

# **Kupala (Summer Solstice)**

## **From *Baba's Kitchen: Ukrainian Soul Food***

### **by Raisa Stone**

Baba really know how to get party started. She especial like to make *Cherry Charlotte*, *Almond Crescent Horn*, *Poppy Seed Cake* and *Kozak Honey Mousse* for excellent holiday call *Kupala*, which mean “she bathing.”

Kupala/Kupalo is also proper noun, god and goddess of Love and Harvest. She/he represent Sun Queen and King. In case you not already guess, this is pair of sexy twin. They represent science of astrology as Gemini.

Ukrainian celebrate this for several thousand year. On summer solstice, whole village bathe together. This is because sun reflect in water for longest time on this day. We bathe together to get super charge for rest of year. Is first official kind of solar power.

On Eve of Kupala, men and women make many bonfire near stream or pond. We light these fire with flint or rubbing our body together, because fire have to be new. Sometime Kupala/Kupalo jump right in there and light fire with twin drill. We jump over these fire and make wish, while flame burn away what we don't need no more. This include guilty conscience, expired herb medication and stained crap Canadian would dump on charity store.

We build straw figure who represent waning Sun Twin, dress them up and make good fun of them all night. This represent sun going slowly to sleep like baba or dido (grandma or grandpa). Some people burn him, some people drown him or tear him apart and scatter in field for next year fertility. You think this barbaric? Other culture make human sacrifice at this time. In North America, is no dignity involved in deposing worn out Queen or King. You just throw egg at losing candidate. Dignity is important thing in life.

Ukrainian have lots fun at Kupala Love Harvest funeral. We dance and sing song about best part of life. Man song have lyric like, *Oh pretty girl, put your hand on my big sweaty horse*, and *I want you to polish my sword, chickie babe*. Woman answer with, *Your horse can have a drink in my well/Uh oh, horse better not slobber* and *Is that sharp sword in your scabbard, or you just happy horny kozak?*

Then there is old chestnut about man giving woman re-re-re-respect. You think Aretha Franklin first one to sing this? Uh uh. This was word for good time in Ukraina for many century. We have old song about woman who respect husband but love all the other.

We play *Blindfold Kissing Game* and *Pass Apple Around With Anything But Your Hand Game*. Ukrainian have real good balance.

Women wear all kind flower and herb on body and garland in hair. This attract man who is dying to pick flower. Is nothing subtle about Ukrainian romance. Maybe you already guess. Is very beautiful, though. Later, women throw garland on water to read their fortune for next year. If no flower left, she pretty well guess how it gonna be.

Village wise woman hang out nearby. Woman who don't want to wear eyeglass ask her for

wreath made from mugwort. They wear this and stare into bonfire to strengthen their good eye. When this *vorozhka* is not healing burn from fire or rug, she tell your fortune by tarot card, candle wax and if you sleep with village idiot.

After all this, we walk through dark wood. Is not easy, because on this night, all tree move and talk. We hunt for *tsvit paporoti*, fire fern flower. This one night it glow in dark and make all your deepest wish come true. When you find, you have to make magic circle around flower and fight *nychyste syla*, dirty demon who try to chew off your face. Mind you, by this time we is pretty well buzz on mushroom and magic herb we put in our varenyky and horilka. After one person find fire fern flower, we all go in couple to celebrate life. If we go in threesome, this call *Having three well on your property*. Ukrainian civil servant exam not like any other, Baba guarantee.

Most traditional thing to eat on Kupala is egg and *varenyky*. Egg is for fertility and varenyky is one kind symbol of crescent moon. Young people also feed each other *Poppysseed Cake*, *Chapter Twenty Four*. Poppy seed is thing that scatter everywhere, so is good example if you want to do this yourself.

## Kozak Honey Mousse

Is again something to feed each other with hand. Is real good thing you taking bath together right after.

**Make separation of eight big fertilize egg** if you want to get pregnant. Otherwise, use only from virgin chicken. How you tell? Is no way. You have to put chicken in house at night, keep eye on her every minute and have rifle handy. This work out with your family history real good, Baba know.

**Beat eight egg yolk while dripping in liquid honey.** If you already Ukrainian, use buckwheat honey. Very strong taste. Go slow with honey, just like with love. Baba like to invite young man to watch her make this. Or get him to beat yolk while you dripping honey. Sometime this recipe take whole day.

**Cook egg honey mix on low heat. Keep stirring with wood spoon.** Do not lick, spoon will be extremely hot. Burning tongue before Kupala is tragedy you won't forget. This is good time to remind you not to lick side of metal trough when you visit barn at Winter Solstice, too.

**Take egg honey mix off stove and let cool till is room temp.**

**Whip those eight egg white into frenzy.** They should be stiff and begging for honey.

**Fold them into egg honey mix.** Put mousse in one big bowl or keep in several small bowl. Depends: how many well you want on your property?

**Put in fridge for two three hour.** They going to have goose bump. What you care? Is in interest of good romance.

**Garnish with several slice of fresh fruit.**

## Ingredient list:

- Eggs, eight large
- Liquid honey, two and one half cups
- Fruit for garnish

Baba interrupt story on Kupala Eve because she can't wait for dessert. Now she is back...rest of Kupala story and recipes is in my book. Is in both paperback and ebook. Many people get .pdf ebook from my website, so they can **print individual recipe** and take Ingredient List to stupormarket.

***Smachnoho! Eat good food, Poopchik!***  
***Baba Raisa***

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**If you enjoyed this recipe, you will LOVE my books.**

***Baba's Kitchen: Ukrainian Soul Food*** is outrageous stories and **200 traditional recipes and folk medicines from Stalinist survivors**. ***Rosie's Rescue*** is a Ukrainian cultural book for animal loving children, 8+ years. Both also available wholesale for your fundraising! ***Baba's Kitchen*** was choice of **Ukrainian Canadian Congress** for 125<sup>th</sup> Anniversary grand prize.

For more information and **Baba's free newsletter** (recipes in addition to those in the book), visit:

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