

# Kitchens Around the World- Russia

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## **Syrniki**

Small pancake-shaped patties of Russian farmer's cheese, a typical breakfast food or a dessert

### **Ingredients**

40 oz. tvorog

15 eggs

7 cups flour + extra for dusting

10 tbsps. sugar

2.5 tsps. salt

2.5 tsps. baking soda

Cooking oil

1-2 cups powdered sugar (topping)

Sour cream (topping)

### **Supplies**

4-10 mixing bowls

Frying pans

Paper towels

### **Directions**

1. In a large mixing bowl, mix together the eggs and farmers cheese until combined. (A fork or spoon would work)
2. In a separate large mixing bowl, mix dry ingredients together- sifted flour, sugar, salt, and baking soda until combined.
3. Add the flour mixture into the egg mixture and mix well until everything is incorporated. The dough will be sticky and slightly lumpy.
4. Transfer the dough onto a well-floured surface. Sprinkle some flour on top and shape into a log with your hands, about 2 inches wide (not length).
5. Cut the log about 3/4 inch sections vertically with a knife. For each cut out dough, dip sides in flour. Using your fingers, squish sides to form into a circle and pat down to flatten.
6. Heat a non-stick skillet or griddle on medium high heat. Add a few tablespoons of oil in a skillet, or generously grease a griddle. Shake off excess flour and fry the syrniki about 2-3 minutes on both sides.
7. Place fried syrniki on paper towel to soak up that oil.

Reference: <http://yelenasweets.com/2013/11/20/syrniki-farmers-cheese-pancakes/>

## **Pelmeni**

Russian dumplings: small portions of ground meat and onion wrapped in a thin, unleavened dough and boiled.

### **Ingredients**

8 cups flour  
10 eggs  
2 1/2 cups water  
2 1/2 teaspoons. salt  
2 1/2 lb. ground beef  
2 1/2 lb. ground pork  
10 medium onions, finely chopped  
1 tablespoon 2 teaspoons. salt  
2 1/2 teaspoons. black pepper  
Handful of dill  
Handful of garlic

### **Supplies**

2-4 large mixing bowls  
Pots for boiling

### **Directions**

1. Sift the flour into a large pile on a clean surface. Make an indentation in the top and crack the eggs into that indentation. Adding the warm water gradually, knead the dough vigorously. Cover the dough and let stand for 30 minutes.
2. In a separate bowl, prepare the filling by sautéing garlic and onion and then mix it with the beef, pork, onions, pepper, and ½ tsp salt together.
3. Working on a flour-dusted surface, roll the dough into a long “snake” one inch in diameter. Cut the dough at one-inch intervals and roll the pieces into circles 1/16 to 1/32 of an inch thick. Place a tablespoon of the meat filling in the center and fold the dough over, pinching it to completely seal the pelmeni into a small packet and turn the corners to face each other, making a small circle.
4. Boil a generous amount of water with 1 tsp. salt. Drop the pelmeni into the boiling water. They are ready to eat when they float to the top and stay there.

Reference: [http://www.sras.org/pelmeni\\_history](http://www.sras.org/pelmeni_history)