



## DIASPORA DIARIES: RECIPES

### Ukraine

#### UKRANIAN BORSCHT

Based on a recipe from *ifoodreal.com*

##### Ingredients

12 c. vegetable or beef broth (may use low sodium)  
6 oz. can tomato paste (may use low sodium)  
5 c. cabbage (red or green), thinly sliced  
4 large potatoes, peeled, cubed  
3 medium carrots, chopped  
3 large beets, peeled, cut into matchsticks  
3 bay leaves  
3 large garlic cloves, grated  
2 tsp. salt  
2 Tb. olive oil  
1 large onion, chopped  
1 Tb. white vinegar  
¼ c. parsley or dill, chopped finely  
Pinch of maple syrup or sugar  
Black pepper, to taste  
Sour cream/plain yoghurt  
Rye bread

##### Procedure

Prepare vegetables while broth and bay leaves come to a boil in a large pot. Add cabbage, cover, and bring to a boil a second time. Then set on low for 20 minutes.

At the same time, preheat a large skillet on medium and add 1 Tb. of oil. Saute carrots and onion for 5 minutes. Stir occasionally. Add the rest of the oil and beets. Saute for another 3 or 4 minutes.

Add the potatoes, tomato paste, salt, and the sauteed vegetables to the pot. (JULIA NOTE: The first e has an accent from upper right to lower left.) Cover, bring to a boil, and cook for 20 minutes on low.

Turn off the stove. Add pepper, vinegar, garlic, and sugar, and stir. Let it sit for 10 minutes. Add dill and stir.

Top with sour cream/yogurt, and serve with rye bread.

Serves 8.

## **COTTAGE CHEESE PANCAKES (Syrniki, the national dish of Ukraine)**

Based on a recipe from *cook.me*

### Ingredients

2 eggs  
1 lb. farmer's cheese (substitute with ricotta or cottage cheese)  
 $\frac{1}{2} + \frac{1}{3}$  cup flour  
 $\frac{1}{4}$  c. sugar  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{2}$  c. raisins (optional)  
6-8 Tb. vegetable oil  
Plain yoghurt or sour cream  
Fresh fruit or jam

### Procedure

Crumble cheese in a large bowl, add eggs, and mix well. Add the  $\frac{1}{2}$  cup of flour, the sugar and salt, and mix until thick and smooth. Pour in the raisins, if desired.

Spread the remaining flour in a shallow dish. Scoop the batter into the flour with an ice cream scoop. Form small patties and dredge in flour. Shake off the excess.

Heat a large skillet on low-medium, and pour in half the oil. Cook the patties until golden brown, then drain on a paper towel. Use the remainder of the oil to keep the patties from sticking.

May serve hot or cold with plain yoghurt, sour cream, fresh fruit, or jam.

Makes 10 syrniki.