

Eastern European cookies are holiday treats

See related story on Taste front.

ANNA RATICA'S KOLACKY

Dough
1 1/2 packages (1/4-ounce size) yeast (about 3 1/8 teaspoons)
1/2 cup warm milk (110 to 120 degrees)
Pinch of sugar
5 to 6 1/2 cups all-purpose flour
1/4 cup sugar
1 teaspoon salt
1 cup (2 sticks) margarine (shortening may be substituted)
1/2 cup (1 stick) unsalted butter
3 eggs, lightly beaten
1 teaspoon vanilla
Filling
1 large egg white

1 teaspoon plus 1/2 cup sugar, divided
3 cups finely ground walnuts
2 tablespoons honey
Warm milk (about 2-3 tablespoons)
1/2 teaspoon shortening for each baking sheet
Assembly
1/2 cup sugar
1/2 cup flour
Powdered sugar

To prepare the dough: Dissolve the yeast and warm milk in a small bowl.

Sprinkle in a pinch of sugar. Cover with plastic wrap and set aside in a draft-free place. It will become bubbly in 10-15 minutes.

Meanwhile, in a large bowl, combine 5 cups of the flour, sugar and salt. Cut in the margarine or shortening and butter using a pas-

try blender or two knives until the mixture becomes crumbly. Stir in the beaten eggs and vanilla. Add the yeast mixture and blend thoroughly until mixture forms a ball. If mixture is too wet or sticky, add more flour, 1-2 tablespoons at a time. Dough should be slightly stiff. Cover with plastic wrap and place in the refrigerator for at least 3 hours or overnight. Dough will rise slightly.

To prepare the filling: Using a mixer, beat the egg white until foamy.

Sprinkle in 1/2 teaspoon of the sugar and continue beating until peaks start to form. Sprinkle in another 1/2 teaspoon of sugar and continue beating until stiff peaks form. Set aside.

In a medium bowl, combine the walnuts, remaining 1/2 cup sugar and honey. Add enough warm

milk to moisten the mixture. Fold in the stiffly beaten egg white.

At baking time, remove the dough from the refrigerator. Let stand at room temperature about 10 minutes.

Preheat the oven to 350°F. Grease several baking sheets using about 1/2 teaspoon shortening for each.

To roll out the dough: In a small bowl, combine the flour and sugar. Lightly sprinkle the work surface with a few tablespoons of the flour/sugar mixture.

Cut a small piece of dough and roll out into a rectangle 1/8 to 1/4 inch thick. Cut dough into 3-by-3-inch squares or smaller if desired. Place about 1 teaspoon of the filling mixture in the center of the square.

To make a pinwheel shape, cut a 1/2-inch slit diagonally on each

corner of the square. Bring every other corner to the center and press into the filling.

Place on baking sheet and bake 12-14 minutes or until the edges are just starting to brown. Remove from the oven and transfer cookies to a wire rack to cool. When cool, store in an airtight container. Just before serving, sprinkle lightly with powdered sugar.

Makes about 7 dozen 3-by-3 inch Kolacky, 1 cookie per serving.

KIEFLE

8 cups of flour
8 egg yolks
3 cups (1.5 pounds) of unsalted butter
1 cup plus 3 Tablespoons of sour cream
Two packages of dry yeast
1/2 cup of water
1 Tablespoon of sugar

Mix the sugar in water and heat to 110°F. Add the yeast and mix. Set aside until it rises.

Separately cut the butter into the flour and make a well. Separately again mix the egg yolks with the sour cream.

Add the egg yolk and sour cream mixture to the butter and flour well. Add yeast mixture and fold in like a pie crust.

Make 24 balls. Roll each ball out into a circle and cut each circle into eight wedges. Add filling on the widest part and roll it like a crescent. (Bake on parchment paper)

Bake at 375°F for 10 to 12 minutes.

When you're ready to serve, sprinkle with powdered sugar. Makes 192 cookies.

Recipe compliments of Anne Hyrila

Nutritious dishes will help you keep diet promises

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BLUEBERRY LEMON STREUSEL CAKE

2/3 cup soy milk
2 tablespoons lemon juice
1 1/4 cups whole wheat flour
1/2 cup oat flour
1/2 cup brown rice syrup
4 teaspoons baking powder
1 teaspoon dried grated lemon rind (or 1 tablespoon fresh)
1 egg white
1 1/2 cups fresh or frozen blueberries
Topping:
1/4 cup quick-cooking oats
1 tablespoon toasted wheat germ
1/8 teaspoon ground nutmeg
2 teaspoons brown rice syrup

To make topping, combine oats, wheat germ, and nutmeg. Stir in

the honey until the mixture is moist and crumbly. Set aside.

Combine the milk and lemon juice, and set aside for 2 minutes.

Combine the flour, brown rice syrup, baking powder, and lemon rind, and stir to mix well. Stir in the lemon juice mixture and the egg white. Fold in the blueberries.

Coat an 8-inch square pan with nonstick cooking spray. Spread the batter evenly in the pan, and sprinkle with the topping.

Bake at 350°F for 35-40 minutes, or until a toothpick inserted in the center comes out clean. Recipe yields 9 servings.

BUTTERCUP SQUASH, PARSNIP AND CRANBERRY BEAN STEW

1 tablespoon canola oil
1 cup sliced celery (about 2 medium stalks)
2 or 3 garlic cloves, minced
1 chipotle pepper, minced
(large jalapeno pepper that

has been dried and smoked)

4 large tomatoes, cored and diced

1 1/2 tablespoons paprika

1 tablespoon dried oregano

Salt and pepper to taste

2 cups peeled and diced butternut or butternut squash

2 cups peeled and diced parsnips (about 2 large)

12-16 pearl onions, peeled

1 cup diced carrots

2 1/2 cups water

1 1/2 cups cooked or canned cranberry beans, drained

1 cup fresh or frozen corn kernels

8 broccoli florets

In a saucepan, heat oil; add celery, garlic, and chipotle. Sauté 3-4 minutes. Add tomatoes, paprika, oregano, and salt and pepper; cook about 8 minutes more over low heat, stirring frequently until

thickens.

Add squash, parsnips, onions, carrots, and water; cook, stirring occasionally, until squash and parsnips are tender, about 30 minutes. Stir in beans, corn, and broccoli. Cover and cook 5-10 minutes. Recipe yields 4-6 servings.

MUSHROOM STROGANOFF

1 oz. Dried shiitake mushrooms
1 1/2 cups boiling water
8 oz. Medium or firm tofu
1/2 teaspoon salt
2 tablespoons lemon juice
2 tablespoons canola oil or safflower oil
1 tablespoon plus 1 teaspoon tahini (sesame seed paste)
2 tablespoons water or sesame oil
2 medium onions, finely chopped
1 lb. Domestic white mushrooms

rooms, thickly sliced (about 3 cups)

freshly ground black pepper

1/2 teaspoon paprika

1/4 cup plus 2 tablespoons tamari sauce

1 teaspoon fresh thyme leaves or 1/4 teaspoon dried thyme leaves

2 tablespoons minced fresh dill weed or 1 teaspoon dried dill weed

3 cups cooked buckwheat groats, brown rice or buckwheat noodles

2 tablespoons minced fresh parsley

In a bowl, combine shiitake mushrooms and boiling water. Cover and soak for 1 hour.

Squeeze liquid out of mushrooms; cut off stems and discard.

Slice caps as thinly as possible. Reserve mushroom-soaking liquid.

Combine tofu, salt, lemon juice,

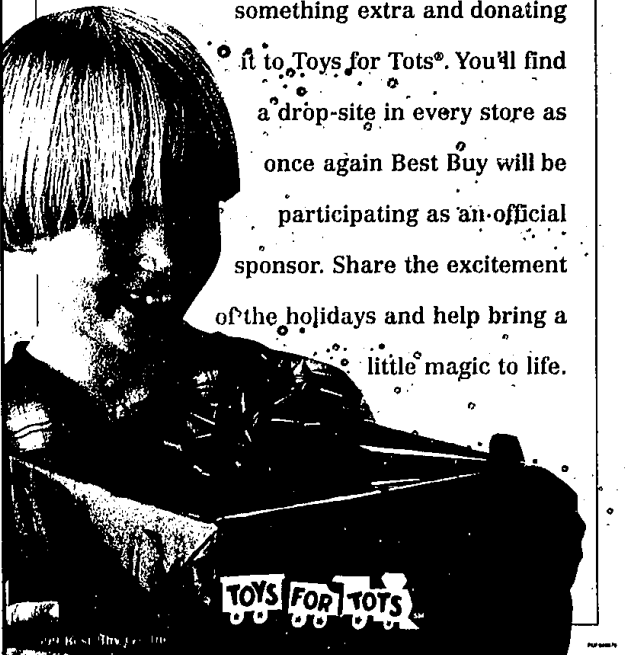
oil, and tahini in a food processor. Process until smooth; set aside.

Add onion; sauté until almost tender, about 5 minutes. Add sliced shiitakes and white mushrooms, pepper, and paprika; continue to sauté about 5 minutes.

Add 1/2 cup reserved mushroom-soaking liquid, wine, and tamari sauce. Cover and cook over low heat 5 minutes.

Stir in tofu mixture, thyme, and dill weed. Cook until slightly thickened. Serve over hot groats, rice, or noodles. Garnish with parsley and additional paprika. Recipe yields 4 servings.

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