



“You Say Potato...and I Say Pierogi!” Workshop

Wednesday, May 6th, 2015

Presenter: Kate MacKay

BASIC PIEROGI DOUGH

- 2 cups all-purpose flour
- 2 large beaten room-temperature eggs
- 1/2 teaspoon salt
- 1/3 cup lukewarm water

In a medium bowl, combine eggs, salt and water, and add the flour. Knead until dough is firm and well mixed. The dough should be soft and elastic at this stage. If it's too stiff, add some additional water. If the dough is too sticky, knead in additional flour (about 1 Tbsp at a time). Cover with an overturned bowl or loosely with plastic wrap and let rest 10 minutes to 1 hour.

Cut off a piece (about 1/2) and keep the remainder under cover so it doesn't dry out. Roll out to about 1/8" thick. Using water glass, cookie cutter, pierogi maker, cut out circles. Alternatively, use a sharp knife and cut it into squares.

Place approximately 1 to 1-1/2 teaspoons of filling on the centre and fold the dough around it. Pinch the edges well to make a good seal. If one won't seal easily, wet your finger with a little water and brush the edges. If the dough is sticking to your fingers, use a little loose flour.

Place on parchment or freezer paper covered pans. If you can freeze them at this stage, it's probably the easiest way to handle them. Bag the individually frozen pierogis and take out what you want for a meal. Pierogis are cooked from frozen.

To cook: bring a large pot of water to a boil. Add pierogis one at a time and let them sink. When they float back to the top, they're done. Remove them from the water with a slotted spoon and let them drain well.

BASIC PIEROGI DOUGH II

- 2-1/2 cups all purpose flour
- 1/2 tsp salt
- 1 tsp baking powder
- 1/2 cup sour cream
- 1 egg
- ~1/3 cup milk

In one bowl, mix dry ingredients (flour, salt, baking powder). In a second bowl, mix sour cream, 1 egg and about 1 Tbsp of the milk. Add dry ingredients to wet and stir. Add additional milk as necessary to make a SOFT dough. Knead very lightly. Allow to sit under a bowl (or covered with damp tea cloth) for 20 minutes to let dough relax. If leaving out for any time, refrigerate the door and allow to come to room temperature before proceeding.

Roll dough thinly and cut (either in circles or squares) and place filling in the centre. Fold over -- if the dough won't seal, touch the edges with a very small amount of water. If the dough wants to stick to your hands, dust your fingers with flour. Makes roughly 4 doz (depending on the size of your cutter)

They can be eaten now.... OR....

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Savory fillings: Pan fry them with butter and onions (and/or bacon/ bacon fat). Serve with or without sour cream.

Sweet fillings: Serve them a touch of powder sugar, or sweetened whipped cream or a drizzle of maple syrup.

ALTERNATIVE DOUGH RECIPES:

Sour Cream Dough

- 3 cups all-purpose flour, plus flour to dust the work surface
 - 1/2 teaspoon salt
 - 1/4 cup sour cream
 - 1 egg
 - 1 cup water
1. Combine flour, salt sour cream, egg and water in a large bowl. Mix until dough comes together. If dough is dry, add more water 1 tablespoon at a time, until it's moist and springy. If the dough is sticky, add more flour, 1 tablespoon at a time, until it's smooth.
 2. On a floured work surface knead dough 3 or 4 minutes or until elastic. Cover dough with plastic wrap and refrigerate for at least 30 minutes.

Vegan-friendly Pierogi Dough

- 3 cups all-purpose flour, plus flour for dusting the work surface
 - 1/2 teaspoon salt
 - 1/4 cup sunflower oil
 - 1 cup water
1. Combine flour, salt, oil and water in large bowl, and mix until dough forms a ball. If dough is dry, add more water, 1 tablespoon at a time, until moist. If dough is sticky, add more flour, 1 tablespoon at a time, until it's smooth.
 2. On a floured work surface_knead dough 3 or 4 minutes or until elastic. Cover dough with plastic wrap and refrigerate for at least 30 minutes.

Potato Pierogi Dough

- 1 cup peeled, cooked potatoes (about 1 large potato), or left over mashed potatoes
 - 1/4 cup canola oil
 - 1 egg
 - 2 cups all-purpose flour, plus flour for dusting the work surface
 - 1 teaspoon salt
 - 1 cup water
1. Mash or run potato through a food mill or ricer. In large bowl, combine potatoes with oil, egg, flour, salt and water.
 2. If dough is dry, add more water, 1 tablespoon at a time, until moist. If dough is sticky, add more four, 1 tablespoon at a time, until it's smooth
 3. On a floured surface, knead dough 3 or 4 minutes or until elastic. Cover dough with plastic wrap and refrigerate at least 30 minutes.

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PIEROGI FILLINGS:

Classic Canadian Potato and Cheese Filling

- 4 pounds dry potatoes, peeled cooked and mashed (Russets are a good choice)
- 1 pound shredded Cheddar cheese
- Salt and pepper to taste

Directions: In a large bowl, mix warm mashed potatoes with cheddar cheese.

Cabbage Filling

- 1 sm. head cabbage
- 1 sm. onion, chopped fine
- Butter
- Salt and pepper
- 1 c. sauerkraut, rinsed and chopped
- 1 c. cooked pork (ground)
- 1 sm. piece salt pork, chopped fine

Directions: Quarter cabbage and cook in salted water 15 minutes. Drain, cool and chop fine. Sauté onion and salt pork, chopped fine, approximately 5 minutes. Add pork, then add chopped cabbage and sauerkraut. Salt and pepper to taste. Continue to fry until flavor blends.

Cottage Cheese Filling

- 1/2 lb. dry cottage cheese
- 1 egg beaten
- 2 tbsp. sugar
- 1/8 tsp. vanilla
- 1/8 tsp. salt

Directions: If you can't find dry cottage cheese, freeze the entire container of regular cottage cheese. Thaw overnight in the refrigerator and drain. Wring out excess moisture in a fine weave kitchen cloth or several layers of cheese cloth.

Mushroom and Truffle Filling

- 2 lbs of cremini mushrooms, chopped
- 1/2 onion, finely chopped
- Butter, oil or bacon fat for sautéing
- 8 oz (large package) Cream Cheese
- 4-5 finely chopped sage leaves OR 1 tsp dried sage
- 2 TBSP minced truffle pate (optional)

Directions: Heat butter, oil or fat over a medium heat. Sauté the mushrooms and onions until the mushrooms give off their water. Add sage leaves (dried sage). Beat cream cheese until soft or melt it in another skillet. Mix in mushrooms. Salt and pepper to taste. If using truffle pate, stir in 2 teaspoons at a time and taste – the truffle can become overpowering very quickly.

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Potato, Onion, Bacon and Horseradish Filling

- 4 lbs of mashed potatoes (Russets would be good choice)
- 4 strips of bacon, fried until crisp, fat reserved
- 1/2 large onion, chopped fine
- 1 TBSP horseradish
- 3 green onions, chopped.
- Salt and pepper to taste

Directions: Put the mashed potatoes into a large mixing bowl. Using the bacon fat, sauté the chopped onion until soft. Add to potatoes. Add horseradish and green onions. Finely chop / crumble bacon into the bowl. Mix well and season to taste.

Pumpkin Filling

- 2 cups of canned/cooked pumpkin -- not pie filling, just straight pumpkin (about 1 kg raw pumpkin, either baked or boiled)
- 60 g cream cheese
- 1 Tbsp brown sugar
- 2 Tbsp honey
- 1 tsp cinnamon
- 1/ tsp cloves
- 1/4 tsp cayenne (optional)
- 1/2 tsp powdered ginger
- 1/8 tsp curry powder

Directions: Warm the cream cheese until melted, either in microwave or on the stove top with a low heat. Mix in canned pumpkin puree and stir until well combined. Add remaining ingredients. Allow to cool 1 hr in the refrigerator before filling pierogies.

Balsamic reduction:

- 200 ml balsamic vinegar, gently boiled until reduced by 1/2
- 2 Tbsp orange juice
- 3 Tbsp spiced rum (or rum extract if you prefer).

MORE IDEAS – GO CRAZY –

<http://home.comcast.net/~dyrgcmn/Pierogi/pierogifillings.html>

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