Recipe book

Ukrainian Cuisine



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Kseniia Amber





Recipe

Pampushka: Traditional Ukrainian garlic bread

Ingredients (8 pax):

- 500 g all purpose flour
- 10 g dry yeast
- 30 g fresh parsley and dill
- 50 g fresh garlic, minced
- 1 egg + 1 tbsp milk
- 500 ml milk
- 40 g softened butter
- Coarse salt

Method

- In a bowl, mix three spoons of water with three spoons of warm milk or water, and the yeast. Leave the starter for 30 minutes to allow the yeast to start working.
- Mix the starter, the remaining flour, and milk. Knead the dough for 8-10 minutes.
- Transfer the finished dough to an oiled bowl. Leave for 2 hours at room temperature.
- Once risen, form small buns and place them in your chosen tin, pressing them up against one other. Leave for one hour, or until doubled in size.
- Preheat the oven to 220 C (428 F) with steam. Brush the buns with a mixture of milk and eggs, and bake for 12-13 minutes.
- Meanwhile, mix the butter with half of the herbs and half of the garlic.
- Once the bread is cooked, cover the hot buns with the aromatic butter.
- Sprinkle some herbs and salt.

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Recipe

Borscht

Ingredients (4 pax):

- 800 g Borscht beef (osso buco cuts with bone marrow)
- 200 g grated beets (raw or boiled)
- 200 g carrot, in cubes
- 200 g onions, in cubes
- 500 g white cabbage, shredded
- 1 g bay leaf
- ½ onion and ½ carrot
- 4 g smoked paprika
- 300 g tomato paste
- 15 g salt
- Mix of dill, parsley and garlic
- Creme fraiche
- 50 g sunflower oil

Method

- Sear the meat in a preheated pan until golden brown. Add the carrot and onion.
- Place these ingredients and the bay leaf in large pot, and cover with cold water.
- Bring to a boil, skim off the foam, turn the heat to medium and continue to cook for at least 2.5-3 hours. Then reserve the meat.
- Cut all vegetables into small cubes, grate the beets, and add the tomato paste. Combine in a preheated pan, and cook for 3 minutes.
- Add to the soup and deglaze all the juices from the pan with a little bit of liquid.
- Add the shredded cabbage. Cook for 20-25 minutes.
- Take the meat off the bones (save the bone marrow) add salt and smoked paprika to the soup and turn off the heat. Let the soup rest for at least for 30-40 minutes before serving.
- Serve the soup with the bone marrow on the top, and some creme fraiche and finely chopped herbs.

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Recipe

Chicken Kiev

Ingredients (4 pax):

- 1 kg chicken thigh
- 200 g chicken fillet
- 100 g heavy cream, whipped
- 300 g all purpose flour
- 4 eggs + 50 gr mik
- 800 g panko
- 20 g parsley
- 20 g dill
- 5 g lemon zest
- 500 g butter
- 5 g salt

Method

- Clean the chicken thighs (save the bones). Add the thighs, fillet and heavy cream to the blender.
- Pulse a few times to make a perfect mousse. Add salt and let it rest in the fridge at least 1 hour.
- In a small bowl combine softened butter, roughly chopped dill, parsley, lemon zest and salt. Put it in a plastic wrap and roll a sausage shape. Immediately put it in the freezer for 30 minutes.
- Mix eggs with heavy cream, to make a perfect egg liaison.
- Form a layer of chicken mousse with wet hands, put a piece of herb butter inside, fix it and insert the saved bone (inserting the bone is optional). Roll it in flour, then in the egg liaison, and finally in the panko breadcrumbs.
- Deep fry in preheated oil for 5-6 minutes, then transfer to the oven and cook 5-6 more minutes at 170 C (338 F).
- Serve with mashed potatoes, and sprinkle with chopped dill and lemon zest.

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Recipe

Holubtsi: Cabbage rolls with creamy mushroom sauce

Ingredients (4 pax):

- 1 kg white cabbage
- 250 g ground beef (fatty)
- 250 g ground (pork)
- 300 g basmati rice
- 4 g black pepper
- salt
- 40 g dried porcini mushrooms
- 100 g onion
- 200 ml heavy cream
- 60 g butter
- parsley
- 50 g carrot

Method

- Hydrate the mushrooms and reserve.
- Clean the cabbage and separate all the leaves from the core.
- Blanche them in hot water with salt, then immediately put on ice to stop the cooking process. The leaves must be soft and tender.
- Pre-cook the rice, then sear chopped onion, carrots and half of the mushrooms.
- Then in a medium bowl combine the rice and vegetables with the ground meat, add salt, pepper, parsley.
- Cut the leaves in half down the center removing the tough stem portion.
- Place two tablespoons of meat mixture at the top of each leaf (or as much as you can fit – the size will vary). Roll the leaf into a cone shape with the thicker part of the leaf at the base and stuff the wide part into the top. As you stuff your cabbage leaves, arrange them in a cast iron dutch oven.
- In a medium pan with butter, sear the cabbage rolls until golden brown on each side.
- For the sauce, combine leftover brown butter from the searing with heavy cream and mushroom soaking water. Add the sliced mushrooms, salt, pepper and the cabbage rolls. Cook for 10-12 minutes.

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Recipe

Fried banosh with pork crackling and salty feta cheese

Ingredients (4 pax):

- 200 g corn grits *(or polenta)*
- 500 ml milk
- 500 g bacon or pork belly
- 200 g feta cheese
- 7 g salt
- 5 g spring onion
- 100 g cheese mix (grated)
- 30 g creme fraiche
- Oil for frying

Method

- In a pot combine milk, salt and grits (or polenta). Combine everything together and start to stir, avoiding lumps.
- This will take a little time. Reduce the heat and cook like porridge for 20-30 minutes, until thickened.
- Finally, add the cheese and salt, and combine. Put into a plastic or glass container, and cool in the fridge.
- When the banosh has completely cooled, cut it into equal parts and deep-fry until golden brown.
- Cut the bacon into small pieces, put into the preheated pan with oil to make nice crunchy crackling. Drain on paper towels to remove excess fat.
- Plate a spoon of creme fraiche and place the golden cubes of polenta. Add some bacon crackling and feta cheese.

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Recipe

Syrniki: Cottage cheese pancakes

Ingredients (4 pax):

- 700 g farmer's cheese
- 40 g flour
- 2 eggs
- 100 g sugar
- Mint
- 100 g creme fraiche
- 100 g strawberries
- 100 g blueberries
- 100 g raspberries
- 200 g honey
- 200 g coconut oil

Method

- Put the farmer's cheese in a small bowl, add flour, eggs and sugar. Combine everything together with a fork and mix perfectly.
- Put a non-stick teflon pan on medium heat, add the coconut oil. Scoop the mixture from the bowl and form into pancakes.
- Fry for 4-5 minutes on each side, to make a perfect golden crust.
- Serve with the creme fraiche, honey, fresh berries, lemon zest and mint leaves.

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