

NACHA Virtual Pierogi Cooking Class

Saturday November 21, 2020 10:00 am

This recipe has complete instructions for making Ukrainian potato and cheese pierogies from scratch and by hand. Simple and delicious!

Prep Time: Approximate 3 hours

Cook Time: 1 hour

Total Time: 4 hours

Servings: 36 pierogies

The Saturday workshop will focus on making the dough, rolling it out and cutting circles; and filling the dough with the filling to make the pierogies.

** You will need to make your pierogi filling 1 to 2 days before the workshop and refrigerate it; or make it very (very) early Saturday morning. The filling should be room temperature when filling the pierogies. If you made the filling 1 or 2 days before the workshop, take it out of the fridge 1st thing Saturday morning.

INGREDIENTS

Pierogi Filling * Make before the workshop.

2 pounds yellow or white potatoes (Not red potatoes) peeled and cut into 2-inch pieces.

225 g (approximately 1/2 pound) old cheddar cheese, cut into 1-inch cubes

1 tsp salt

2 tbsp sautéed onion, chopped fine (optional)

Dash of garlic powder (optional)

Dash of pepper (optional) (I like to use white pepper as it's stronger and blends in well with the filling)

*Note: if you want to cook your pierogies immediately after making them, you can sauté additional onions so you have them ready. And don't forget you'll need sour cream!

Pierogi Dough – We will make this together Saturday morning.

3 cups of flour, plus more for rolling

¼ cup salted butter (not margarine)

1 egg beaten

1/2 tsp salt

3 tbsp sour cream

¾ cup water (room temperature)

INSTRUCTIONS

PIEROGI FILLING

While the potatoes are boiling, sauté the onion in a bit of butter until soft. Don't let the onion brown (or burn). You will add (mash) 2 tbsp of sauteed onion into the potatoes with the cheese.

Boil the potatoes until tender. Drain water. Place cubed cheese on top of the cooked potatoes and cover with a lid. Let rest for about 5 minutes so that the cheese will melt. Add onions, salt, pepper, and garlic powder. Mash the potatoes and cheese with a potato masher. Let cool to room temperature; or if making 1 – 2 days before, cool then refrigerate.

Taste the filling – adjust salt, pepper to taste.



DOUGH – SATURDAY MORNING! **Have all your ingredients ready and measuring tools!

Combine salt, butter, and flour until it becomes a crumb-like mixture. If you have a pastry cutter you can use that, other wise you can melt the butter and stir it into the flour until it is crumb-like.

Add beaten egg, sour cream. Add water gradually kneading as you add water. Place the dough on a floured surface. Knead with floured hands. Work in a little extra flour if the dough is too moist. The dough should have the feel of pizza dough, elastic but not wet.

Divide the dough in 3. Place into a container with a lid. *Typically, the dough should rest for an hour before you start rolling it.*

PREPARE YOUR BAKING SHEETS/PANS

While the dough is resting a bit, you can prepare your baking sheets/pans. Line 2 sheets with parchment paper. 1 baking sheet you will use to place the cut circles on; the other baking sheet you will use to put your filled pierogies on.

You will also need a couple sheets of plastic to cover your cut circles and the filled pierogies (I cut open large zip-lock bags open). Plastic wrap will work as well.

If you plan on freezing your pierogies and boiling them later, make sure you are using pans that will fit in your freezer. You will need another layer of parchment paper between the first and

second layer of pierogies on your baking sheet. Then lightly cover with plastic when you freeze. Once they are frozen you can transfer them into a plastic bag.

If you want to boil some before freezing, have a large pot full of water ready to boil, add a bit of salt. You will boil no more than 12 - 20 pierogies at a time, depending on the size of pot you use. You can pan fry the pierogies after you boil them.

LETS ROLL OUT THE DOUGH!

Have your rolling pin, 3" biscuit cutter or drinking glass ready, as well as flour for rolling.

Roll out one ball of dough on a lightly floured surface to 1/8 inch thickness.



Press the biscuit cutter/glass into the rolled-out dough to cut circles of dough. Gather up the extra dough pieces (not the circles) and put into a container with a lid. You will save all the cut pieces until the end, and then roll them out to cut more circles.



Place the circles of dough onto your baking sheet lined with parchment paper. Cover lightly with plastic wrap. This keeps the circles from drying out before you fill them.

Place a circle of dough in your hand and spoon about a heaping teaspoon of filling into the middle of the dough.



Fold the dough over the filling and pinch the edges. If the dough is dry, moisten a finger in water to help seal the edge.



Make sure you pinch firmly so that the pierogi stays sealed during the boiling.

The pierogi is done. Check along the edge to make sure there are no open spots and the seal seems solid. Repeat... and repeat...

Place the pierogi on a parchment lined sheet. Make sure they are not touching each other otherwise they will stick together. Cover with plastic wrap so the pierogies do not dry out.



Continue to make the remaining pierogies.

Hungry... lets cook some! Have your sauteed onions ready!

Bring a large pot of lightly salted water to a boil. Drop perogies in one at a time. Stir gently with plastic or wooden spoon so they don't stick to the bottom of your pot. When they rise to the surface, boil for about 4 minutes. Using a slotted spoon, remove the pierogies from the water and place into a casserole. Toss pierogies with sautéed onions/butter. Cook more pierogies, and continue tossing with sautéed onions/butter.

Option - if you want to pan fry your pierogies, you will need to toss them with a bit of butter after boiling, then pan fry. You may need to add more butter to the frying pan.

Serve with sour cream.

Yum!

