Plateaupians for Peace

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Dear Friend,

Thank you so much for joining us for this event. We are so excited to learn about different foods with you. Today's dishes come to us from Ukraine… Vegetarian Borshch and Varenyky (Ukrainian Dumplings).

As a group, Plateaupians for Peace wants to promote a united, supportive, and inclusive community.

As members of the group 'Neighbours Without Borders', we aim to increase awareness of our differences in culture, faith, and nationality, to help us understand each other better and build friendships.

We hope you enjoy the following recipes and have fun making them yourself.

Ukraine

Vegetarian Borshch (Borscht) *UNESCO recognized borshch as an intangible part of Ukraine's cultural heritage.*

Ingredients:

- 3 Tablespoons unsalted butter
- 1 Tablespoon sunflower oil
- 1 medium yellow onion, finely chopped
- 2 medium carrots, peeled and shredded
- 1 medium tomato, diced
- 4 medium Yukon Gold potatoes, peeled and cut into 1½-inch cubes
- 2 medium red beets, peeled and cut into matchsticks
- 1 small bell pepper, seeded and thinly sliced
- 1½ cups chanterelle mushrooms, halved lengthwise
- 4 prunes, pitted and roughly chopped
- 2 bay leaves
- Salt and freshly ground black pepper
- ½ cup drained canned white beans, rinsed
- 1 small head green cabbage, cored and shredded
- 2 garlic cloves, minced
- ¼ cup chopped fresh dill and flat-leaf parsley, in equal parts
- Sour cream, for serving

Instructions:

1. In a medium-large pot, heat oil over medium heat. You can use olive oil or a combination of olive and sunflower seed oil for a more traditional taste.
2. Add chopped onions and carrots, stirring occasionally, until soft (7 to 9 minutes). Add the tomato and cook for 2 more minutes. If using tomato paste instead, add it later with the cabbage.
3. Add water or vegetable broth, about 3 to 3½ quarts, ensuring all vegetables are covered by about 1 inch.
4. Once the water is in the pot, add the potatoes, grated beets, bell pepper (optional), prunes (optional), and bay leaves. Bring to a boil over medium-high heat.
5. Add a generous pinch of salt, reduce heat to medium-low, and simmer uncovered until potatoes are soft (about 15 minutes).
6. Add pre-cooked red kidney beans and chopped cabbage (and tomato paste if using). Cook, stirring occasionally, until all vegetables are soft (10 to 15 minutes).
7. Add garlic, dill, and parsley, seasoning to taste with salt and pepper. Stir and cook for 2 more minutes. Remove and discard bay leaves.
8. Ladle the borshch into bowls and top each serving with a dollop of sour cream. Serve immediately with dark bread.

Varenyky (Ukrainian Dumplings)

Ingredients:

Dough:

- 500 g all-purpose flour
- 250 g water
- 50 g melted butter/oil
- 1 egg
- Pinch of salt

Potatoes and Cheese Filling:

- 600 g potatoes
- 600 g farmer's cheese
- 2-3 onions
- 8 Tbsp butter/oil
- Salt and pepper to taste

Instructions:

1. Sift flour and salt into a mixing bowl. Add water, melted butter (or oil), and egg. Mix until the dough becomes elastic. Wrap in plastic and refrigerate for 30 minutes.
2. While the dough rests, prepare the filling. Cook peeled potatoes in salted water until tender. Sauté onions in butter or oil until golden. Drain the potatoes and mash them. Add salt and pepper to taste. When cooled, mix in farmer's cheese and half of the sautéed onion, reserving the other half for topping.
3. On a lightly floured surface, unwrap the dough and divide it in half. Roll out one half to about ¼ inch thick. Using a 3-inch round cutter or an overturned glass, cut out as many rounds as possible. Gather scraps, reroll, and cut additional rounds.
4. Place 1 teaspoon of filling in the center of each round. Fold in half, press out any air, and pinch edges to seal securely. Transfer to a floured sheet pan.
5. Bring a large pot of water to a rolling boil. Drop the varenyky in, stirring gently to prevent sticking. Cook for 5 to 7 minutes until plump and floating.
6. Use a slotted spoon to remove the dumplings and place them in a bowl. Serve topped with the reserved sautéed onions.