

Pierogi II

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2 eggs

1/2 cup water

2 cups flour

1/2 teaspoon salt

CHEESE FILLING

1 cup cottage cheese

1 teaspoon butter, melted

1 egg, beaten

3 tablespoons sugar

3 tablespoons currants

1/4 teaspoon cinnamon

CABBAGE AND MUSHROOM FILLING

(ALTERNATIVE)

1 small head cabbage

2 cups mushrooms

2 tablespoons sour cream

1 small onion, chopped

butter

salt and pepper

Mound the flour on a kneading board and make a hole in the center. Drop the egg into the hole and cut into the flour with a knife. Add the salt and water and knead until firm. Let rest for 10 minutes covered with a warm bowl. Divide the dough into halves and roll thin. Cut circles with a large biscuit cutter.

Prepare the filling; either cheese filling OR cabbage and mushroom filling.

Place a small amount of filling a little to one side on each round of dough. Moisten the edge with water, fold over and press the edges together firmly. Be sure that they are well sealed to prevent the filling from running out.

Drop the pierogi into salted boiling water. Cook gently for 3 to 5 minutes. Lift out of the water carefully with a slotted spoon.

Preparing the cheese filling: In a bowl, cream the cheese with the melted butter. Add the egg, sugar, currants and cinnamon and mix well. Fill the pierogi. Serve with melted butter and sour cream.

Preparing the cabbage and mushroom filling: Quarter the cabbage and cook in salted water for 15 minutes. Drain, cool and chop fine. Saute' the onion in butter. Add the mushrooms and fry for 5 minutes. Add the chopped cabbage and continue to fry until the flavors blend. Add the sour cream and cool.

The dough for pierogi has a tendency to dry while you are working. A dry dough will not seal completely.

Another method of preparation is to roll out a large circle of dough, placing small mounds of filling far enough apart to allow for cutting, and folding the dough over the mounds of filling. Then cut with a small biscuit cutter and seal firmly. Never crowd or pile pierogi. The uncooked pierogi will stick and the cooked will lose shape and lightness.

Per Serving (excluding unknown items): 1752 Calories; 33g Fat (16.8% calories from fat); 83g Protein; 280g Carbohydrate; 15g Dietary Fiber; 678mg Cholesterol; 2284mg Sodium. Exchanges: 12 1/2 Grain(Starch); 6 1/2 Lean Meat; 4 Vegetable; 1 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 2 1/2 Other Carbohydrates.

Vegetarian

Per Serving Nutritional Analysis

Calories (kcal):	1752
% Calories from Fat:	16.8%
% Calories from Carbohydrates:	64.1%
% Calories from Protein:	19.1%
Total Fat (g):	33g
Saturated Fat (g):	14g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	678mg
Carbohydrate (g):	280g
Dietary Fiber (g):	15g
Protein (g):	83g
Sodium (mg):	2284mg
Potassium (mg):	1883mg
Calcium (mg):	416mg
Iron (mg):	18mg
Zinc (mg):	6mg
Vitamin C (mg):	42mg
Vitamin A (i.u.):	1401IU
Vitamin A (r.e.):	375RE

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	3.6mcg
Thiamin B1 (mg):	2.3mg
Riboflavin B2 (mg):	3.1mg
Folacin (mcg):	261mcg
Niacin (mg):	22mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	0.0%

Food Exchanges

Grain (Starch):	12 1/2
Lean Meat:	6 1/2
Vegetable:	4
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	3
Other Carbohydrates:	2 1/2

Nutrition Facts

Amount Per Serving

Calories	1752	Calories from Fat: 294
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% Daily Values*

Total Fat	33g	50%
Saturated Fat	14g	70%
Cholesterol	678mg	226%
Sodium	2284mg	95%
Total Carbohydrates	280g	93%
Dietary Fiber	15g	60%
Protein	83g	
Vitamin A		28%
Vitamin C		70%
Calcium		42%
Iron		102%

* Percent Daily Values are based on a 2000 calorie diet.