

Our Cookbook Family



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***Everyone remembers their favourite foods
lovingly prepared by their Mothers and Grandmothers.***

With the support of our Cookbook Family, this cookbook brings to you, not only our mothers' and grandmothers' best recipes, but also their intentions of preserving our Ukrainian traditions and culture for future generations. You will find that there is so much more to our cuisine than just borsch, varenyky, holubtsi, kovbasa, solonyna...Ha! Ha! Ha!...or as some unknowingly may say perogies and cabbage rolls.

Besides their knowledge of Ukrainian cuisine, no one can give encouragement like our Babcias - our grandmothers! When a Babcia speaks words of support, along with her unconditional love, she bolsters our self-esteem and empowers us to achieve our dreams. She tells us how smart and talented we are, and what bright futures she sees for us all. Her gift to us is to leave an enduring love of family; our legacy is to pass her traditions to our children and to celebrate our Ukrainian heritage.

All proceeds from this cookbook will go to establish a therapy room for people with dementia living at the Ukrainian Canadian Care Centre in Toronto.

Acknowledgement

I take this opportunity to express my sincere gratitude to the people who were instrumental in the successful completion of this cookbook. I would like to express my greatest appreciation to the Ukrainian Canadian Care Center and its Executive Director, Sandy Lomaszewycz, I cannot say thank you enough for her tremendous support and assistance in getting this project off the ground.

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*Thank You to All
Mary Kuschnir
Chair, Family Council
Ukrainian Canadian Care Centre*

Ukrainian Welcome with Bread and Salt

Greeting your most revered guests with a loaf of bread with salt on an embroidered cloth is a tradition that dates back many, many centuries. Bread and salt were once considered necessary ingredients for good health. We wish our guests only the best of health and happiness.

Ukrainians regard bread as one of the holiest of all foods.

WITH THIS BREAD AND SALT, WE GREET YOU!



Welcome!
Vitaemo!
Вітаємо!

The bread represents hospitality and the salt represents friendship. When receiving a Bread and Salt greeting, our custom is to break off a small piece, dip it into the salt, and bow our head slightly in thanks before eating the bread.

*This traditional Ukrainian welcome is filled with symbolism; the bread on an embroidered cloth or a "**Rushnyk**" represents prosperity, divinity, hospitality, and the salt represents friendship.*

*The round bread or "**Kolach**" is a symbol of eternity.*

We offer this bread and salt in friendship as a humble greeting to the visitors of our cookbook.

Ми вас радо чекаємо!

We invite you to enjoy our Ukrainian culinary delights.

Let us preserve our heritage, by teaching and passing on to your loved ones many of the traditional and family recipes you will find in this cookbook.