

UKRAINIAN & RUSSIAN



Traditional recipes

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- CRAFTSMANSHIP - UKRAINIAN & RUSSIAN FOOD basics & usage ✓

Courses: Ukrainian & Russian

Collections: PURPOSE & HISTORY

Source: OCTOPUS OCEAN - Germany



Ingredients

Ukrainian cuisine

is based on Old Slavic cuisine and, over time, has incorporated elements from various European cuisines, including Russian, German, Turkish, Polish, and Hungarian.

Ukrainian cuisine, in turn, has influenced the national cuisines of neighboring countries, including Polish and Russian cuisine. It also became known in North America through Ukrainian immigrants to the United States and Canada. The Ukrainian culinary tradition is kept alive in numerous restaurants in Ukraine, Russia, and now also in Europe and North America. A distinctive feature of Ukrainian cuisine is the variety of ingredients used, such as potatoes, meat, fruits, mushrooms, berries, and herbs. The most well-known dishes are borscht, solyanka, and Vareniki.

All meals tend to be hearty. The main course of the day is served hot at lunchtime, which is usually around 2:00 p.m. It generally consists of soup, the main course, and dessert. In the summer, people love to grill various types of meat,

Directions

Characteristics of Russian Cuisine

Russian cuisine is diverse and, in many recipes, has a very rustic character. It features many simple and delicious recipes. In this cuisine, ingredients are showcased in a relatively unadulterated way. However, it displays extraordinary creativity when it comes to pickling mushrooms, cucumbers, eggplants, fish, or sweet-and-sour apricots.

Russians love to eat—and they eat a lot.

Even breakfast in Russian cuisine is hearty, featuring kasha (porridge), which can be made from buckwheat groats, millet, or semolina. In winter, this is often accompanied by fried potatoes, fried eggs, omelettes, or sausages. Lunch usually begins with soup.

Borscht, a beetroot soup with tomatoes, bell peppers, and cabbage, enriched with thick sour cream, has achieved worldwide fame.

Other delicacies of Russian cuisine include Pirozhki, yeast-raised pastries filled with sauerkraut, ground meat, or potatoes, which are often sold on the street. The main course usually consists of meat, fish, or chicken.

For dessert, you can choose from ice cream, kissel (thickened fruit juice), compote, or pastries.

such as pork (shashlik), lamb, or chicken, as well as local vegetables depending on the season, and prefer to eat them outdoors, for example, on the patio or in the garden.

In Ukraine, people drink much more tea than coffee, not only for breakfast, but also in the afternoon & in the evening. The larger cities in western Ukraine are an exception to this, as there are still a few Viennese coffeehouses scattered throughout the region. Lviv had a coffeehouse culture until World War I.

- CRAFTSMANSHIP -

Organic Buckwheat Kasha ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Kasha is one of those dishes that quietly anchors a culture. In Russia, it is more than just porridge. It is food that feels like home, shaped by harsh winters and long family traditions. Humble in appearance, kasha offers comfort with every spoonful.

For the Porridge

- ☐ 200g Buckwheat;
roasted groats
(whole, not crushed)
- ☐ 500 ml water
- ☐ 1 tsp salt
- ☐ 2 tbsp butter, unsalted

Optional additions

For sweet:

Milk, Honey, or dried fruits
like Raisins or Apricots

Step 1: Rinse the buckwheat

To begin, place the buckwheat groats in a sieve and rinse under cold running water. Stir gently with your hand to remove dust & broken grains. Allow to drain fully. Move on to toasting.

Directions

How to make Kasha

Kasha is a staple of Russian cuisine, prized for its earthy flavour and wholesome simplicity. Whether served savoury or sweet, it offers comfort in every spoonful. Expect tender yet toothsome buckwheat grains infused with buttery warmth.

Organic buckwheat Kasha consists of hulled buckwheat kernels that have been roasted to develop a deeper colour & a more pronounced flavour. The roasting process gives the grains a warm brown tone & enhances their naturally nutty aroma. When cooked, the kernels become tender while maintaining a slightly firm texture that works well in many traditional recipes.

Buckwheat has been cultivated for thousands of years & remains a common ingredient in many regional cuisines. In Eastern Europe it is often prepared as a staple dish known as Kasha, while in other parts of the world buckwheat is used in noodles, porridges, and grain-based meals.

Because Kasha is made from roasted kernels, it offers a richer taste compared with raw buckwheat groats and can be used as a flavourful substitute for many grains in everyday cooking.

Nutritional Value

Organic buckwheat Kasha naturally contains plant-based protein and dietary fibre as part of the whole seed structure. As a roasted form of buckwheat kernels, it retains the natural components present in the seed after the hull has been removed.

The kernels include nutrients such as manganese, phosphorus, magnesium, zinc, iron, copper, calcium, and selenium. Buckwheat

Step 2: Toast the buckwheat

In a dry pan over medium heat, toast the groats for 3–5 min, stirring often, until they smell nutty & start to darken slightly. It enhances both aroma & texture. Proceed to boiling water.

Step 3: Boil the water

In a medium saucepan, bring 500 ml of water to a boil. Add the salt once boiling begins. Keep the heat on high for the next step.

Step 4: Add buckwheat to boiling water

Carefully pour the toasted buckwheat into the boiling water. Stir once to prevent clumping. Wait until the water returns to a gentle boil, then transition to simmering.

Step 5: Simmer the Kasha

Reduce the heat to low, cover the saucepan tightly with a lid, and simmer undisturbed for 15–18 min. Avoid stirring to maintain a light, fluffy texture. Check readiness next.

Step 6: Check for doneness

After 15 min, check if water has been fully absorbed and the grains are tender. If needed, cook for 2–3 more min. Once done, remove from heat. Continue with resting.

also contains naturally occurring B vitamins as well as vitamin E and vitamin K. In addition to these nutrients, cooked buckwheat Kasha contains carbohydrates and small amounts of naturally occurring fatty acids.

Ways to Use

Buckwheat Kasha can be prepared in a wide variety of dishes. The roasted kernels are commonly used as a base for savoury meals, where they pair well with vegetables, sauces, and sautéed ingredients. Cooked Kasha may be served as a side dish, incorporated into pilaf-style recipes, or mixed into salads and grain bowls.

The kernels can also be used in breakfast dishes such as **porridge** or combined with other ingredients in recipes like pancakes and crepes. Some cooks grind the roasted kernels into flour for baking or use them to prepare buckwheat-based batters. The distinctive nutty flavour of Kasha allows it to complement both savoury & lightly sweet preparations.

Storage Recommendations

Store buckwheat kasha in a tightly sealed container to protect the kernels from moisture and outside odours. Proper storage helps preserve the roasted aroma and the natural flavour of the grains.

For best results, keep the container in a cool and dry place away from direct heat or sunlight. Refrigeration is optional but may extend storage time. Because buckwheat kernels have a naturally noticeable aroma, storing them separately from strongly scented foods can help maintain their original flavour.

- CRAFTSMANSHIP -

Borschtsch ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

For 2 litres = 10 servings

- ☐ 500 gr Beef for soup
- ☐ 150 gr Bacon -
smoked streaky
- ☐ 300 gr Red beets
- ☐ 200 gr Onions
- ☐ 100 gr Leeks
- ☐ 100 gr Carrots
- ☐ 200 gr Cabbage white
- ☐ 100 gr Celery
- ☐ 100 ml Oil
- ☐ 20 gr Tomato paste
- ☐ 2 litres Beef broth
- ☐ 10 ml Vinegar
- ☐ 10 g Dill, chopped
- ☐ 1 Spice bag -
(Peppercorns &
Fennel, Bay leaf)
- ☐ Salt
- ☐ 200 ml red Beet juice, raw
- ☐ 200 gr Sour cream

Directions

Blanch the meat & bacon together (separately in a pot) in hot water, then cook them in the beef broth.

Wash the beets & the remaining vegetables thoroughly, then peel them.

Cut them into strips; then sauté the veggie strips in oil until translucent.

Stir in the tomato paste & deglaze with vinegar, then add meat, bacon, beef broth + the spice bag.

Cook until done, then remove the spice bag.

Slice the bacon & meat and add them to the dish. Season everything with salt & sprinkle with dill.

Serve with raw beet juice and sour cream.

Borscht is traditionally prepared in a region that stretches from **Poland and Romania through Ukraine, Belarus, and Lithuania to Russia**. However, borscht is not necessarily served as a meal in its own right, but is often served as a soup or an intermediate course for lunch or dinner.

- CRAFTSMANSHIP -

Soljanka ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 8

- ☐ 3 litre Water
- ☐ 700 gr Beef
(meat for soup)
- ☐ 3 Onions
(1 for broth - 2 for soup)
- ☐ 3 Carrots
(1 for broth - 2 for soup)
- ☐ 2 tsp Salt
- ☐ 2 Bay leaf
- ☐ 700 gr Potatoes
- ☐ 6 Salted Cucumbers
- ☐ 200 gr bell Pepper, green
- ☐ 200 gr Sausage
(i.e. Cabanossi)
- ☐ 200 gr Doktorskaja
(meat sausage)
- ☐ Oil for frying
- ☐ 2 tbsp Tomato paste
- ☐ 200 ml Brine
(from Salted Cucumbers)
- ☐ 1 tbsp Vinegar
- ☐ ½ Lemon, fresh
- ☐ Pepper ground
- For serving**
 - ☐ Sour Cream
 - ☐ Bread

Directions

Each version of the soup tells its own story. It is shaped by Russia's traditions and culinary heritage.

Fill a pot with 3 litres of cold water & add the beef (rinse it first). Add 1 whole onion, 1 carrot, 2 tsp of salt & 2 bay leaves. Cook the contents over medium heat for 60 to 90 min, until the meat is tender. Skim off the foam occasionally with a ladle.

In the meantime, peel & dice the potatoes. Peel the carrot as well & grate it using the coarse side of the grater. Peel the salted cucumbers & cut them into long strips. Wash the bell pepper & cut it into long strips. Dice the onion.

Next, cut both types of sausage, as well as the pickles, into long strips. Make sure they aren't too long so they'll still fit on a tablespoon.

Sauté the sausage briefly over high heat with a little light-coloured oil (neutral oil) to bring out the roasted flavours.

Set the stove to medium heat, move the sausage to one side, and add the onions to the empty side. Sauté the onions until they become translucent.

Once the onions have become translucent, add the tomato paste, carrots, and bell peppers, then mix all the ingredients together in the pan and let them simmer, covered, for 5 min.

After the cooking time (at least 60 minutes), remove the whole onion, the whole carrot, and the meat from the pot. Discard the

onion & carrot. Let the meat cool slightly, then cut it into strips as well (about the same size as the other strips).

Skim off any remaining impurities from the broth using a strainer. Now add the potatoes & cook them for about 20 min.

Next, add the contents of the skillet - the meat, the pickled cucumbers, and the brine (strain it so no spices end up in the pot) - to the pot and let everything cook together for another 10 min.

Season to taste with a little vinegar, lemon juice, salt & pepper.

To serve, stir a tablespoon of sour cream into the soup. Round out the meal with some delicious bread.

- CRAFTSMANSHIP -

Potato Salad, "Olivier" ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 8

- ☐ 800 gr Potatoes
- ☐ 4 Carrots
- ☐ 8 Eggs
- ☐ 400 gr Meat sausage
or Cooked ham
- ☐ 200 gr Gherkins pickled
- ☐ 400 gr Peas, canned
- ☐ 4 tbsp Vinegar white
- ☐ 2 tbsp Mayonnaise
- ☐ 2 tsp Vegetable oil
- ☐ Salt & Pepper

Needed

- ☐ Tablespoon
- ☐ large Bowl
- ☐ large Pot
- ☐ small Pot
- ☐ small fine-mesh Strainer
- ☐ kitchen Scale
- ☐ cutting Board
- ☐ Teaspoon
- ☐ utility Knife

Directions

First, peel the potatoes and carrots & cut them into 2-cm cubes. Then place them in a pot of salted water and boil until tender, about 15 min.

Drain them through a colander.

In the meantime, bring a second pot of water to a boil and hard-boil the eggs in it for about 8 min. Then rinse the eggs under cold water, peel them, and cut them into small cubes. If you like, you can set one of the eggs aside for garnish.

Now cut the sausage and the pickles into small cubes as well & place them in a large bowl.

Drain the canned peas through a sieve & add them to the bowl along with the cooked vegetables. Season everything with salt & pepper.

Add the eggs, vinegar, mayonnaise & oil & mix well. Cover the Olivier potato salad - let it sit in fridge for at least 15 min. to allow the flavours to blend.

Season with salt & pepper to taste, if needed.

You can enhance the potato salad with fresh herbs such as parsley or dried marjoram.

- CRAFTSMANSHIP -

Marinated zucchini / courgettes ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Spicy antipasti for a barbecue party,
Ukrainian cuisine

For 8 servings

- ☐ 3 Zucchini / Courgettes
- ☐ 150 ml Oil
- ☐ 5 tbsp Vinegar
- ☐ 4 Garlic cloves
- ☐ 2,5 tbsp Honey
- ☐ 3 tsp Salt
- ☐ 0.5 Chili pepper
- ☐ Pepper, Coarsely ground
- ☐ Dill a few sprigs
- ☐ Parsley a few sprigs

Directions

1. Wash the skin of the zucchini / courgettes very thoroughly under warm running tap water.
2. Slice the zucchini / courgettes lengthwise into thin strips, place them in a bowl, sprinkle with salt, and let stand for about 10–15 min.
3. Meanwhile, finely chop the herbs and the chili pepper, then add them to the zucchini. Press the garlic into the mixture, add the vinegar and honey, season with pepper, and toss to combine. Let stand for another 10–15 min., stirring occasionally.
4. Add the oil, mix well, and let marinate in the refrigerator for about 2 hours.
5. Arrange attractively on a plate and serve.

These marinated zucchini / courgettes can easily be prepared the day before they'll taste even better that way. You can adjust the amounts of seasoning to your own taste.

- CRAFTSMANSHIP -

Filled eggs ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 8

- ☐ 8 Eggs, hard-boiled
(peeled & carefully halved)
- ☐ 6 tbsp Mayonnaise
- ☐ 1,5 tsp Mustard
- ☐ Vinegar, a splash
- ☐ 1/4 tsp Salt
- ☐ Pepper, ground
a generous pinch
- ☐ Paprika, powder
few pinches of it

Directions

Very carefully remove the egg yolks from the halved egg and place the yolks in a bowl and mash them with a spoon.

Mix in all other ingredients & stir until smooth.

Then fill a piping bag with a star-shaped tip with the mixture.

Place the egg halves on a plate and pipe the mixture into the halves in a decorative pattern.

Sprinkle the eggs with a little paprika as a garnish and serve.

Russian eggs, also known as stuffed eggs, are a traditional and delicious recipe that's perfect for any occasion. Serve chilled if desired and enjoy the creamy, savoury flavour of these classic Russian eggs.

- CRAFTSMANSHIP -

Pelmeni ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

The most Russian dish of all! You wrap the meat in the dough & shape it into an **"ear of grain."** Pelmeni are perfect for freezing to save for a rainy day. By the way, many Russian regions have their own versions of pelmeni.

Serves 8

For the dough

- ☐ 4 Eggs (size M)
- ☐ 2 tbsp Oil
- ☐ 500 ml Milk
- ☐ 2 pinches of Salt
- ☐ 1 kg wheat Flour
(Type 405)

For the filling

- ☐ 2 Onions
- ☐ 2 Garlic cloves
- ☐ 700 g ground meat
(beef or mixed)
- ☐ 0,5 tsp Salt
- ☐ 2 pinches of Pepper black
- ☐ 2 tbsp Sour cream

For the broth

- ☐ 1,20 litre vegetable Broth
- ☐ 2 Bay leaves

Directions

To make the batter, whisk the eggs, oil, milk, and salt in a bowl until smooth. Sieve the flour in a bowl and stir in the egg mixture, stirring vigorously. The batter should not be too thick. Cover the batter and let it rest in the refrigerator for at least 1 hour.

For the filling, peel the onion and dice it finely. Peel the garlic & chop it coarsely. Mix the onions & garlic with the ground meat and season with salt & pepper. Add the crème fraîche and stir well.

Roll out the dough thinly on a floured work surface using a pasta machine or a rolling pin. Use a glass to cut out circles 5–6 cm in diameter.

Lightly brush the circles with water & place a teaspoon of filling in the centre. Fold the dough into a half-moon shape and press the edges together with your fingers. Place them on a lightly floured baking sheet or a plate lined with parchment paper.

Heat the vegetable broth with the bay leaf in a large pot and let the pelmeni simmer in it for about 5–8 min. Wash the parsley, shake it dry, and pluck the leaves from the stems.

Use a slotted spoon to lift the pelmeni out of the broth. Sprinkle parsley over the pelmeni.

Serve with the remaining sour cream.

Notes

You'll need:

- ☐ 2 bunches of Parsley
- ☐ 270 gr Sour cream

Bowls, a whisk, a kitchen knife, a cutting board, a pasta machine or rolling pin, a cookie cutter or glass with a diameter of 5–6 cm, a pastry brush, parchment paper (optional), a baking sheet (optional), a large pot, a slotted spoon.

- CRAFTSMANSHIP -

Piroschki ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

10 servings

Meat Filling:

- ☐ 700 gr Beef, minced
- ☐ 1 Onion, finely chopped
- ☐ 1 tsp Salt
- ☐ Pepper ground black
- ☐ dried Dill, weed to taste

Dough:

- ☐ 1 pack active dry Yeast
(equal to 7 gr)
- ☐ 60 ml warm Water
- ☐ 250 ml Milk
- ☐ 3 Eggs
- ☐ 150 ml Oil
- ☐ 2 tbsp Sugar
- ☐ 1 tsp Salt
- ☐ 450 gr all-purpose Flour
- ☐ 750 ml Oil for frying

Directions

To make the filling:

Heat a large skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly, 5 to 7 min;; drain. Stir in onion; cook & stir until onion has softened. Season with salt, pepper + dill weed to taste. Allow to cool before using.

Meanwhile, to make the dough: Dissolve yeast in warm water and place in a warm location until frothy, about 10 to 15 min. Warm milk in a medium saucepan over low heat; gently whisk in eggs, oil, sugar, and salt. Remove from heat.

Place 1/2 of the flour in a large mixing bowl and gradually stir in the milk mixture. Add yeast solution alternately with remaining flour, stirring after each addition; mix well. Knead until the dough forms a ball and does not stick to the bowl.

Start with the 4 cups of flour.

You may need to add more, a little at a time, as you knead the dough). Cover the bowl with clean cloth. Set in a warm location and allow to rise until doubled in volume, about 30 to 60 min.

Remove dough from bowl and place on a lightly floured surface. Pinch off pieces approximately the size of golf balls. Roll the pieces into disks 3,5 to 4 inches in diameter.

Fill the centre of each disk with a heaping tablespoon of cooled beef mixture. Fold disks over the mixture and firmly pinch the edges to seal. Arrange on a flat surface and allow to sit for approximately

10 minutes.

Heat oil in a deep-fryer or large saucepan to 190° C. Lower piroshki carefully into the hot oil in batches. Fry until golden brown on one side, about 3 to 4 minutes; gently turn and fry the other side. Transfer to a paper towel-lined plate to drain. Repeat with remaining piroshki.

To Bake:

Preheat the oven to 175 degrees C. Brush piroshki with egg wash all over and bake in preheated oven until golden brown, about 25 min.

- CRAFTSMANSHIP -

Bigos (Ukrainian Biroc) ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

For 8 servings

- ☐ 700 gr Pork shoulder
- ☐ Oil for sautéing
- ☐ 3 tsp Paprika, sweet
- ☐ 2 tsp Salt
- ☐ Pepper
- ☐ 200 ml Water

- ☐ 300 gr Cabanossi
- ☐ 2 Onions
- ☐ 1,2 kg cabbage, white
cleaned & trimmed
- ☐ 1,5 kg Sauerkraut
(canned = 1,3 tins)

- ☐ 4 tbsp Tomato paste
- ☐ 0,7 litre Veggie broth
- ☐ 1,5 Bay leaves

- ☐ Salt & Pepper
& Paprika, sweet

Directions

Cooking time: 2 hours

Preheat the oven to 180°C (convection).

Heat the oil in a roasting pan and brown the trimmed meat on all sides.

Season with paprika, salt, and pepper.

Deglaze with 200 ml of water and braise in the preheated oven for 30 min.

In the meantime, cut cabanossi into small pieces. Peel the onion & cut it into coarse pieces.

Remove the outer leaves from the white cabbage and cut the rest into fine strips (be sure to use the specified amount).

Remove the roasting pan from the oven, add the **cabanossi, onion and sauerkraut** to the meat, toss well & bring everything to a boil.

Stir in tomato paste then top up with veggie broth. Add the white cabbage & bay leaves, and let everything simmer over medium heat for 3–4 hours.

Stir frequently and season with salt, pepper, and paprika as needed. Bigos tastes best when reheated the next day.

NOTE

Actually, never cook BIGOS for the same day.

For one thing, it has to simmer for a very long time, and for another, this cabbage stew simply tastes much better when reheated.

It keeps easily for three days in the refrigerator & freezes wonderfully, too.

What do you serve with BIGOS?

Depending on your preference, BIGOS is eaten with bread or potatoes. Since BIGOS is often served at parties, a baguette pairs wonderfully with it.

It's perfect for soaking up the sauce.

- CRAFTSMANSHIP -

Chicken Kiew ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

For the herb butter:

- ☐ 200 gr Butter, softened
- ☐ 4 tbsp Parsley fresh, finely chopped
- ☐ 2 tbsp Dill, fresh finely cut
- ☐ 2 tsp lemon juice
- ☐ Salt & Pepper
- ☐ 4 Garlic cloves, finely minced

For the chicken:

- ☐ 8 Chicken breast ca. 180–200 gr each
- ☐ 160 gr Flour
- ☐ 6 Eggs, beaten
- ☐ 300 gr Breadcrumbs, fine
- ☐ Salt & Pepper
- ☐ Vegetable oil

Directions

Kotleta po Kyivsky (Chicken Kyiv)

Mix the softened butter with parsley, dill, lemon juice, salt, and pepper. Mince the garlic using the Gracula garlic chopper and stir it in. Shape the mixture into a roll (ca. 2 cm in diameter) on plastic wrap and place it in the freezer for at least 1 hour.

Place each fillet between two layers of plastic wrap and pound it evenly to a thickness of about 5–6 mm. Be careful not to tear the meat.

Then season it with salt & pepper.

Cut the frozen butter roll into 4 equal pieces.

Place one piece on the lower third of each fillet, fold in the sides, and roll the meat up tightly. Place the seam side down.

Prepare three bowls: one with flour, one with beaten eggs, and one with breadcrumbs.

First, coat each roll in flour, dip it in the egg, and roll it in the breadcrumbs. Repeat the process with egg and breadcrumbs for a double coating.

Place the rolls in the refrigerator for at least 30 min.

Preheat the oven to 180 °C on the convection setting. Heat oil in a deep skillet to about 170 °C and fry the rolls on all sides for 3–4 min. until golden brown.

Place them on a baking sheet lined with a wire rack & finish cooking them in the oven for 15–18 min.

- CRAFTSMANSHIP -

Holubtsi / Golubzy - Cabbage Rolls ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

**Classic Ukrainian "Holubtsi" /
Russian "Golubzy" cabbage rolls.**

Serves 6

- ☐ 1 Cabbage head
medium size
- ☐ 120 gr Rice
- ☐ 3 Carrots
- ☐ 3 Onions
- ☐ 500 gr Beef & Pork
ground meat
- ☐ 1 Egg
- ☐ 1 tbsp Salt
- ☐ Pepper to taste

For the sauce:

- ☐ 50 ml Oil
- ☐ 2 tbsp Tomato paste
- ☐ 150 ml Sour cream
- ☐ 1.5 Bay leaves
- ☐ Vegetable broth
or the water used to
cook the cabbage
- ☐ Roux (flour and butter)

Directions

The flavour of Golubzy depends especially on the **quality of the white cabbage**: It shouldn't be too tough, so that the individual leaves are easy to work with and don't overpower the dish. A tender white cabbage with fairly thin leaves is therefore particularly well-suited.

Cut the core out of the head of cabbage in a wedge shape. Then place the cabbage in boiling salted water and let it sit for 8 to 10 min. Remove the head of cabbage and peel off the soft leaves. If too few leaves come off, return the cabbage to the hot water. For the leaves that have come off, trim off the thicker part of the midrib, or for larger leaves, cut out the midrib to split the leaf in two.

Simmer the washed rice for about 8 to 10 min., then pour it into a colander and rinse with cold water. Let it drain.

Finely dice the onions. Finely grate the carrots.

Add the ground meat, rice, half of the onions, and half of the carrots, along with the egg, salt, 2 to 3 tablespoons of water, and pepper to taste. Mix everything well.

For the sauce:

In a large pot, whisk together the oil, tomato paste, and sour cream.

In a large skillet, sauté the remaining onions in a little oil until translucent; add them to the other ingredients in the pot and stir well.

Place 1 to 2 tbsp of the ground meat filling on each cabbage leaf, fold in the sides, roll up tightly into a roulade. In a large skillet,

brown the rolls on all sides in hot oil, then transfer them to the pot with the sauce; add the remaining grated carrots & bay leaves to the pot as well. Top up with vegetable broth or the cooking liquid from the cabbage until the rolls are just covered. Bring to a boil, reduce the heat & let simmer for about 40 min.

Remove the roulades, season the sauce to taste, and thicken it with a roux (to make the roux, melt

1 part butter, stir in **1 part flour** while whisking until a paste forms, then briefly sauté the roux & add it to the sauce while stirring, bringing it to a boil).

Tip:

This dish pairs well with boiled potatoes or mashed potatoes.

Golubzy can also be prepared the day before, as they taste excellent even after being reheated.

Golubzy are a great dish for holidays and when entertaining guests.

MOVIE copy & paste

<https://www.youtube.com/watch?v=0YNZWgja79I>

- CRAFTSMANSHIP -

Haluschky - Dumplings ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Simply delicious, hearty & affordable.

Small potato dumplings.

They resemble Spaetzle or Gnocchi.

Serves 8

- ☐ 16 large Potatoes
- ☐ 1000 gr Flour (sieved)
- ☐ 500 gr Cottage cheese
- ☐ 400 gr Bacon
- ☐ Salt - a pinch
- ☐ Cream (optional)

Directions

-1- Peel the potatoes & finely grate them while they're still raw. Add the flour - the dough should still be sticky. Season with a little salt.

-2- Bring water to a boil in a large pot. Press the dough through a spaetzle strainer.

If not available

Spread the dough thinly on a very clean cutting board and scrape the spätzle into the boiling water with a spatula.

How to Make spaetzle: Instructions:

<https://www.youtube.com/watch?v=TTXlbbjOVbQ>

When the Spaetzle / Haluschky float to the top, they're done.

-3- Dice the bacon & fry it in oil in a hot skillet.

If you don't like diced bacon, simply fry the whole slice of bacon and remove it at the end.

It's all about the flavour!

Add the Haluschky and stir in the cottage cheese.

Season with salt to taste.

Tip:

It tastes even better with a little cream or crème fraîche! Some people also sprinkle grated cheese over their serving.

- CRAFTSMANSHIP -

Kotlety ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Kotlety are flavourful Russian dumplings that are frequently served with a sauce + are made with minced meat, usually beef / pork. They are similar to bulettes in other cuisines but are known for their sautéed texture.

- ☐ 500 gr Beef ground
- ☐ 500 gr Pork ground
- ☐ 1 Sandwich-bread slice
- ☐ 40 ml Milk
- ☐ 0,5 tsp Salt
- ☐ 1 tsp Pepper black, ground
- ☐ 1 tsp Paprika, powder
- ☐ 1 tsp Garlic, powder
- ☐ 50 gr Onion, grated
- ☐ 1 Egg
- ☐ Oil for greasing the pan

Kotlety are also sometimes considered more like large meatballs & served with mashed potatoes or over rice with a vegetable or side salad.

Directions

Add minced beef & pork to a large mixing bowl.

Place bread in small bowl & pour milk on top and let bread soak for 2-3 min. After time is up, mash up bread and milk with fingers until it's all wet and smashed up into a thick paste. Mix garlic, paprika, salt & pepper together in a small ramekin.

Add bread mixture, grated onion, egg & spices large mixing bowl with meat. Mix meat mixture well (fingers work best) until fully combined.

Preheat your cooking device:

Cast iron skillet to **Medium to Medium Low** and once warm add enough oil just to coat bottom. Watch the heat on the cast iron more closely to not burn the kotlety.

Form patties with meat mixture, making them about 1" thick (round or oval, your preference)

Place patties on the greased skillet and fry on **Medium to Medium Low**, about 4 min. or browned browned (Cover with lid while cooking) but do not walk away! **Watch patties closely because everyone's burner and skillets cook differently and it's easy to burn these if not watching closely.**

Turn the patty over and fry for about 4 more min., until browned.

Check internal temperature of fattest patty with a meat thermometer (75° Celsius minimum).

Keep the fried kotlety in an oven preheated to 80 °C while you prepare the rest.

- CRAFTSMANSHIP -

Plov with lamb ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Though popular throughout the Silk Road nations, Plov—a mixture of rice, veggies, meat, and spices—is most strongly linked to Uzbekistan.

Serves 6–8 portions

- ☐ 500 gr of Rice
- ☐ 100 ml Vegetable oil
- ☐ 800 gr of Lamb shoulder, boneless & diced
- ☐ 2 large Onions, thinly sliced
- ☐ 3 Carrots, peeled & cut into large batons
- ☐ 1 Garlic bulb
- ☐ 2 tsp Cumin seeds, toasted & roughly crushed
- ☐ 1 tsp Coriander seeds, roughly crushed
- ☐ 0,5 tsp Chilli powder
- ☐ 0,5 tsp Pepper black, freshly ground
- ☐ 1 tbsp Barberries dried
- ☐ 1 tbsp Salt, more to taste

Directions

- 1- While you make the remainder of the dish, soak the rice in warm water after washing it in tepid water until the water runs clean of starch.
- 2- In a cast-iron casserole dish, heat the oil & cook the lamb over medium heat, tossing now & again, until it is brown all over. It should take ten to 15 min. Stirring occasionally, cook the onions & carrots for 10 min. The actual amount of water needed will depend on the size of your casserole. Cover with boiling water until the meat & veggies are completely submerged.
- 3- Add the remaining spices, the barberries, salt after placing the garlic bulb in the centre of the dish. Bring to a boil but do not cover. After that, lower the heat to a minimum and simmer for 30 to 40 min. The rice will be cooked in this rich, golden stock, known as zirak, in the following step.
- 4- Without combining the contents of the casserole dish, drain the rice + add it in a layer on top. Using a flat slotted spoon, gently dip the rice into the zirak. If there isn't enough liquid, add more boiling water until at least 1 cm of liquid covers the rice. At this point, you can also add extra salt.
- 5- Cook for 30 min, over low heat with the lid firmly closed. Gently press the rice from the edges into the centre if you see that the Plov is only bubbling in the centre. Serve upside down on a platter of seasonal vegetables and soft herbs.

- CRAFTSMANSHIP -

Plov with beef ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 6-8 portions

- ☐ 600 gr Beef chuck,
good Beef stew meat
- ☐ 70 ml Vegetable Oil
- ☐ 1.5 Onions, finely chopped
- ☐ 2 Carrots, peeled & grated
- ☐ 1 tsp Salt
for meat & veggies
- ☐ 1,5 tsp Salt for the rice
- ☐ 0.5 tsp Pepper black,
freshly ground
- ☐ 1 tsp Paprika powder
- ☐ 1 tsp Cumin
- ☐ 2 Bay leaves
- ☐ 350 ml hot Water
for braising meat
- ☐ 600 gr Rice long grain
- ☐ 800 ml hot Water
for cooking rice
- ☐ 1 tsp Coriander ground
- ☐ 1 Garlic bulb

Directions

- Cut the beef into 2,5 to 3,cm edge length pieces (bite size) after trimming the excess fat & sinews and patting the meat dry with a paper towel.
- Set your large pot with a hefty bottom on the stove on high heat. Stir in your 70 ml vegetable oil once it's heated. When the oil is hot, add the chopped meat & sauté uncovered over high heat for 7 min., stirring every minute or so to prevent the meat from burning to the bottom of the pan.

Note: In order for the meat to sear at extremely high heat, the stove must be preheated; otherwise, the meat would lose its juice & dry out.

- Lower the heat to medium. Add the chopped onion. Stir often until the onion is tender, ca. 5 min.

Add carrots, 1 tsp salt, 0,5 tsp pepper, 1 tsp paprika, 1 tsp cumin, 2 bay leaves. Cook over medium heat for 5 min. or until the carrots are tender.

- Add 450 ml of boiling water, cover, simmer over medium-low heat for 45 min. until the meat is soft.

In the meantime, rinse the rice until the water runs clear, then drain & set aside to remove the starch / prevent sticky rice.

- Cover the meat with rice & pour in 1 liter of hot water. Add 1,5 tsp salt to the rice (DO NOT STIR), bring to a boil, lower the heat to low, simmer uncovered for 10 min., or until most of the water has been absorbed.

- To reveal the cloves, cut off the base of the entire garlic head. Place the chopped garlic head in the middle of the rice & sprinkle 1 tsp of coriander ground on top.

- Make 7 to 10 holes in the rice to let the steam rise to the top, then lower the heat to low, cover, and cook for a further 15 min., or until the rice is cooked through. After removing the bay leaves & garlic head, carefully whisk everything together.

- CRAFTSMANSHIP -

Pojarsky cutlets ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

The **Pozharskaya kotleta** also spelled Pojarski, is a breaded patty made from ground chicken fried and then finished in the oven, typical of Russian cuisine.

The addition of butter to the ground meat, which gives it a moist & supple texture, and the breading prepared from cubed bread are what it unique.

For 8 cutlets

- ☐ 600 gr Chicken breast, minced
- ☐ 70 ml Cream
- ☐ 75 gr Butter
- ☐ 250 gr Sandwich bread
- ☐ 4 tbsp Vegetable oil

The dish originated in Russia in the early 1800s and was then incorporated into French haute cuisine.

Directions

1. Mix the minced chicken with butter (50 gr), add the cream (70 ml), and 100 g of sandwich bread (remove the crust, which will be used for the coating).
2. Refrigerate for 30 minutes.
3. Cut the **bread crusts** (100 g) into cubes and toast in the oven at 150° Celsius for 10 min.
4. Shape elongated patties & coat them in the cubed bread coating.
5. Fry in a pan with vegetable oil and butter (25 g), then bake in the oven at 180° Celsius for 20 min.

The generic Russian term kotleta can refer either to a thin slice of meat or to a patty-shaped cutlet made from ground meat.

Note:

Pojarsky chicken cutlet was included in the "Book of Delicious & Healthy Dishes" remained known in restaurants during the Soviet era.

- CRAFTSMANSHIP -

Stroganoff ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

for 4 portions

- ☐ 800 gr Beef striploin
- ☐ 6 tbsp Oil
- ☐ 4 Onions
- ☐ 4 Garlic cloves
- ☐ 800 gr Mushrooms
- ☐ 2 tbsp Butter
- ☐ 2 pinches Paprika
- ☐ 800 ml Beef stock
- ☐ 5 Cucumbers, pickled
- ☐ 2 tbsp Mustard, medium
- ☐ 300 g Sour cream
- ☐ 1 tsp Salt
- ☐ 2 pinches Pepper

You'll need: A kitchen knife, a cutting board, a pan, a colander, and a bowl.

Directions

Cut the trimmed striploin into 1-cm-wide strips.

Heat the oil in a skillet + sear the striploin strips for about 2 min., stirring constantly.

Remove them & let them drain in a colander set over a bowl. Catch the pan drippings as they drain.

Peel the onions & garlic, chop them finely + sauté them in the remaining oil. Clean the mushrooms and cut them into quarters.

Add the butter to the pan & melt it.

Add mushrooms as well & sauté for 2 min over high to medium heat. Add the paprika & sauté briefly.

Pour in the beef stock & let it reduce by half. Cut the pickles into strips + add them to the pan. Stir in the mustard & sour cream, season the sauce with salt & pepper, reduce it to the desired consistency. Return the meat to the pan along with the reserved pan drippings, stir, and heat for about 2 min.

Sauce

If you want the sauce to be even thicker, use a little **cornstarch** mixed with water.

Side Dishes

The tastiest side dishes to serve with this are rice, spätzle, or pasta.

- CRAFTSMANSHIP -

Shashlik ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Russian shashlik is marinated meat on a skewer - traditionally pork neck - marinated overnight in onions, vinegar, and black pepper, then grilled over charcoal embers. It is characterized by large cubes of meat and a tangy onion marinade, which makes the meat especially tender.

serves 6

- ☐ 2 kg pork neck,
cut into 4–5 cm cubes
- ☐ 1 kg onions,
sliced into rings
- ☐ 4 tbsp Vinegar
- ☐ 300 ml Sparkling
mineral water
- ☐ 2 tsp Salt,
- ☐ plenty of Pepper black
- ☐ 2 Bay leaves (optional)

Directions

the meat is not cut into small pieces but cooked in 4–5 cm chunks—crisp on the outside and juicy on the inside.

What kind of meat is used for Russian shashlik?

Traditionally, pork neck is used - marbled, juicy, and perfect for a long marinade. Lamb & chicken thighs are also popular. It's important to use meat with some fat so it doesn't dry out.

Marinating & Grilling Russian Shashlik

Combine the cubed meat and onion rings; gently knead the onions to release their juices.

Season: Add salt and pepper, pour vinegar over the mixture, and top up with mineral water until the meat is just covered.

Marinate:

Cover and let sit in the refrigerator for at least 12 hours, preferably 24 hours.

Skewering:

Drain the meat & thread it tightly onto the skewers.

Grilling:

Grill over direct coals for 12–15 min on all sides, turning frequently.

What do Russians eat with shashlik?

These include flatbread (lavash), pickled onions, fresh vegetables, herbs, and the spicy paste adjika. Find more ideas for barbecue sides and the perfect shashlik sauce. You'll find the basics, step by step, in the classic shashlik recipe.

- CRAFTSMANSHIP -

Watruscki ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Result 24 Pieces

For the dough

- ☐ 300 ml Milk
- ☐ 190 gr Butter
- ☐ 0,75 cube yeast
- ☐ 750 gr Wheat flour
(Type 405)
- ☐ 120 gr Sugar
- ☐ 1,5 Eggs (size M)

For the filling

- ☐ 1,5 packets Vanilla sugar
- ☐ 375 gr Quark (40%)
- ☐ 1,5 Eggs (size M)

Also

- ☐ 1,5 tbsp Milk
- ☐ 1,5 **Egg yolks** (size M)

You'll need:

A bowl, mixer with dough hooks, 2 baking sheets, parchment paper, a pastry brush, a drinking glass & a whisk.

Directions

Watruscki are delicious little quark pastries from Russia. The sweet yeast dough is filled with a quark cream. You've got to try this recipe!

For the dough, gently warm the milk (do not boil) and melt the butter in it. Dissolve the yeast in the mixture. Mix the flour and sugar in a bowl, then add the yeast mixture and the egg. Knead everything for about 10 minutes until you have a smooth dough. Cover & let rise for about 60 min.

Line baking sheets with parchment paper. Divide the dough into 24 portions & roll them into balls. Arrange them on two baking sheets (or bake them one after another on a single baking sheet). Let them rise again for about 20 min. For the filling, stir the quark with the egg and vanilla sugar until smooth.

Preheat oven to 160° C: on the convection setting. Use a drinking glass to press indentations into the dough, creating space for the filling. Place 1 tbsp of filling into each indentation. Mix the egg yolk with 1 tbsp of milk & brush the edges of the dough with it.

Bake in the oven for about 15 min.

Pastries will keep for at least 3 days in the fridge.

- CRAFTSMANSHIP -

Syrniki ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Syrniki - also known as Russian cottage cheese pancakes - are one of the most popular national breakfast dishes. With just 6 items you can make an unbeatable morning meal with a distinctive sweet & cheesy texture.

For 10 servings

- ☐ 1.5 kg Quark
- ☐ 6 Egg yolks
(only from super fresh eggs)
- ☐ 150 gr Flour, sifted
Salt, a pinch
- ☐ 75 gr Sugar
- ☐ 200 g Butter

Additionally:

- ☐ Sour cream
- ☐ Sugar, powdered

Directions

Take a moderately sized bowl and strain the quark (through a sieve) into it.

Stir in the egg yolks one at a time.

(use yolk only from super fresh eggs)

Then sift in the flour & stir in a pinch of salt + the specified amount of sugar.

Shape the mixture into rolls of 4 cm thickness and chill for 30 min.

Then cut into 2 cm-thick slices.

Sauté the slices in butter on both sides for about 10 min., until lightly browned.

Serve warm

Sour cream & powdered sugar are very popular as accompaniments.

- CRAFTSMANSHIP -

Blini ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Russian blini (pancakes) are made from wheat flour, with or without yeast, and the number of toppings and fillings is endless. However, blini are most commonly eaten with mushrooms, sour cream, and jam. They can be folded into an envelope or rolled up, or they can be prepared “with pripek” (when the filling is “baked” onto the pancake while frying).

- ☐ 375 ml Milk
- ☐ 3 Eggs
- ☐ 60 ml Sunflower oil
- ☐ 30 gr Sugar
- ☐ Salt - a pinch of
- ☐ 150 gr Wheat flour
Type 405 (sieved)
- ☐ Oil for greasing

Directions

- 1) Mix the milk, eggs, oil, sugar, and salt in a bowl.
Next, sift in the sieved flour & mix everything together until you have a smooth dough.
- 2) Then let the dough rest in the fridge for 20 min.
- 3) Now lightly grease a non-stick pan and cook the blinis in batches.

Pancakes and the like can really test the patience sometimes. The first one usually turns out badly -it’s almost a tradition. But to make sure the rest of your blinis turn out perfectly, here are 3 tips.

The Right Pan

When making blinis, use a pan with a good non-stick coating. It’s best to leave that old, scratched-up pan in the cupboard. Ceramic- and Teflon-coated pans work best for cooking blinis. The blinis won’t stick, and cleaning up is a breeze.

The Right Temperature

In a hurry? Baking them over high heat will definitely be faster! Please don’t! Cook your blinis over low heat. Otherwise, you run the risk of burning them and making them inedible.

Flipping Made Easy

The prettiest pancake often breaks when trying to flip it. It’s so frustrating! That’s why you should first check along the edge to see if you can lift the pancake off the pan with a spatula.

Here’s a handy tip:

Place a plate on top of the pancake and quickly flip the pan over. It’s that easy to get your blini onto the plate.

- CRAFTSMANSHIP -

Okroschka ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Serves 8

- ☐ 800 g Potatoes
- ☐ Salt
- ☐ 8 Eggs
- ☐ 4 Spring Onions
- ☐ 1 Cucumber
- ☐ 16 pc Radishes red
- ☐ 2 bunches Dill
- ☐ 6 tbsp Mustard
- ☐ 500 g Sour cream
- ☐ 2 litre Buttermilk
- ☐ 2 Garlic cloves
- ☐ Pepper, ground,

Instead of mustard, you can also season the soup **with horseradish**.

Directions

- Boil the potatoes in their skins in salted water for 20 min. until tender.
- Drain and let cool.
- Hard-boil the eggs for 10 min., let them cool, and peel them.
- Wash the scallions & cut them into thin rings.
- Wash the cucumber + cut it into small cubes.
- Wash the radishes, remove the roots and leaves, and cut them into small cubes.
- Wash the dill, shake it dry, and cut it into fine rolls or small strips.
- Peel the potatoes and slice them.
- Slice the eggs as well.
- Stir together the mustard, sour cream & buttermilk until smooth, then season to taste with salt and pepper.
- Divide the soup among four plates and add the potatoes, eggs, radishes, cucumber, and green onions to the soup.
- Garnish with dill, chives, and a pinch of freshly ground pepper.

- CRAFTSMANSHIP -

Deruny ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

Deruny—Ukraine’s Iconic National Dish

Deruny, Ukrainian potato pancakes, are an indispensable part of Ukraine’s culinary heritage.

This national dish has been a staple for generations of Ukrainians and is characterized by its simplicity and irresistible flavour. Deruny are especially popular for their crispy texture and soft, rich centre.

Traditionally served on a variety of occasions, from family gatherings to festive holidays, this dish symbolizes Ukrainian hospitality and unity.

For 6 servings

- ☐ 2 kg Potatoes
- ☐ 4 Onions, medium size
- ☐ 4 Eggs
- ☐ 14 tbsp Flour (sieved)
- ☐ Salt
- ☐ black Pepper,
freshly ground - to taste
- ☐ Oil for frying
- ☐ Sour cream for serving
(optional)

Directions

Peel the potatoes and onion and grate them using the finest side of the grater.

Let any excess liquid drain off slightly.

Add the egg, flour, salt & pepper, and mix well to form a smooth batter.

Heat the oil in a skillet & spoon the potato batter into it.

Fry over medium heat until golden brown on both sides.

Let the finished potato pancakes drain on paper towels.

Serve warm with a dollop of sour cream, if desired.

Be careful not to overheat the oil, as this could cause the Deruny to burn on the outside and remain raw on the inside. Between batches, bring the oil back up to the correct temperature.

For a flavourful variation, you can add finely chopped herbs or spices, such as garlic powder, to the batter. If you love cheese, you can mix grated cheese into the batter.

- CRAFTSMANSHIP -

Nalysnyky ✓

Courses: Ukrainian & Russian

Collections: Traditional cooking

Source: OCTOPUS OCEAN - Germany



Ingredients

A delicious Ukrainian dish

For 8 servings

For the crepes:

- ☐ 1 litre Milk
- ☐ 4 Eggs, fresh
- ☐ 2 tsp Salt
- ☐ 260 gr Flour
- ☐ 4 tsp Oil

For the filling:

- ☐ 1 kg Cottage cheese
(or cream cheese)
- ☐ 2 tsp Salt
- ☐ 4 tbsp Sour cream
- ☐ 80 gr Dill, sliced
- ☐ 4 Egg yolks well mixed
(from fresh eggs only)

For a sweet version spread apricot jam or chocolate spread on the crepes & fold them as normal.

Directions

How to Make the Crepes:

Place all the items in a mixing bowl & mix them

well using a whisk until all flour lumps have been dissolved and you get a smooth, runny batter.

Heat up some oil in a pan & add a ladleful of batter, swirling it around to cover the pan completely. Fry until golden, then flip over & lightly fry on the other side as well. Once done, add a spoonful of filling mixture (cheese or mushrooms are the traditional choices) in the middle of the crepe & fold it like an envelope or roll it. If one side of the crepe has browned more than the other, place the filling on the darker side.

For the filling:

Use either plain cottage cheese or cream cheese if you prefer. Drain the cheese of any whey, place the cheese in a bowl along with the egg yolks, salt & sour cream & either blend in a food processor or stir vigorously to break down the cheese into a smooth, creamy filling.

After smoothing out the mixture in the blender, transfer back to the bowl & add the sliced dill (adding it in the blender will turn the cheese green).

Serve your crepes warm and enjoy!