

# Ukraine Recipes

## Borscht

### Ingredients:

1 cup diced celery  
1 cup diced onions  
1 cup chopped cabbage  
2 cloves garlic, grated or pressed  
1 tablespoon butter  
8 cups broth  
1 can diced tomatoes  
3 peeled beets  
2 medium carrots, grated  
1 medium potato, diced  
½ cup fresh dill weed, chopped  
Salt and pepper to taste



### Directions:

Sauté the onions, celery, and cabbage with the butter until soft and translucent. Add the can of diced tomatoes, garlic, and broth. Bring to a boil and then reduce to medium heat.

Peel the beets, carrots, and potato. Dice half the beets and grate the other half. Grate the carrots. Dice the potato. Add these to the broth.

Allow soup to simmer on medium until diced beets and potatoes are soft. Remove soup from heat.

Stir in fresh dill weed and salt and pepper. Serve hot with a scoop of sour cream.

# Chicken Kiev

## Ingredients:

3 large chicken breasts  
2 eggs, beaten  
½ cup flour  
2 cups panko breadcrumbs  
Salt and pepper to taste  
Olive oil



## For the lemon-herb garlic butter:

6 tablespoons butter, room temperature  
1 large garlic clove, minced  
1 tablespoon lemon juice, plus more to drizzle on finished chicken  
2 tablespoons chopped fresh parsley  
½ teaspoon salt  
½ teaspoon freshly ground black pepper

## Directions:

In a medium bowl, mash together all lemon-herb garlic butter ingredients with a fork, until lemon juice is incorporated into the butter.

Using a sharp, slim knife, cut chicken breasts in half lengthwise, equally. Carefully cut a pocket into the side of each chicken breast as deep and wide as you can go without cutting through the chicken breast. Stuff each chicken breast with 1 tablespoon of butter then close the breast. Pinch the opening to seal. Season both sides of chicken breast with salt and pepper.

Dredge chicken in flour and then dip in eggs. Finally, dip in breadcrumbs. Transfer to a platter while forming the remaining chicken cutlets.

Add ⅓" of oil to a large, deep skillet and place over medium heat. Once the oil is hot, add chicken in a single layer and fry until golden brown. Repeat with remaining chicken cutlets. Serve hot, with a lemon wedge.

## Potato Pancakes

### Ingredients:

8 large russet potatoes  
1 small onion  
3 cloves garlic  
1 egg  
¼ cup flour  
Salt and pepper to taste  
Olive oil



### Directions:

Peel and rinse potatoes, onion, and garlic. Grate the potatoes, then grate the onion and garlic. Mix the grated potato with the grated onion and garlic.

Place a strainer in a separate bowl. Transfer grated vegetables into the strainer to drain most of the potato juice. Transfer back to the first bowl; set aside the juice from the potatoes.

Add egg, flour, salt, and pepper. Mix all together with a hand whisk until well combined. Add ¼ cup of the potato juice to dilute some of the thickness.

Heat a skillet to medium heat and add 1 tablespoon olive oil. Add heaping tablespoons of grated potato mixture to the heated skillet—one tablespoon at a time.

Sauté pancakes for about 2 – 3 minutes per side. Repeat the same steps with the rest of the potato mixture.

Serve immediately with sour cream.

## Holubsti (Stuffed Cabbage)

### Ingredients:

1 head cabbage  
4 large potatoes, peeled and finely grated  
1 small onion, chopped  
2 tablespoons butter  
1 ½ cups sour cream  
½ cup buckwheat, rinsed and drained



### Directions:

Heat oven to 350° F. Remove core from cabbage. Place whole head in a large pot filled with boiling, salted water. Cover and cook 3 minutes, or until softened enough to pull off individual leaves. You will need about 18 leaves.

When leaves are cool enough to handle, use a paring knife to cut away the thick center stem from each leaf, without cutting all the way through. Chop the remaining cabbage and place it in the bottom of a casserole dish or Dutch oven.

Drain the potatoes in a sieve or cheesecloth, twisting until the potatoes are dry. Transfer to a large bowl and set aside. In a small skillet, sauté the chopped onion in butter until tender and add to the potatoes, mixing well.

Add ½ cup sour cream and the buckwheat to potato mixture, combining thoroughly.

Place about ½ cup filling on each cabbage leaf. Roll to encase the filling. Flip the right side of the leaf to the middle, then flip the left side. Roll away from you to create a neat little roll.

Place the cabbage rolls on top of the chopped cabbage in the casserole dish, seasoning each layer with salt and pepper. Pour 1 cup sour cream over the holubsti, cover, and place in oven. Bake for 1 to 1 ½ hours until filling is tender.

Serve with pan juices or hot tomato sauce and more sour cream.

# Okroshka

## Ingredients:

8 cups cold water  
1/3 cup sour cream  
2 1/2 tablespoons vinegar  
2 1/2 teaspoons salt  
3 tablespoons chopped dill  
1/2 cup green onion, finely chopped  
1/2 pound ham, diced  
4 potatoes, cooked, peeled and diced  
3 hard-boiled eggs, diced  
4 cucumbers, diced



## Directions:

Place diced potatoes, eggs, cucumbers, ham, green onions, and dill in a large pot.

In a separate large bowl, whisk together cold water, sour cream, vinegar, and salt until combined. Pour the mixture in the pot with the rest of ingredients. Stir to combine and serve.