

**Kutya**  
**From *Baba's Kitchen: Ukrainian Soul Food***  
**by Raisa Marika Stohyn**  
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This sweet grain recipe is favorite of my goat, Sonia, in Ukraina. Her name short for *soniashnyk*, sunflower. I call her that because she follow patch of sun around all day, lie in it. Oh, she love that. You know how sunflower follow sun with their face? Sonia have very good suntan. Every day I put little bit suntan oil on her so she get brown faster. She start summer all white, and by end summer, she be dark like raisin. She *dorahenka*, very dear goat.

Sonia like her tan very much. She come in house, first thing she do is look in mirror. She turn like this, like that. She look over her shoulder and smile at reflection.

One time mean neighbour complain to village council. She say I dress goat in bikini. This not true! Goat prefer naked when we home alone. But when company come, she put on very smart one piece. Bright red, with big yellow poke dot. Sonia fashionable kind of goat. Only thing too bad, she not smell as good she look.

In Ukraina we have saying: *Smell is bane of goat existence. Otherwise, they all be fashion model.*

When I see Sonia serious about suntan, I make deal on black market for google kind sunglass. I wrap around her head with elastic. She especially wear when she float on back in pool.

How you have pool in poor Ukrainian village, you want to know? I walk far into wood and dam stream with log. I even make jacuzzi. All it take is eggbeater. Also very good exercise for upper arm. I best looking girl in village, wearing sleeveless. You women paying for aerobic. Ha! All you need is goat.

Just be careful if you have goat with floppy-shmoppy ear. It should not get too close to eggbeater. Very difficult to pull out.

Sonia love to eat *kutya*, which is homemade cereal so delicious. In Ukraina all family eat this dish first on Christmas Eve, then serve to animal to honor them for not biting baby rabbi Jesus. Animal also talk on this night. But I feed *kutya* to Sonia all year. She healthy like horse and make many gallon milk.

Same neighbour follow me to Canada. She make complaint I bring goat on bus. Crazy health department. Pah! Kid wipe nose on bus seat, but I can't bring clean animal. In Ukraina I bring goat on bus all the time. She sleep in house, too.

**Here is how to make delicious kutya for goat or human:**

**Soak one and half cup wheat berry (kernel) in warm water** for twenty four hour. Strain. That right. No such thing as fast food kutya. Is sacred dish. In Ukraina, each grain wheat is human soul. Take time to make this whole recipe.

Same time, **soak one cup poppy seed in milk so covered by liquid.** Put in fridge overnight. This make seed soft. See chapter on *Poppy Seed*, page\*\*\*

**Put wheat kernel with four and half cup milk in pot.** Drain poppy seed and use this milk. If you strict vegetarian, can use water or rice milk. *Ryza* best kind because not have add sugar. Soy milk going to taste weird. Goat milk excellent, if you like taste. Sonia be honoured.

**Make boil. Simmer for three hour.** This mean turn down heat so you still see bubble every once in while. Check on wheat every hour. **Add more liquid** if top of wheat kernel poking through liquid like underwire through old bra.

**Heat oven to 325 degree F.**

Once wheat done, **drain but keep one half cup liquid in separate bowl.** Mix this liquid with **one half cup honey.** Best if you keep your own bee. If not, try to find honey in tree. Watch out for bear. If you really desperate, buy from stupormarket. Real Ukrainian taste is buckwheat honey, very strong. Where I live in BC is many nice kind from flower like fireweed, blueberry blossom and so on. For more good Baba information about bee and honey, See *Ukrainian Medicine, Honey.*

Baba digress. **Mix wheat and honey with poppy seed. two third cup slice almond** (roast or raw) and **two third cup dry apricot.** If you like, add **one half cup raisin.** Some people not like raisin when they swell up in liquid.

**Add pinch salt and pinch cinnamon.** Some people add **splash sherry.**

Put kutya in **casserole dish. Do not cover. Bake for twenty minutes.**

You can **serve warm or chill,** depending on how your goat like it. Do not serve

to her too hot. Sprinkle with little bit cinnamon. Can also garnish with those candy cherry. Slice in half.

Kutya taste best when prepare couple day ahead of time before eating. But I always laugh when I read this in recipe. Who going to wait that long?

### Ingredients:

- **Wheat berries**, one and half cups. Soak in warm water 24 hours
- **Poppy seed**, one cup. Soak in one cup milk overnight
- **Milk**, five and one half cups---including milk for poppyseed
- **Honey**, one half cup
- **Sliced almonds**, two thirds cup
- **Dried apricots**, two thirds cup
- **Raisin**, one half cup if desired
- **Salt**, pinch
- **Cinnamon**, pinch

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**Smachnoho, Poopchik!** This Pampushky recipe is from *Baba's Kitchen: Ukrainian Soul Food. Outrageous stories and 200 traditional recipes* and home remedies from Stalinist survivors. 400 pages!

You can buy as **paperback or as instant download ebook**. Ebook lets you print individual recipes. Many people own both types for this reason. Paste pages on to cardboard, and prop on counter to cook. Baba also have **Department Shtora!**

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