

Introduction to...

We all remember our Mamas and Babcias lovingly and eagerly cooking delicious, wholesome meals and treats. Then in some homes, fathers and grandfathers, when Tato and Dido did most of the cooking. Whoever did the cooking nothing was ever too much effort for them. They always found the time and energy to cook up a feast; be it for our traditional holidays at Christmas or Easter or when family and friends were coming for Sunday lunch or just dropping by for a visit.

Our families always welcomed guests with warmth and generosity, accompanied with a bite and a beverage! Their motto was, 'be prepared for every eventuality.... you never know when guests would drop in'. Grandchildren are always greeted as very special visitors.

For generations, our Mamas and Babcias magically made many delicious delightful culinary creations they learned from their mothers or their friends and neighbours. Our Ukrainian heritage brings us a variety of foods that come from many areas across Ukraine and Europe then brought to Canada with those who first settled in the western provinces. Ukrainian cuisine is always been recognized for its appetizing selection of dishes ingeniously made with locally found ingredients.

A typical Ukrainian dinner served at home begins with Zakusky or appetizers such as Kovbasa and assorted cold meats, zesty Sauerkraut Salad, tantalizing Pickled Mushrooms, and Stuffed Eggs. A delicious Borsch precedes the main course of meat, chicken, or fish with sides of potatoes and cabbage. Dessert might consist of the delightful Honey Cake, or the indescribably delightful Walnut Torte with Mocha Cream Frosting. All cordially served with a selection of choice spirits and wines.

*And, when you asked them how to make your favourite – the answer more often than not was - I make everything “**на око**” or ‘from memory’. Essentially, their distinctive cooking style, techniques and procedures were guidelines that maintain the essence, bouquet and nutritive value of the foods they prepared and served appealingly, frequently with a fresh or savoury garnish to stimulate one’s appetite*

The inspiration for this cookbook came from talking to staff and family members of the residents at the Ukrainian Canadian Care Centre. Essentially, it all started with one comment made by Linda Alexander Broxill “I wish I could make Patychky (meat on a stick) for my family like my mother used to make; I never did get the recipe and now it is too late.”

For any Ukrainian enthusiast who may be struggling to find a recipe just like our mothers made; this book is for you. It provides simple recipes and introductions that demystify those unique secrets that are integral to the art of Ukrainian cooking. Enjoy this book. Take pleasure in making memories for your family.

...Our Mamas' and Babcias' Best Recipes

Our Mamas' and Babcia's best recipes are easy to make, usually made from scratch using fresh products and feature seasonal produce. In addition, they provide detailed ingredient lists, preparation instructions and most times how to garnish and how to serve the recipe. Included are the classics and traditional Ukrainian favourites...that bring back memories of family.

The great thing about Ukrainian cooking – as most recipes are prepared from memory; there is no one right way to make any recipe. Each family has its own version, passed down through the generations. I am sure, that what we pass on to our children is a close interpretation of what our Babcias passed onto our mothers.

The book is divided into five sections starting with -

- ♦ *Welcome to the Table - Appetizers and Soups*
- ♦ *Fresh From the Garden - Salads*
- ♦ *Our Classics - Varenyky and Holubtsi*
- ♦ *Traditional Recipes*
- ♦ *Let Us Bake Some Sweet Memories*

A Tribute to our Ukrainian Cuisine



To honour the warmth and joy of enjoying our culinary heritage, our inspiration for the cover of this book is a food that while packed with flavour and nutrients also meets your sugar cravings. ... Beets...

*Beets or **Буряки** are tasty tubers that are high in potassium, magnesium, fiber, phosphorus, iron; vitamins A, B & C; beta-carotene, beta-cyanine; and folic acid. They taste good and are low calorie!*

Beets are a popular ingredient in Ukrainian cuisine. They can be eaten raw or cooked, steamed roasted or sautéed. Even the leaves are used to make beet leaf rolls. And let us not forget, beet salads, beet relish with horseradish, pickled beets and Borsch. At Easter, beet juice colour eggs to make deep pink Krashanky for our Easter baskets.

With the recipes, secrets and tips found in this cookbook, we want you to satisfy your hunger and your sweet tooth. Cook the foods that respect our heritage, traditions and classics from Mamas' and Babcias' kitchens.