Aguretz, 3  
 Cherry Supreme, 34  
 Cranberry, 35  
 Cucumbers in, 31  
 Fruit in Lemon, 34  
 Lime, 197  
 Pear, 33  
 Pineapple-Avocado, 33  
 Raspberry, 34  
 Spinach and Cottage  
 cheese in, 31  
 Women's Circle Salad, 32  
 Glossy chocolate frosting  
 and filling, 199  
 Golubetz (pgs. 71-77)  
 Grape Leaves (see Meat  
 and Lamb  
 Herring, marinated, 9, 10  
 Holodetz, 13  
 Holoshki, soups, 48  
 Home made soap, 208  
 Ikra, 5  
 Fried, 18

Cucumbers (cont'd.)  
 Soup, cold, 56  
 in Sour cream, 3  
 Desserts and fillings  
 Buttermilk peach  
 sherbet, 198  
 Chocolate cream, 195  
 Fudge, 200  
 Coffee cream, 194  
 Cream puffs, 194  
 Kissel, 196  
 Rhubarb, 197  
 Lime gelatin Supreme, 197  
 Orange Sherbet, 198  
 Pudding and Cream P11-  
 ling, 194  
 Dolmas (see Meat)  
 Eggplant, 17  
 Caviar, 5  
 Ikra, fried, 18  
 Italian, 17  
 Stuffed, 77  
 Eggs  
 Hardboiled (church), 228  
 in Macaroni, 64  
 Meat loaf with, 82  
 Plantation, 63  
 in Sour cream, 7  
 with String beans, 67  
 Stuffed, 6  
 Enchiladas, 83  
 Everlasting yeast, 156  
 Fish  
 Balls, 9  
 Chowder, 56  
 How to can, 214  
 Marinated, 9, 10

Jams  
Cherry, 203  
Lemon, 204  
Strawberry, 203

Kabobs, lamb, 86  
Kafta kabobs, 86  
Kasha, 58  
Grechnevaia, 57  
Raisins in, 58  
Saturday, 59  
Vegetables in, 68

Kashnik, 59  
Khaladets, 12  
Kisli Blini, 119  
Kotlety, 80  
Old fashioned, 79  
Kudree, 160  
Kudri, 159  
Kulich, 135, 137  
Kvass  
Bread, 215  
Fruit, 216

Lamb  
Grape leaves, stuffed  
with, 72  
Gravy, 92  
Kabobs, Lahem, 86  
Kafta Kabobs, 86  
Pilaf, 84  
Turkish, 85  
Ragout, 93  
Riblets, Saturday special  
94  
Sauce, in, 92  
Shanks  
Baked, 93  
Soup, 52  
with Limas, 94  
Shashlik, 87,89,90

Lamb (cont(d.)  
Stew, 91  
Warek Eenah, 75  
Lapsha, 64A  
Church Feasts, 223  
Maloshni, 229  
Cottage cheese in, 65  
Lapshevnik, 64  
Lasagne Casserole, 66  
Liver in sour cream, 95  
Livers, chicken, 99  
Macaroni and cabbage, 63  
Macaroni with Eggs, 64  
Mazurka, 193  
Meat  
Beef and artichoke  
hearts, 79  
Beef and Okra, 79  
Chuck roast, 83  
Enchiladas, 83  
Golubtsi, 72,73  
Cabbage, in Smetana  
(Sour Cream), 71  
Grape leaves, 73,77  
Lazy (Linivy), 74  
More about, 76  
Quick and easy, 74  
Kotlety, 80  
Old fashioned, 79  
Stroganoff, Beef, 78  
Meat Balls, 82  
Meat Loaf, Quick, 81  
Meat Loaves, Egg, 81  
Meat Stuffing for  
Bell peppers  
Blintzi, 117  
Cabbage leaves, 77  
Eggplant, 77  
Grape leaves, 77  
Pirog, 153-157  
Piroshki, 150,151

Meat Stuffing for (cont'd) Poultry, 109  
 Tomatoes, 77  
 Zucchini, 77  
 Muffins  
 Buttermilk, 147  
 English, 147  
 Mushrooms  
 Marinated, 10  
 Soup, 50  
 Nachinki, carrots, 156  
 Ooha, fish soup, 55  
 Okroszka, cold soup, 56  
 Onions, fried rings, 20  
 Oven Stew, 82  
 Pancakes  
 Cottage cheese, 120  
 Fluffy, 121  
 Paramache, 158  
 Pashka, 125, 126, 127  
 Apple, 130  
 Cottage cheese, 128, 129  
 Pashet, 5, 6  
 Pasheny, 45, 46  
 Pickles  
 Beets-pickled, 206  
 Bread and butter, 211  
 Chow-chow, 209  
 Dill, 211  
 Malasolny, 210  
 More Dill, 212  
 Mustard, 212  
 Watermelon, 208  
 Pies  
 Country pie crust, 190  
 Mazurka, 193  
 Meringue, 188  
 Pies (cont'd.)  
 Pineapple cheese, 191  
 Raisin, 190  
 Standard pie crust, 189  
 Strawberry, 192  
 Vera's Apple crunch, 193  
 Pflaf  
 Barley, 60  
 Chicken, 103  
 Lamb, 84-85  
 Rice, 60  
 Turkish Lamb and rice, 85  
 Pilog  
 Carrots, 157  
 Dough, 153  
 Fish, 154, 155  
 Pineapple and apricot, 146  
 Raspoutchee, 144  
 Frozen, 145  
 Sour cream, 145  
 Sour cream, 143  
 Piroshki, 150, 151  
 Pishchki, 183  
 Pizza, 149  
 Polnchiki, 157  
 Potato(es)  
 Cutlets, (Kotlety), 25  
 Fried, 23  
 Mashed, 25  
 Sour cream, 23  
 Stuffed, 24  
 Sweet, 67  
 Potizza, Walnut, 142  
 Poultry  
 Chicken  
 Almonds, with, 101  
 Chikambil, 104  
 Jarkovia, (stew), 106  
 Kiev, 97  
 Livers, 99  
 Pflaf, 103  
 Pomidor, 105  
 Rostov, 101

Poultry (cont'd.)  
   Chicken  
     Royale, 100  
     Stuffing, 108,109  
     White sauce, in,107  
     Wings, baked, 11  
     Wings, gravy in, 102  
   Preserves  
     Apricots, 205  
     Cherries, 205  
     Chernasliv, 206  
     Plums, 205  
   Pumpnickel bread, 140  
   Pumpkin seeds, 217  
  
   Rassolnick, 53,54 (Soup)  
   Rhubarb Kissel, 197  
   Rice  
     Beef broth in, 62  
     Kasha, 58  
     Grechnevaia, 57  
     Raisins in, 57  
     Saturday, 58  
     Vegetables with, 58  
     Kashnik, 59  
     Pilaf, 60,84,89,103  
     Salmon in, 111  
     Stuffing for poultry,108  
   Roast, chuck, 83  
  
   Salads  
     Apple, 32  
     Bean, 29  
     Cabbage, red, 28  
     Cherry supreme, 34  
     Cranberry, 35  
     Cucumbers, in  
       Gelatin, 31  
       Sour cream, 27  
     Lemon, fruit, 34  
     Pineapple and Avocado,33  
     Raspberry cream, 34

Salads (cont'd.)  
   Russian Salad, 7  
   Spinach and cottage  
     cheese, 31  
   Tabuleh, 30  
     Arabian, 29  
   Tomato and bean, 27  
   Vinaigrette, 28  
     Vegetable, 27  
   Women's Circle Salad,32  
   Salad Dressings  
     Horseradish, 37,225  
     Louie, 36  
     Louis, 37  
     Mustard, 36  
     Roquefort, 37  
     Sour cream, 36  
   Salmon  
     Rice, 111  
     Souffle, 110  
   Saturday Special, 94  
   Semitchki, 217  
   Shashlik, 87,88,90  
   Sirniki, 121  
   Sooharnitsa, 68  
   Soup  
     Beet, Cream of, 49  
     Borsch, 41  
     Borsch, with beets, 42  
     Borsch, Chicken, 42B  
     Borsch, Meat, 42A  
     Borsch, Posnee, 43  
     Frekadelka, 51  
     Holooshki, 48 (2)  
     Kliotski, 47  
     Lamb Shanks, 52  
     Mushroom, 50  
     Okroshka, 56  
     Ooha, 55,56  
     Pelmeny, 45,46  
   Rassolnick  
     Hearts, 54  
     Kidney, 53  
     Vegetable, 49

Soups, (cont'd.) 44  
 Zeleuni Shchi, 44  
 Stew,  
 Chicken, 106  
 Jarkovia, 84  
 Lamb, 91  
 Oven, 82  
 Stroganoff, 78  
 Stuffings and fillings for  
 Blintzi, 115, 116, 117, 118  
 Cabbage, 71, 152, 153  
 Dolmas, 77  
 Grape leaves, 73  
 Meat, 152  
 Potatoes, 24  
 Poultry, 108, 109  
 Tabuleh, 30  
 Arabian, 29  
 Tomatoes, stuffed, 77  
 Tuna, baked potato, 110  
 Tuna, canned, 214  
 Tuna, noodle, 62  
 Vareniki, 122  
 Veal,  
 Cheese sauce, 95  
 Scallopin, 96  
 Vegetables  
 Artichoke hearts, 79  
 Beans, 3, 27, 29  
 Beets, Harvard, 20  
 Bell peppers, 21  
 Stuffed, 213  
 Cabbage, Red, 28  
 Carrots, 19  
 Nachinka, 156  
 Cucumber (s), 3, 27, 31, 56  
 Eggplant, 5, 17  
 Fried, 18

Vegetables (cont'd.)  
 Okra, 79  
 Onions, 20  
 Potato(es)  
 Baked, 25  
 Stuffed, 24  
 Fried, 23  
 Kotlety, 25  
 Sour Cream, 23  
 Sweet, 67  
 Zucchini  
 in Buttermilk, 22  
 in Salad, 27  
 in Sour cream, 22  
 Stuffed, 23  
 Warek eena, 75  
 Women's Circle Salad, 32  
 Yeast, everlasting, 156  
 Yogurt, 123  
 Zakuski, (see Appetizers)



HAPPY COOKING!!!

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