

Gluten Free Varenyky

Varenyky-Perogies

From my upcoming book: “Baba’s Kitchen: Ukrainian Soul Food RETURNS.” This book will be 80% gluten free!

Now, what you ask me for, over and over again. More people are discovering they are sensitive or even allergic to wheat. Jury is outraged whether is wheat in general, or if terrible things they are doing in laboratory to make it *nothing* like what our parents raised and baked with. Loaf bread used to weigh at least one pound. Now is like cotton ball. Poopchik, this can’t be healthy.

My first book contains whole chapter of varenyky recipes. Below, I teach you Potato and Cheddar.

Ingredients:

Dough

- [Bob’s Red Mill Gluten Free Pizza Crust Mix](#), 2 cups. Do not use packet of yeast that comes with mix. Reserve small amount of flour for dusting counter. If your local stuporstore doesn’t have Bob’s Red Mill, click for online.
- Salt, 1/2 teaspoon
- Egg, one slightly beaten but not defeated
- Smetana, 1 tablespoon for recipe, unlimited for slathering
- Whole milk, 1 cup
- Large organic onion
- Butter, 1/2 cup
- Large mixing bowl
- 2 large pots
- Rolling pin
- Tea towel, slightly damp
- Wooden spoon
- Drinking glass for cutting circles, plus one for drinking while you cook
- Colander with tea towel underneath
- Slotted spoon

Potato Cheddar Filling

- Red or white potatoes, 10 medium. Russet is too grainy for smooth operator like you
- Medium or old cheddar cheese, 1 cup
- Salt, 1 teaspoon

- Coarse black pepper, 1/2 teaspoon
- Organic cooking onion, 1/2
- Potato masher

Filling Recipe (make this first):

Peel and cook potatoes with salt. In meantime, **fry onion with butter**. If you are really coordinated, you can use same fry pan as you will fry varenyky.

Drain, then mash with cheese and pepper.

Varenyky Recipe:

Prepare dough in big mixing bowl. Pour in pizza mix, and make well in middle. Then pour in other ingredients. Start kneading. Maybe you like rubber gloves, maybe you like feel of dough on fingers. It's your thing, do what you want to do.

I enjoy **finishing kneading on floured counter**. Once you finish kneading, and dough feel it is finished kneading you, **roll out dough**. It does not need to rest like if it have gluten or yeast. You may need a baba to show you right thickness. Is feel thing. But your varenyky will still turn out with that nice slippery feel.

Start water boiling in big pot, with 1 teaspoon salt.

Cut circles with drinking glass. Children often enjoy this part. Is how I started my intrepid journey into lifelong cooking.

Place circles on slightly damp tea towel, not touching each other.

Put 1 teaspoon your favorite filling on each circle. Then dip your fingers in flour mix, and pinch pinch pinch edges. Pinch from outside edge of moon to inside, or you end up with long weirdo varenyky.

When water is boiling real good, **gently drop varenyky** into it. No more than 10 at time, Poopchik! Stir gently with wooden spoon.

Varenyky will start floating to top, like fat little white men. Once they are all there, **boil for 4 more minutes**.

Remove from water with slotted spoon, into colander.

Rinse under cold water, and let drain.

Cut up onion and fry in butter till soft, but not yet brown. Add varenyky and fry till they are soft or crispy, however you like.

Try any filling I show you in my first book, whole chapter, with cornucopia of fillings: cheese, mushroom, kapusta, potato, fruit, cottage cheese, meat, fish, even with non dairy dough, and also Vushky, "little ears." Plus Lazy Varenyky, no pinching.

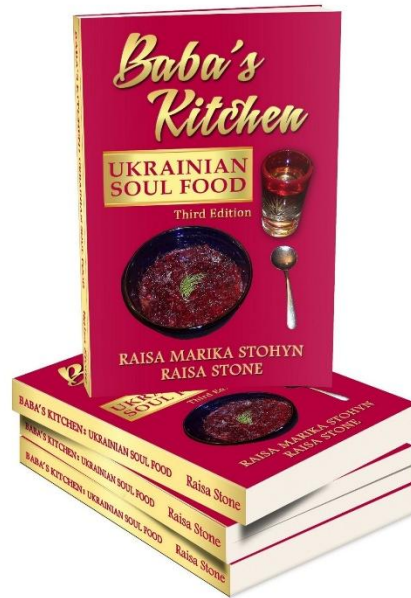
Copyright 2024 Raisa Stone. May not be copied or posted in any form without written permission.

Ukrainian Proverbs

- I am a squeezed lemon. To be exhausted.
- Under a heavy stone, water does not flow. To make no effort towards a goal.
- Words are not a sparrow; they cannot be caught. You can't take back words, so watch what you say.

Get my current Bestseller! 400 pages, 200 traditional recipes:

WWW.UKRAINIANSOULFOOD.CA Click on "Store" in Menu to see 1000's of my quality gift items. They will be sent **by courier during Canada Post strike, at no extra cost.**



Cross-Body Tote
Ukrainian on reverse!

