

# Perogies

*This is a group recipe.*

## Dough

- 250 ml flour
- 2 ml salt
- 40 ml vegetable oil
- 80 ml cold tap water, warm to body temperature

## Cheese Filling

- 1 large potato, peeled and cut into 2.5 cm chunks
- 7 ml milk, cream or sour cream
- 10 ml margarine
- 25 ml onion, finely chopped
- 100 mL cheddar cheese, grated
- salt and pepper to taste

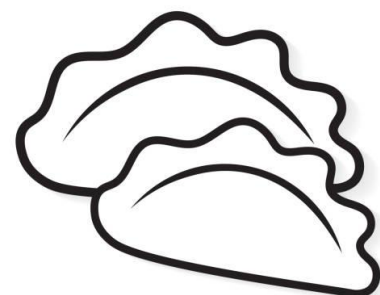
Optional: Onion and butter to sauté perogies and sour cream to serve

## DOUGH

1. **SIFT** the dry ingredients together in a bowl.
2. Make a well in the center. Pour water and oil into the well.
3. Using a fork stir in a circular motion, working from the middle of the flour mixture out. Switch to using a wooden spoon or your fingertips.
4. Put into a ball and add in any bits that stick to the counter.
5. Knead the dough, add additional water or flour to adjust consistency. Knead well, until soft and elastic.
6. Wrap dough in plastic wrap and rest or chill in refrigerator overnight.

## FILLING

1. Peel and chop the potato into 2.5cm pieces. Place in a steamer inside a large pot filled until the water just put on stovetop to boil. Cook until soft 20-30 minutes.
2. Lift steamer out of the pot & drain water. Return potatoes to pot.
3. Add milk/sour cream/yogurt, sautéed onions and shredded cheese, season with salt and pepper. Mash potatoes. TASTE & adjust seasoning.
4. Use immediately or place in fridge.



## **ASSEMBLY**

1. Roll dough flat as thin as possible with a rolling pin. DO NOT FLOUR or use very little
2. Cut circles with drinking glass. You may need to re-roll each one a little thinner.
3. Place a rounded tsp. of filling into the center.
4. Using your fingers, wet the edges of the disc, then pull one side over the filling while pushing the filling to create a half-moon shape.
5. Pinch the edges together carefully but tightly with your non-dominant hand while you use your dominant index finger to push the potato filling into the perogy
6. Each group will share a baking sheet (divide with a line down the centre & label) lined with parchment paper & dusted with flour.

## **COOKING THE PEROGIES**

1. Bring a pot of salted water to a rolling boil.
2. Add perogies one at a time, taking care not to overcrowd the pot. Reduce heat to a gentle boil
3. Cook uncovered for approx. 4-5 minutes, stirring occasionally.
4. At the same time, in a large frying pan, melt about 25 mL of butter or margarine and saute sliced onion. Set onion aside
5. Once the perogies have boiled, remove one by one with a slotted spoon, pat dry and gently place in the pan.
6. Fry perogies until to desired doneness, toss with onions and serve with sour cream.

### **Serving perogies:**

Many people serve perogies with fried onions. Some other things you can do is sprinkle with fresh green onions, serve with sour cream, with sauerkraut, cheddar cheese, bacon bits, farmer's sausage, kielbasa...

How to Assemble Perogies: <http://www.youtube.com/watch?v=dYuSRXFFYIU>