

Baba's Kitchen

Ukrainian Soul Food with Stories From the Village

*A collective memoir of stories and recipes from refugees
and immigrants*

by

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Introduction

Chapter One

Zup (Soup)

Borshch and other Ukrainian soups the traditional way, step by step. Meat and vegetarian versions. Includes clear shopping instructions: “Don't buy onion have green thing growing out from top. She busy making baby, not have time for you.” Baba reveals the soup behind the sudden death of her friend's abusive husband.

- Baba's Ukrainian Borsch
- Bismasnyy (Meatless) Borshch
- Clear Bismasnyy Borshch
- Smetana (Sour Cream) on Borsch
- Chicken Soup
- Soup with Vushka (Dumplings)
- Beef Stock
- Hanya's Vegetable Soup
- Baba's Ukrainian Minestrone
- Horokhivka (Pea Soup)
- Simple Vegetarian Broth
- Hrybivka (Mushroom Soup)

Chapter Two

Salata (Salad)

Distinguish yourself from a Neanderthal, stop lawsuits for your biting dog, learn painless thong removal.

- Baba's Original Garden Salata & Dressing
- Baba's Dinner Salata
- Buriak Salata (Beet Salad)
- Buriak Salata v Krop (With Dill)

- Buriak Salata v Peretz (Pepper Beet Salad)
- Most Basic Kartoplia (Potato Salad)
- Siberian Kartoplia with peas
- Ukrainian-German Warm Kartoplia
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- Sophisticated Kartoplia
- Creamed Vegetables
- Kapusta Salata (Coleslaw)
- Vegetable Sandwich

Chapter Three

Vegetable & Meat Dressing

The urgent romantic matter of a full fridge by your bed. Men don't leave at 3 a.m. Because they're scared of commitment. They leave because they're scared of the diet soda and lettuce leaf. Let Baba be your *Mayonnaise Love Expert*.

- Plain Vinahret Dressing
- Lemon Dressing
- Smetana (Sour Cream) Dressing
- Smetana v Khrin (Horse Radish)
- Ukrainian Mayonnaise
- Baba's Favorite Mayonnaise
- Baba's High Octane Mayonnaise
- Med v Mak (Honey Poppyseed) Dressing

Pidlyvi (Sauces) are in *Chapter Twenty Two*

Chapter Four

Nalysnyky i Mlyntsi (Crepes and Pancakes)

Childbirth Rituals: Bum stab a cowardly husband, tame an unruly placenta and

introduce a baby to the world of love and mortgages.

- Basic Nalysnyky (Crepes)
- Buttermilk Nalysnyky
- Linyvi (Lazy) Nalysnyky
- Hryb (Mushroom) Filling
- Savory Syr (Cottage Cheese) Filling
- Sweet Syr Filling
- Kapusta (Cabbage) Filling
- Meat Filling
- Pig Brain Filling
- Orange Filling
- Med (Honey) Filling
- Apple Filling

Maslyanitsya (Ukrainian Mardi Gras)

Haul the Butter Goddess around in a sleigh, light fires and throw stale pancakes at politicians.

- Mlyntsi (Pancakes)
- Hrechanyky (Buckwheat Pancakes)

Chapter Five

Baby Food

Chapter Six

Vesna (Spring) Equinox

Easter and Spring Equinox traditions: Colored eggs, pussy willow spankings and a monster chained to a rock.

- Shynka v Med (Honey Baked Ham)

- Buriak i Khrin/Tsvikli (Beet and Horseradish Relish)

Other Easter foods are found throughout the book, for example:

Chapter Seven

Yiytsy (Eggs)

Cope with passive-aggression (getting and giving), snake bite, *Overeaters Anonymous* lapses, Presbyterian sex and reluctant bachelors.

- Fried Eggs with Dill
- Deviled Eggs
- Deviled Eggs II to Infinity
- Deviled Eggs with Mushroom Caps
- Eggs in Cream
- Scrambled Eggs with Bacon or Salt Pork
- Scrambled Eggs with Tomato and Onion
- Pickled Eggs
- Plain Omelet
- Mushroom and Cheese Omelet

Chapter Eight

Kurka (Chicken)

Avoid bleached blonde poisoning, learn how not to be a lame white person in New Orleans, order a black leather cardigan from the *Black Leather Baba Catalogue*.

- Roast Kurka
- Honey Lemon Garlic Roast Kurka
- Kurka in Cream with Dill
- Kotleta Po Kyivsky (Chicken Kyiv)
- Kotleta Po Kyivsky New Orleans
- Beef Donbass
- Kotleta Po Kyivsky with Bacon and Asparagus

Chapter Nine

Masnyy (Meat)

Make Ukrainian Cocaine, learn a heartwarming Ukrainian folk song: *My Mother Beat Me With a Birch Rod*, tenderize meat under your saddle.

- Huliash (Goulash)
- Son of Huliash
- Meat Loaf
- Stuffed Meat Loaf
- Bytky (Pounded Steak)
- Ukrainian Pepper Steak
- Ukrainian Garlic Xlib (Bread)
- Garlic Croutons
- Roast Beef

Chapter Ten

Sichenyky i Zrazy (Meat Patties & Meat Balls)

Nude encounter groups, cooking with a fly swatter, why your meat balls are too small and JK Rowling is just plain wrong about Dobby.

- Sichenyky (Meat Patties)
- Zrazy (Ukrainian Meat Balls)
- Zrazy v Khrin (Horseradish Stuffed Meat Balls)
- Spinach (Vegetarian) Sichenyky

Chapter Eleven

Winter Solstice

Koruksun, Sviat Vechir, Rizdvo: Day of the Dead, Holy Eve and Christmas traditions. Talking animals, hungry ancestors, golden sky horses and pudding on the ceiling. Menus for these holidays are referenced to other chapters. Also:

- Hrustycky (Icicles or Sweet Nothings)
- Kolach (Circle of Life Bread)

Chapter Twelve

Hryb (Mushrooms)

Seduce and poison Nazis, the organic way.

- Hrybova Pidlyva (Mushroom Sauce)
- Easy Pickled Hryb
- Hryb i Smetana (In Cream)
- Fried Hryb
- Battered Hryb
- Baked Hryb
- Hryb Baked with Goat Cheese
- Hryb Sichenyky (Patties)

For Hrybivka (Mushroom Soup), see *Zup*, Chapter One

Chapter Thirteen

Verenyky (Perogies) i Vushka (Dumplings)

Why the sexy, desperate women on your favorite TV shows are barking up the wrong dog. Lazy verenyky for your lazy self.

- Verenyky
- With Cottage Cheese
- Non-Dairy Dough
- Potato
- Kapusta (cabbage)
- Linyvi (Lazy) Verenyky
- Linyvi Verenyky with Potato Dough
- Dessert Verenyky: Plum and Berry
- Vushka
- Mushroom Filling
- Fish or Meat Filling

- Chicken Soup with Vushka

Chapter Fourteen

Holubtsi (Cabbage Rolls)

Sabotage hippies and nasty neighbors, be a Cadillac *kozak*, peel cabbage in a trailer park.

- Meatless
- Hryb (Mushroom)
- Kasha (Buckwheat)
- Kasha i Syr (Cheese)
- Kasha i Hryb (Mushrooms)
- With Meat (or Vegetarian Ground Beef)
- Linyvi (Lazy) Holubtsi

Chapter Fifteen

Syr (Cottage Cheese)

Baba Riddle: What's the difference between a cheese dumpling submerged in water, and a kid holding its breath?

Answer: Don't wait for the dumpling to turn blue. It won't.
Hahahahahahahaha.

- Syr Dip
- Syr Spread
- Syr Halushky (Dumplings)
- Crazy Gourmet Syr Halushky
- Syrnichky (Cottage Cheese Patties)

Chapter Sixteen

Riba (Lake Fish)

Skinny dip with flair, catch trout with your bathing suit, allow men to be men--- as long as they keep the massage oil flowing.

- Baked Stuffed Riba
- Alternate Rice Stuffing
- Fried Riba
- Crazy Mixed Up Riba Balls
- Panfried Sole

Chapter Seventeen

Ocean Fish

Scurvy Dog Baba gets seduced by a pair of black eyebrows and lives to cook and love again.

- Ukrainian Pirate Baked Ocean Fish
- Pickled Whitefish
- Oseledets (Pickled Herring)
- Herring Spread
- Sardine Spread
- Oseledets Salata (Salad)

Chapter Eighteen

Pechenia (Stew)

In Ukraina we say, *So long as there is cabbage and potato, house is not empty.* Baba herself never seen house with only these thing. Is usually at least couch and television. But you never know.

- Kalempetsya (Mushroom Stew)
- Ukrainian-Canadian Caribou Stew
- Road Kill

- Carpathian-Canadian Lamb Stew
- Kapusta i Horokh (Sauerkraut and Peas)

Chapter Nineteen

Kartoplyanky (Potatoes)

First aid for grated knuckles, permission to eat plenty of fat, what to feed annoying dinner drop ins.

- Creamed Potatoes
- Potatoes With Salo
- Oven-Fried Potatoes
- Potato and Cheese Bake
- Deruny (Potato Pancakes)

Chapter Twenty

Grains and Beans

The Ukrainian Bannia (Bath House): Spirits and rituals. Why a cold prickly hand on your rump is bad news in more ways than one. Incredible vegetarian dishes for around a dollar.

- Baked Kasha (Buckwheat)
- Pilaf
- Kasha Casserole
- Kasha Sichenyky (Patties)
- Kasha Loaf
- Kutia (Sweet Grain Pudding)
- Fasolia (White Bean Pate)
- Kulesha (Corn Meal Pudding)
- Fried Kulesha

Chapter Twenty One

Lokshyna (Egg Noodles)

Baba tears up a golf course on horse back, the Ukrainian origin of Constitutional freedoms, and the simplest noodle recipes ever.

- Basic Lokshyna
- Lokshyna and Spinach Casserole
- Lokshyna v Syr (Cottage Cheese)
- Lokshyna with Eggs
- Baked Lokshyna v Syr
- Lokshyna and Meat Casserole
- Lokshyna and Kapusta (Cabbage) Casserole
- Lokshyna Ring
- Fried Cooked Lokshyna (snack or garnish)
- Egg Drop Noodles
- Hrybok (Easy Omelet Noodles)

Chapter Twenty Two

Pidlyvi (Sauces)

Liven up dry mammoth, whole grains and parties.

- Plum
- Horse Radish
- Tartar
- Dill
- Cream
- Smetana (Sour Cream) with Green Onions
- Honey Onion

Chapter Twenty Three

Desserts

Part (1) Ivana Kupala: Summer Solstice Erotic Rituals. The village that bathes

together, stays together. Sexy Ukrainian songs, talking trees and stalking the elusive fire flower.

- Vyshnia (Cherry) Charlotte
- Rohalyky (Almond Crescents)
- Kozak Honey Mousse

Part (2) Non-traditional recipes for pie. Because who would believe a grandma book with no pie? And Baba is so good at making them.

- Kozak Crab Apple Pie
- Perfect Pie Crust with Explicit Directions
- Crab Apple Pie (No Whiskey)
- Cherry, Apple, Raspberry Pie
- Peach or Nectarine Pie
- Saskatoon Pie
- Gooseberry Pie
- Blueberry Pie
- Rhubarb Pie
- Rhubarb with Berries Pie
- Pumpkin Pie
- Tasty Sugarless Pie

Part (3) Ahhhh. Back to traditional Ukrainian desserts. Drink of the gods, fermented honey cake, wild rose preserves on apple cake. Learn Baba's *First Law of Thermal Underwear*, essential to baking.

- Uzvar (Fruit Stew)
- Yabluchnyk (Apple Cake)
- Rozha z Tzukhrom (Wild Rose Preserves)
- Medivnyk (Honey Cake)
- Medivnyk Muffins
- Chocolate Medivnyk
- Syrnyk (Cheesecake)
- Perekladadanets (Coffee Cake)
- Pampushky (Filled Doughnuts)

Chapter Twenty Four

Mak (Poppy) Seed

Baba runs afoul of the *Royal Canadian Mounted Police* with her opium (or is it?) poppy crop, then gets her man.

- Mak Cookies
- Mak Cake
- Makivnyk (Roll)

Chapter Twenty Five

Ukrainiana Medytsyna (Medicine)

Deal with yeast infections, baldness, arthritis, colds, bruises, cracked nipples and PMS using common foods and plants.

- Introduction
- Yeast Infection Cure
- Rose Hip Tea
- Med (Honey)
- Babka (Plantain)
- Malyna (Raspberry)
- PMS cure

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