## Pampushky (Filled Doughnuts) From Baba's Kitchen: Ukrainian Soul Food by Raisa Marika Stohyn WWW.UKRAINIANSOULFOOD.CA

Pampushky is Ukrainian doughnut with big surprise in middle. Traditional is to fill with rose petal preserve, Rozha Z Tsukrom. This literal mean "rose with sugar." If you learn good from Baba how to roll your rrrrrrrrrrrrrrr, you now have exciting new name to call your sweetheart.

You can substitute any kind of fruit preserve or *mak*, poppy seed filling, for rose petal preserve. If your yeast test positive, Baba give you green light.

Mix one half cup warm water with two tablespoon white sugar, then sprinkle two envelope yeast on top. Let it hang out till it look kind of spongy.

Make milk lukewarm. Mix this into yeasty mix. Mix in three quarter cup flour. Beat this whole thing up real good.

Make cream from butter and sugar.

**Beat up all egg material.** Yes, ingredient list is correct. You going to have more yolk than white. Baba know you been waiting for this; she is not yolking.

Throw in that zesty lemon, real vanilla and yeasty mix to egg and butter. Use another clean spoon to taste, then throw in sink.

Mix in rest of flour and knead with hand for ten minute.

**Baba warning:** This is end of taste test time. If you lick dough now, will be sticky mess for later. Will also retain embarrassing tongue mark.

Cover up dough with towel that is little bit damp. Please, damp with clean water, not from wiping forehead. This is baking with Baba, not aerobic class. Let dough get double, about half hour.

Give dough good punch and knead little bit. Cover and let rise again.

**Get out compass. Divide dough into four piece,** one for each compass direction. First piece of dough must face north, or Ukrainian sky God *Dazbogh* will be mad. Gotcha! Dazbogh got nothing to do with making pampushky. He don't mind it, though.

Roll one piece dough into thin rectangle. Turn over couple of time while you rolling, and use tiny bit flour.

**Put glob of filling along dough,** every two inch or so.

Roll out next piece dough to same size, and make covering of first piece. Pink filling will show through dough. Baba know, this is some kind sexy doughnut recipe.

**Take round drinking glass**, kind you drink water from when you not swilling horilka. **Cut out dough so filling is exactly in middle.** 

Sprinkle little bit flour on cookie sheet, and put pampushky here. Do exact same thing with next two piece dough.

Let those pampushky rise on cookie sheet one more time. Yes, believe it or nut, they will get double again! This is miracle of nature never stop amazing Baba.

In meantime, **heat up lard or soniashnyk oil to 375 sizzling degree in deep fryer.** Very deep skillet will work if you have to do it this way. Watch that temperature. If fat start smoking, this mean it is burning. Avoid this.

You can test if lard is hot enough by dropping in dough scrap and crossing your finger it turn goldie color real quick. Of course you have dough left over. You could not possibly eat that much raw dough in last half hour. Uh oh.

**Fry only six pampushky at time** so they cook quick and don't get too greasy. If they is in a skillet, flip over with your expert wrist so they get goldie on both side. They will be like puffball, and even have sort of white ring in centre.

**Sprinkle them with icing sugar** after they have drained themself on paper towel.

There you have it. Is pink seduction doughnut personified. Your husband going to stop spending his evening in *Tim Horton*, flirting with policewoman.

## **Ingredient List:**

- o Sugar, two tablespoons
- o Warm water, one half cup
- o Yeast, two envelopes
- o Two percent or whole milk, three quarters cup
- o Flour, five cups
- o Unsalted butter, one quarter pound
- o White sugar, one half cup
- o Eggs, two
- o Egg yolks, three
- o Salt, one teaspoon
- o Vanilla, one teaspoon
- o Lemon zest, two teaspoons
- o Icing sugar, one quarter cup
- o Lard or sunflower oil, one quart
- o Rozha z Tzukhrom or other preserve, one cup

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. Baba also have **Department Shtora!** 

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