

# **Baba's Chornystsya Smetanovyy Platsok**

## **Ukrainian Easy Blueberry Tart with Sour Cream**

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### **Hey Poopchik!**

Here is additional recipe to my book, [Baba's Kitchen: Ukrainian Soul Food](#). This quick, easy Berry Platsok will be unique dish for your party. NO ROLLING PIN. You can use almost any fruit. It have that distinct Ukrainian taste. You can make with fresh *or* frozen fruit!

### **Smachnoho!**

### **Baba Raisa**

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## **Blueberry Tart with Sour Cream**

*Pop Tart* was idea stolen from Ukrainian by corporation. You can either make Platsok, with love, or buy some Pop Tart, with love. Platsok is like fruit pie, custard pie and love letter all at once! No top crust, just beautiful coat of smetana, sour cream.

### **Platsok will make you winner for three good reason:**

- Is best room temperature, so you can leave out on table for several hours
- Is delicious
- Is much easier to make than it looks: no rolling dough

### ***Preparation:***

**Leave butter out** at least couple hours to soften its heart.

**Give 9" pie pan with high sides, thorough butter massage. OR use springform pan,** which will make Platsok much easier to remove.

**Then sprinkle in flour** and shake around till bottom and side is coat.

Remember when you had to powder yourself to put on jeans? Thorough, like that. Then shake pan little bit more upside down, over garbage, so is no extra flour.

### ***Crust:***

**Mix all dry stuff together: pastry flour, baking powder, sugar and salt.** Use medium size bowl. I use icing sugar, as it mix better.

Baba find that sifting first three ingredient make more even crust. If you have dandruff, wear hairnet. Is nearly impossible to sort this out later.

**Cut butter into several small piece, drop into dry stuff, and cut cut into coarse crumb.** If you have self control, you can even cut with finger.

Baba didn't think so.

**Add wet stuff: lemon/orange zest, vanilla and egg.** Beat like crazy till it turn into obvious dough with no lump.

**Spread dough around bottom of pan and about 1 inch up side,** After Paska recipe and 5 times rising, aren't you glad this dough not kneaded? It not knead you, either. Ha!

**Preheat oven to 350 F.** Putting food in cold oven is like when man try to make love to woman with no romance. She will not get cooked through.

### **Filling:**

**Spread on top of crust,** any of following combination:

- 4 1/2 cups fresh or thawed frozen blueberries
- 4 cups blueberries and 1/2 cup fresh or thawed frozen raspberries
- 4 cups strawberries and 1/2 cup blueberries
- 4 cups strawberries or blueberries and 1/2 cup your favorite fruit preserve (not canned pie filling!)
- 3 large sliced apples, your favorite kind
- 3 medium sliced pears

- 6-12 plums, depending on size
- 3 large sliced peaches or nectarines
- 1 1/2 cups sliced and halved apricots and 1 cup peaches. Baba like this with skin on, not like some people she know.

**Baba Alert:** have extra fruit on hand to cover any bare spot, which is almost inevitable. You can't do combover on tart, like on hair. Tart is naked for world to see.

**For berries only: Mix 1 tablespoon corn starch into fruit, to thicken. Potato starch also work good.**

**Bake 30 minutes.** While this action is going down, make:

### ***Smetana (Sour Cream) Custard:***

This custard go on top, after first round of baking. Baba hope you getting some nice Jersey cow smetana from farmer. If not, white jello from stupormarket will also work.

**Mix smetana with egg, sugar, vanilla and corn starch.** Some people use flour, but I find corn starch give less lump and more pleasant texture in any recipe.

Make sure to take Platsok out of oven first. This is not time for balancing act. **Pour custard gentle over fruit.** With oven mitt on, rock pan like sleepy bunny, so custard flow evenly through fruit.

**Put Platsok back in oven for about 20 minute,** until custard stops quivering in middle. Tart bakes from outside in.

If you like Pop Tart, **sprinkle cinnamon sugar on top.** Colored sprinkles is overkill.

Take out from oven and put on wire rack to **cool completely.** If you try to eat while hot, it will be kind of gross, like Muskoli recipe they steal from Ukrainian. Yes, Baba is rubbing it in.

Also, don't be alarmed when Platsok do small breathing exercise. Fruit will very brief swell up on top of crust, then make deflation. This is not like your cake falling flat. Is normal.

**Room temperature is good, and refrigerated is even better.** If you used springform pan, drop its sides. If not, get help shoveling out Platsok.

## **Ingredients**

### **Crust**

- Pastry flour, 1 3/4 cups. Reserve 1/4 for pan
- Icing sugar, 1/4 cup
- Baking powder, 3/4 teaspoon
- Salt, small pinch
- Unsalted butter, 1/2 cup
- Egg, 1 large organic
- Vanilla, 1/2 teaspoon
- Lemon or orange zest, 1 teaspoon

### **Fruit Topping**

As in recipe. If you use canned fruit or oi yoi yoi pie filling, do not dare to ask Baba why it all went blooey!

### **Custard**

- Smetana (sour cream), 1/2 cup
- Egg, 1 large organic
- Sugar, 1/4 cup
- Corn starch, 1 1/2 tablespoons
- Vanilla, rum or almond extract, 1 teaspoon. Choose according to which flavor you enjoy with fruit. Liqueur or horilka is also good.

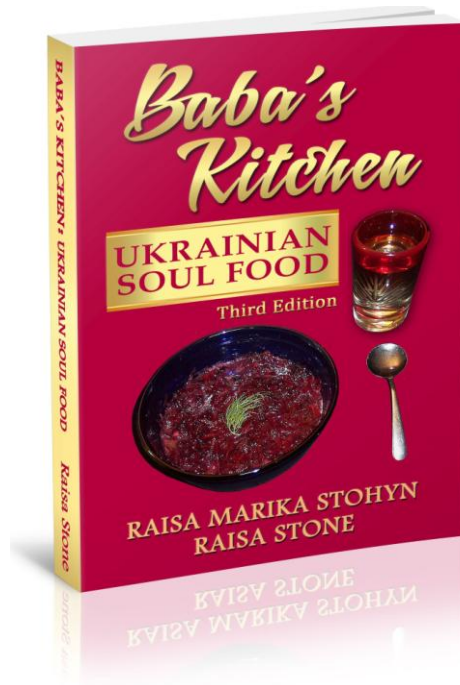
### **Optional**

- Serve with vanilla or cinnamon ice cream.
- Drizzle liqueur on top.

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

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.

For more information and **Baba's free newsletter** (recipes in addition to those in the book), visit: [WWW.UKRAINIANSOULFOOD.CA](http://WWW.UKRAINIANSOULFOOD.CA)



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