

Name: _____

Date: _____

Partner: _____

Block: _____

MENU: Potato and Cheese Pierogies			CONCEPT/PRINCIPLES: Traditional Ukrainian dumplings
Nutrition: Carbohydrates - dough, potatoes Calcium - cheese Protein - Bacon	Equipment: Vegetable peeler Sauce pan Potato masher Drinking glass Rolling pin Tray	Ingredients: 1 lb potatoes 100 g cheddar cheese 500 mL flour $\frac{1}{2}$ egg 1 mL salt 125 mL potato water 2 strips bacon Sour cream Sauerkraut	
ALL	METHOD: 1. Tie hair, put on an apron, post lab plan & wash hands. DAY 1 - Preparing Pierogies 2. Bring a saucepan of water to a boil. Peel and quarter the potatoes. Boil until tender. Drain at least 125 mL of water into bowl (potato water) and cool to room temperature. Keep cooked potato in sauce pan. 3. Grate the cheddar cheese. Add to the hot, drained potatoes and cover with a lid. Allow the heat to melt the cheese. Mash with a potato masher until a smooth dough-like consistency. 4. To make the dough, combine the flour, half egg and salt. Gradually add the cooled potato water while mixing until the dough forms a ball. 5. Place the dough on a floured surface. Knead with floured hands. If dough is too moist, knead in additional flour until no longer sticky. <i>The dough should feel like pizza dough - elastic, soft, but not wet.</i> 6. Roll out the dough until it is approximately 3 mm thick. Using a drinking glass, dip in flour, and then cut circles out of the dough. 7. Place a dough round in your hand. Spoon ~15-20mL of filling into the centre of the dough round. Pull dough over filling and pinch/pleat edges to seal. If dough is dry, moisten inner edges with a bit of water before pinching.		

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8. Place pierogi on a floured tray. Continue until all pierogies are complete. Place in freezer until dough is frozen. Place into labeled (name, date, block) bags and store in freezer.

DAY 2 - Cooking Pierogies

9. Bring a sauce pan of water to a full rolling boil. Cook until the pierogies rise to the surface (8-10 minutes for fresh pierogies, maybe longer for frozen).

10. While pierogies are boiling, place bacon strips on a cold skillet. Turn to medium heat and cook until bacon is crisp. Reserve bacon grease in skillet (be careful not to burn while cooking bacon) and remove bacon. Chop bacon into small pieces.

11. Drain cooked pierogies well, and then add them to the skillet. Fry in in the bacon grease until lightly golden brown, then flip and repeat.

Traditionally, pierogies are just boiled and then tossed in the pork fat. But for more texture, we cook it in the fat. You can do the same with margarine or butter if bacon is not desired.

12. Divide pierogies on serving plates. Top with chopped bacon. Serve with sour cream and sauerkraut on the side.

<http://www.theblackpeppercorn.com/2013/09/traditional-ukrainian-pierogies/>
for picture instructions

Tests for Doneness:

1. Pierogies float to the surface after boiling.

Product Standards:

1. Even in size and shape
2. Securely sealed.
3. Well-cooked (no broken dough).
4. Pleasing in flavour.

Table Setting:

Place mat.
Plate in the middle.
Napkin on the left.
Fork on the right.

Lab Duties:

DW _____ HK _____

DD _____ SD _____ UH _____